Resources for Family Caregivers
And for Persons Living with Memory/Cognitive Problems
Caledonia, Essex and Orleans Counties of Vermont

For corrections or additions, contact Pam Smith at (802) 751-0427 or psmith@nekcouncil.org

Northeast Kingdom Council on Aging's HelpLine and Website

- 1-800-642-5119 or / www.NEKCouncil.org

Alzheimer's Association

- Alzheimer's Association 24/7 Helpline: 1-800-272-3900
- Alzheimer’s and Dementia Caregiver Center: www.alz.org/care

Education and Support Groups

- Alzheimer's Support Groups:
  St. J at NVRH Conference Rm 224 Last Monday each Month, 6 p.m. For info call Pam (802) 751-0427
  Newport at North Country Hospital Rm. 220, 4th Tues. each Mo., 6:30 – 8 p.m. (802) 673-9499
  Vermont Telephone Support Group for Caregivers of Persons with Dementia, For information call the VT Chapter of the Alzheimer’s Association, (802) 316-3839, ext. 8011

- Bereavement Support Groups:
  St. Johnsbury at Caledonia Home Health and Hospice, 3rd Monday from 6-7:30
  Morrisville at Lamoille Home Health and Hospice, (802) 888-4651 for information

- Newport Grandparents 'n Kin Raising "Grand" Kids Support Group at N. Country Career Center, 2nd Weds. of month, 5:30-7:30 p.m., Contact Sandi for information at 802-578-9518.

- Kinship Care Support Group, NEK Council on Aging Offices in St. J, 1st Monday of month, 5:30-7 p.m., Contact 802-748-5182 for information or to tell us you are coming.

- Parkinson's Support Group: NVRH (check monitor for where), 3rd Friday of Mo., 10:30-Noon

- St. J Traumatic Brain Injury Support Group, St Johnsbury at Grace United Methodist Church, 36 Central St., 3rd Weds of Each Month, 1 p.m. For info call Tom at 888-2180

- Caregiver Support Group: 3rd Wednesday of each month; Church on the Common. Call Deb McKinley at 802-586-7707 to register.

- Caring for Someone with Cancer: 2nd and 4th Thursday of every month, 4-5:30 pm. Support Services Room Cancer Center, Level 3. Call Patient and Family Support Services, Lebanon 603-650-7751


- Powerful Tools for Caregivers: A six-week series of classes for family caregivers designed to help you restore the balance between caring for others and caring for yourself. Offered regularly by the NEK Council on Aging in the Northeast Kingdom. Call Pam at (802) 751-0427 for information and schedule of classes or to request a class in your area.

Diagnosis and Treatment Centers for Individuals with Memory/cognitive Problems

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

- Healthy Aging Brain Clinic, Dartmouth-Hitchcock Medical Center, Hanover, New Hampshire
  (603) 650-4726

- The Memory Program, University of Vermont Medical Center, Colchester, Vermont 1-800-358-1144
  https://www.uvmhealth.org/medcenter/Pages/Departments-and-Programs/Memory-Program.aspx

Legal Assistance

- For 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.
  1-703-942-5711, www.naela.org

- For information about putting legal/estate and financial plans in place visit -

- 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.vrlgalaid.org

- Vermont Law Help - https://vtlawhelp.org/. A person can go through the questions at the “Find Legal Help tool” to get information specific to their questions. Alternatively, the person, through the How We Can Help page, can file a request for a call back or can call in and leave a message.

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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 like case management, personal care (for example, help with bathing or dressing), and respite care, attendance at an adult day health center, assistive devices and home modification. For more information about the program, contact the NEK Council on Aging at 1-800-642-5119 or Caledonia Home Health & Hospice at (802) 748-8116 or Orleans/Essex VNA and Hospice at (802) 334-5213.

Veterans Directed Care Program
This new program 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. https://www.dav.org/caregiver/veteran-home-service-program/

Respite Grants
The NEK Council on Aging provides three different respite grants to family members and other unpaid primary caregivers who are providing day-to-day care in the home: a dementia respite grant, a kinship caregiver grant for grandparents and other relatives raising children who are kin, and a family caregiver respite grant. Call the Senior HelpLine at the NEK Council on Aging at 1-800-642-5119 for information or to find out if you qualify for one of these grants.

In-Home Nursing & Homemaking Services
Medicare Certified Home Agencies
- Caledonia Home Health Care: (802) 748-8116 / www.nchcvt.org/locationsproviders/chhc-hospice/
- Orleans Essex VNA and Hospice: (802) 334-5213 / www.orleansessexvna.org
- Bayada Nurses: (802) 655-7111 / www.bayada.com

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 Northeast Kingdom Council on Aging at 748-5182 or 1-800-642-5119.

- Bayada Nurses: (802) 655-7111 / www.bayada.com
- Caledonia Home Health Care: (802) 748-8116 / www.nchcvt.org/locationsproviders/chhc-hospice/
- Griswold Special Care: (802) 424-3002 / www.GriswoldSpecialCare.com
- Love is... LLC: (802) 586-9133 www.loveisahomecare.com
- Home First Quality Care of Orleans Essex VNA & Hospice / (802) 334-5213
- Northeast Kingdom Homecare, Inc.: (802) 334-7604 / http://www.nekhc.com
- Northern Family Homecare: (603) 259-6048 cell / www.northernfamilyhc.com
- TLC Nursing Associates, LLC: (802) 735-1123 / https://www.dcnursing.com/
- Connie's Caregivers, (802) 274-2106

To Find a Caregiver
If you are looking for a caregiver and do not want to go through an agency you can go to Care.com, or Indeed.Com. Sign up and post your job.

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.

- Riverside Life Enrichment Center: (802) 626-3900, Lyndonville, VT - www.theriversidecenter.org
- The Meeting Place: (802) 334-7604, Newport, VT - http://www.nekhc.com
- Lamoille Day Health Services: (802) 888-7045, Morrisville, VT
- Oxbow Senior Independence Program: (802) 866-5465, Newbury, VT - www.osipads.org

Out of Home Placement and Care
For a comprehensive listing 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 https://dlp.vermont.gov/survey-cert/facility-lists

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