

SENIOR / COMMUNITY CENTERS

Brandon- Senior Center, 802-247-3121
Castleton- Community Center, 802-468-3093
Clarendon- Community Center, 802-775-2129
Poultney- Young at Heart, 802-287-9200
Rutland- Godnick Center, 802-773-1853

SENIOR COMPANION PROGRAM

Southwestern Vermont Council on Aging

Provide 1 to 1 support for older adults who want to maintain their independence. (small stipend paid)
802-786-5990 or 1-800-642-5119

SOCIAL SECURITY ADMINISTRATION

Rutland Office: 246 West St: 1-866-690-1944
National Office: Baltimore MD, 1-800-772-1213

SUPPORT GROUPS

Rutland Reginal Medical Center (RRMC)

802-772-2400 or www.rrmc.org/classes-events/

There are many support groups for a variety of needs in the Rutland area. Consult the "Here's Help" weekly column in the Rutland Herald or contact RRMC

TRANSPORTATION

To medical appointments & essential shopping provided by volunteers (a week's notice is recommended to arrange a ride)

One 2 One: 802-775-4318

Bridges and Beyond: 802-747-3710

Southwestern Vermont Council on Aging:
802-786-5990

Medicaid - Marble Valley Reginal Transit District
(The Bus) 802-773-3244 / 1-800-339-3191

VETERANS BENEFITS & COUNSELING

Dodge House: Rutland, 802-775-6772
Rutland VA Clinic: West St, 802-772-2300

Benefits Counseling:

White River Junction: 1-800-827-1000

Health Benefits Information: 1-866-687-8387

Transportation to White River Clinic:

802-770-4897 1-800-941-8387

SVCOA: 802-786-5990

VOLUNTEER OPPORTUNITIES

Bridges and Beyond:

Provide non-medical support to help people remain living at home. 802-747-3710

Hospice:

Enhance the quality of life of the terminally ill, their families and caregivers.

BAYADA 802-282-4122

VNA & HOSPICE of the SW Region 802-775-0568

RSVP & the Volunteer Center

Volunteers meet a wide variety of community needs including:

One 2 One - Be a volunteer driver.

Foster Grandparents - Work with children.

TeleCare - Providing reassurance & check-in by phone
802-775-8220 or <http://www.volunteersinvt.org/index.html>

Southwestern Vermont Council on Aging

Money Management: Assist older adults with paperwork related to bill paying & check books.

General Volunteer: Give us a call to learn what current needs our clients or office may have.
802-786-5990 or 1-800-642-5119

Are you over 60?

Looking for answers on aging?

Call the *SVCOA Helpline*

802-786-5990 or 1-800-642-5119

www.svcoa.org

For more information on Vermont programs & services visit the Department of Disabilities, Aging, and Independent Living Adult Services Division website: www.asd.vermont.gov

GUIDE TO SENIOR SERVICES: RUTLAND AREA

Compiled by the



ADULT DAY CARE PROGRAMS

A supportive, enjoyable environment for elders requiring daytime supervision due to physical, social, or emotional problems.

Interage - 802-773-2011

230 North Main Street, Rutland, VT

ADULTS WITH DISABILITIES

Advocacy, information, and funding.

Vermont Center for Independent Living (VCIL)

Rutland Office (802)779-9021 60 Center St
1-800-639-1522 (voice/TTY)

11 East State St., Montpelier, VT 05602

ALZHEIMER'S & MEMORY DISORDERS

Alzheimer's Association of VT

(802)316-3839 - 1-800-272-3900 www.alz.org/vermont/

Diagnosis and treatment

The University of Vermont Medical Center

(802)847-4589 (800)-358-1144

Memory Clinic/SWVT Medical Ctr Bennington

(802)447-1409 -1-866-646-3362

www.memorydoc.org

Caregiver Support Groups

InterAge: Rutland 802-773-2011

Respite Care Grant

Southwestern Vermont Council on Aging: Annual grant for unpaid caregivers of people with a diagnosed memory disorder so that the caregivers can "have a break."

802-786-5990 or 1-800-642-5119

AREA AGENCY ON AGING

Southwestern Vermont Council on Aging

Information & Assistance, Case Management, Options Counseling, Caregiver Supports, Health Benefits Counseling and Rep-payee. Personalized, confidential assistance for adults over the age of 60 to explore options for the challenges that come with growing older.

www.svcoa.org 802-786-5990 1-800-642-5119
143 Maple St
Rutland, VT

CRISIS SERVICES

Report Abuse

Adult Protective Services

To report suspected abuse of disabled individuals or adults over 60. 1-800-564-1612

Self Neglect over age 60

Southwestern Vermont Council on Aging
1-800-642-5119

Fuel Crisis (nights & weekends)

Department of Children & Families, Economic Services
1-800-479-6151

Emergency Counseling

Community Care Network (RMH): 802-775-1000

Veterans Crisis Line: 1-800-273-8255 then press 1

Domestic Abuse

New Story Center

Safety and counseling for women who are in abusive/dangerous relationships. 802-775-3232

Debt Management

GreenPath Debt Solutions – Not Local

Help with managing credit card debt 1-800-550-1961

ECONOMIC SERVICES

Department of Children and Families

3SquaresVT (food assistance), Fuel Assistance & Essential person

For information, applications, access to information about your case, or to speak with your local office.

Rutland - (802)786-5817

Statewide call center: 1-800-479-6151

EMERGENCY RESPONSE SYSTEM

Lifeline

The button for summoning emergency help.
Rutland Regional Medical Center – 747-1816
NEERS – Medical Alert Systems 1-800-888-0338

EXERCISE

Dance & Exercise Classes

Godnick Senior Center: 802-773-1853

Pools

Castleton University: Castleton 802-468-6420

Holiday Inn: Rutland 802-775-1911 x 303

Mitchell Therapy Pool: Rutland 802-775-2395 ext 2303

Walking

Diamond Run Mall: Rutland M-Sat 7a-9p, Sun 7a-5p

Weight Training

Bone Builders: 802-775-8220

HOME HEALTH CARE AGENCY

At Home Senior Care: 802-747-3426

Bayada Nurses: 802-774-5111 – 1-888-995-0788

Bayada Hospice: 802-282-4122

VNA & Hospice of the SW Region

802-775-0568 / 1-800-244-0568

TLC HOMECARE: 802-353-3333

Rewarding Work: Online listing of private direct care workers. Call Senior Helpline for information
1-800-642-5119

HOSPITAL / HEALTH CARE

CHCRR Community Dental

For people with insurance or Medicaid. Discounted sliding fee scale for people who have no dental insurance.

Rutland 802-774-5050

Rutland County Free Clinic

For people without health insurance. 802-775-1360

Rutland Regional Medical Center

160 Allen St, Rutland, VT 05701 802-775-7111

HOUSING

Lists of subsidized housing, senior apartments, residential care, assisted living facilities, and nursing homes.

Southwestern Vermont Council on Aging

802-786-5990 or 1-800-642-5119

Housing Authorities

Vermont State: 1-800-820-5119 - 802-828-3295

Rutland County: 802-775-2926

LEGAL ASSISTANCE

Vermont Legal Aid: Elder Law Project 1-800-889-2047

LONG TERM CARE INFORMATION & ADVOCACY

Problems and complaints

Vermont Legal Aid:

Long Term Care Ombudsman

Rutland 802-855-2411 or 800-889-2047

List of residential care/assisted living & nursing homes

Southwestern Vermont Council on Aging

802-786-5990 or 1-800-642-5119

LOW INCOME ADVOCACY & SERVICES

Budget Counseling & Assistance, Food Shelf, Home Weatherization, and Heating Emergencies

BROC, Bennington Rutland Opportunity Council

45 Union St, Rutland, VT 05701

802-775-0878 or 1-800-717-2762

MEALS ON WHEELS

Information and to enroll

Southwestern Vermont Council on Aging

802-786-5990 or 1-800-642-5119

MEALSITES/COMMUNITY LUNCHEONS

Join others for a hot meal at local town sites around Rutland County. *List of sites call:*

Southwestern Vermont Council on Aging

802-786-5990 or 1-800-642-5119

MEDICAID

HEALTH INSURANCE & PHARMACY ASSISTANCE

Green Mountain Care

1-800-250-8427