

# CAREGIVER RESOURCES DIRECTORY

For Buncombe, Henderson, Madison & Transylvania Counties



AREA AGENCY  
ON  
**AGING**

A DEPARTMENT OF  
**LAND  
OF SKY**  
REGIONAL COUNCIL



# Taking Care of the Caregiver

## Self-Care Tips

This may be the most important page of this directory. Being a caregiver can have significant health consequences if you don't take care of yourself. One reason for poor health outcomes for caregivers is lack of Self-Care and/or finding Respite so the caregiver can get a break. Here are some thoughts to get you started.

### 1. Ask for Help

For many of us this is not easy. We come from hardy stock and we believe asking for help is a weakness. No one person has all the skills and energy to care for someone else. Caregiver survival depends on reaching out. We are a community and caring for each other is our greatest strength. Tap into that and ask.

### 2. Allow Yourself to Feel

Caregiving evokes a multitude of feelings, from resentment to anger to love to grace. Letting these feelings out through talking to a good friend, going to a support group, writing or whatever works, will increase your well-being and improve your coping skills. And the less guilt you will experience. *Being kind to yourself will help you be kinder to your loved one.*

### 3. Take a Deep Breath

A simple thing, but one that has great power. When your loved one asks you the same question for the 10<sup>th</sup> time, experience your irritation and then let it out with a deep breath before you speak.

### 4. Make a Self-Care List

Create a list of all the things and people you love. Start writing down one thing you can do this week, just for yourself. List one person you can call and talk with this week. Do one thing you love. Keep making these lists.

### 5. Wellness Programs

Check out this Directory's Listing of Wellness Programs and consider signing up.



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UNLESS OTHERWISE INDICATED ALL AREA CODES ARE 828

***DUE TO COVID SOME SERVICES MAY BE BY APPOINTMENT ONLY, BY ZOOM OR TEMPORARILY SUSPENDED -- CALL TO INQUIRE ABOUT CURRENT STATUS***

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**CAREGIVER RESOURCES DIRECTORY**  
**Area Code for Phone Numbers Is 828**  
***Unless Otherwise Noted***

*This Directory is a listing of known resources for the convenience of caregivers and does not constitute endorsement, recommendation or favoring of an entity by the Family Caregiver Support Program.*

**AGENCIES SPECIALIZING IN CAREGIVER NEEDS:**

Provide a variety of services to help older adults & their caregivers maintain their independence & quality of life. See also Aging Life Professionals.

**Family Caregiver Support Program (FCSP) of the Area Agency on Aging at Land of Sky Regional Council** <http://www.landofsky.org/fcsp.html> .....251-7441  
Covers North Carolina Region B – Buncombe, Henderson, Madison and Transylvania Counties.

Program provides five basic services to unpaid caregivers to enable them to more adequately fulfill their role as family caregivers.

- Information to caregivers about available services
- Assistance to caregivers in gaining access to services
- Individual counseling, organization of support groups, and training to assist caregivers in the areas of health, nutrition, and financial literacy, and in making decisions and solving problems about their caregiving roles
- Respite care to enable caregivers to be temporarily relieved from their caregiving responsibilities (limited funds available)
- Supplemental services, on a limited basis, to complement the care provided by caregivers

Who is Eligible for FCSP Respite Grants? -- **Client is the Caregiver** --

**ELIGIBILITY**

Individuals eligible for FCSP services fall into the following categories:

• **Family caregivers of older adults** or a person of any age providing unpaid care for an older adult age 60 or older or providing care to an individual with Alzheimer’s Disease or related dementia.

Note there are special eligibility requirements for some services as in the care recipient must meet the definition of frail:

1) Unable to perform at least two activities of daily living without substantial human assistance, including verbal remaindering, physical cueing, or supervision. Activities of daily living are: eating, dressing, bathing, toileting, transferring into/out of bed/chair, and ambulation (walking or moving in the home without assistance).

OR

2) Due to a cognitive impairment or other behaves in a manner that poses a serious health or safety hazard to the individual or to another individual.

- **Older adults as caregivers** (also referred to as: Kinship or Grandparents Raising Grandchildren)
  - A relative caregiver (not a parent), age 55 or older, living with and raising a relative child age 18 or under
  - A relative or parent, 55 or older, living with and raising an adult child (age 19-59) with a disability

To learn how the Area Agency on Aging Family Caregiver Support Program can help contact:

**The Family Caregiver**

**Specialist**.....251-7441

**Other Caregiver Resources Include:**

**AARP NC, Mountain Region** ..... [Aarp.org/mountainnc](http://Aarp.org/mountainnc) ..... 380-6242

**Council on Aging of Buncombe County**... <https://www.coabc.org/> ..... 277-8288

**Council on Aging of Henderson County** .. <https://coahc.org/> ..... 692-4203

**Project C.A.R.E. (Caregiver Alternatives to Running on Empty)**

Respite & case assistance for caregivers of persons with Alzheimer’s disease or other dementias, counseling..... <http://www.landofsky.org/projectcare.html> ..... 251-7432

**Charles George Department of Veterans Affairs Medical Center Caregiver Program** ..... 298-7911

**Transylvania County Department of Social Services Council on Aging**

<https://www.transylvaniacounty.org/index.php/departments/social-services> ..... 884-3174

**WNCSource** <https://WNCSource.org> ..... 693-1711

**ADULT DAY PROGRAMS:**

Adult day centers are available to provide respite to caregivers & to give loved ones, who need constant supervision, a safe & stimulating environment during the daytime.

**CarePartners PACE -- Program of All-Inclusive Care for the Elderly**

..... <https://missionhealth.org/services-treatments/adult-care/pace/> ..... 213-8442

PACE partners with caregivers to keep loved ones living in the community. It is a Medicare, Medicaid and Private Pay option that offers comprehensive community-based care and services to people age 55 or older who otherwise might need to move to a nursing facility. 286 Overlook Road, Asheville, NC, 28803. **Serves Buncombe and Henderson Counties.**

**MountainCare, Inc. Adult Day Center– Buncombe County**

..... <https://mountaincareservices.org/adult-care/> ..... 277-3399

68 Sweeten Creek Road, Asheville, NC 28803 -- Mon-Fri 7:30am – 5:30pm and Sat 9:00am - 5:00pm

**Mountain Explorers** ..... <https://mountaincareservices.org/adult-care/> ..... 277-4791

Sweeten Creek Road Campus for people with Mild Cognitive Impairments.



**MountainCare, Inc. Adult Day Services – Henderson County**  
.....<https://mountaincareservices.org/adult-care/>..... 697-7070  
55 N. Hillside Road, Hendersonville, NC 28791.....Mon-Fri 7:30am – 5:30pm

**CAREGIVER RESPITE AND SOCIALIZATION:**

**DayStay**..... <http://www.hominybaptist.com> .....665-1575  
135 Candler School Road, Candler, NC 28715 – Tues, Thurs, Fri. 11:00am – 2pm

**Faye’s Place Elder Club Family Services Elder Club – Asheville and Hendersonville**  
<http://www.jfswnc.org/elder-day-club/> .....253-2900  
Tuesday, Wednesday & Thursday 11:00am - 2:00pm

**Silvermont**..... 364 East Main Street Brevard 28712..... 884-3166  
Monday – Friday 8:00 am to 4:00 pm.

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**AGING IN PLACE:**

**Home First Design** ... <https://www.homefirstdesign.com/> .....(800) 439-0241  
The mission is to redesign homes for the aging and disabled so that they may continue to live comfortably and as independently as possible in their home of choice.

**Simply Home** ... <https://www.simply-home.com/senior-adults> .....877-684-3581  
48 Fisk Drive, Arden, NC 28704

**Skyheart Consulting** ..... Bob Krollman -- [Tico13@aol.com](mailto:Tico13@aol.com) ..... 703-400-1031  
Skyheart Consulting provides evaluations of living situations and recommendations for safely aging in place.

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**AGING LIFE CARE PROFESSIONALS:**

An Aging Life Care Professional, also known as a geriatric care manager, is a health & human services specialist who acts as a guide & advocate for families who are caring for older relatives or disabled adults. The Aging Life Care Professional is educated & experienced in any of the several fields related to aging life care/care management, including, but not limited to nursing, gerontology, social work, or psychology, with a specialized focus on issues related to aging & elder care.

**Aging Life Care** (referral service to aging professionals).....<https://www.aginglifecare.org>

**A Blessed Life Elder Care** .....<https://ablessedlifeeldercare.com/> ..... 549-8176

**Caregiver Support Services** ..... <https://www.wnccaregiversupport.com/>.....453-2546

**Holistic Elder Services** .....<http://www.holisticelderservices.com/> .....595-9271  
Karen Wolfrom - [Karen@holisticelderservices.com](mailto:Karen@holisticelderservices.com)

**Premier Care Navigation** ..... <https://premiercarenavigation.com/> .772-0002  
..... Lisa Laney - [lisa@premiercarenavigation.com](mailto:lisa@premiercarenavigation.com)

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**ALZHEIMER’S, DEMENTIA AND MEMORY IMPAIRMENT:**

**Alzheimer’s Association Western Carolina Chapter** ..... <https://www.alz.org/northcarolina>  
.....(800) 272-3900  
Support groups, education, caregiver hotline. See also Memory Cafés.

**Black Mountain Neuro-Medical Treatment Center..**

<https://www.ncdhhs.gov/divisions/dsohf/black-mountain-neuro-medical-center> .... 259-6700  
Overnight respite services for dementia patients at Greenwood Inn.

**Dementia Friendly WNC** ..... <http://dementiafriendlywnc.org/>  
.....[WNCDeMentiaFriendlyCommunities@gmail.com](mailto:WNCDeMentiaFriendlyCommunities@gmail.com)

A group of individuals, caregivers, community members, and organizations committed to the well-being of people living with dementia and their families.

**MemoryCare** ..... <http://memorycare.org/> .....771-2219  
Clinical Services, memory assessment, treatment, and support for memory-impaired individuals and their families. Physician referral needed. Caregiver Education Program - Lecture series designed to improve caregiver understanding of dementia care; no cost to enrolled MemoryCare caregivers. Educational materials on aging issues, dementia, and caregiving.

**Project C.A.R.E.  
(Caregiver Alternatives to Running on Empty)**

.....<http://www.landofsky.org/projectcare.html> .....251-7432  
Respite and case assistance for caregivers of persons with Alzheimer’s disease or other dementias, counseling.

**Project LifeSaver- Transylvania County** .....884-3168

Project Lifesaver is a search and rescue program operated by the Transylvania County Sheriff’s Office for Transylvania residents. It is a tracking device designed for “at risk” individuals who are prone to the life-threatening behavior of wandering. Speak with Jerry Mann.

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**BLIND/LOW VISION SERVICES:**

Assessment and assistance related to impairment of sight that may interfere with one’s ability to function independently at home. Adaptive equipment and adaptation-related classes are available to eligible individuals. Must have a physician verify vision impairment. No cost.

<b>In Henderson County, contact Department of Social Services</b> .....	697-5500
<b>In Buncombe County, contact Department of Social Services</b> .....	250-5500
<b>NC Services for the Blind – Buncombe</b> .....	251-6732
<b>NC Services for the Blind</b> .....	884-3174
<b>Mountain Area Regional Reading Service</b> ... <a href="https://marrswnc.org/">https://marrswnc.org/</a> .....	619-1610

**DENTAL SERVICES:**

**A-B Tech Allied Dental Clinic** <https://www.abtech.edu/allied-dental-programs/dental-clinic-informationdental@abtech.edu>..... 398-7255

**Blue Ridge Health Clinic – Hendersonville** <https://www.brchs.com/services-and-programs#dentistry> ..... 692-4289

**Blue Ridge Health Clinic – Brevard** <https://www.brchs.com/dentistry> ..... 883-5525

**Dental Lifeline Network – North Carolina** <https://dentallifeline.org/north-carolina/> ..... 919.677.9001

**WNC Community Health Services** .....<https://www.wncchs.org/dental-care> ..... 285-0622

**DRIVING EVALUATION:**

Driver Evaluation Program evaluates driving skills. By doctor referral only.

**Carolinas HealthCare System Blue Ridge Therapy - Morganton**  
137A West Parker Road, Morganton, NC  
.....<https://www.carolinashealthcareblueridge.org/rehabilitation> ..... 580-6816

**Duke Driving Evaluations – Durham & Raleigh**  
....<https://www.dukehealth.org/treatments/physical-and-occupational-therapy/fitness-to-drive>  
.....919-684-2445

**Frye Regional Driving Assessment Program - Hickory** <https://www.fryemedctr.com/our-services/rehabilitation/driver-assessment> ..... 315-5354

**Roger C. Peace/Outpatient Therapy**..... <https://www.ghs.org/healthcareservices/roger-c-peace-rehabilitation/roger-c-peace-rehabilitation-outpatient-services/driver-rehab-program/> .  
701 Grove Road, Greenville, SC 29605 ..... 864-455-3751

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**DURABLE MEDICAL EQUIPMENT LOAN PROGRAMS:**

Provide durable medical equipment such as walkers, canes, etc. on a loan basis to support independence. Check with the Council on Aging in Your County to get the most updated information.

**Henderson County – Medical Loan Closet (Tuesdays and Fridays 12:30pm-4:30pm)**  
<http://www.Medicalloancloset.org> .....692-9005

**ABCCM Medical Ministry**, 155 Livingston St., Asheville 28801.....259-5339  
Mon, Tues, & Thurs from 9:00 – 4:00. Wed. 9:00 – 2:00.

**Advanced Home Care** 120 Sweeten Creek Rd. Asheville. 28803.....285-0239  
Slightly used equipment is sometimes available at a discount. 8:00 – 5:00.

**Clarks Chapel UMC Medical Equipment Loan Closet**, By appointment only.  
25 Clarks Chapel Rd. Weaverville, 28787.....658-1351

**Medical Loan Closet**  
1225 7<sup>th</sup> Ave. East, Hendersonville 28792.....692-9005  
Open Tuesdays and Fridays, 12:30 to 4:40 pm.

**Mountain Adaptive**  
35 Dogwood Rd. Asheville, 28806.....1-800-281-4423

**WNC Bridge Foundation Thrift Store**, Call to see what equipment is available.  
75 Fairview Rd., Asheville 28803.....274-8206

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**ERRAND SERVICES:**

Provide an array of services, which may include handyman, housecleaning, yardwork, shopping, and transportation. Private pay. This list is not all-inclusive and providers change frequently. Ask whether the individuals providing the services are private contractors and if they do *criminal background checks and check references*.

**Geauxgirl** <http://geauxgirl.com/retirement-and-elderly> .....335-9816

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## FOOD AND NUTRITION RESOURCES AND MEAL ON WHEELS:

**Commodity Supplemental Food Program** – Council on Aging of Buncombe County  
.. <https://www.coabc.org/programs/commodity-supplemental-food-program/> .....277-8288  
CSFP is a Federal program of NC Dept of Agriculture and Consumer Services, with food provided by USDA. COAbc’s Resource Coordination team of specialists will screen applications and determine eligibility (consumers will self-report income and must be at 130% of poverty guidelines or less).

### **Congregate Meal Sites:**

Congregate nutrition services promote the health and well-being of older adults through the provision of a nutritious meal and programs, usually five days a week at convenient locations within the county. Services are available to persons 60 years of age and older and their spouses regardless of age. <http://www.landofsky.org/nutrition/sites.html>

**Healthy Dietary Supplement/Liquid Nutrition** – Council on Aging of Henderson County  
..... <https://coahc.org/liquid-nutrition/> ..... [info@coahc.org](mailto:info@coahc.org) ..... 692-4203

### **Meals on Wheels**

Meals on Wheels is an organization that focuses on providing nutritious meals to elderly homebound individuals in Western North Carolina including Madison, Buncombe, Henderson and Transylvania counties. Volunteers transport meals to those in need to ensure they are fed every weekday between 10:00am and 12:30pm. Frozen meals are also delivered on Thursdays of each week for weekend consumption.

### **Meals on Wheels Information by County**

**Buncombe County, Meals on Wheels..** <https://www.mowabc.org/> .....253-5286

**Council on Aging of Henderson County ..** <https://coahc.org/meals-on-wheels/> ..692-4203

**Madison County Madison County - (Marshall Senior Center)** .....649-2722

**Transylvania County Meals on Wheels ..** <https://mealsonwheelsbrevard.org/> .....883-3743

### **Manna Food Bank, Food and Nutrition Services Program Helpline**

Helpline Phone Number .....(800) 820-1109

Helpline Hours: Monday – Friday 9am – 4pm

Call to be conneted to a Food and Nutrition Services Program staff member who can help you with several services over the phone: filling out a food stamp application, filliing out a food stamp recertification, providing a list of food pantries in your county or neighboring county, and answering any questions that you may have about food stamps or the status of your application for food stamps.

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## HEALTH INSURANCE INFORMATION:

**SHIIP** - The Seniors' Health Insurance Information Program (SHIIP) counsels Medicare beneficiaries & caregivers about Medicare, Medicare supplements, Medicare Advantage, Medicare Part D, and long-term care insurance.

**Council on Aging of Buncombe County**... <https://www.coabc.org/medicare> .....277-8288  
For Buncombe and Henderson Counties

**Hot Springs Health Program - Madison County** ..... 649-9566

### **Transylvania County SHIIP NC Extension Service**

..... <https://transylvania.ces.ncsu.edu/shiip-the-seniors-health-insurance-information-program/> .....884-3109  
106 E Morgan Street, Suite 109, Brevard. NC -- Maryann Mickewicz, SHIIP Coordinator

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## HEARING SERVICES:

Advocacy, information, counseling, skills development and tools for Deaf, Hard of Hearing, Deaf-Blind and Speech-Impaired individuals and their families.

### **North Carolina Services for the Deaf and Hard of Hearing ...**

<https://www.ncdhhs.gov/assistance/hearing-loss/regional-centers-for-the-deaf-hard-of-hearing> .Voice 665-8733 or 800-681-7998 — Video Phone – 333-5830 - TTY 665-8737 or 800-681-8035 .....12 Barbetta Drive, Asheville, NC 28806

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## HISPANIC COMMUNITY RESOURCES:

**Catholic Charities** <https://www.ccdoc.org/en/> ..... 255-0146  
50 Orange Street, Asheville, NC 28801

**El Centro of Henderson County** ...<https://www.elcentrolac.org/>  
508 N Grove St, Hendersonville ..... 290-7134

**El Centro Comunitario Hispano Americano in Brevard** ..... 249 E Main St.  
..... 883-2900

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## HOMEBOUND LIBRARY SERVICES:

### Buncombe County (limited services)

<https://www.buncombecounty.org/governing/depts/library/services/default.aspx> .....

Find a branch near you <https://www.buncombecounty.org/governing/depts/library/branch-locations/default.aspx>

Henderson County Library ..... 697-4725

Transylvania County Library ..... 884-3151 x1825

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## HOME AND COMMUNITY BLOCK GRANT SERVICES (HCCBG)

HCCBG provides a “common funding stream” for a comprehensive and coordinated system of home and community-based services and opportunities for older adults.

HCCBG services are provided by local agencies within the community and are available to people ages 60 and older who are socially and economically needy.

For Madison, Buncombe, Henderson and Transylvania Counties go to <http://www.landofsky.org/hccbg.html> to find a provider in your area.

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## IN-HOME ASSISTANCE AGENCIES: (Also See PACE)

In-Home Assistance Agencies can generally be divided into three types: **Home Health Agencies, Home Care Agencies and Companion Agencies**. It’s important to ask any agency to describe all of their services and programs to determine what might be appropriate for you. You can check if an agency is licensed here

<https://info.ncdhhs.gov/dhsr/reports.htm>.

## HOME HEALTH AGENCIES:

Provide comprehensive home health services such as skilled nursing, physical therapy, occupational therapy, speech therapy, medical social work & certified nursing assistants (CNA). They are generally Medicare-certified & usually also accept Medicaid as well as other insurances. Private pay arrangements are possible. Ask whether the individuals providing the services are private contractors and if they complete *criminal background checks and check references*. Ask if they are licensed and request a copy.

**Advent Health Home Care** . <https://www.adventhealth.com/hospital/adventhealth-hendersonville/home-care>

..... 678-5261

**CarePartners Home Health – (Buncombe, Henderson, Madison and Transylvania Counties)** <https://missionhealth.org/services-treatments/home-health/services/>

-- Buncombe and Madison Counties .....277-4722

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-- Henderson County ..... 692-3174  
 --Transylvania County ..... 883-5254

**Encompass Home Health** ..... <https://encompasshealth.com/home-health/home-health-services> ..  
 ...Buncombe and Madison counties- .....659.6901 ..... Henderson county - .....894.8296

**Centerwell Home Health**..... [www.centerwellhomehealth.com](http://www.centerwellhomehealth.com).....298-1370

**Madison Home Health and Hospice**  
<https://www.hotspringshealth-nc.org/our-services/home-care-and-hospice> ..... 649-9566

**Maxim Healthcare** ..... <https://www.maximhealthcare.com/> ..... 299-4388

**Pardee Home Care** <https://www.healthcare4ppl.com/home-health/north-carolina/hendersonville/pardee-home-care-347028.html> .....692-1846

**HOME CARE AGENCIES:**

May provide nursing services, but at least provide certified nursing assistants (CNA) to assist with personal care needs, such as bathing and dressing and the monitoring of vital signs. May also provide companion aides to assist with other needs, such as meal preparation and errands. May be Medicaid-certified and accept some private insurances as well as private pay. Ask whether the individuals providing the services are private contractors and if they complete *criminal background checks and check references. Ask if they are licensed and request a copy.*

**Always Best Care**..... [www.alwaysbestcare.com](http://www.alwaysbestcare.com) ..... 989-7263

**All Ways Caring Home Care**  
<https://www.allwayscaring.com/locations/North-Carolina/Asheville/88/> .....536-0628

**A New Hope Home Care**..... [www.anewhopehomecare.com](http://www.anewhopehomecare.com) .....255-4446

**Asheville Home Health Care** ..... 676-6176

**Bayada Home Care - Buncombe County** ..... [www.bayada.com](http://www.bayada.com) ..... 681-5100

**Bayada Home Care - Henderson County** ..... [www.bayada.com](http://www.bayada.com) .....696-1900

**BrightStar Lifecare** ..... [www.brightstar.com](http://www.brightstar.com) .....255-1733

**Cappy’s Holistic Care** ..... [admin@cappyshomecare.org](mailto:admin@cappyshomecare.org) .....747-7216



<b>CareHeartedly</b> .....	<a href="http://www.careheartedly.com">www.careheartedly.com</a> .....	595-5734
<b>Caring Hearts and Hands</b> .....	<a href="http://www.caringheartsandhands.com">www.caringheartsandhands.com</a> .....	333-5051
<b>Comfort Keepers</b> .....	<a href="http://www.comfortkeepers.com">www.comfortkeepers.com</a> .....	687-1199
<b>First Light Home Care</b>		
<a href="https://www.firstlighthomecare.com/home-healthcare-asheville/">https://www.firstlighthomecare.com/home-healthcare-asheville/</a> .....		505-4337 or 333-6165
<b>Golden Hill</b> .....	<a href="http://www.goldenhillcare.com/contact.html">http://www.goldenhillcare.com/contact.html</a> .....	685-3209
<b>Four Seasons, The Care You Trust</b>		
..... <a href="https://fourseasons.teleioscn.org/what-we-offer/home-care/">https://fourseasons.teleioscn.org/what-we-offer/home-care/</a> .....		692-6178
<b>Home Helpers</b> .....	<a href="http://www.hendersonvillehomecare.com">www.hendersonvillehomecare.com</a> ..	694-0000
<b>Home Instead Senior Care</b> .....	<a href="http://www.homeinstead.com">www.homeinstead.com</a> .....	274-4406
<b>Interim HealthCare</b> .....	<a href="http://www.interimhealthcare.com/asheville">www.interimhealthcare.com/asheville</a> ..	274-2082
<b>Mountain Home Care</b> .....	<a href="http://www.mountainhomecare.com">www.mountainhomecare.com</a> .....	684-6444
<b>Pro Temps Medical Staffing and Home Carefree ...</b>		
..... <a href="https://homecarefree.org/">https://homecarefree.org/</a> .....		277- 1580
<b>Premier Home Care</b> <a href="http://www.premierhomehealthcare.com/locations/asheville-nc-home-health-locations/">http://www.premierhomehealthcare.com/locations/asheville-nc-home-health-locations/</a> .....		
		277-5950
<b>Senior Helpers</b> .....	<a href="http://www.seniorhelpers.com/nc/asheville-hendersonville">www.seniorhelpers.com/nc/asheville-hendersonville</a> .....	401-1234
<b>Visiting Angels</b> .....	<a href="http://www.visitingangels.com/Asheville">www.visitingangels.com/Asheville</a> ....	665-3944

**COMPANION AGENCIES: (See also Home or Facility Care Registries)**

Provide companion aides only to assist with non-medical needs such as meal preparation, errands, companionship, organizational tasks, etc. Private pay or private insurance. (Many home care agencies have personal companions.) Ask whether individuals providing the services are private contractors and if they complete *criminal background checks and check references*. Ask if they are licensed and request a copy.

**Home Helpers - Henderson**

..<https://www.homehelpershomecare.com/hendersonville/monitoring-services/home-helpers-for-monitoring> .....

373-8609

**Senior Companions** - Serves All Region B Counties.

.....<http://www.landofsky.org/scp.html> .....251-7443

**WNC Senior Sitters**.....775-2062

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**HOME OR FACILITY CARE REGISTRIES (ALSO CALLED NURSE REGISTRY):**

These agencies maintain lists of professional caregivers, whom they ensure have the proper licensing and training, and use these lists to refer people acting as independent contractors to patients or their caregivers.

**Choice Care Your Way** ..... <http://choicecareyourway.com/services/> ..... 772 -0002

**Griswold Home Care** .....[www.griswoldhomecare.com](http://www.griswoldhomecare.com) ..... 393-0701

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**HOME REPAIR AND RAMPS:**

These agencies may be able to assist with minor home repairs and build ramps:

**North Carolina Baptist Aging Ministry** ... <http://www.ncbam.org> .....1-877-506-2226

Volunteers help build wheelchair ramps, install grab bars, install smoke alarms, help with light yard work

Serves Buncombe, Madison, Henderson, and Transylvania Counties

**Habitat for Humanity (Buncombe County)**

.....<https://www.ashevillehabitat.org/housing-programs/home-repair/> .....251-5702

Services include modifications for accessibility, heating/cooling systems repair, roof repair, floor repair, interior and exterior repairs, exterior painting/staining

Call or check out website for eligibility requirements

**Housing Assistance Corporation (Henderson and Transylvania Counties)**

.....<https://housing-assistance.com/home-repair>.....692-4744

Repairs that eliminate health and safety hazards: ramps, grab bars, leaking faucets, roof leaks, floor repair, minor plumbing repairs, water heater replacement, steps and handrails, fall prevention modifications

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**HOSPICE AND PALLIATIVE CARE:**

Hospice provides specialized comfort care for end of life. Palliative care is medical care focused on reducing symptoms of chronic illnesses. These agencies also offer grief support services.

<b>CarePartners Hospice &amp; Palliative Care Services...</b>	<a href="http://www.carepartners.org">www.carepartners.org</a> .....	251-0126
<b>Compassionate Care WNC - Madison County and North Buncombe</b>	<a href="https://www.compassionatecarewnc.org/">https://www.compassionatecarewnc.org/</a> .....	682-9675
<b>Four Seasons, The Care You Trust.....</b>	<a href="https://fourseasons.teleioscn.org/">https://fourseasons.teleioscn.org/</a> ....	692-6178
<b>Madison Home Care &amp; Hospice.....</b>	<a href="https://www.hotspringshealth-nc.org/">https://www.hotspringshealth-nc.org/</a>	649-2705
<b>Charles George Department of Veteran’s Affairs Medical Center</b>	<a href="http://www.asheville.va.gov">www.asheville.va.gov</a> .....	298-7911

**LEGAL SERVICES:**

**Adult Protective Services**

Guardianships. Also investigates abuse, neglect and exploitation of disabled and/or older adults; call 24/7 to make a report.

<b>Buncombe County Department of Social Services</b> .....	250-5800
<b>Henderson County Department of Social Services</b> .....	697-5500
<b>Madison County Department of Social Services</b> .....	649-2721
<b>Transylvania County Department of Social Services</b> .....	884-3174

**Elder Law Attorneys**

These Attorneys are members of the National Association of Elder Law Attorneys. You may also find more attorneys who handle elder law in the yellow pages of your phone book or on the internet.

<b>Andrew Atherton</b> ... <a href="https://www.mwblawyers.com/attorneys/andrew-d-atherton/">https://www.mwblawyers.com/attorneys/andrew-d-atherton/</a> .	254-8800
48 Patton Avenue, Asheville, North Carolina	
<b>Brian Lawler</b> .....	<a href="https://www.vwlawfirm.com/brian-t-lawler/">https://www.vwlawfirm.com/brian-t-lawler/</a> .....258-2991
11 North Market Street, Asheville, NC 28801	
<b>Carole Spainhour</b> .....	<a href="https://www.elderlawcarolina.com">https://www.elderlawcarolina.com</a> .....255-1966
32 Orange Street, Asheville, NC 28801	
<b>Caroline Knox</b> .....	<a href="https://www.cknoxelderlaw.com/">https://www.cknoxelderlaw.com/</a> ..... 513-1600
16 Towne Place Drive, Suite 100, Hendersonville, NC 28792	
<b>Heather Whitaker Goldstein</b>	
.....	<a href="https://www.vwlawfirm.com/heather-whitaker-goldstein/">https://www.vwlawfirm.com/heather-whitaker-goldstein/</a> .....258-2991
11 North Market Street, Asheville, NC 28801	

**Kathleen Rodberg** <https://www.mwblawyers.com/attorneys/kathleen-r-rodberg/> ..254-8800  
48 Patton Avenue, Asheville, North Carolina 28802-3180

**Larry Hartley**..... <https://strausslaw.com/attorney-profiles/larry-s-hartley/>..... 515-1810  
77 Central Ave, Asheville, NC 28801

**Wendy Craig**.....<https://wncelderlaw.com/> .....669-0799  
207 E State St, Black Mountain, NC 28711

**Legal Aid offices throughout NC** ..... <https://www.legalaidnc.org/get-help/find-office>  
Finds nearest Legal Aid of NC office.

**Legal Aid of NC**.....[www.legalaidnc.org](http://www.legalaidnc.org) .....236-1080  
Disability, SSI, Medicare appeals for low-income individuals. Services all Region B counties.

**Pisgah Legal Services**..... [www.pisgahlegal.org](http://www.pisgahlegal.org) .....253-0406  
Help with basic needs of housing, disability, SSI, Medicare, Power of Attorney, Guardianship and elder law. Serves all Region B counties.

**To Find an Attorney:** <https://www.ncbar.org/public-resources/lawyer-referral-service/>

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### **LONG TERM CARE SETTINGS:**

For information about long term care settings in Buncombe, Henderson, Madison and Transylvania Counties, go to <http://www.landofsky.org/aaa.html#ltcd> or call 251-6622 and ask for an ombudsman.  
See also Ombudsman.

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### **MEDICAL ALERTS/ALARMS:**

Systems to provide quick and easy access to emergency assistance at the push of a button (necklace, bracelet, etc.)

#### **Critical Signal Technologies (owned by Best Buy)**

..... <https://www.cstltl.com/> ..... 888-557-4462

**Home Helpers** .....<https://www.homehelpershomecare.com/hendersonville/monitoring-services/home-helpers-for-monitoring> .....373-8609

**Phillips LifeLine ....**

[https://www.lifeline.phillips.com/?\\_ga=2.40186859.891981435.1608742153-1885891790.1588251815](https://www.lifeline.phillips.com/?_ga=2.40186859.891981435.1608742153-1885891790.1588251815) .....Customer Care 1-855-681-5351

**Simply Home** ..... <https://www.simply-home.com/senior-adults>  
..... 48 Fisk Drive, Arden, NC 28704 .....877-684-3581

**MEDICAID**

Medicaid pays for Personal Care Services (PCS), a program that provides CNAs to assist with daily bathing, dressing and other tasks, and for the Community Alternatives Program (CAP), a more comprehensive in-home assistance service for persons at risk of placement in a nursing facility. One may apply for Medicaid at your local Department of Social Services (DSS). Subsidized In- Home Aide/Homemaker Services: CNAs or companion aides provide housekeeping, errands, companionship, and possibly bathing and other hands-on assistance through public funds for those who qualify. Waiting lists often exist.

<b>Buncombe County Department of Social Services</b> .....	250-5500
<b>Henderson County Department of Social Services</b> .....	697-5500
<b>Madison County Department of Social Service</b> .....	649-2722
<b>Transylvania County Department of Social Services</b> .....	884-3174

**Community Alternatives Program (CAP)** <https://medicaid.ncdhhs.gov/medicaid/get-started/find-programs-and-services/community-alternatives-program-for-disabled-adults>

<b>Buncombe County</b> .....	RHA Health Services .....	919-803-2960
<b>Henderson County</b> .....	Park Ridge Health .....	828-687-5261
<b>Madison County</b> .....	RHA Health Services .....	888-207-7828
<b>Transylvania County</b> .....	Care Partners Home Health .....	828-862-6366

**Personal Care Services**

.. <https://medicaid.ncdhhs.gov/providers/programs-services/long-term-care/personal-care-services>

Contact [Liberty Healthcare Corporation-NC](https://www.libertyhealthcare.com) Phone: 919-322-5944 Email: [NC-IAsupport@libertyhealth.com](mailto:NC-IAsupport@libertyhealth.com)

**MENTAL/BEHAVIORAL HEALTH IN-PATIENT UNITS ( See also PSYCHOTHERAPIST, GRIEF COUNSELORS AND RELATED RESOURCES):**

**Adventist Behavioral Geriatric Services**

<https://www.adventhealth.com/hospital/adventhealth-hendersonville/behavioral-health-care> ..... 681-2288

**Mission Hospital Copestone**..... <https://www.thero.org/clinics/north-carolina/asheville/hospitals/mission-hospital-copestone/>..... 213-1111

**Pardee Hospital**

....<https://www.pardeehospital.org/care-treatment/behavioral-health/> .....696-4250

**St. Luke’s Hospital** .....

<http://www.saintlukeshospital.com/getpage.php?name=psychiatry-geriatric&sub=Medical%20Services> ..... 894-0581

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**OMBUDSMAN – Long Term Care Advocate**

A Long Term Care Ombudsman serves as a mediator who seeks to resolve complaints made by or on behalf of people living in Long Term Care Settings, i. e, nursing homes, adult care homes or family care homes. The Ombudsman advocates for Residents Rights as defined by federal and state law. If your loved one is in a long term care setting and they need to speak with an ombudsman, they can call **828-251-6622**.

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**OVERNIGHT RESPITE:**

**Black Mountain Neuro-Medical Treatment Center..**

<https://www.ncdhhs.gov/divisions/dsohf/black-mountain-neuro-medical-center> .... 259-6700

Overnight respite services for dementia patients at Greenwood Inn.

Other: Several long term care settings in Buncombe, Henderson, Madison and Transylvania Counties offer overnight respite. Go to

<http://www.landofsky.org/aaa.html#ltcd> or call 251-6622 and ask for an Ombudsman.

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**PACE -- Program of All-Inclusive Care for the Elderly**

..... <https://missionhealth.org/services-treatments/adult-care/pace/> ..... 213-8442

PACE partners with caregivers to keep loved ones living in the community. It is a Medicare, Medicaid and Private Pay option that offers comprehensive community-based care and services to people age 55 or older who otherwise might need to move to a nursing facility. 286 Overlook Road, Asheville, NC, 28803. Serves Buncombe and Henderson Counties.

**Veteran Respite**..... [www.hiddenheroes.org/respite/](http://www.hiddenheroes.org/respite/)

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**PSYCHOTHERAPISTS, GRIEF COUNSELORS AND RELATED RESOURCES: (List Is Not Comprehensive)**

**For sliding scale:**

**All Souls Counseling** .....<http://allsoulsounseling.org/> ..... 259-3369  
35 Arlington St, Asheville, NC 28801

**Catholic Social Services** .....<https://ccdoc.org/en/services/counseling> 255-0146  
50 Orange Street, Asheville, NC, 28801

**Four Seasons, The Care You Trust, Bereavement Services**  
....<https://fourseasons.teleioscn.org/what-we-offer/bereavement-support/> ..... 692-6178

**Fresh Start, Transylvania Regional Hospital** ..... 862-6393

**Jewish Family Services ...Healing Solutions Counseling...**  
.....<https://www.jfswnc.org/mental-health-services> .....253-2900x113

**Meridian Behavioral Health Services (Serves Transylvania and Buncombe)**  
..... <https://meridianbhs.org/> ..... 631-3973

**Mercy Mindful Mental Health Services**.....210-2121

**National Alliance for Mental Illness (NAMI)** ... <http://namiwnc.org/> .....505-7353

**Open Path Collective** ..... <https://openpathcollective.org/city/asheville/>  
Clients pay a fee to join and therapists, based on the income of the individual, provide a sliding scale.

**VAYA Health**..... <http://www.vayahealth.com/> .....800-849-6127  
VAYA is a public behavioral health organization that serves Region B and includes crisis services.

**Counselors** who may or may not offer a sliding scale – Referrals from MountainCare Grief Support and others Recommended by caregivers or professionals working with caregivers  
-- Jonathan or Janelle Railley: .....<http://www.bigskymind.org/>  
-- Tyra Goodman, LCSW - 450-8583  
-- Meg Hudson, LCSW - 691-2453  
-- Tom Adams [thomasa@mtncare.org](mailto:thomasa@mtncare.org)

**For BIPOC (Black, Indigenous, People of Color) providers:**

**A Therapist Like Me** – .....263-7273

\*Also has providers for the LGBTQIA+ population

**Multi-Cultural Counselors** –\_The Closest Are in Durham/Raleigh Area – Ask about Virtual Sessions.....<https://www.multiculturalcounselors.org/>

**Latinx Therapists** – The Closest Are in Durham/Raleigh Area or Georgia – Ask about Virtual Sessions & If They Can Practice in NC --..... <https://latinxtherapy.com/>

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**RESPITE GRANTS:**

Respite grants provide relief to unpaid caregivers. Funding is limited, and grants are awarded only when funds are available and eligibility requirements are met. Respite may include funding for in-home care by either an agency or a private individual, adult day services, short-term 24-hour care in a long term care setting, overnight respite provided by an adult day program or other options that give the caregiver relief.

**Dementia Alliance**.....<https://dementianc.org/>.....800-229-8738

**Family Caregiver Program**..... <http://www.landofsky.org/fcsp.html> ..... 251-7441

**HomeInstead/Hilarity for Charity**..... <https://www.helpforalzheimersfamilies.com>

**Lifespan Respite NC** ..... [www.highcountryaging.org/services/lifespan-respite-project](http://www.highcountryaging.org/services/lifespan-respite-project)  
.....265-5434 x139

**Project C.A.R.E.** ..... [www.landofsky.org/projectcare.html](http://www.landofsky.org/projectcare.html) 251-7432

**The Association for Frontotemporal Degeneration**..... <https://theaftd.org>  
.....1-866-507-7222

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**SPECIAL NEEDS REGISTRY:**

The Special Needs Registry provides vital information to emergency responders in the event of a 911 call and/or during a widespread disaster. This program is voluntary and individuals on the registry have the option to accept or deny assistance. If there is a disaster or emergency, those on the Special Needs Registry may be contacted, asked how they are doing, given information about shelters, or how to prepare or respond to the disaster.

**Buncombe County Emergency Services** . ..... 250-6650

164 Erwin Hills Road, Asheville – *No longer maintains a registry but family members can call to verify if the information is correct in the 911 database (like having family member with dementia that wonders, code to open gate, etc.).*

**Henderson County Emergency Management**

.....<https://www.smart911.com/> .....697-4596

211 First Avenue East, Hendersonville

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**Madison County Emergency Operations Center - Attn. Special Needs** ..... 649-3602  
158 Health Care Lane, Marshall

**Transylvania County Emergency Services - Attn. Special Needs** .....884-3188  
155 Public Safety Way, Brevard. You can self-register at  
[http://entry.inspironlogistics.com/transylvania\\_nc/wens.cfm](http://entry.inspironlogistics.com/transylvania_nc/wens.cfm)

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**SUPPORT GROUPS – Many groups now meet online or have temporarily stopped meeting. Call for more information.**

**BUNCOMBE COUNTY:**  
**Asheville**

**Asheville Aphasia Support Group** .....227-7251  
WCU Building, Rm 345, Biltmore Park Town Square, 28 Schenck Pkwy, Asheville. 28803  
Every Friday, 10-11 am.

**Asheville Parkinson’s Support Group** ..... 352-277-7424  
Groce United Methodist Church, 954 Tunnel Road, Asheville -- First Tuesday, 10:00am-12pm. .... Parkinsonsavl.org .....parkinsonsavl@gmail.com

**Brain Injury Support Group**..... [Kkeating828@gmail.com](mailto:Kkeating828@gmail.com) ..... 337-0208  
First and Third Wednesdays.

**Caregiver Support Services**.....687-0155  
Brookdale Walden Ridge, Asheville.  
Support group meets second Wednesdays from 6 – 7pm

**CAPES – Caring for Aging People Education & Support.**  
Restarting April 18, 2023. Every Third Tuesday.  
In-person-First Baptist Church, Asheville – 2pm.  
Zoom – <http://bitly.ws/fmvE> - 5pm..... 277-8288

**Dementia Partners**..... [dementiapartners.avl@gmail.com](mailto:dementiapartners.avl@gmail.com) ..... 367-7388

**Grace Presbyterian Mild Dementia Support Group** ... <https://gcpcusa.org> ..... 254-3274  
Grace Covenant Presbyterian Church, 789 Merrimon, Asheville. First and third Wednesday at 11:00am. For people with mild dementia.

**MemoryCaregivers Network**.....230-4143  
Virtual Meetings only, First, Second and Fourth Tuesdays

**MountainCare Inc. Support Group** .....277-3399  
MountainCare Adult Day Services, 68-A Sweeten Creek Road, Asheville -- First  
Wednesday, 4:00-5:30pm.

**Kinship (Grandparents or Other Non-Parent Adults Raising Children) Support  
Groups and Foster Parent Support Group (Appropriate for Kinship Caregivers)**  
.....783-1190

**North Asheville Caregiver Support Group** .....657-9443  
90 Griffee Road. Weaverville, NC 28787. Call number for more information.

**NAMI Western Carolina** ..... [www.namiwnc.org](http://www.namiwnc.org) ..... 505-7353  
Offers support, education, advocacy for families and persons with schizophrenia, bipolar  
disorder, depression or an anxiety disorder. Call for details.

**Stroke Survivor and Caregiver Support Group** .....989-6182  
1 Hospital Dr. Asheville 28801, 5<sup>th</sup> Floor, Rm 520. Second Wednesday of Every Month  
from 5pm to 6pm

### **Black Mountain**

**Memory Loss Caregivers of East Buncombe** .....230-4143  
Highland Farms Retirement Community, 200 Tabernacle Rd., Black Mountain, Lounge  
Rm. 3, lower level, in the J-K entrance to the Brookside Bld -- Second Tuesday, 9:30-  
11:30am

### **SUPPORT GROUPS - HENDERSON COUNTY:**

#### **Hendersonville**

**Alzheimer's/Dementia Caregiver Support Group** .....696-9799  
First United Methodist Church, 204 5<sup>th</sup> Avenue West, Hendersonville  
Third Tuesday, 1:00 -3:00pm

**Caregiver Support Group ...Council on Aging**.....233-1552  
3<sup>rd</sup> Friday of Every Month, 12:30 pm to 2:00 pm. 105 King Creek Blvd. Hendersonville, NC

**Four Seasons, The Care You Trust**.....<https://www.fourseasonsfcfl.org/> .....692-6178  
Call for information.

**Kinship (Grandparents or Other Non-Parent Adults Raising Children) Support Groups**

**Foster Parent Support Group (Appropriate for Kinship Caregivers) -**

**Henderson..... 783-1190**  
Provides support, fellowship and education. Hendersonville YMCA, 810 6th Ave W, Hendersonville, NC 28739, Third Tuesday, 6:00 to 7:15 PM, Childcare Available.

**Memory Support Groups.....Advent Health at Laurel Park.....697-4336**

Two groups: one for spouses, one for people with early to mid-stage memory loss. Second and Fourth Thursdays, 1:00 pm to 2:15 pm. Group size is limited.

**SUPPORT GROUPS - TRANSYLVANIA COUNTY:**

**Brevard**

**Brevard Dementia Support Group.....862-6970 or 884-3305**  
Brevard-Davidson River Presbyterian Church, Brevard. First Thursday at 1:00 pm.

**Brevard-Hendersonville Parkinson’s Support Group ..... 693-8715 or 685-7673**  
Brevard-Davidson River Presbyterian Church, Brevard -- Second Tuesday (except June and August) 10am

**Kinship (Grandparents or Other Non-Parent Adults Raising Children) Support Groups Adoptive/Foster Parent/Kinship Placement Chat – Transylvania**

..... 883-4857  
Discuss issues and concerns that arise when raising someone else's children. The Family Place, 970 Old Hendersonville Hwy, Brevard, NC, 28712. Last Tuesday, 6:00 to 8:00 PM.

**TELEPHONE REASSURANCE:**

Calls made to homebound persons, or persons at home call central location to check in, with the goal of ensuring health and safety. No cost.

**Buncombe County Sheriff’s Department ..... 250-4475**  
**Henderson County Sheriff’s Department ..... 697-4915**  
**Madison County Sheriff’s Department ..... 649-2721**  
**Mars Hill Police Department. .... 689-2301**  
**Brevard Police Department ..... 883-2212**  
**Transylvania County Sheriff’s Department ..... 884-3168**

## TRANSPORTATION:

<b>Apple Country Transportation</b> (Henderson County) .....	698-8571	
<b>Asheville Transportation</b> ..... <a href="http://www.ashevillenc.gov/departments/transport/default.htm">http://www.ashevillenc.gov/departments/transport/default.htm</a> .....	259-5405	
<b>Council on Aging of Buncombe County, Inc.</b> ..... <a href="https://www.coabc.org/call-a-ride">https://www.coabc.org/call-a-ride</a> .....	277-8288	
Call-A-Ride program: medically necessary, volunteer transportation on donation basis with prior appointment (one week notice requested).		
<b>David's Transportation</b> ..... <a href="http://www.cesarfamilyservices.com/">http://www.cesarfamilyservices.com/</a> .....	505-1394	
Transportation to medical appointments, airport, church, and casino; medication and grocery delivery. Spanish interpreter available for medical appointments.		
<b>Loyal Lifts</b> .....	<a href="http://loyallifts.com">http://loyallifts.com</a> .....	674-6471
<b>Madison County Government</b> .....	<a href="https://www.madisoncountync.gov/transportation-authority.html">https://www.madisoncountync.gov/transportation-authority.html</a> ....	649-2219
<b>MEDIC - Medical Emergency Ambulance</b> .....	<a href="http://medic-ems.org/contact/">http://medic-ems.org/contact/</a> ....	684-0287
Bed-confined patients.		
<b>Mountain Mobility – Buncombe County</b> .....		250-6750
<a href="https://www.buncombecounty.org/governing/depts/transportation/default.aspx?redirect=mm">https://www.buncombecounty.org/governing/depts/transportation/default.aspx?redirect=mm</a> . Transportation in handicap accessible vehicle to medical appointments, grocery, and retail, as well as multipurpose trips within Buncombe County. There are not any income requirements. This is not regional transportation.		
<b>RIDE Program</b> .....		250-6750
<a href="https://www.buncombecounty.org/governing/depts/transportation/default.aspx?redirect=mm">https://www.buncombecounty.org/governing/depts/transportation/default.aspx?redirect=mm</a> A curb-to-curb subsidized transportation program that allows disabled residents to purchase private transportation provider services at a significant discount.		
<b>Out n' About</b> .....		712-7259
Local, long distance, and overnight travel; assistance with transfers and personal care, wheelchair transport.		
<b>Round a Bout</b> .....		237-4000
<b>Medicaid Transportation – Contact Your DSS Worker</b>		
<b>Veterans Transportation Services</b> .....		298-7911 ext. 2916
<b>Transylvania County Transportation</b> .....		884-3203
For persons over the age of 60 or those who meet special eligibility requirements and have no other means of transportation. The goal is to provide round-trip transportation within the County for citizens who have scheduled appointments with doctors, outpatient services, dialysis, public health or other health related appointments.		

## VETERANS SERVICES:

The Veterans' Administration (VA): May have funds available to assist veterans in obtaining home care or respite care. Eligibility may be based on factors such as military service history and income.

**Charles George Department of Veterans Affairs Medical Center** .....298-7911  
1100 Tunnel Road, Asheville, NC 28805-2087

**Buncombe County Veterans Service Officers** .....250-5726

<https://www.buncombecounty.org/governing/depts/veterans/default.aspx>

**Walton Ward**..... [walton.ward@buncombecounty.org](mailto:walton.ward@buncombecounty.org)

**Sherry Manning** ..... [sherry.manning@buncombecounty.org](mailto:sherry.manning@buncombecounty.org)

**Heath Smith**..... [heath.smith@buncombecounty.org](mailto:heath.smith@buncombecounty.org)

40 College St., Asheville, NC 28801

**Henderson County Veterans Service Officer** .....697-4817

<https://www.hendersoncountync.gov/county/page/veterans-services>

**Mike Murdock** ..... [mmurdock@hendersoncountync.org](mailto:mmurdock@hendersoncountync.org)

1200 Spartanburg Hwy., Ste 200, Hendersonville, NC 28792-5840

**Transylvania County Veterans Service Officer**

<http://www.transylvaniacounty.org/departments/veterans-services>

**Frank A. Pearsall**.....[veterans.service@transylvaniacounty.org](mailto:veterans.service@transylvaniacounty.org) .....884-3276

106 E. Morgan St., Suite 237, Brevard, NC 28712-3752

**Madison County Veterans Service Officer** .....649-2722

<https://www.madisoncountync.gov/veterans-services-office.html>

**NC SERVES – Western**.....<https://western.americaserves.org/> ..... 855-WNC-VETS

**Veterans Administration Caregiver Support for Veterans** ....

<https://www.caregiver.va.gov/>

**The National Caregiver Support Line Toll-Free Number for Veterans**..... 855-260-3274

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## VOLUNTEER SERVICE PROGRAMS that Can Help Caregivers

**North Carolina Baptist Aging Ministry** ..... <http://www.ncbam.org/> ..... 1-877-506-2226

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## WEBSITES FOR CAREGIVERS:

### Local:

**Aging Projects** ..... <https://agingprojectsinc.org/>  
**Aging Resources Magazine** ..... <http://www.agingresourceswnc.com/>  
**Family Caregiver Program** ..... <http://www.landofsky.org/fcsp.html>  
**LGBT Elder Advocates of WNC** ..... [www.blueridgepride.org/vctr/pages/generations-plus/](http://www.blueridgepride.org/vctr/pages/generations-plus/)  
**MemoryCare** ..... <http://memorycare.org/>

### National:

<https://www.aarp.org/caregiving/> -- Caregiving resource center. Information, tools and tips for caregivers  
<https://www.agingcare.com/> -- Articles and discussion groups about caregiving  
<https://www.alzheimers.gov/> -- Information and resources about Alzheimer's disease and related dementias  
<https://www.alzheimersnavigator.org/> -- Information for caregivers of persons with dementia  
<https://www.benefitscheckup.org/> -- Check on benefits your loved one may be entitled to have  
<https://caregiver.com/> -- Articles on caregiving and weekly e-newsletter on caregiving issues  
<https://www.care.com> -- Finding private caregivers in your area.  
<https://www.caregiver.org/> -- Family Caregiver Alliance/National Center on Aging. Reports & online support groups  
<http://www.caregiveraction.org/> -- Caregiving information and resources  
<https://www.caregiverstress.com/> -- Caregiver articles and videos from Home Instead Senior Care  
<https://www.caregiver.va.gov/> -- Caregiver support for veterans  
<https://www.caring.com/> -- Senior care reviews and resources  
<https://www.edumed.org/resources/definitive-guide-to-senior-care/> - The Definitive Guide to Senior Care -  
<https://eldercare.acl.gov/Public/Index.aspx> or 800-677-1116 -- From the U.S. Administration on Aging. Connects older adults to services in their community.  
<https://www.nextstepincare.org/> -- Information about hospitalization and after discharge.  
<https://www.patientadvocate.org/> - Provides direct services to patients with chronic, life threatening and debilitating diseases to help access care and treatment recommended by their doctor.  
<https://wellspouse.org/> -- Support for spousal caregivers, providing peer support and education.  
[www.mealtrain.com](http://www.mealtrain.com) -- Is a website where you can coordinate meal planning and delivery for a friend in need.  
<https://www.sharethecare.org/> Helps caregivers create a strong support network for individual caregivers

If you need information about available senior or community services, call 2-1-1. For additional information about services outside Region B, call the Elder Locator at 1-800-677-1116.

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## WELLNESS PROGRAMS

Many programs in our Region promote wellness. Financial assistance based on need and available resources may be available so don't hesitate to ask.

### Area Agency on Aging Health and Wellness Programs

.....<http://www.landofsky.org/healthpromotion.html>. ....251-7438

FREE programming focused on reducing falls and managing chronic pain. Programs are evidence-based and offered at a variety of community locations.

**Healthy Aging NC** ..... <http://healthyagingnc.com/> .....258-7712

### Seeds of Hope Wellness Group

..... <https://gracehendersonville.com/seeds-of-hope/> .....693-4890

**YMCA of WNC** ..... <https://www.ymcawnc.org/> .....505-3990

### Eight Locations in Buncombe and Henderson Counties

**YWCA** ..... <https://www.ywcaofasheville.org/> .....254-7206

185 S. French Broad Ave., Asheville, NC 28801

This Caregiver Directory is not inclusive and does not constitute an endorsement, referral or statement of qualification. Users of this list should determine for themselves the qualifications of any service prior to utilizing the service.

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**The Caregiver Resources Directory is provided to you by the Area Agency on Aging's Family Caregiver Support Program at Land of Sky Regional Council.**



The North Carolina Family Caregiver Support Program was established through the Older American's Act to help family and informal caregivers tend to the needs of their loved ones at home for as long as possible. The Family Caregiver Program of the Area Agency on Aging's helps caregivers residing in Buncombe, Henderson, Madison, and Transylvania counties by providing them with:

- Information to connect them with the right resources
- Referrals for counseling, support groups, and educational programs
- Financial assistance for respite (short-term relief)
- Short term and one time only services



Land of Sky Regional Council is a multi-county, local government, planning and development organization. The Council reaches across county and municipal borders providing technical assistance to local governments and administering projects and programs that benefit the region's citizens.

Land of Sky's mission is to provide creative regional solutions to relevant and emerging issues in Buncombe, Henderson, Madison, and Transylvania counties while providing a standard of excellence in the delivery of federal, state, and regional services for member communities.



# CAREGIVER NOTES

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## CAREGIVER NOTES

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CAREGIVER NOTES

Lined area for caregiver notes.

**CAREGIVER NOTES**

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## FAMILY CAREGIVER SUPPORT PROGRAM

***Provides information, education respite and other support to people caring for frail older adults and grandparents raising grandchildren.***

339 New Leicester Hwy., Suite 140  
Asheville, NC 28806

p: 828.251.7441

f: 828.251.6353

<http://www.landofsky.org/fcsp.html>