

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 the Good, the Bad and the Beautiful

You will have lots 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 10th 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

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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** --

Eligible family caregivers are:

- ✓ A person of any age providing unpaid care for an older adult age 60 or older OR providing care for a person with Alzheimer’s Disease or related brain disorder
- ✓ A relative caregiver (who is not the birth or adoptive parent), age 55 or older, living with and raising a relative child age 18 and under or an adult with a disability
- ✓ A relative or parent, age 55 or older, living with and raising an adult child (18-59 years of age) with a disability

If care recipient does not have Alzheimer’s Disease or a related brain disorder care recipient must require physical and/or verbal assistance with at least 2 activities of daily living.

Activities of daily living are: Eating, Dressing, Bathing, Ambulation (getting in and out of bed/chair, getting around in the home), Toileting (getting to and from bathroom or incontinent)

To learn how the Area Agency on Aging Family Caregiver Support Program can help contact Ruth Price, Family Caregiver Specialist..... ruth@landofsky.org.....251-7441

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| AARP NC, Mountain Region | Aarp.org/mountainnc | 380-6242 |
| Council on Aging of Buncombe County | https://www.coabc.org/ | 277-8288 |
| Henderson County Council on Aging | https://coahc.org/ | 692-4203 |
| Madison County Department of Community Service https://www.madisoncountync.gov/community-services.html | | 649-2722 |
| Project C.A.R.E. (Caregiver Alternatives to Running on Empty) ... | http://www.landofsky.org/projectcare.html | 251-7432 |
| Respite & case assistance for caregivers of persons with Alzheimer’s disease or other dementias, counseling. | | |
| 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 |

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.

DayStay

<https://www.daystayasheville.com/>665-1575

135 Candler School Road, Candler, NC 28715 -- Mon-Fri 7:30am - 5:30pm

Jewish Family Services Elder Club - Asheville..... <http://www.jfswnc.org/elder-day-club/>253-2900

Doctors Park Suite 2E, 417 Biltmore Ave., Asheville, NC 28801 -- Tuesday, Wednesday & Thursday 11:00am - 2:00pm

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

Meets 3 days a week on CarePartners’ Sweeten Creek Road Campus for people with Mild Cognitive Impairments.

MountainCare, Inc. Adult Day Services – Henderson County
.....<https://mountaincareservices.org/adult-care/>..... 697-7070

114 College Dr, Flat Rock, NC 28731-- Mon-Fri 7:30am – 5:30pm

MountainCare, Inc. Adult Day Services – Transylvania County
.....<https://mountaincareservices.org/adult-care/>..... 435-2850

23 Medical Park Circle, Brevard, NC 28712 -- Mon-Fri 7:30am – 5:30pm

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.

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| A Blessed Life Elder Care | https://ablessedlifeeldercare.com/ | (828) 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 | |
| Lisa Kauffman | lisak561@bellsouth.net | 696-9799? |
| McGuire Health Advocates | https://mcguirehealth.com/ | 696-9799 |
| Premier Care Navigation | https://premiercarenavigation.com/ | 772-0002 |
| | Lisa Laney - lisa@premiercarenavigation.com | |
| WNC Geriatric Care Management | http://www.wncgcm.com/ | 776-4269 |
| | Amy Fowler - amy@wncgcm.com | |

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.ncdohhs.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/> 348-7261

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 County884-3168

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.

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..... 884-3174
Mountain Area Regional Reading Service <https://marrswnc.org/> 619-1610

DEMENTIA FRIENDLY Western North Carolina (WNC):

Dementia Friendly WNC is committed to the well-being of people living with dementia and their families through a knowledgeable community.

Dementia Friendly WNC <http://dementiafriendlywnc.org/>348-7261

DENTAL SERVICES:

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

CarePartners Health Services ... <https://missionhealth.org/services-treatments/rehabilitation/outpatient-rehabilitation/> 274-6100

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.

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| Council on Aging of Buncombe County | 277-8288 |
| Henderson County Council on Aging | 692-4203 |
| Madison County Department of Community Service | 649-2722 |
| Transylvania County Department of Social Services Council on Aging | 884-3174 |

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.

| | | |
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| Geauxgirl | http://geauxgirl.com/retirement-and-elderly | 335-9816 |
| Good Neighbor Services – Buncombe County | http://www.goodneighborserviceswnc.com/ | 231-6741 |
| Peace and Mind Errands – Asheville and Surrounding Area | https://pomerrands.com/ | 929-427-9655 |

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.

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| 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, Brevard. NC -- Renay Knapp, SHIIP Coordinator | | |

HEARING SERVICES:

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

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| 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:

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| Catholic Charities https://www.ccdoc.org/en/ | 255-0146 |
| 50 Orange Street, Asheville, NC 28801 | |
| El Centro of Henderson County http://www.elcentrohvl.com/ | 290-7134 |
| El Centro Comunitario Hispano Americano in Brevard | 883-2900 |

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 Library697-4725

Transylvania County Library884-3151 x1825

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.

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>. Not every agency is required to be licensed in NC.

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.

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 Counties277-4722

-- Henderson County 692-3174

--Transylvania County 883-5254

Kindred Healthcare www.kindredhealthcare.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.

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| Advantage Home Care | http://www.advantagecares.com/ | 888-350-5397 |
| Always Best Care | 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 | 255-4446 |
| Bayada Home Care - Buncombe County | www.bayada.com | 681-5100 |
| Bayada Home Care - 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 |
| Golden Hill | http://www.goldenhillcare.com/contact.html | 685-3209 |
| Four Seasons Home Care | https://fourseasons.teleioscn.org/what-we-offer/home-care/ | 692-6178 |
| Home Helpers | www.hendersonvillehomecare.com | 694-0000 |
| Home Instead Senior Care | www.homeinstead.com | 274-4406 |
| Interim HealthCare | www.interimhealthcare.com/asheville | 274-2082 |
| Madison County Department of Community Services | www.madisoncounty.org | 649-2722 |
| Mountain Home Care | www.mountainhomecare.com | 684-6444 |
| Nurse Next Door | www.nursenextdoor.com | 424-8163 |
| Pro Temps Medical Staffing and Home Carefree ... | https://homecarefree.org/ | 277- 1580 |
| Premier Home Care | http://www.premierhomehealthcare.com/locations/asheville-nc-home-health-locations/ | 277-5950 |
| Visiting Angels | www.visitingangels.com/Asheville | 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 people providing the services are private contractors. If they are *criminal background checks and checking references is recommended.*

Asheville Companion Care – Service Area Depends on Individual Hired

| | | |
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| https://www.care.com/companion-care/asheville-nc | Call individuals listed on website. | |
| Home Helpers - Henderson | https://www.homehelpershomecare.com/hendersonville/monitoring-services/home-helpers-for-monitoring | 694-0000 |
| Senior Companions - Serves All Region B Counties | http://www.landofsky.org/scp.html | 251-7443 |
| Seniors Helping Seniors – Serves All Region B Counties | http://seniorcareasheville.com/ | 236-0662 |

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 | 348-1888 |

HOME DESIGN

Specialize in designing homes that help people with disabilities remain in their own homes.

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| Home First Design | Contact Audra Durham, MPT, CEAC..... | (800) 439-0241 |
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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.

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| CarePartners Hospice & Palliative Care Services . | www.carepartners.org | 251-0126 |
| Compassionate Care WNC - Madison County and North Buncombe | https://www.compassionatecarewnc.org/ | 682-9675 |
| Four Seasons Compassion for Life | https://fourseasons.teleioscn.org/ | 692-6178 |
| Madison Home Care & Hospice | https://www.hotspringshealth-nc.org/ | 649-2705 |
| Charles George Department of Veteran's Affairs Medical Center | www.asheville.va.gov | 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.

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| 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 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.

| | | |
|---|---|----------|
| Andrew Atherton ... | https://www.mwblawyers.com/attorneys/andrew-d-atherton/ | 254-8800 |
| 48 Patton Avenue, Asheville, North Carolina | | |
| Brian Lawler | https://www.vwlawfirm.com/brian-t-lawler/ | 258-2991 |
| 11 North Market Street, Asheville, NC 28801 | | |

| | | |
|---|---|----------|
| Carole Spainhour | https://www.elderlawcarolina.com | 255-1966 |
| 32 Orange Street, Asheville, NC 28801 | | |
| Caroline Knox | https://www.cknoxelderlaw.com/ | 513-1600 |
| 16 Towne Place Drive, Suite 100, Hendersonville, NC 28792 | | |
| Heather Whitaker Goldstein | https://www.vwlawfirm.com/heather-whitaker-goldstein/ | 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 | Check website again | 669-0799 |
| 207 E State St, Black Mountain, NC 28711 | | |

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

Pisgah Legal Services 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.

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.

MEALS ON WHEELS:

Home delivered meals.

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| Council on Aging of Henderson County | https://coahc.org/meals-on-wheels/ | 692-6693 |
| Buncombe County, Meals on Wheels | http://www.mowabc.org/ | 253-5286 |
| Madison County- Madison County Department of Community Services | https://www.madisoncountync.gov/nutrition-sites.html | 649-2722 |
| Transylvania County Meals on Wheels | https://www.mealsonwheelsbrevard.org/ | 883-3743 |

MEDICAL ALERTS/ALARMS:

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

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| Critical Signal Technologies (owned by Best Buy) | https://www.cstl.com/ | 888-557-4462 |
| Home Helpers | https://www.homehelpershomecare.com/hendersonville/monitoring-services/home-helpers-for-monitoring | 694-0000 |
| Simply Home | https://www.simply-home.com/senior-adults | 877-684-3581 |
| 48 Fisk Drive, Arden, NC 28704 | | |

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.

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

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

| | | |
|----------------------------------|--------------------------------------|--------------|
| Buncombe County | RHA Health Services | 919-803-2960 |
| Henderson County | RHA Health Services | 828-687-6261 |
| Madison County | RHA Health Services | 888-207-7828 |
| Transylvania County | Transylvania Regional Hospital | 828-862-6366 |

Personal Care Services

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

Contact [Liberty Healthcare Corporation-NC](#) Phone: 919-322-5944 Email: NC-IAsupport@libertyhealth.com

MEMORY CAFÉS:

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

Dementia Friendly WNC Memory Café 253-6712 |

Brooks-Howell Home Main Entrance, 266 Merrimon Ave., Asheville, NC 28801,

First Monday, Noon to 2:00 PM

The Memory Lane Café 692-1262 |

Mud Creek Baptist Church, 403 Rutledge Drive, Hendersonville Second Monday, 1 - 3 pm

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 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

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**.

OVERNIGHT RESPITE:

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

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.

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.

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

For sliding scale:

All Souls Counseling <http://allsouls counseling.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 Compassion for Life Bereavement Services <https://fourseasons.teleioscn.org/what-we-offer/bereavement-support/> 692-6178

Fresh Start, Transylvania Regional Hospital 862-6393

Jewish Family Services <https://www.jfswnc.org/mental-health-services> 253-2900

2 Doctors Park Suite E, 417 Biltmore Ave., Asheville, NC 28801

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

MountainCare Grief Support <https://mountaincareservices.org/grief-support/> 277-3399

| | | |
|---|---|--------------|
| 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. | | |
| Partnership for Pastoral Counseling | https://www.ppcwnc.org/ | 275-7279 |
| 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
- Mark W. Neville, MDiv – 367-7685

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 |
| Hilarity for Charity | https://hilarityforcharity.org/programs/grant-program/ | |
| Lifespan Respite NC | www.highcountryaging.org/services/lifespan-respite-project | 265-5434 x139 |
| Project C.A.R.E. | www.landofsky.org/projectcare.html | 251-7432 |
| The Association for Frontotemporal Degeneration | https://www.theaftd.org/ | |

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

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

SUPPORT GROUPS - BUNCOMBE COUNTY:

Asheville

Asheville Parkinson's Support Group **978-729-3356**

Groce United Methodist Church, 954 Tunnel Road, Asheville -- First Tuesday, 10:00am-12pm.

For information, contact Beth Pape Group Leader, at parkinsonsavl@gmail.com.

Alzheimer's Association, Western Carolina Chapter, Support Group at CarePartners PACE .. 808-3603

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

286 Overlook Road, Asheville -- Second Wednesday, 6:00 pm

ALS (Lou Gehrig's disease) Caregiver Support Group..... 877-257-7401 x703

Earthfare in West Asheville, 66 Westgate Pkwy, Asheville -- Second Saturday, 12:30-2:00 pm

Aphasia Support Group..... 684-9619

Grace Covenant Presbyterian Church, 789 Merrimon Ave, Asheville -- Mondays, 10am – 12:00

Bereavement Support Groups – MountainCare Inc 277-3399

Brain Injury Support Group 337-0208

CarePartners Rehab Hospital, Family Conference Room, 68 Sweeten Creek Road, Asheville

1st and 3rd Wednesdays of the month from 4-5pm

Cancer Support Group for Caregivers 776-4918

Jubilee, 46 Wall Street, Asheville -- Mondays, 11am-12noon. For information, contact Steve Royster.

Caring for Aging Persons Education and Support (CAPES) 277-8288

MAHEC Educational building, 121 Hendersonville Road, Asheville, 28803.

Second Tuesday from 5:00 p.m. - 6:30 p.m. For information, contact Juanita Igo.

Dementia Support Group505-1669 or 253-5471

Trinity Methodist Church, 587 Haywood Road, Asheville – First and Third Mondays, 6:00 pm.

For information, contact Vernon or Joyce Robinson.

Grace Presbyterian Mild Dementia Support Group 254-3274

Grace Covenant Presbyterian Church, 789 Merrimon, Asheville. First and third Wednesday at Noon. For

people with mild dementia.

MountainCare Inc. Support Group 277-3399

MountainCare Adult Day Services, 68-A Sweeten Creek Road, Asheville -- Third Wednesday, 3:30-5:30pm.

For information, contact Jennifer Thomas.

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

Bair Foundation 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.

Foster Parent Support Group (Appropriate for Kinship Caregivers).....783-1190

Provides support, fellowship and education. Biltmore Church East, 801 Fairview Road, Asheville, NC, 28803, First Wednesday, 6:15 to 7:30 PM, Childcare Available.

MemoryCaregivers Network 230-4143 or 301-0740

New Hope Presbyterian Church, 3070 Sweeten Creek Road, Asheville -- Third Tuesday, 1:00-3:00pm

NAMI Western Carolina 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 Support Group 274-9567 ext 41101

CarePartners Seymour Auditorium, 68 Sweeten Creek Road, Asheville -- Second Thursday, 1:00pm.

For information, contact Robin Smith.

West Buncombe Caregivers 230-4143 or 301-0740

Pisgah Valley Retirement, Community Center, 6 Rhododendron Way, Candler, Second Thursday, 1:00-3pm

Black Mountain

Memory Loss Caregivers of East Buncombe 230-4143 or 301-0740

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

Woodfin

MemoryCaregivers Network 230-4143 or 301-0740

New Bridge Baptist Church, 199 Elkwood Ave, Asheville, NC 28804 -- Fourth Tuesday, 1:00-3pm

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, 1:00-3pm

Hendersonville

Alzheimer's /Dementia Caregiver Support Group 696-9799

First United Methodist Church, 204 6th Avenue West, Hendersonville -- Third Tuesday

Siblings and Children from Noon to 1:15 PM and Spouses from 1:30 to 3:30pm

Four Seasons Compassion..... <https://www.fourseasonscfl.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.
- Extension Service of Henderson County Kinship Support Group**
Renay Knapp ... renay_knapp@ncsu.edu 697-4891
- Mud Creek Baptist Church Caregiver Support** 974-1981
 For Caregivers and spouses with mild dementia 403 Rutledge Drive, Hendersonville – Tuesdays and Thursdays, Pre-registration required
- Seeds of Hope – Chronic Condition Support Group**... <http://www.holisticelderservices.com/> 693-4890
 Grace Lutheran Church, 1245 6th Ave W., Hendersonville -- Second Thursday, 1-3 PM

SUPPORT GROUPS – MADISON COUNTY:

- Madison County Dementia Support Group**689-5200
 Madison Manor, 345 Manor Road, Mars Hill, NC 28754 -- Second Thursday of the month, 3:00 to 4:00 pm

SUPPORT GROUPS - TRANSYLVANIA COUNTY:

Brevard

- Alzheimer’s /Dementia Caregiver Support Group** 862-6970
 MountainCare Adult Day Services, 23 Medical Park Drive -- 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, 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

TRANSPORTATION:

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

Apple Country Transportation (Henderson County) 698-8571

Asheville Transportation <http://www.ashevilenc.gov/departments/transport/default.htm> 259-5405

Council on Aging of Buncombe County, Inc. <https://www.coabc.org/call-a-ride> 277-8288

Call-A-Ride program: medically necessary, volunteer transportation on donation basis with prior appointment (one week notice requested).

David's Transportation <http://www.cesarfamilyservices.com/> 505-1394

Transportation to medical appointments, airport, church, and casino; medication and grocery delivery. Spanish interpreter available for medical appointments.

Madison County Department of Community Services 649-2219

MEDIC - Medical Emergency Ambulance <http://medic-ems.org/contact/> 684-0287

Bed-confined patients.

Mountain Mobility – Buncombe County

<https://www.buncombecounty.org/governing/depts/transportation/default.aspx?redirect=mm>.....250-6750

Transportation in handicap accessible vehicle to medical appointments, grocery, and retail, as well as multipurpose trips within Buncombe County.

RIDE Program <https://www.buncombecounty.org/governing/depts/transportation/default.aspx?redirect=mm> 250-6750

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

Local, long distance, and overnight travel; assistance with transfers and personal care, wheelchair transport.

Round a Bout 237-4000

Medicaid Transportation – Contact Your DSS Worker

Transylvania County Transportation 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

<https://www.buncombecounty.org/governing/depts/veterans/default.aspx> 250-5726

Walton Ward walton.ward@buncombecounty.org

Sherry Manning sherry.manning@buncombecounty.org
Heath Smith heath.smith@buncombecounty.org
40 College St., Asheville, NC 28801

Henderson County Veterans Service Officer

<https://www.hendersoncountync.gov/county/page/veterans-services> 697-4817

Mike Murdock 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 884-3276
106 E. Morgan St., Suite 237, Brevard, NC 28712-3752

Madison County Veterans Service Officer

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

Edwina Craig ecraig@madisoncountync.gov 649-2722
Madison County Department of Community Services, 462 Long Branch Road, Marshall, NC28753

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

VOLUNTEER SERVICE PROGRAMS that Can Help Caregivers

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

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 <http://www.lgbtellderadvocatesofwnc.org/>
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.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://eldercare.acl.gov/Public/Index.aspx> -- 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://wellspouse.org/> -- Support for spousal caregivers, providing peer support and education
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.

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>Stephanie Stewart251-7438
 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.

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.



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>