

CAREGIVER RESOURCES DIRECTORY

For Buncombe, Henderson, Madison & Transylvania Counties



CAREGIVER RESOURCES DIRECTORY

The Area Code for these numbers is 828

AGING AGENCIES:

Provide a variety of services to help older adults and their caregivers maintain their independence and quality of life.

Family Caregiver Support Program - Land of Sky Regional Council	www.landofsky.org	251-6622
Region B – Buncombe, Henderson, Madison and Transylvania Counties. Provides information about and/or funds for in-home/ respite care options.		
Council on Aging of Buncombe County	www.coabc.org	277-8288
Henderson County Council on Aging	www.coahc.org	692-4203
Madison County Department of Community Services	www.madisoncountync.org	649-2722
Transylvania County Department of Social Services	www.transylvaniacounty.org	884-3174
Western Carolina Community Action	www.wcca.net	884-3166

ADULT DAY PROGRAMS:

Adult day care centers are available to provide respite to caregivers and also to give loved ones, who need constant supervision, a safe and stimulating environment during the daytime. Programs in our area:

CarePartners Adult Day Services - Buncombe County	www.carepartners.org	277-3399
68 Sweeten Creek Road, Asheville, NC 28803 Mon-Fri 7:30am - 6:00pm and Sat 9:00am - 5:00pm		
CarePartners Adult Day Services - Henderson County		697-7070
114 College Drive, Flat Rock, NC 28731 Mon-Fri 7:30am - 5:30pm		
CarePartners Adult Day Services - Transylvania County	www.trhospital.org	884-2980
23 Medical Park Circle, Brevard, NC 28712 Mon-Fri 7:30am – 5:30pm		
CarePartners PACE (Program of All-Inclusive Care for the Elderly)		779-7223
PACE is a Medicare and Medicaid option that provides community-based care and services to people age 55 or older who otherwise might need to move to a skilled nursing facility. PACE was created as a way to provide frail elders the ability to remain living in their homes for as long as possible. 286 Overlook Road, Asheville, NC, 28803		
DayStay	www.daystayasheville.com	665-1575
35 Candler School Road, Candler, NC 28715 Mon-Fri 7:30am - 5:30pm		
Jewish Family Services Elder Day Club - Asheville	www.jfswnc.org	253-2900 x12
Two Doctors Park, Suite E, Asheville, NC 28801 Tuesday, Thursday 11:00am - 2:00pm		
Jewish Family Services Elder Day Club - Hendersonville		253-2900
Agudas Israel Congregation, 505 Glassgow Lane, Hendersonville Wednesdays		

AGING LIFE CARE PROFESSIONALS:

An Aging Life Care Professional, also known as a geriatric care manager, is a health and human services specialist who acts as a guide and advocate for families who are caring for older relatives or disabled adults. The Aging Life Care Professional is educated and 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 and elder care.

- Aging Advocates** www.agingadvocates.com 225-0790
Barbara McCampbell - Barbara@agingadvocates.com
- Council on Aging for Henderson County** www.coahc.org 692-4203
Suzanne Sherrill - ssherrill@coahc.org
- Holistic Elder Services** www.holisticelderservices.com 595-9271
Karen Wolfrom - Karen@holisticelderservices.com
- Lisa Kauffman** lisak561@bellsouth.net 696-9799
- Premier Care Navigation** www.premiercarenavigation.com 772-0002
Lisa Laney - lisa@premiercarenavigation.com
- Senior Care Consulting** www.seniorcarewnc.com 337-1776
Spike Gram - seniorcarewnc@gmail.com
- Senior Care Management of Western North Carolina** www.seniorcaremanagementwnc.com . 350-0579
Donna Nawrocki - seniorcaremanagementwnc@gmail.com
- WNC Geriatric Care Management** www.wncgcm.com 776-4269
Amy Fowler - amy@wncgcm.com
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ALZHEIMER'S, DEMENTIA AND MEMORY IMPAIRMENT:

- Alzheimer's Association Western Carolina Chapter** www.alz.org/northcarolina (800) 272-3900
Support groups, education, caregiver hotline
- Black Mountain Neuro-Medical Treatment Center** 259-6700
www.ncdhhs.gov/divisions/dsohf/-black-mountain-nero-medical-center
Second-Stage Alzheimer's Program, overnight respite services for dementia patients
- MemoryCare** www.memorycare.org 771-2219
Clinical Services, Memory assessment, treatment, and support for memory-impaired individuals and their families. 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)** www.landofsky.org 251-6622
Respite and case assistance for caregivers of persons with Alzheimer's disease or other dementias, counseling

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.

In Henderson County, contact Department of Social Services	697-5500
In Buncombe County, contact Department of Social Services	250-5500
NC Services for the Blind - Buncombe.....	251-6732
NC Services for the Blind - Transylvania	884-3174

DRIVING ISSUES:

CarePartners Health Services	www.carepartners.org	277-4800
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Driver Evaluation Program; evaluates driving skills; by doctor referral only

DURABLE MEDICAL EQUIPMENT LOAN PROGRAMS:

Provide durable medical equipment such as walkers, canes, etc. on a loan basis to support independence.

Asheville Buncombe Community Christian Ministries (ABCCM)	259-5335
CarePartners Hospice Thrift Store.....	274-8206
Hendersonville	692-9005
Piney Mountain United Methodist Church	667-3031
Nativity Lutheran Church.....	684-0352 x116

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.

Fusco Concierge Services.....	www.fuscoconciierge.com	774-5545
Geauxgirl.....	www.geauxgirl.com	335-9816
Good Neighbor Services.....	www.goodneighborserviceswnc.com	231-674
Its About Time.....	www.itsabouttimeweb.com	273-1797

HEALTH INSURANCE INFORMATION:

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

Council on Aging of Buncombe County.....	www.coabc.org	277-8288
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For Buncombe, Henderson, and Transylvania Counties

Madison County Department of Community Services.....	855-408-1212
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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 Voice 665-8733..... TTY 665-8737

IN-HOME ASSISTANCE AGENCIES:

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.

HOME HEALTH AGENCIES:

Provide comprehensive home health services such as skilled nursing, physical therapy, occupational therapy, speech therapy, medical social work and certified nursing assistants (CNA). They are generally Medicare-certified and usually also accept Medicaid as well as other insurances. Private pay arrangements are possible.

CarePartners - Buncombe County	www.carepartners.org.....	277-4777
CarePartners - Henderson County.....	www.carepartners.org.....	233-4777
Kindred Healthcare.....	www.kindredhealthcare.com.....	298-1370
Madison Home Care	www.hotspringshealth-nc.org	649-2705
Nurse Next Door	www.nursenextdoor.com	424-8163
Pardee Home Care	www.pardeehospital.org	692-1846
Park Ridge Home Health	www.parkridgehealth.org	687-5261
Transylvania Regional Hospital Home Health	www.trhospital.org	883-5254

HOME CARE AGENCIES:

May provide skilled 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.

Advantage Home Care	www.advantagecares.com.....	225-0810
Always Best Care Senior Services	www.alwaysbestcare.com	989-7263
A New Hope Home Care.....	www.anewhopehomecare.com.....	255-4446
Banaltrum Private Duty Caregivers	251-0034
Bayada Nurses - Buncombe County	www.bayada.com	681-5100
Bayada Nurses - Henderson County	www.bayada.com	696-1900
BrightStar Lifecare	www.brightstar.com	255-1733
Caring Hearts and Hands.....	www.caringheartsandhands.com.....	333-5051
Comfort Keepers	www.comfortkeepers.com	687-1199
Compassionate Home Care.....	www.compassionatehc.com	696-0946
Griswold Home Care	www.griswoldhomecare.com	348-1888
Home Carefree	www.homecarefree.org.....	277-1580
Home Helpers	www.hendersonvillehomecare.com	694-0000

Home Instead Senior Care	www.homeinstead.com	274-4406
Homewatch Caregivers	www.homewatchcaregivers.com	676-1585
Interim HealthCare	www.interimhealthcare.com/asheville ...	274-2082
Madison County Department of Community Services	www.madisoncountync.org	649-2722
Madison Home Health & Hospice	www.hotspringshealth-nc.org	649-2705
Maxim Healthcare	www.maximhomecare.com	299-4388
Mountain Home Care	www.mountainhomecare.com	684-6444
Premier Home Health Care	www.premierhomecareinc.com	277-5950
ResCare	www.rescare.com	252-0891
Senior Matters Extended Services		771-0802
Tore's Home Care Services	www.toreshome.com	884-5007
T.L.C. For You, Inc.	www.tlcforyouinc.com	670-1379
Turning Point Services	www.turningpointservicesinc.com	296-0510
TRH Home Health Services	www.trhospital.org	883-5254
Visiting Angels	www.visitingangels.com	665-3944

COMPANION AGENCIES:

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.

Seniors Helping Seniors	www.seniorcareasheville.com	236-0662
Serendipity Elder Services, Inc.		335-9688

HOSPICE AND PALLIATIVE CARE:

Contact these agencies for information about grief support groups also.

CarePartners Hospice and Palliative Care Services	www.carepartners.org	251-0126
Four Seasons Compassion for Life	www.fourseasonsfcfl.org	692-6178
Madison Home Care & Hospice	Hotspringshealth-nc.org	649-2705
Transylvania Regional Hospital Home Care & Hospice	Trhospital.org	883-5254
U.S. Department of Veteran's Affairs	www.asheville.va.gov	298-7911
Hospice services for veterans		

LEGAL ISSUES:

Adult Protective Services

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

Buncombe County Department of Social Services		250-5800
Henderson County Department of Social Services		697-5500
Madison County Department of Social Services		649-2721
Transylvania County Department of Social Services		884-3174

Elder Law Attorneys

These Attorneys are certified by 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.

Nicole Applefield	255-7641
Andrew Atherton	254-8800
William Biggers	348-0068
Wendy Craig	669-0799
Erica Erickson	696-1811
James Goldsmith	696-0535
Larry Hartley	258-0994
Caroline Knox	697-6196
Kathleen Rodberg	254-8800
Carole Spainhour	255-1966

Legal Aid of NC www.legalaidnc.org 236-1080
Disability, SSI, Medicare appeals for low-income individuals

Pisgah Legal Services..... www.pisgahlegal.org 253-0406
Help with basic needs of housing, disability, SSI, Medicare, and elder law

MEDICAL ALERTS/ALARMS:

Systems to provide quick and easy access to emergency assistance at the push of a button (necklace, bracelet, etc.) Charges average \$35/month with one-time setup fee. Usually private pay; some programs offer payment plans or provide discounts for low-income clients. Available through AARP, hospitals, home care agencies. Check yellow pages under "Medical Alert", also the Internet for additional systems.

Direct Link - Home Helpers (payment plans available).....	694-0000
Lifeline - Mission Hospital (subsidies available in some cases).....	213-4881
Lifeline - Pardee Hospital	692-9061
Lifeline - Park Ridge Hospital	681-2153
Lifeline - Madison County Home Care & Hospice	649-2705
Lifeline - Transylvania Regional Hospital Home Care & Hospice	883-5254
Link to Life - Home Medical Alert Systems, Inc.	645-6676
Simply Home	684-8441
Solo Secure www.solosecure.com	855-385-SOLO (7656)

MEALS ON WHEELS:

Home delivered meals.

Council on Aging of Henderson County	692-6693
Buncombe County, Meals on Wheels	253-5286
Madison County- Madison County Department of Community Services	649-2722
Transylvania County Meals on Wheels	883-3743

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.

Henderson County Department of Social Services	697-5500
Buncombe County Department of Social Services	250-5500
Madison County Department of Social Services	649-2711
Transylvania County Department of Social Services	884-3174

MEMORY CAFES:

A Social Gathering for Those with Memory Loss and their Friends & Families

The Memory Lane Cafe	692-1262
Mud Creek Baptist Church, 403 Rutledge Drive, Hendersonville	
Second Monday, 1 - 3 pm	

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	
Henderson County Emergency Management	697-4728
211 First Avenue East, Hendersonville	
Madison County Emergency Operations Center - Attn. Special Needs	649-3611
158 Health Care Lane, Marshall	
Transylvania County Emergency Services - Attn. Special Needs	884-3108
155 Public Safety Way, Brevard	

SUPPORT GROUPS - BUNCOMBE COUNTY:

Asheville

Alzheimer's Association, Western Carolina Chapter

Help and support for family caregivers dealing with Alzheimer's or related dementia. All are welcome.

Aston Park Health Care Center 253-4437

380 Brevard Road, Asheville

Second Tuesday, 6pm

CarePartners PACE 808-3606

286 Overlook Road, Asheville

Second Wednesday

LGBT Alzheimer's Caregiver Support Group..... 277-5950

1550 Hendersonville Road, Asheville

Call for information

ALS (Lou Gehrig's disease) Caregiver Support Group..... 775-1270

UCC Church, 20 Oak Street, Asheville

Fourth Wednesday, 6-7:30pm. For information, contact Pamela Brown

Aphasia Support Group 684-9619

For information, contact Edna Tipton

Cancer Support Group for Caregivers 776-4918

Jubilee, 46 Wall Street, Asheville

Mondays, 11am-12noon. For information, contact Steve Royster

Caring for Aging Parents Education and Support..... 277-8288 or 213-4542

1 Hospital Drive, Room 4402 (formerly 445 Biltmore Bldg.). Enter building from level 4 of the parking deck. Walk past elevators and Room 4402 is on left before bridge to St. Joseph campus.

Third Monday, 5-6:30pm

CarePartners - Caregivers Support Group..... 277-3399

CarePartners Adult Day Services , 68-A Sweeten Creek Road, Asheville

Third Wednesday, 3:30-5:30pm. For information, contact Kenya Miles.

CarePartners Asheville Stroke Support Group.....274-9567, ext 4314

CarePartners Seymour Auditorium, 68 Sweeten Creek Road, Asheville

Second Thursday, 12:15-1pm. For information, contact Robin Smith.

CarePartners - Parkinson's Support Group 277-4886

105 Fairview Rd, beside CarePartners Hospice Treasures.

First Tuesday, 10:30am-12pm. For information, contact Lisa Laney.

CarePartners Bereavement Support Groups 251-0126

CarePartners Spinal Cord Injury Group274-2400 ext 6240

Rehab Building on CarePartners Main Campus (for patients and caregivers)

Third Thursday, 11am. For information, contact Pamela Griffin.

Kinship Caregiver Support Group 350-5197

For grandparents and other older relatives who are raising children. For information, contact the Kinship Family Coordinator at The Blair Foundation.

LGBT Caregivers Support Group..... 277-5950

1550 Hendersonville Road, Suite 210, Asheville
Third Wednesday, 6pm

MemoryCaregivers Network 230-4143 or 301-0740

New Hope Presbyterian Church, 3070 Sweeten Creek Road, Asheville
Third Tuesday, 1-3pm

MS Support Group..... 684-2453

Basement of Grove Arcade
First Thursday, 6-8pm

NAMI Western Carolina..... 505-7353

Offers support, education, advocacy for families and persons with schizophrenia, bipolar disorder, depression or an anxiety disorder.
356 Biltmore Avenue, Suites 207/315, Asheville
First Saturday, 10am and Second Tuesday, 6pm

Smoky Mountain Brain Injury Support Group 277-4868

Offers support, education, advocacy for families and persons with schizophrenia, bipolar disorder, depression or an anxiety disorder.
Foster Adventist Church, 375 Hendersonville Road, Asheville
Fourth Tuesday, 6-8pm

West Buncombe Caregivers..... 230-4143 or 301-0740

Pisgah Valley Retirement, Community Center, 6 Rhododendron Way
First Tuesday, 1pm

Black Mountain

Memory Loss Caregivers of East Buncombe 230-4142 or 301-0740

Highland Farms Retirement Community, Lounge Rm. 3, lower level, in the J-K entrance to the Brookside Building.
Second Tuesday, 9:30-11:30am

Woodfin

MemoryCaregivers Network 230-4143 or 301-0740

Woodfin YMCA, 40 N. Merrimon Avenue, Suite 101, Woodfin
Fourth Tuesday, 1-3pm

Candler

MemoryCaregivers Network 230-4143 or 301-0740

Pisgah Valley Retirement, Community Center, 6 Rhododendron Way, Candler
Second Thursday, 1-3pm

SUPPORT GROUPS - HENDERSON COUNTY:

Fletcher

MemoryCaregivers Network Fletcher Group 230-4143 or 301-0740
Fletcher Seventh Day Adventist Church, 1141 Howard Gap Road
First Tuesday, 1-3pm

Hendersonville

Alzheimer's /Dementia Caregiver Support Group 696-9799
First United Methodist Church, 204 6th Avenue West, Hendersonville
Third Tuesday, 3:30-5pm

CarePartners Adult Day Services at Pardee Support Group 697-7070
114 College Drive, Flat Rock
Last Tuesday, 3-4:30pm

Four Seasons Compassion for Life www.fourseasonscl.org 692-6178
Call for information.

Mud Creek Baptist Church Patty , 692-6383
For Caregivers and spouses with mild dementia
403 Rutledge Drive, Hendersonville
Every Thursday, 1:30-3:15pm (Pre-registration required)

SUPPORT GROUPS - TRANSYLVANIA COUNTY:

Brevard

Alzheimer's /Dementia Caregiver Support Group 862-6970
CarePartners Adult Day Services, 23 Medical Park Drive, Brevard
Fourth Thursday, 5:30-7:30pm. For information, contact Kathe Harris.

Brevard-Hendersonville Parkinson's Support Group 693-8715 or 685-7673
Brevard-Davidson River Presbyterian Church, South Main Street, Brevard
Second Tuesday (except June and August) 10am

Brevard Caregiver Support Group 884-3305
Cornerstone Presbyterian Church, 645 Bert Lane Road, Brevard
First and Third Mondays, 10am-12noon

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	250-4492
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:

Check the yellow pages for taxi services in your area. (Usually need advance notice)

Apple Country Transportation (Henderson County)	698-8571
Asheville Transportation System	www.ashevillenc.gov 253-5691
Buncombe County Department of Social Services	www.buncombecounty.org..... 250-5863

Medical transportation (Medicaid only)

Council on Aging of Buncombe County, Inc.	www.coabc.org 277-8288
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Call-A-Ride program: medically necessary, volunteer transportation on donation basis with prior appointment (one week notice requested)

David's Transportation	www.cesarfamilyservices.com..... 505-1394
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Transportation to medical appointments, airport, church, and casino; medication and grocery delivery

Madison County Department of Community Services (Transportation)	649-2219
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Medical Emergency Ambulance	www.medicstation28.com 684-0287
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Bed-confined patients

Mountain Mobility	250-6750
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www.buncombecounty.org/transportation

Transportation in handicap accessible vehicle to medical appointments, grocery, and retail, as well as multipurpose trips within Buncombe County; free city bus passes available for qualified individuals age 65 and over

RIDE program – Mountain Mobility	www.buncombecountyride.com....250-6750 ext 5
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A curb-to-curb subsidized transportation program that allows disabled residents to purchase private transportation provider services at a significant discount

Out n' About	712-7259
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Local, long distance, and overnight travel; assistance with transfers and personal care, wheelchair transport

Round a Bout Transportation	roundaboutwnc.com 253-0057
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7 days a week with advance notice, wheelchair transport

Transylvania Medicaid Transportation	884-3283
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Medicaid Medical only

Transylvania County Transportation	884-3203
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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

Walton Ward..... walton.ward@buncombecounty.org

Sherry Manning sherry.manning@buncombecounty.org

Heath Smith..... heath.smith@buncombecounty.org

Gloria Swires..... gloria.swires@buncombecounty.org

Fletcher Tove, Supervisor..... fletcher.tove@buncombecounty.org

199 College St., Asheville, NC 28801-3016

Fax 250-5955

Henderson County Veterans Service Officer, Michael A. Murdock..... mmurdock@hendersoncountync.org.... 697-4817

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

Fax 698-6158

Transylvania County Veterans Service Officer, Frank A. Pearsall.....veterans.service@transylvaniacounty.org..... 884-3276

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

Madison County Veterans Service Officer, Edwina Craig..... ecraig@madisoncountync.gov 649-2722

Madison County Department of Community Services

462 Long Branch Road, Marshall, NC 28753

Fax 649-2359

The National Caregiver Support Line Toll-Free number for veterans 1-855-260-3274

VOLUNTEER SERVICE PROGRAMS

North Carolina Baptist Aging Ministry..... www.ncbam.org 1-877-506-2226

Sistercare www.sistercarewnc.weebly.com 808-9082

WEBSITES FOR CAREGIVERS:

www.aarp.org/home-family/caregiving - Caregiving resource center. Information, tools and tips for caregivers

www.agingcare.com - Articles and discussion groups about caregiving

www.alzheimers.gov - Information and resources about Alzheimer's disease and related dementias

www.alzheimersnavigator.org-Information for caregivers of persons with dementia

www.benefitscheckup.org/ - Check on benefits your loved one may be entitled to

ww.caregiver.com - Articles on caregiving and weekly e-newsletter on caregiving issues

www.caregiver.org - Family Caregiver Alliance/National Center on Aging. Reports and online support groups

www.caregiveraction.org - Caregiving information and resources

- www.caregiverstress.com - Caregiver articles and videos from Home Instead Senior Care
 - www.caregiver.va.gov - Caregiver support for veterans
 - www.caring.com - Senior care reviews and resources
 - www.eldercare.gov - From the U.S. Administration on Aging. Connects older adults to services in their community
 - www.lgbtagingcenter.org - Caregiver support for LGBT aging
 - www.nextstepincare.org - Information about hospitalization and after discharge
 - www.wellspouse.org - Support for spousal caregivers, providing peer support and education
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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.

This list 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.

The Caregiver Resources Directory is provided to you by the Land of Sky Regional Council's Family Caregiver Support Program.

The National Family Caregiver Support Program (NFSCP) was established to help family and informal caregivers care for their loved ones at home for as long as possible. At Land of Sky, we help 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. We reach across county and municipal borders providing technical assistance to local governments and administer projects and programs which benefit our 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 our member communities.

NOTES:



**Land of Sky Regional Council's
Area Agency on Aging**

339 New Leicester Hwy., Suite 140
Asheville, NC 28806
p: 828.251.6622
f: 828.251.6353
www.landofsky.org

Family Caregiver Support Program

Provides information, education, respite and other support to people caring for a frail older adult.