

# CAREGIVER RESOURCES DIRECTORY

For Buncombe, Henderson, Madison & Transylvania Counties





# 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 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.



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# CAREGIVER RESOURCES DIRECTORY

The Area Code for these numbers is 828

*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.

**Family Caregiver Support Program of the Area Agency on Aging at Land of Sky Regional Council** <http://www.landofsky.org/fcsp.html> ..... 251-7441

Covers 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** ..... <https://www.coabc.org/> ..... 277-8288

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

**Madison County Department of Community Service**  
<https://www.madisoncountync.gov/departments.html> ..... 649-2722

**Transylvania County Department of Social Services Council on Aging**  
<https://www.transylvaniacounty.org/index.php/departments/social-services> ..... 884-3174

**Western Carolina Community Action** ..... <http://www.wcca.net/> ..... 884-3166

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## ADULT DAY PROGRAMS:

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

### CarePartners Adult Day Services –

**Buncombe County** ..... <https://missionhealth.org/services-treatments/adult-care/> ..... 277-3399

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

**Club CarePartners** ..... 277-4791

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

### CarePartners Adult Day Services –

**Henderson County** ..... <https://missionhealth.org/services-treatments/adult-care/> ..... 697-7070

114 College Drive, Flat Rock, NC 28713 – Mon-Fri 7:30am – 5:30 pm

### CarePartners Adult Day Services –

**Transylvania County** ..... <https://missionhealth.org/services-treatments/adult-care/> ..... 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, Medicaid and Private Pay 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. 286 Overlook Road, Asheville, NC

**DayStay** ..... <https://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** <http://www.jfswnc.org/elder-day-club/> ..... 253-2900 x12  
Two Doctors Park, Suite E, Asheville, NC 28801 -- Tuesday, Thursday 11:00am - 2:00pm

**Jewish Family Services Elder Day Club – Hendersonville** <http://www.jfswnc.org/elder-day-club/> .. 253-2900  
Agudas Israel Congregation, 505 Glasgow Lane, Hendersonville – Wednesday 11:00am-2:00pm

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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.

**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)

**Lisa Kauffman** ..... [lisak561@bellsouth.net](mailto:lisak561@bellsouth.net) ..... 696-9799

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

**WNC Geriatric Care Management** ..... <http://www.wncgcm.com/> ..... 776-4269  
Amy Fowler - [amy@wncgcm.com](mailto:amy@wncgcm.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

**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.

**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.

**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

**DENTAL SERVICES:**

**A-B Tech Allied Dental Clinic** ..... [kpruett@abtech.edu](mailto:kpruett@abtech.edu) ..... 250-9339  
**Blue Ridge Health Clinic – Hendersonville** ..... 692-4289  
**Blue Ridge Health Clinic – Brevard** ..... 883-5525  
**Dental Lifeline Network – North Carolina** ..... 877-650-9001  
**Minnie Jones Health Center (MJHC)** ..... 285-0622  
**UNC School of Dentistry** ..... 919-537-3737

**DRIVING ISSUES:**

**CarePartners Health Services** ..... <https://missionhealth.org/member-hospitals/carepartners/> ..... 277-4800  
 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.

**Advanced Home Care** ..... 285-0239  
**Asheville Buncombe Community Christian Ministries (ABCCM)** ..... 259-5335



<b>Beacon of Hope in Madison County</b> .....	649-3470
<b>CarePartners Hospice Thrift Store</b> .....	274-8206
<b>Hendersonville Medical Loan Closet</b> .....	692-9005
<b>Piney Mountain United Methodist Church</b> .....	667-3031
<b>Nativity Lutheran Church</b> .....	684-0352 x116
<b>Silvermont Opportunity Center in Brevard</b> .....	884-3166

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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.

<b>Fusco Concierge Services</b> .....	<a href="http://fuscosconcierge.com/">http://fuscosconcierge.com/</a> .....	774-5545
<b>Geauxgirl</b> .....	<a href="http://geauxgirl.com/">http://geauxgirl.com/</a> .....	335-9816
<b>Good Neighbor Services</b> .....	<a href="http://www.goodneighborserviceswnc.com/">http://www.goodneighborserviceswnc.com/</a> .....	231-6741

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### **HEALTH INSURANCE INFORMATION:**

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

<b>Council on Aging of Buncombe County</b> .....	<a href="https://www.coabc.org/">https://www.coabc.org/</a> .....	277-8288
For Buncombe and Henderson Counties		

#### **Madison County Department of Community Services**

.....	<a href="https://www.madisoncountync.gov/community-services.html">https://www.madisoncountync.gov/community-services.html</a> .....	855-408-1212
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<b>Transylvania County SHIP NC Extension Service</b> .....	884-3109
106 E Morgan Street, Brevard. NC -- Elaine Deppe, SHIP 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.

<b>North Carolina Services for the Deaf and Hard of Hearing</b> .....	Voice 665-8733 - TTY 665-8737
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### **HOMEBOUND LIBRARY SERVICES:**

<b>Henderson County Library</b> .....	697-4725
<b>Transylvania County Library</b> .....	884-3151 x1825

## 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 & certified nursing assistants (CNA). They are generally Medicare-certified & usually also accept Medicaid as well as other insurances. Private pay arrangements are possible.

<b>CarePartners – Buncombe/Madison Counties</b> .....	<a href="http://www.carepartners.org">www.carepartners.org</a> .....	277-4777
<b>CarePartners - Henderson County</b> .....	<a href="http://www.carepartners.org">www.carepartners.org</a> .....	233-4777
<b>CarePartners – Transylvania County</b> .....	<a href="http://www.carepartners.org">www.carepartners.org</a> .....	883-5254
<b>Encompass</b> .....	<a href="http://www.encompasshealth.com/">http://www.encompasshealth.com/</a> .....	894-8296
<b>Kindred Healthcare</b> .....	<a href="http://www.kindredhealthcare.com">www.kindredhealthcare.com</a> .....	298-1370
<b>Madison Home Care</b> .....	<a href="http://www.hotspingshealth-nc.org">www.hotspingshealth-nc.org</a> .....	649-2705
<b>Pardee Home Care</b> .....	<a href="http://www.pardeehospital.org">www.pardeehospital.org</a> .....	692-1846
<b>Park Ridge Home Health</b> .....	<a href="http://www.parkridgehealth.org">www.parkridgehealth.org</a> .....	687-5261

## 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.

<b>Advantage Home Care</b> .....	<a href="http://www.advantagecares.com/">http://www.advantagecares.com/</a> .....	888-350-5397
<b>Always Best Care Senior</b> .....	<a href="http://www.alwaysbestcare.com">www.alwaysbestcare.com</a> .....	989-7263
<b>A New Hope Home Care</b> .....	<a href="http://www.anewhopehomecare.com">www.anewhopehomecare.com</a> .....	255-4446
<b>Banaltrum Private Duty</b> .....		888-878-9295
<b>Bayada Nurses - Buncombe County</b> .....	<a href="http://www.bayada.com">www.bayada.com</a> .....	681-5100
<b>Bayada Nurses - Henderson County</b> .....	<a href="http://www.bayada.com">www.bayada.com</a> .....	696-1900
<b>BrightStar Lifecare</b> .....	<a href="http://www.brightstar.com">www.brightstar.com</a> .....	255-1733
<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>Compassionate Home Care</b> .....	<a href="http://www.compassionatehcc.com">www.compassionatehcc.com</a> .....	696-0946
<b>Griswold Home Care</b> .....	<a href="http://www.griswoldhomecare.com">www.griswoldhomecare.com</a> .....	348-1888
<b>Home Carefree</b> .....	<a href="http://www.homecarefree.org">www.homecarefree.org</a> .....	277-1580
<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>Madison County Department of Community Services</b>	<a href="http://www.madisoncounty.org">www.madisoncounty.org</a> .....	649-2722
<b>Madison Home Health &amp; Hospice</b> .....	<a href="http://www.hotspingshealth-nc.org">www.hotspingshealth-nc.org</a> .....	649-2705

<b>Maxim Healthcare</b> .....	<a href="http://www.maximhomecare.com">www.maximhomecare.com</a> .....	299-4388
<b>Mountain Home Care</b> .....	<a href="http://www.mountainhomecare.com">www.mountainhomecare.com</a> .....	684-6444
<b>Nurse Next Door</b> .....	<a href="http://www.nursenextdoor.com">www.nursenextdoor.com</a> .....	424-8163
<b>Premier Home Heal</b> .....	<a href="http://www.premierhomecareinc.com">www.premierhomecareinc.com</a> .....	277-5950
<b>ResCare</b> .....	<a href="http://www.rescare.com">www.rescare.com</a> .....	252-0891
<b>Tore's Home Care Services</b> .....	<a href="http://www.toreshome.com">www.toreshome.com</a> .....	884-5007
<b>T.L.C. For You, Inc.</b> .....	<a href="http://www.tlcforyouinc.com">www.tlcforyouinc.com</a> .....	670-1379
<b>Turning Point Services</b> .....	<a href="http://www.turningpointservicesinc.com">www.turningpointservicesinc.com</a> .....	296-0510
<b>Visiting Angels</b> .....	<a href="http://www.visitingangels.com/Asheville">www.visitingangels.com/Asheville</a> .....	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.)

<b>Seniors Helping Seniors</b> .....	<a href="http://seniorcareasheville.com/">http://seniorcareasheville.com/</a> .....	236-0662
<b>Serendipity Elder Services, Inc.</b> .....		335-9688

### HOSPICE AND PALLIATIVE CARE:

Contact these agencies for information about grief support groups also.

<b>CarePartners Hospice &amp; Palliative Care Services</b> .....	<a href="http://www.carepartners.org">www.carepartners.org</a> .....	251-0126
<b>Four Seasons Compassion for Life</b> .....	<a href="http://www.fourseasonscfl.org">www.fourseasonscfl.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> .....	254-8800
<b>Brian Lawler</b> .....	258-2991
<b>Carole Spainhour</b> .....	255-1966
<b>Caroline Knox</b> .....	697-6196
<b>Erica Erickson</b> .....	696-1811
<b>Heather Whitaker Goldstein</b> .....	258-2991
<b>James Goldsmith</b> .....	696-0535
<b>Kathleen Rodberg</b> .....	254-8800
<b>Larry Hartley</b> .....	258-0994
<b>William Biggers</b> .....	348-0068
<b>Wendy Craig</b> .....	669-0799

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

**Pisgah Legal Services** ..... [www.pisgahlegal.org](http://www.pisgahlegal.org) ..... 253-0406  
 Help with basic needs of housing, disability, SSI, Medicare, and elder law

## **MEALS ON WHEELS:**

Home delivered meals.

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

## **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.

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

## 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.

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<b>Henderson County Department of Social Services</b> .....	697-5500
<b>Buncombe County Department of Social Services</b> .....	250-5500
<b>Madison County Department of Social Services</b> ....	649-2711
<b>Transylvania County Department of Social Services</b> .....	884-3174

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## MEMORY CAFES:

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

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<b>The Memory Lane Café</b> .....	692-1262
Mud Creek Baptist Church, 403 Rutledge Drive, Hendersonville Second Monday, 1 - 3 pm	

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## MENTAL HEALTH: *(May need a physician referral)*

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<b>Mission Hospital Copestone</b> .....	213-1111
<b>Park Ridge Hope Behavioral Health Services</b> .....	681-2271
<b>NAMI</b> .....	<a href="http://namiwnc.org/">http://namiwnc.org/</a> ..... 505-7353
<b>VAYA Health</b> .....	<a href="http://www.vayahealth.com/">http://www.vayahealth.com/</a> ..... 800-849-6127

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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.

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<b>Family Caregiver Program</b> .....	<a href="http://www.landofsky.org/fcsp.html">http://www.landofsky.org/fcsp.html</a> .....	251-7441
<b>Project C.A.R.E.</b> .....	<a href="http://www.landofsky.org/projectcare.html">www.landofsky.org/projectcare.html</a> .....	251-7432
<b>Lifespan Respite NC</b> .....	<a href="http://www.highcountryaging.org/services/lifespan-respite-project">www.highcountryaging.org/services/lifespan-respite-project</a> .....	265-5434 x139

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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.

<b>Buncombe County Emergency Services</b> .....	250-6650
164 Erwin Hills Road, Asheville	
<b>Henderson County Emergency Management</b> .....	697-4728
211 First Avenue East, Hendersonville	
<b>Madison County Emergency Operations Center - Attn. Special Needs</b> .....	649-3611
158 Health Care Lane, Marshall	
<b>Transylvania County Emergency Services - Attn. Special Needs</b> .....	884-3108
15 Public Safety Way, Brevard	

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**SUPPORT GROUPS - BUNCOMBE COUNTY:**

**Asheville**

<b>Alzheimer’s Association, Western Carolina Chapter, Support Group at CarePartners PACE</b> ..	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	
<b>ALS (Lou Gehrig’s disease) Caregiver Support Group</b> .....	877-257-7401 x703
Earthfare in West Asheville, 66 Westgate Pkwy, Asheville -- Second Saturday, 12:30-2:00 pm	
<b>Aphasia Support Group</b> .....	684-9619
Grace Covenant Presbyterian Church, 789 Merrimon Ave, Asheville -- Mondays, 10am – 12:00	
<b>Bereavement Support Groups – CarePartners</b> .....	251-0126
<b>Brain Injury Support Group</b> .....	337-0208
CarePartners Rehab Hospital, Family Conference Room, 68 Sweeten Creek Road, Asheville 1st and 3rd Wednesdays of the month from 4-5pm	
<b>Cancer Support Group for Caregivers</b> .....	776-4918
Jubilee, 46 Wall Street, Asheville -- Mondays, 11am-12noon. For information, contact Steve Royster	
<b>Caregivers Support Group</b> .....	277-3399
CarePartners Adult Day Services , 68-A Sweeten Creek Road, Asheville -- Third Wednesday, 3:30-5:30pm. For information, contact Jennifer Thomas.	
<b>Kinship Caregiver Support Group</b> .....	350-5197
For grandparents and other older relatives who are raising children. For information, contact the Kinship Family Coordinator at The Blair Foundation.	

**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](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.

**Parkinson's Support Group – CarePartners** ..... 978-729-3356  
Groce United Methodist Church, 954 Tunnel Road, Asheville -- First Tuesday, 10:30am-12pm.  
For information, contact Beth Pape.

**Stroke Support Group** ..... 274-9567 ext 41101  
CarePartners Seymour Auditorium, 68 Sweeten Creek Road, Asheville -- Second Thursday, 12:15-1pm.  
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  
Woodfin YMCA, 40 N. Merrimon Avenue, Suite 101, Woodfin -- 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, 3:30-5pm

**CarePartners Adult Day Services at Pardee Support Group** ..... 697-7070  
114 College Drive, Flat Rock -- Last Tuesday, 3:00 – 4:30 PM

**Four Seasons Compassion** ..... <https://www.fourseasonsfl.org/> ..... 692-6178  
Call for information.

**Mud Creek Baptist Church Caregiver Support** ..... 692-6383  
For Caregivers and spouses with mild dementia 403 Rutledge Drive, Hendersonville – Contact Patty  
Every Thursday, 1:30-3:15pm (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 - TRANSYLVANIA COUNTY:**

#### **Brevard**

**Alzheimer’s /Dementia Caregiver Support Group** ..... 862-6970  
CarePartners 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

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### **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

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### **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.ashevillenc.gov/departments/transport/default.htm> ..... 259-5405  
**Asheville Transit** ..... <http://www.ashevillenc.gov/departments/transport/transit.htm>  
**Buncombe County Government** ..... <https://www.buncombecounty.org/transportation> ..... 250-5863



**Medical transportation**

**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)

**Non-Emergency Medicaid Transportation** ..... <http://www.landofsky.org/trc.html> ..... 552-5486  
Medicaid is required to assure transportation to medical appointments for all eligible individuals who need and request assistance with transportation. Medicaid only pays for the least expensive means suitable to the recipient's needs.

**David's Transportation** ..... <http://www.cesarfamilyservices.com/> ..... 505-1394  
Transportation to medical appointments, airport, church, and casino; medication and grocery delivery.

**Madison County Department of Community Services** ..... 649-2219

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

**Mountain Mobility** ..... <http://www.landofsky.org/mm.html> ..... 250-6750  
Transportation in handicap accessible vehicle to medical appointments, grocery, and retail, as well as multipurpose trips within Buncombe County.

**RIDE Program** ..... <http://www.landofsky.org/mm.html> ..... 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

**Transylvania Medicaid Transportation** ..... 884-3283  
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

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

**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

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

**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

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

**Edwina Craig** ..... [ecraig@madisoncountync.gov](mailto: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

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## VOLUNTEER SERVICE PROGRAMS

**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/>

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

**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.lgbtagingcenter.org/> - - Caregiver support for LGBT aging  
<https://www.nextstepincare.org/> -- Information about hospitalization and after discharge  
<https://wellspouse.org/> -- Support for spousal caregivers, providing peer support and education

**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 that 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.



## **Family Caregiver Support Program**

### **Area Agency on Aging**

***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: 828.251.6622  
f: 828.251.6353  
[www.landofsky.org](http://www.landofsky.org)