



Resource Guide for Caregivers and Their Families **Rutland & Bennington County** **Vermont**

SVCOA HelpLine and Area Agency on Aging

- **Southwestern Vermont Council on Aging (SVCOA):**
 - ❖ **Rutland Office:** 143 Maple St., Rutland, VT 05701
Phone: 802-786-5990; Fax: 802-786-5994
 - ❖ **Bennington Office:** 160 Benmont Ave., Suite 90, Bennington, VT 05201
Phone: 802-442-5436; Fax: 802-447-2846
- **SVCOA Helpline:** 1-800-642-5119 or 802-786-5990 or www.svcoa.org

Alzheimer's Association

- Alzheimer's Association 24/7 Helpline: 1-800-272-3900 / www.alz.org
- Alzheimer's and Dementia Caregiver Center: www.alz.org/care
- Alzheimer's Association/Vermont Chapter: 1-802-316-3839 / www.alz.org/vermont/

American Parkinson Disease Association

- American Parkinson Disease Association Toll free number: 1-888-763-3366
- American Parkinson Disease Association VT Chapter: 802-847-3366
- www.apdaparkinson.org

Education, Support Groups & Memory Cafés

- **Online Support Groups** at <https://www.alzconnected.org/>
- **Telephone Support Group for people living with Dementia** for information call Alzheimer's Association/Vermont Chapter at 1-802-316-3839 or 24/7 Helpline 1-800-272-3900
- **Telephone Caregivers of persons with dementia Support Group**, for information call Alzheimer's Association 24/7 Helpline at 1-800-272-3900
- **Caregiver Support Groups:**
 - ❖ **Godnick Senior Center**, First Wednesday of each month, 10:30 – 11:30 am at the Godnick Senior Center: 1 Deer St., Rutland, VT 05701
 - ❖ **InterAge Adult Day Program**, Second Thursday of every month: 2:30-3:30 pm

- ❖ **Bennington Project Independence**, “Families Together”, Last Tuesday of each month: 1:00-3:00 pm
- ❖ **TLC Homecare & the Alzheimer’s Association**, last Tuesday every month: 12:00 – 1:00 pm at TLC Homecare: 65 N. Main St., Rutland, VT 05701
- **Other support groups:** There are many different support groups for the Bennington and Rutland area. For more information on:
 - ❖ Rutland County support groups, please consult the “Here’s Help” weekly column in the Rutland Heralds or contact Rutland Regional Medical Center’s (RRMC) Health Resource Department – 802-747-3713 or www.rrmc.org/health_resources/
 - ❖ Bennington County support groups please consult the Southwestern Vermont Medical Center, “Wellness Connection” for a list – 802-447-0477
- **Community Caregiving Coalitions:**
 - ❖ **Rutland County Caregiver Coalition (RCCC):** A dedicated group of health and human services professionals who work to improve support and education for caregivers and their families of the Rutland County community. RCCC holds individual seminars, special events and an annual conference each year. For more information, please contact Loryn Hamilton at 802-773-2011.
- **Memory Cafés:**
 - ❖ **The Bennington County Memory Café (BCMC):** A social gathering held once a month where people experiencing memory loss and their care partners come together to connect and support one another in a relaxed, non-judgmental atmosphere. Participants enjoy social time and refreshments, music and art as well as games and activities. The BCMC is held on *fourth Saturday* of each month from 10:00 – 11:30 at Brookdale: Filmore Pond – 300 Village Ln. Bennington, VT 05201. For more information call Aaron at SVCOA at 802-772-7835.
 - ❖ **The Rutland County Memory Café (RCMC):** is held on the *second Saturday of each month* from 10:00 – 11:30. The RCMC is held at The Maples Senior Living Facility at 5 General Wing Rd., Rutland, VT 05701 (in the ‘day room’ downstairs). Our website, www.svcoa.org, also has information regarding the Rutland and Bennington Memory Cafés For questions and/or concerns please call Aaron at SVCOA at 802-772-7835.
- **“Know the Ten Signs, Early Detection Matters;” “The Basics: Memory Loss, Dementia and Alzheimer’s Disease;” “Conversations about Dementia;” “Living with Alzheimer’s;” and “Legal and Financial Planning for Alzheimer’s Disease.”** Contact the Alzheimer Association 24/7 Helpline at 1-800-272-3900 or www.alz.org/vermont for info about free community education.
- **Powerful Tools for Caregivers:** A six-week, evidence-based series of classes for family caregivers designed to help you restore the balance between caring for others and caring for yourself. SVCOA will be holding several Powerful Tools series in the community each year. For more information, please check SVCOA’s website (www.svcoa.org) or call Aaron Brush at 802-786-5990.

Caregiver Counseling Support

- SVCOA now offers individualized one-on-one caregiver support counseling for any unpaid family caregivers caring for individuals 60+ or whom have a diagnosis of Alzheimer’s or related dementia. Counseling is provided by SVCOA’s Eldercare Clinician, Cinda Danton, who is a trained expert in caregiver and mental health support. This service is provided to qualified caregivers, free of charge and is currently limited to Rutland County. If interested in receiving caregiver support counseling, please call SVCOA’s Caregiver Coordinator at 802-786-5990.

Diagnosis and Treatment Centers

These centers diagnose age-related memory & thinking disorders and provide treatment including drug therapies, family/patient support & counseling, and referrals to appropriate service agencies

- **Dartmouth Memory Clinic**, Dartmouth-Hitchcock Medical Center
Hanover, New Hampshire 603- 650-5804
http://www.dhmc.org/dhmc-internet-upload/file_collection/CN_200901-22.F.pdf
- **The Memory Center**, Fletcher Allen Health Care
Colchester, Vermont 800-358-1144
<http://www.med.uvm.edu/neurology/TB1+RL.asp?SiteAreaID=610>
- **The Memory Clinic**- 357 Shields Drive, Bennington, Vermont
802-447-1409

Legal Assistance

Consulting with an attorney may be helpful as you and your family face a memory or cognitive impairment. Several organizations can help you locate a lawyer who specializes in your area of need.

- If you need help locating an attorney, contact the **Vermont Bar Association Lawyer Referral Service** at 1-800-639-7036 or www.vtbar.org.
- The **National Academy of Elder Law Attorneys** has a member directory which you can search for individuals who work with older clients, people with special needs and their families. 703-942-5711, www.naela.org
- For information about putting legal/estate and financial plans in place visit www.alz.org/care/alzheimers-dementia-financial-legal-planning.asp
- **Vermont Legal Aid's Senior Citizens Law Project** provides free legal advice and representation to persons over 60 in a broad range of civil legal areas (not criminal), including housing, healthcare, public benefits, abuse and exploitation cases, planning for incapacity, nursing home and residential care issues, guardianship, veterans issues. 1-800-889-2047, www.vtlegalaid.org

Choices for Care Program

Frail or disabled adults who qualify for nursing home level of care may be eligible for the Choices for Care Program. This program provides individuals with a choice of settings in which to receive care – a nursing home, residential care home or in-home support. In-home supports include services including case management, personal care (for example, help with bathing or dressing), respite care, attendance at an adult day health center, assistive devices and home modification. For more information about the program contact the Area Agency on Aging at 1-800-642-5119 / 802-786-5990.

Veterans Directed Program

This new program is designed for military veterans seeking an alternative to nursing home care and helps them receive in-home assistance and support so they can remain in their homes. It is a statewide collaboration between the Veterans Administration and Area Agencies on Aging. There is no income eligibility, but veterans must need a defined level of care. Call the Senior Helpline at 1-800-642-5119 or 802-786-5990.

Dementia Respite Grant

The Area Agency on Aging provides respite grants to family members and other unpaid primary caregivers who are providing day-to-day care in the home for a person who has been diagnosed with Alzheimer's disease or another memory disorder and who meets certain financial criteria. Call the Senior HelpLine at the Area Agency on Aging at 1-800-642-5119 or 802-786-5990 for more information.

National Family Caregiver Support Program Grants

SVCOA also provides community education grants and additional respite grants to organizations and to unpaid family caregivers who are providing full-time (unpaid) care for elderly individuals in their home. All NFCSP grants follow the rules and regulations of the Older Americans Act (OAA). Please Call the Senior HelpLine at the Area Agency on Aging at 1-800-642-5119 or 802-786-5990 for more information.

In-Home Nursing & Homemaking Services

Medicare Certified Home Health Agencies:

- **Rutland County VNA and Hospice (RAVNAH):** 7 Albert Cree Dr. PO Box 787 Rutland, VT – 802-775-0568
- **Bayada Hospice:** Serves Rutland and Bennington Counties.
Gryphon Building, Suite 310, 56 1/2 , Merchants Row, Rutland, VT – 802-282-4122 or www.bayada.com
- **Bayada Home Health Care:** Serves Rutland and Bennington Counties.
Rutland County - North Main Professional Park, 2 South Main St. # 2, Rutland, VT – 802-775-7272 or 800-305-3170.
Bennington County – 194 North St., Bennington, VT – 802-442-3222
- **Visiting Nurses Association & Hospice of SVHC:** 1128 Monument Ave., Bennington, VT – 802-442-5502

Private “fee-for-service” help provided in the home is available via the following organizations. Services include personal care, bathing, toileting, meal preparation, light housekeeping, shopping, respite and more. For a more comprehensive listing, contact the Area Agency on Aging at 802-786-5990 or 800-642-5119.

- **Bayada Home Health Care:** 802-775-7272 or 802-442-3222 or 800-305-3170. www.bayada.com
- **At Home Senior Care:** Serves Rutland and Bennington Counties.
14 South Main St. Rutland, VT – 802-747-3426 or 866-747-7168
- **TLC Homecare and Nursing:** Serves Rutland and Bennington Counties.
65 N. Main St. Rutland, VT – 1-888-414-0703 or 802-353-3333
- **M&M Private Care Inc.:** Serves Rutland County only.
26 West St. Suite 2, Rutland, VT – 802-775-0099
- **Rutland County VNA and Hospice (RAVNAH) – “Care Plus”:** 7 Albert Cree Dr. PO Box 787 Rutland, VT – 802-775-0568

Caregiver Registry

Vermont's Direct Care online registry www.RewardingWork.org/vt provides a free up-to-date listing of direct care workers who are ready and willing to work. The Vermont Direct Care Registry helps by letting

you identify the right candidates – quickly. You will need an access code to be able to create an account for the Registry. If you need an access code or assistance using a computer to make use of this site, please call the Senior HelpLine at 1-800-642-5119.

Adult Day Health Service Programs

Daytime care to foster independence & well-being while providing caregivers with needed respite. Services include: supervision, personal care, nursing services, socialization, and recreation.

- **InterAge Adult Day Program** 230 North Main Street, Rutland, VT 05701 – 802-773-2011
- **Bennington Project Independence (BPI):** 614 Harwood Hill, P.O. Box 1504, Bennington, VT – (802) 442-8136 or www.bpiads.org

Out of Home Placement and Care

For a comprehensive registry of nursing homes, residential care settings and other types of health care providers located in Vermont; consumer guidelines for choosing a nursing home; and more, go to the website of the Department of Licensing and Protection at the Vermont Department of Aging and Independent Living: www.dlp.vt.gov/

For additions/changes, please contact Aaron Brush at SVCOA
at 802-786-5990 or abrush@svcoa.net