

COUNCIL ON
AGING
of Buncombe County



Aging Services Directory

www.coabc.org

COUNCIL ON AGING

of Buncombe County



Making a Difference
in our Community

www.coabc.org

Trust.

Trust the Council on Aging of Buncombe County to provide personal, caring support and to assist you with the challenges of growing older. At the Council on Aging of Buncombe County you will find referrals and help. Whether you are learning the Medicare system, looking for services to help you stay healthy and independent at home, or need support in taking care of others, the Council on Aging of Buncombe County can help you to make the right connections.

The Council on Aging of Buncombe County, Inc. is a charitable 501(c)(3) organization registered with the North Carolina Secretary of State. You can find out more about our organization at the Secretary of State of North Carolina website and click on Search Our Registry to look up the Council on Aging of Buncombe County, Inc.

Our Mission

Promote the independence, dignity, and well-being of adults through service, education, and advocacy.

Our Vision

A community where everyone has the opportunity to age successfully.

Diversity and Inclusion

Council on Aging of Buncombe County (COABC) is committed to a culture of diversity and inclusion. For over 50 years, our organization has recognized the value of equity and anti-discrimination in the health and well-being of our community. Our mission to promote the independence, dignity and well-being of adults through service, education, and advocacy describes our investment in Buncombe County and the tremendous impact that we believe unbiased access to support has on the individuals and families we serve.

► **If you need information about senior or community services, you may call the 2-1-1 hotline, or contact Council on Aging for information and assistance at 828-277-8288.**

For additional information for services outside of Buncombe County, you may use the Elder Locator at 1-800-677-1116.



COA Services

www.coabc.org/programs/

Whether you are learning the Medicare system, looking for services to help you stay healthy and independent at home, or need support in taking care of others, the Council on Aging of Buncombe County can help you to make the right connections.

Council on Aging of Buncombe County offers a variety of services to support the aging population. While many of our services are available for individuals in Buncombe County age 60 and over, we also offer a variety of programs in other counties, serve adult caregivers under 60, provide health insurance help to all eligible adults through the Affordable Care Act as well as providing assistance to adults with dual eligibility through Medicare/Medicaid services.

Resource Coordination

Individual support begins with a phone call to Council on Aging. Information about resources by phone may be enough, or a visit from a Service Coordinator to your home for a comprehensive consultation may be needed. Making informed decisions, whether for yourself or someone else, is the first step in aging with health and choice. We work closely with many community partners to help older adults access services such as food assistance, home repairs, transportation, and much more. We are focused on helping you find, navigate, and access services to meet your needs.

- **Information & Assistance**
- **Aide Services**
- **Housing & Home Improvement**
- **Caregiver Support**
- **Elder Justice**
- **Service Coordination**
- **Care Management**

Senior Dining & Wellness/ Congregate Nutrition: Buncombe County

The Senior Dining and Wellness program offers eligible adults the opportunity to enjoy free hot meals from Moose Cafe throughout the week, opportunities to connect with others, and includes educational and fitness programming geared toward health and wellness. Council on Aging works with partnered meal sites at the Weaverville First Baptist Church, Senior Opportunity Center, Shiloh

Community Center, and the Lakeview Center for Active Aging to meet nutritional and social needs of our community with food, fun and friendship.

Medicare Services

Are you new to Medicare? Are you confused about which benefits are right for you? Do you need more information? We offer individual Medicare Counseling sessions in Buncombe and Henderson County. To help answer some of your Medicare questions, join us for one of our free Introduction to Medicare classes. If you are a low-income Medicare beneficiary, you may qualify for benefits, such as SNAP, Medicaid, energy assistance and other savings programs.

- **Individual Counseling: Buncombe and Henderson Counties**
- **Introduction to Medicare classes**
- **Benefits Enrollment Center: eight counties**
- **Affordable Care Act Navigation**

The Council on Aging of Buncombe County is a designated Navigator agency regarding the Marketplace options for health insurance coverage. Staff and volunteers assist community members with education and purchasing health insurance through the Affordable Care Act.

- **Eligibility and Enrollment Services**
- **Certified Navigation: eight counties**

Volunteer Services

Help your neighbors, learn new skills, and make a difference in someone's life by volunteering through the Council on Aging of Buncombe County. We value volunteerism as part of the workforce continuum and are committed to providing all volunteers with the best possible experience in service, education and advocacy for aging adults and their families.

- **Homebound Food Delivery: Buncombe County**
- **Commodity Supplemental Food Program (CSFP): Buncombe County**
- **Call A Ride: Buncombe County**
- **Administrative/Special Event: Buncombe County**
- **Insurance Services (see ACA and Medicare Services)**
- **Community Placements**





The Council on Aging of Buncombe County provides more than **10,000 services** a year to individuals.

The Aging Services Directory is maintained to enhance public access to information about aging service resources available to Buncombe County residents. While every effort is made to ensure the accuracy of the information, we make no guarantees. The inclusion of an organization or service does not imply an endorsement of the organization or service, nor does exclusion imply disapproval.

Under no circumstances shall Council on Aging of Buncombe County or its employees be liable for any direct, indirect, incidental, special, punitive, or consequential damages which may result in any way from your use of the information included in the Aging Service Directory.

www.coabc.org

DIRECTORY SPONSORS

Thank you to the following organizations for their generous support in the production of our Aging Services Directory.



WNC Bridge Foundation
A PARTNERSHIP FOR HEALTH



Humana



McGUIRE WOOD & BISSETTE
LAW FIRM

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46 Sheffield Circle
Asheville, NC 28803



828-277-8288
info@coabc.org

www.coabc.org

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■ 2-1-1 / General Information

NC 2-1-1-Asheville Center

2-1-1 or 828-252-4357 | www.nc211.org

Free, 24/7 health and human service information and referral line. Trained referral specialists listen to callers, assess needs, identify appropriate resources and provide detailed information to connect people with services to meet their needs. Online database of community resources is also available.

■ Adult Day Services

DayStay Adult Day Services

828-665-1575

www.daystayasheville.com

DayStay is an adult day program located in Candler. The small group setting provides socialization and companionship for seniors and impaired adults. DayStay is open weekdays from 9 AM-4 PM.



Elder Club - Jewish Family Services

828-253-2900 | www.jfswnc.org

A group respite program at Jewish Family Services of WNC (53 S. French Broad Ave, Suite 100, Asheville). Group meets Tuesdays, Wednesdays and Thursdays 11 AM-2 PM, for adults 55+, open to all ethnicities and faiths. The group includes social enrichment, companionship, exercise, structured activities and a nutritious kosher-style lunch prepared on-site. For more information, contact JFS and ask to speak with the Elder Club Program Manager.

Irene Wortham Center

828-274-7518 | www.iwcnc.org

Programs for adults with intellectual and/or developmental disabilities that promote optimal levels of independence and offer socialization and interaction on an individual and group level.

MountainCare Adult Day Services

828-277-3399

www.mountaincareservices.org

MountainCare's state certified, non-profit program offers a safe and enjoyable place for staying engaged during the day, developing friendships, stimulating activities, personal care, skilled nursing care, and nutritious meals and snacks. Open Monday through Friday.

PACE – Program of All-Inclusive Care for the Elderly

828-213-8442

[www.missionhealth.org/
services-treatments/adult-care/pace](http://www.missionhealth.org/services-treatments/adult-care/pace)

Alzheimer's, Dementia and Memory Impairment

Alzheimer's Association Western Carolina Chapter

800-272-3900

www.alz.org/northcarolina/

Education and support group services-24/7 caregiver hotline.

Dementia Friendly WNC

www.dementiafriendly.org

A group of community members and organizations committed to the well-being of people living with dementia and their families. People living with dementia can continue to live a full life for years following their diagnosis. The entire community benefits when all members contribute.

MemoryCare

828-771-2219 | www.memorycare.org

A nonprofit, outpatient organization that serves Western North Carolina families affected by Alzheimer's and other types of dementia by providing specialized medical care to older adults with cognitive impairment; supporting caregivers with education, counseling and improved access to services; and providing community education. Clinical services, a resource library, educational programs, and peer support groups are available to all with need.

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

828-251-7432

www.landofsky.org/projectcare.html

Provides information, assistance, referrals, respite funding, and care management for caregivers of persons with Alzheimer's disease or other dementias.

Animal Services

Asheville Humane Society

828-761-2001 | www.ashevillehumane.org

Animal shelter and pet adoption center.

Asheville Kennel Club

828-258-4833

www.ashevillekennelclub.com

Offers spay/neuter coupons.

ASPCA

855-434-9285

www.aspca.org/animal-protection/spayneuter-services/aspca-spay-neuter-alliance

The ASPCA Spay/Neuter Alliance offers high-quality, low-cost spay/neuter services to WNC communities at its state-of-the-art Asheville clinic. ASPCA is the nation's leading training and education facility focusing on high-quality spay/neuter.

Brother Wolf Animal Rescue

828-505-3440 | www.bwar.org

Fosters clients' pets during periods of hospitalization.

Canine Companions for Independence

(800) 572- 2275 | www.cci.org

Provides trained assistance dogs and ongoing support for disabled individuals.

Humane Alliance Spay/Neuter Clinic

828-252-2079 | www.humanealliance.org
www.aspca.org/aspca-spay-neuter-alliance

Provides affordable sterilization services on-site.

Arthritis and Osteoporosis

Mission Hospitals

828-213-1111 | www.missionhospitals.org

Wellness Resource Center – offers free bone densitometry.

Assisted Living Centers

(see Long-Term Care)

Asthma (see Lung)

Attorneys - Elder Law Issues (see Legal)

Bereavement Services

(see Mental Health)

Blind Services (see Vision Services)

Cancer

American Cancer Society

800-277-2345 | www.cancer.org

Volunteer and support group.

Buncombe County Department of Health

828-250-6006

www.buncombecounty.org/pink

Breast and cervical cancer programs for uninsured persons.

Leukemia and Lymphoma Society

800-955-4572 | www.lls.org

Information and referrals.

Mission Hospitals

828-213-4655

www.missionhospitals.org

• **Breast Cancer Support**

Comprehensive program for mastectomy; support group.

• **Cancer Connection** 828-213-2500

Information for people with cancer.

Prostate Cancer Support Group

(800) 422-6237 | www.pccnc.org

“Man to Man” meeting.

Caregiver Respite Providers (also see In-Home Aide Services)

DayStay Adult Day Services

828-665-1575

www.daystayasheville.com

DayStay is an adult day program located in Candler. The small group setting provides socialization and companionship for seniors and impaired adults. Open weekdays 9 AM-4 PM.

Elder Club - Jewish Family Services

828-253-2900 | www.jfswnc.org

A group respite program at Jewish Family Services of WNC (53 S. French Broad Ave, Suite 100, Asheville). Group meets Tuesdays, Wednesdays and Thursdays, 11 AM-2 PM, for adults 55+ open to all ethnicities and faiths. Includes social enrichment, companionship, exercise, structured activities and a nutritious kosher-style

lunch, prepared on-site. For more information, contact JFS and ask to speak with the Elder Club Program Manager.

Irene Wortham Center

828-274-7518 | www.iwcnc.org

Programs for adults with intellectual and/or developmental disabilities that promote optimal levels of independence and offer socialization and interaction on an individual and group level.

Land of Sky Regional Council Family Caregiver Support Program

828-251-7441

www.landofsky.org/fcsp.html

Provides information to family caregivers of older adults of any age providing unpaid care for an older adult age 60 or older about available services. Provides 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.

MountainCare Adult Day Services

828-277-3399

www.mountaincareservices.org

MountainCare’s state certified, non-profit program offers a safe and enjoyable place for staying engaged during the day, developing friendships, stimulating activities, personal care, skilled nursing care, and nutritious meals and snacks. Open Monday through Friday for adults 18 and up.

Mountain Explorers - MountainCare

828-277-4791

www.mountaincareservices.org

For adults with mild impairments, offering a structured program for social opportunities, mental stimulation, exercise, and enrichment. Meets on Mondays, Wednesdays, and Fridays, 10 AM-3 PM.

PACE – Program of All-Inclusive Care for the Elderly

828-213-8442

[www.missionhealth.org/
services-treatments/adult-care/pace](http://www.missionhealth.org/services-treatments/adult-care/pace)

Caregiver Support

AARP, Mountain Region, NC

828-380-6242

www.aarp.org/mountainnc

AARP empowers people to choose how they live as they age, striving to understand local community needs and provide support and assistance, via initiatives, programs, partnerships and advocacy efforts to improve quality of life and promote livability, equity and justice for all ages.

Alzheimer's Association Western Carolina Chapter

800-272-3900

www.alz.org/northcarolina

Support groups meet regularly around the county, education, caregiver hotline.

Caregiver Wellness Program at Park Ridge Health

855-646-1390

www.caregiverwellness.org

Education and support for caregivers.

Caring for Aging People Education & Support (CAPES)

828-277-8288

[www.coabc.org/programs/
caregiver-support/](http://www.coabc.org/programs/caregiver-support/)

Monthly education and support group for those caring for or concerned about an aging loved one. Virtual and in person options.

- Education:** Session topics include dementia, legal issues, coping with stress, self-care, community resources, and making difficult life choices.
- Support:** Share and listen to others navigating the caregiving journey, together!

Charles George VAMC

855-260-3274 | www.caregiver.va.gov

The Department of Veterans Affairs (VHA) Caregiver Support Program (CSP) provides support and services for family caregivers of Veterans. The mission of the CSP is to promote the health and well-being of family caregivers who care for our nation's Veterans, through education, resources, support and services.

Council on Aging Caregiver Support Program

828-277-8288

[www.coabc.org/programs/
caregiver-support/](http://www.coabc.org/programs/caregiver-support/)

Caregiver respite funding and case assistance.

Jewish Family Services of WNC (JFS)

828-253-2900 | www.jfswnc.org

Individual caregiver support as needed provided by a social worker and LCSW. Caregiver services include depression screening, targeted mental health and case management resources and consultation for older adult and caregiver issues; open to all ethnicities and faiths.

Land of Sky Regional Council Family Caregiver Support Program

828-251-7441

www.landofsky.org/fcsp.html

Provides information to family caregivers of older adults of any age providing unpaid care for an older adult age 60 or older about available services. Provides 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.

MountainCare Caregiver Support Program

828-277-3399

www.mountaincareservices.org

Provides education, support, and counseling to caregivers in addition to the respite offered through Adult Day Services. Support groups meet regularly for anyone caring for an aging or impaired loved one. Open to the public.



PACE – Program of All-Inclusive Care for the Elderly

828-213-8442

[www.missionhealth.org/
services-treatments/adult-care/pace](http://www.missionhealth.org/services-treatments/adult-care/pace)

■ Case Management and Care Management

CareReach

828-348-4838 | www.carereachnc.org

Care management and linkage to care for individuals with a Hepatitis C diagnosis, regardless of insurance status.

Council on Aging of Buncombe County, Inc.

828-277-8288 | www.coabc.org

Care management and case coordination for persons aged 60 and older, and caregivers of older persons.

Four Seasons Compassion for Life

828-692-6178

www.fourseasons.teleioscn.org/what-we-offer/care-navigation/

The Four Seasons Care Navigation team provides peace of mind and a level of confidence to you and your family by building a support system specific to your care needs. Four Seasons educates you and your loved ones on available care choices, collaborate with you, your family and your providers to arrange and attend visits and manage care. Most importantly a Four Seasons Care Navigator serves as a trusted advocate to help you understand life choices.

Jewish Family Services of WNC (JFS)

828-253-2900 | www.jfswnc.org

JFS social worker provides resources and consultation for older adult issues; case management; open to people of all ethnicities and faiths.

MemoryCare

828-771-2219 | www.memorycare.org

Counseling, education and support to caregivers.

PACE – Program of All-Inclusive Care for the Elderly

828-213-8442

www.missionhealth.org/services-treatments/adult-care/pace

Premier Care Navigation

828-772-0002

www.premiercarenavigation.com

RN Patient Advocacy NC, PLLC

828-778-8882

www.rnpatientadvocacync.com

Helping patients and loved ones navigate the dysfunctional, silo-driven, technologically difficult healthcare system with less stress and more peace of mind.

Veteran's Administration Medical Center (Charles George Department of Veterans Affairs Medical Center)

828-298-7911 | www.asheville.va.gov

Case management and social work services for veterans.

Age-Friendly Buncombe County



Age-friendly Buncombe was established in 2017 when the County joined the World Health Organization and AARP’s Network of Age-friendly Communities. This action was a major step toward the Aging Plan goal of increasing the age-friendly capability of Buncombe County.

Age-friendly Buncombe is a big tent, bringing together community

collaborations, committees, and working groups committed to the following Common Agenda: Older Adults in Buncombe County are Safe, Well, and Engaged in their Community.

Over sixty nonprofit organizations, business, governmental departments and other partners, as well as many older adult volunteers, participate in the committees and working groups affiliated with Age-friendly Buncombe.

> *For more information on Age-Friendly Buncombe County, please turn to page 54.*

■ Care Management (Individuals)

Karen Wolfrom, Holistic Elder Services

828-595-9271, 484-459-3118

www.holisticelderservices.com

Aging Life Care Consultant/geriatric care management.

Kathey Avery, RN, BSN

828-768-2369 | www.ifpha.org

Founder & Co-Chair, Institute for Preventive HealthCare and Advocacy (IFPHA).

■ Cleaning Assistance (see In-Home Aide Services)

■ Consumer Information

Asheville Police Department

828-252-1110 | www.ashevillenc.gov

Fraud information for victims of privacy or credit fraud.

Better Business Bureau of Western North Carolina

828-253-2392 | www.bbb.org/asheville

For more than 100 years, the Better Business Bureau has helped people find businesses, brands and charities they can trust. The BBB offers free business reviews, complaint resolution services, mediation, arbitration, Auto Line, and many other programs and services. Monday-Friday, 9 AM-12 PM and 1-5 PM.

NC Attorney General's Office

919-716-6000

www.ncdoj.gov/protecting-consumers

Consumer Protection Division.

NC Senior Medicare Patrol Program

800-443-9354, 828-318-0250

www.ncdoi.gov/consumers/medicare-senior-health-insurance-information-program-shiip

Addresses Medicare/Medicaid error, fraud and abuse.

■ Crisis Intervention

Buncombe County Health and Human Services Social Services Adult Service Line

828-250-5800

www.buncombecounty.org/Governing/Depts/Dss/Adults/adult-protective-services.aspx

Offers disabled adults protection from abuse, neglect and exploitation; available 24/7 for emergencies.

Helpmate

828-254-0516 | www.helpmateonline.org

24-hour crisis services for victims of domestic violence.

Our VOICE

828-255-7576 | www.ourvoicenc.org

Counseling, advocacy and education for those affected by sexual assault and abuse; includes 24/7 crisis line.

NC 2-1-1 Asheville Center 2-1-1

828-252-4357, 828-255-0696

www.nc211.org

■ Deaf Services (see Hearing Services)

■ Dental Services

ABCCM Dental Clinic

828-259-5339 | www.abccm.org

Limited services and availability.

A-B Tech Community College Dental Clinic

828-398-7255

www.abtech.edu/programs/academic/dental-hygiene/dental-clinic-information

Low-cost hygiene and dental work on a limited basis.

Mountain Area Health Education Center (MAHEC)

828-257-4400 | www.mahec.net

Preventative, restorative and major dental care with the exception of oral surgery and orthodontics.

WNC Community Health Services Minnie Jones Health Clinic

828-285-0622 | www.wncchs.org

Community health clinic providing low cost dental care.

■ Depression (see Mental Health)

■ Diabetes

Mission Hospitals Health Education Center

828-257-4400

www.missionhospitals.org

Education and support regarding diabetes, hypertension, cholesterol, and weight management.

YWCA

828-254-7206 x212

www.ywcaofasheville.org

• Diabetes Wellness & Prevention Program

Empower individuals with diabetes or those at risk of diabetes to develop the habit of exercise. Reduce the incidence of diabetes, through exercise and education that supports healthy eating. Promote healthy lifestyle changes for the entire family. The program is available on a sliding scale and is open to anyone who has two of the four main risk factors for diabetes: diagnosed pre-diabetes, family history of diabetes, a sedentary lifestyle, or obesity.

■ Disability Services

The Arc

828-253-1255

[www.thearc.org/chapter/
the-arc-of-buncombe-county](http://www.thearc.org/chapter/the-arc-of-buncombe-county)

Empowers persons with intellectual/developmental disabilities to realize their highest potential through advocacy, family support, case management, education and development of programs.

Canine Companions for Independence

800-572- 2275 | www.cci.org

Provides trained assistance dogs and ongoing support for disabled individuals

Disability Partners

828-298-1977

www.disabilitypartners.org

A non-profit, consumer-controlled, community-based organization providing services by and for persons with all types of disabilities with the goal of maintaining their civil rights options, controlling choices in their lives and the freedom to participate fully in their communities.

Goodwill Industries

828-298-9023 | www.goodwillnwc.org
www.JobsAtGoodwill.com

Job training and workforce development for people of all abilities.



“

Little Cooki and I...
we had an instant
connection. Animals
have an unconditional
love – something we
all need in this
time of crisis.

—*Mary Ann,*
pet therapy service
coordination participant

NC Division of Independent Living Services

828-670-3377

Home accessibility modifications provided to individuals who meet income guidelines.

Irene Wortham Center

828-274-7518 | www.iwcnc.org

Programs for adults with intellectual and/or developmental disabilities that promote optimal levels of independence and offer socialization and interaction on an individual and group level.

WNC Community Health Services/ Minnie Jones Health Clinic

828-285-0622 | www.wncchs.org

■ Drug Dependency (see Substance Abuse Treatment and Counseling)

■ Education

AARP, Mountain Region, NC

828-380-6242

www.aarp.org/mountainnc

AARP empowers people to choose how they live as they age, striving to understand local community needs and providing support and assistance via initiatives, programs, partnerships and advocacy efforts to improve quality of life and promote livability, equity and justice for all ages.

A-B Tech Community College

828-254-1921 | www.abtech.edu

Academic and continuing education programs.

Avery Health

www.averyhec.com/talks-and-workshops

Education and Consulting Founder and long time oncology nurse Kathey Avery offers educational talks and workshops on health topics for employers, churches, civic organizations, resident associations, sororities, and community groups of all kinds.

Buncombe County Public Libraries

828-250-4700

www.buncombecounty.org/library

Free continuing education programs, laptop & hotspot loans, outreach programs

MemoryCare

828-771-2219

www.memorycare.org/news-events

Lectures designed to improve understanding of various aspects of dementia care. Open to the public.

Mountain Area Workforce Development Board

828-251-6622

www.mountainareaworks.org

Career, education, and training services are available at the region's NCWorks Career Centers at no cost to the individual.

OLLI at UNC Asheville

828-251-6140

www.olliasheville.unca.edu

OLLI provides both remote and face-to-face non-credit classes in a range of subjects, workshops to help navigate the transitions in life's second half, and one-time lectures and programs on a wide range of subjects. OLLI members design and deliver the courses that create a community of teachers and learners and engage participants through a range of volunteer opportunities.

NC Cooperative Extension

828-255-5522

www.buncombe.ces.ncsu.edu/

Education on aging and other issues.

National Alliance on Mental Health (NAMI)

828-505-7353 | www.namiwnc.org

Located at 356 Biltmore Ave. #207, Asheville, in the RHA Building. Monday, Tuesday, and Thursday, 10 AM-2 PM.

Vaya Health

828-225-2785 | www.vayahealth.com

Geriatric and Adult Mental Health Specialty Team provides evidence-informed free training on mental health (including dementia), substance use, psychiatric medications, and difficult behaviors.

■ Emergency Assistance

American Red Cross

828-258-3888 | www.redcrosswnc.org

Disaster relief, Vial of Life program

Asheville Buncombe Community Christian Ministries (ABCCM)

www.abccm.org

Crisis Assistance – food, clothing, household, rent, fuel and utilities

- **Crisis Ministries** 828-259-5300
- **Hominy Valley (Candler)** 828-259-5301
- **ABCCM North** (Weaverville & Barnardsville) 828-259-5303
- **ABCCM South** (Arden) 828-259-5302

Buncombe County Health and Human Services

828-250-5500

www.buncombecounty.org/governing/depts/dss/

Crisis intervention, utilities assistance, Project Share.

Eblen Charities

828-255-3066 | www.eblencharities.org

Assistance with food, rent, utilities, medication, and medical supplies.

Foster Memorial Seventh Day Adventist Church

828-274-2014 | www.fosterchurch.com

Assistance with food, clothing, household items, and utilities; hot breakfast served on Tuesdays.

Salvation Army

828-253-4723

www.uss.salvationarmy.org

Assistance with food, rent, utilities, and transportation.

St. Vincent de Paul Society

Provides food and limited utility and rent assistance to Buncombe County residents.

- **East Buncombe** 828-236-8555
- **North, West and Central Buncombe** 828-775-1933
- **South Buncombe** 828-684-6098 x308

Swannanoa Community Council

828-775-5595

Emergency utility and fuel assistance for Swannanoa residents.

Swannanoa Valley Christian Ministries

828-669-9404

www.svcblackmountain.org

Emergency assistance for transients and Swannanoa residents.

■ Emergency Response Systems (see Safety)

■ Employment

Foothills Regional Commission

828-287-2281

www.foothillsregion.org/area-agency-on-aging

The Senior Community Service Employment Program provides paid employment skills training for low income individuals age 55 and older.

Goodwill Industries

828-298-9023 | www.goodwillnwc.org
www.jobsAtGoodwill.com

Job training and workforce development for people of all abilities.

Mountain Area Workforce Development Board

828-251-6622

www.mountainareaworks.org

Career, education, and training services are available at the region's NCWorks Career Centers at no cost to the individual.

NCWorks-Asheville Career Center

828-251-6200

www.ncworksasheville.com

NCWorks Career Center Asheville's goal is to help you get the tools and skills you need for success in every step of the job search. Services are free to the public, supported with funding provided through the Workforce Innovation & Opportunity Act (WIOA). An Equal Opportunity/Affirmative Action Employer/Program. Auxiliary aids and services available upon request to individuals with disabilities. As the designated workforce system for the state of North Carolina, NCWorks offers a wide variety of free services for jobseekers. These include career assessment and counseling, resume and cover letter preparation, job search assistance,



This service means a lot to me.... I am really grateful for the food. Your kindness will never be forgotten.
—*Food Delivery Client*

and interview practice and preparation. Also available are job-seeking skills workshops in a variety of topics, job fairs, and computer labs with the latest technology to conduct your job search. The Back to Work 50+ program is well-regarded in NC and offers free coaching and resources that can help you compete in today's fast-changing workplace.

■ End-of-Life Care (see Hospice and Palliative Care)

■ End-of-Life Planning

CarePartners Hospice and Palliative Care

828-255-0231 | www.missionhealth.org

Quarterly "Making Choices" Advance Care Planning presentations; free and open to the public.

Funeral Consumer Alliance

984-464-1021 | www.funeralsnc.org

Education and outreach help with making funeral arrangements.

LifeShare of the Carolinas

828-665-0107

www.lifesharecarolinas.org

Organ and tissue transplant information and services.

NC Advance Health Care Directive Registry

www.sosnc.gov/divisions/advance-healthcare-directives

Pisgah Legal Services

253-0406 | www.pisgahlegal.org

Elder Law Project; no cost legal assistance with living wills, advanced directives, and end-of-life planning for low-income seniors.

Financial Planning and Money Management

AnnualCreditReport.com

877-322-8228

www.AnnualCreditReport.com

Provides one free credit report annually from each of the national consumer reporting agencies (Experian, TransUnion, and Equifax); visit website or call automated line; credit scores may be added for a fee.



NAACP

www.naacp.org

No cost credit check in collaboration with OnTrack Financial Education and Counseling.

OnTrack Financial Education and Counseling

828-255-5166 | www.ontrackwnc.org

Financial education, counseling and support for budgeting and money management, credit improvement, building savings, reverse mortgages, foreclosure prevention, and debt management; low or no cost services.

Food Support

▶ Food Resource Map

www.mealsites.ashevellenc.gov

Find locations around Buncombe County working hard to feed our community

Asheville Buncombe Community Christian Ministries (ABCCM)

www.abccm.org

- **Crisis Ministries**

(24 Cumberland Ave) 828-259-5300

Monday-Friday 8:30 AM–4:30 PM for Asheville residents (28801-28806)

- **Hominy Valley (Candler) 828-259-5301**

Monday-Friday 8:30 AM–4:30 PM for Hominy Valley/Candler residents

- **ABCCM North (Weaverville & Barnardsville) 828-259-5303**

Monday-Friday 10 AM–2 PM for North Buncombe residents

- **ABCCM South**

(Arden & Skyland) 828-259-5302

Monday-Friday 8:30 AM–4:30 PM for South Buncombe residents

- **Big Ivy Community Center 828-626-3438**

Tuesday 8 AM-12 PM (except the first Tuesday of the month) for Barnardsville area residents

Biltmore Church of Christ

828-274-2829 | www.biltmorecofc.org

Wednesday 10 AM–12 PM for Buncombe County residents

Bounty and Soul

828-419-0533

Produce to the People™ is a program focused on providing equitable access to nutritious, culturally relevant food through no-cost weekly community-based markets.

Calvary Chapel of Asheville

828-891-4137

www.calvarychapelasheville.org

Wednesday sign up 10-11 AM, food distribution 11:30 AM for Buncombe County residents

Catholic Charities

800-227-7261, 255-0146

www.ccdoc.org

Wednesdays for Buncombe County residents

Children First Family Resource Center

828-259-9171

www.childrenfirstcisbc.org

Monday-Thursday 9 AM–4 PM; Friday 9 AM–1 PM for Emma community residents

Family of Faith Fellowship

828-684-2158

www.familyfaithfellowship.org

Monday-Thursday 10 AM–2:30 PM for Buncombe County residents

Food for Fairview

828-628-4322 | www.foodforfairview.org

Monday 4 PM-6 PM for Fairview, Fletcher and Reynolds area residents

Foster Memorial Seventh Day Adventist Church

828-274-2014 | www.fosterchurch.com

Tuesday 8-10 AM for Buncombe County residents; hot breakfast available

Loving Food Resources

828-255-9282 | www.lovingfood.org

Saturday 11 AM–2 PM for those living with HIV/AIDS or receiving hospice home care

MANNA FoodBank Mobile Markets

www.mannafoodbank.org

Schedules vary. Distributions are free and open to the public

Oakley Baptist Church

828-274-3221

www.oakleybaptistchurch.com

Wednesday starting at 10:30 AM (until food boxes run out) for Buncombe County residents

Salvation Army

828-253-4723 | www.salvationarmy.org

Hours vary; for Buncombe County residents.

Sandy Mush Community Food Pantry

www.sandymushcommunitycenter.org/food-pantry

Pantry will be on the 2nd Friday of each month, 9:30-11 AM and will continue to be a drive-up distribution.

St. Vincent de Paul Society

Buncombe County residents

- **East Buncombe** 828-236-8555
- **North, West and Central Buncombe** 828-775-1933
- **South Buncombe** 828-684-6098 x308

Swannanoa Valley Christian Ministries

828-669-9404

www.svcblackmountain.org

Monday-Friday 9 AM–3 PM for residents of Black Mountain, Swannanoa, Ridgecrest and Montreat.

Western Carolina Rescue Ministries

828-254-0471

www.westerncarolinarescue.org

Monday-Friday, lunch 12-12:45 PM;
Monday-Sunday, dinner, 4:30-5:30 PM

■ **Foot Care**

CarePartners Health Services Orthotics & Prosthetics

828-254-3392 | www.missionhealth.org

Full-service orthotics and prosthetics.

ET Consultant Services

828-645-6585

Affordable in-home foot care by certified nurse specialists.

PACE – Program of All-Inclusive Care for the Elderly

828-213-8442

www.missionhealth.org/services-treatment/adult-care/pace

Skyland Prosthetics and Orthotics

828-684-1644

www.skylandprosthetics.net

Corrective and diabetic footwear, plus artificial limbs, braces, mastectomy garments.

■ **Geriatric Care Management**

(see Case Management and Care Management)

■ **Guardianship**

(see Legal)

Housing and Home Repair



Council on Aging of Buncombe County provides basic home repairs with trained repair specialists for assistance with grab bars, shower wands, hand rails, and other minor repairs or improvements for safety, accessibility, and well-being. The Minor Home Repair program allows us to serve clients in Buncombe County, patients of the Home Based Primary Care program at MAHEC and through a partnership with CarePartners PACE. Requests will be reviewed and managed by our

team of social workers and aging service specialists as part of our Resource Coordination services.

Additionally, in partnership with Asheville Area Habitat for Humanity, Council on Aging social workers will work with individuals to identify substandard housing and “aging in place” home repair needs. Social workers will assist clients with health, safety and accessibility concerns with the project process – from request through completion. Clients will receive security enhancements, mobility and accessibility improvements and other home repairs from the Asheville Area Habitat for Humanity that go beyond the scope of the Council on Aging Minor Home Repair program, including home rehabilitation/improvement solutions so clients can maintain adequate housing, increase safety and other concerns, reduce cost burden, and improve the likelihood that the individual can stay in their homes as long as possible.

• Did you know that 1 in 3 seniors fall in their home without proper safety precautions? Our Minor Home Repair Specialist is happy to be able to provide basic home safety modifications for our clients.

For more information, call 828-277-8288.

**Programs and services require an in-home assessment.*

■ Health Care: Subsidized Care and Community Health Clinics

Asheville Buncombe Community Christian Ministry (ABCCM)

828-259-5339 | www.abccm.org

Medical and dental care for the uninsured.

Emma Clinic (Mission Hospitals; in West Asheville)

www.missionhealth.org

Assessment/treatment of minor illnesses; screenings, smoking cessation, asthma education, medication review; for lower income, uninsured/underinsured Buncombe residents; no out-of-pocket costs; limited transportation available.

Mountain Area Health Education Center (MAHEC)

828-257-4400 | www.mahec.net

Comprehensive health care centers accepting Medicaid and private insurance.

• **Cane Creek Family Health Center (Fletcher)** 828-628-8250

• **Family Health Center at Biltmore**
828-257-4730

• **MAHEC OB-GYN Specialists**
828-771-5500

Project Access

www.mywcms.org/projectaccess

Comprehensive medical care for low-income, uninsured Buncombe County residents.

Veteran's Administration Medical Center

828-298-7911 | www.asheville.va.gov

Comprehensive medical services for veterans.

WNC Community Health Services; Minnie Jones Health Clinic

828-285-0622 | www.wncchs.org

Providing no or low cost health and mental health services; pharmacy on-site; no co-pay for those on original Medicare; no gap in coverage and low co-pay for Medicare Part D prescription drugs.

■ Health Care: Urgent Care Centers

Sisters of Mercy Urgent Care

www.urgentcares.org

Neighborhood medical centers specializing in the evaluation and treatment of non-life threatening injuries and illnesses.

- **East Asheville** 828-210-8325
- **South Asheville** 828-274-1462
- **Weaverville** 828-645-5088
- **West Asheville** 828-252-4878

■ Hearing Services

CaptionCall

877-577-2227, 828-400-4526

www.captioncall.com

CaptionCall provides captioning and amplified telephone services. This service is no cost for people with hearing loss who need captioning to better understand conversations.

CarePartners Health Services

828-277-4800 | www.missionhealth.org

Assessments, rehabilitation, vestibular therapy (in the outpatient center).

NC Division of Independent Living Services

828-670-3377

www.ncdhhs.gov/assistance/disability-services/independent-living-for-people-with-disabilities

Assistance with obtaining a hearing aid for those who meet income guidelines.

NC Relay Center 7-1-1

800-735-0341 | www.relaync.com

Places calls for those who are hearing impaired.

Services for the Deaf and Hard of Hearing

919-527-6930 (Voice/TTY)

800-851-6099 (Voice/TTY)

828-665-8733

www.dsdhh.dhhs.state.nc.us

TDD/TTY 828-665-8737

Provides no- or low-cost hearing aids, amplified phones, and other telecommunication equipment for qualifying individuals.

TDD/TTY Long Distance Operator

800-855-1155, 800-842-9488

24-hour services for the hearing impaired.

Heart/ Cardiovascular

Mission Hospitals

828-213-1111 | www.missionhealth.org

HeartPATH Cardiac Rehabilitation

828-213-7000, 828-274-6000

www.missionhealth.org

Cardiac rehabilitation, therapy and referral.

HeartPATH Support Group

828-213-7542

Patients and caregivers of anyone with congestive heart failure.

Home Repairs, Improvements and Modifications

American Red Cross

828-258-3888 | www.redcrosswnc.org

Smoke detector program for low-income and elderly individuals.

Asheville Area Habitat for Humanity

828-251-5702

www.ashevillehabitat.org/housing-programs/home-repair/

Information and application for affordable home repairs.

Asheville Fire Department

828-259-5640, 828-259-5636

www.ashevillenc.gov

Smoke detector program for low-income, disabled and elderly individuals.

Community Action Opportunities

828-252-2495, 828-250-0410

www.communityactionopportunities.org

Heating repair and replacement; weatherization services; income guidelines apply

Council on Aging of Buncombe County, Inc.

828-277-8288 | www.coabc.org

• Minor Home Repair Program

For individuals age 60 and over; assistance with applying for weatherization services; heat relief program distributes free fans and air conditioners to qualifying seniors.

NC Division of Independent Living Services

828-670-3377

Home accessibility modifications for individuals who meet income guidelines.

Mountain Housing Opportunities

828-254-4030 | www.mtnhousing.org

Home repair and rehabilitation for those who meet income guidelines.

NC Baptist Aging Ministries

877-506-2226 | www.ncbam.org

Smoky Mountain Home Inspections

828-712-6829

www.smokymtnhomeinspections.com

Offering Home Inspections focused on continued living in the same familiar residence as one ages in place.

U.S. Department of Agriculture

828-254-0916 x5 | www.usda.gov

Low-interest loans for home repairs.



■ Homeless Shelters

Asheville Buncombe Community Christian Ministries (ABCCM)

www.abccm.org/medical-center

• A Vet's Place 828-259-5333

www.abccm.org/vets-place

Transitional housing for male veterans, focusing on financial, housing, medical, mental health, self-determination, spiritual, and substance abuse wellness

• Transformation Village 828-398-6920

Shelter for women (including veterans) and children; provides skill building and steps towards reintegration.

BeLoved Asheville

828-571-0766

www.belovedasheville.com

A community deeply rooted in Love and Justice, creating innovative solutions to some of the toughest challenges the community faces. Putting love into action daily through these solutions to make the community better.

Haywood Street Ministries

828-575-2477

www.haywoodstreet.org/ministries

A United Methodist mission congregation that includes Downtown Welcome Table, Haywood Street Respite, Haywood Street Gardens, God's Outfitters Clothing Closet, and Worship.

Homeward Bound

828-258-1695

www.homewardboundwnc.org

- **A HOPE Day Center** 828-252-8883

Shelter and other necessities; supportive services, access to legal, medical and mental health services.

- **Room in the Inn**

Crisis shelter for women, offering food and lodging for 90 days.

- **Safe Haven** 828-258-1695

Safe (physical and emotional) shelter to persons with chronic mental health or substance abuse issues.

Salvation Army Center of Hope

828-254-6351

Emergency shelter for men, women and families.

Western Carolina Rescue Ministries

828-254-0471

www.westerncarolinarescue.org

- **Men's Overnight Program**

Overnight shelter for up to 80 men; showers.

- **Safe Harbor**

Overnight shelter for women for up to 30 days; provides needs assessment and counseling.

Hospice and Palliative Care

CarePartners Hospice and Palliative Care Services

www.carepartners.org

Helping people live fully through life's journey for 30 years.

- **Bereavement and Family Support Services** 828-251-0126

- **Home Care Services** 828-255-0231

- **CarePartners Hospice/Solace Center In-Patient Care** 828-255-0231

Compassionate Care WNC

828-682-9675

www.compassionatecarewnc.org

Palliative, hospice and counseling services.

Four Seasons

828-692-6178

www.fourseasons.teleioscn.org

Holistic hospice and palliative care; research; Elizabeth House; bereavement services; other community services.



■ Housing/Rental Resources

Asheville Area Habitat for Humanity

828-251-5702

www.ashevillehabitat.org/

housing-programs/homeownership/

Information and application for affordable homeownership.

Community Action Opportunities Project Uplift

828-253-2495

www.communityactionopportunities.org

Emergency financial assistance payments can be used for past-due rent, utilities, childcare, medications, transportation or other vital needs.

The Housing Authority of the City of Asheville

• Public Housing 828-258-1222

• Section 8 Housing 828-257-2653

• Services for the Elderly 828-239-3517

Land of Sky Regional Council

828-251-6622

www.landofsky.org/pdf/Aging/LTC_Housing_Directory_2012.pdf

Information on housing for older adults and disabled persons.

U.S. Department of Veteran's Affairs

828-298-7911

www.va.gov/asheville-health-care

Hospice services for veterans.

■ Housekeeping (see In-Home Aide Services)

Land of Sky Regional Council- Money Follows the Person

828-251-7426 | www.landofsky.org
medicaid.ncdhhs.gov

Money Follows the Person (MFP) is a North Carolina Medicaid demonstration project that assists people who live in qualified facilities in moving into their own communities with support. MFP supports North Carolinians in having more choices about where they receive their long-term supports.

Mountain Housing Opportunities

828-254-4030 | www.mtnhousing.org

Information on affordable rentals and ownership.

SocialServe Housing Resource Center

877-428-8844 | www.socialserve.com

Free, non-profit phone and internet service that helps people locate safe, affordable housing or other shelter alternatives; includes Section 8 listings.

■ Hypertension/Stroke

American Red Cross

828-258-3888 | www.redcrosswnc.org

Blood pressure screenings.

Asheville Fire Department

828-259-5636 | www.ashevillenc.gov

Blood pressure screenings (can get at any Fire Station).

CarePartners Health Services

828-277-4800 | www.missionhealth.org

Rehabilitation and support for stroke survivors, supportive services for friends, family and caregivers.

■ Incontinence/ Kidney

National Kidney Foundation

855-653-2273 | www.kidney.org

Information and resources.

■ In-Home Aide Services: Medical/ Personal Care

This list does not constitute an endorsement, referral or statement of qualification. Users of this list should determine for themselves the qualifications of any agency prior to utilizing the company's services.

A New Hope Home Care

828-255-4446 | www.anewhopecare.com

Advent Health

828-687-5261 | www.aventhealth.org

All Ways Caring Home Care

866-737-2273

www.allwayscaring.com

Bayada Home Health Care

888-833-5706 | www.bayada.com

Best Care Senior Services

828-676-2939

www.alwaysbestcare.com

BrightStar

828-255-1733 | www.brightstarcare.com

CarePartners Private Duty Home Health Services

800-627-1533, 828-277-4777

www.missionhealth.org

Caring Hearts and Hands

828-333-5051

www.caringheartsandhands.com

Comfort Keepers

828-687-1199

www.comfortkeepers.com

Coram Healthcare

828-258-1150 | www.coramhc.com

Encompass Home Health

828-659-6901

www.encompasshealth.com

Four Seasons Home Care

828-692-4178

www.fourseasons.teleioscn.org

Gentiva Home Health

828-298-1370

Griswold Home Care

828-393-0701

www.griswoldhomecare.com

Home Carefree

828-277-1580 | www.homecarefree.org

Home Helpers

828-373-8609

www.homehelperscare.com/hendersonville

Home Instead Senior Care

828-274-4406 | www.homeinstead.com

Interim Health Care

828-274-2082

www.interimhealthcare.com/asheville

Maxim Healthcare Services

828-299-4388

www.maximhealthcare.com

PACE – Program of All-Inclusive Care for the Elderly

828-213-8442

www.missionhealth.org/services-treatments/adult-care/pace

Premier Home Health Care

828-277-5950

www.premierhomehealthcare.com

■ In-Home Aide Services: Non-Medical

AllWays Caring Home Care

828-536-0628

www.allwayscaring.com/locations/North-Carolina/Asheville/88

Always Best Care

828-676-2939

www.alwaysbestcare.com/nc/asheville/

Brightstar

828-255-1733 | www.brightstarcare.com

Comfort Keepers

828-687-1199

www.comfortkeepers.com

Everyday Details

www.everydaydetailscoop.com

A wide range of services including cleaning, organizing, transportation, errand assistance, and meal preparation. Subsidized rates are available upon request.

Home Instead Senior Care

828-274-4406 | www.homeinstead.com

Mountain Home Care

828-684-6444

www.mountainhomecare.com

Premier Home Health Care

828-277-5950

www.premierhomecareinc.com

Seniors Helping Seniors

828-236-0662

www.seniorshelpingseniors.com

Visiting Angels of Western North Carolina

828-665-3944

www.visitingangels.com/asheville

In-Home Aide Services: Subsidized

Buncombe County Health and Human Services

828-250-5500

www.buncombecounty.org/governing/depts/dss

Medicaid-funded Personal Care Services (PCS) available to qualifying individuals.

RHA Health Services

828-232-6844

www.rhahealthservices.org

Provides community and home care for disabled adults who are at risk of being placed in a nursing facility. RHA coordinates programs that allow disabled adults to stay at home with their families.

Insurance

Buncombe County Health and Human Services

828-250-5500

www.buncombecounty.org

Buncombe County Health and Human Services Medicaid and the Medicare Savings Program (also called the MQB program), provides assistance in paying Medicare costs.



Council on Aging of Buncombe County, Inc.

828-277-8288 | www.coabc.org

Volunteers from the Seniors' Health Insurance Information Program (SHIIP), sponsored and trained by the North Carolina Department of Insurance, provide Medicare counseling and education in Buncombe and Henderson counties. Certified Navigators through the NC Navigator Consortium provide Affordable Care Act navigation for health insurance options through the marketplace.

www.acahealthcarehelp.org

Senior Health Insurance Information Program (SHIIP)

805-408-1212 x1 | www.ncshiip.com

Toll-free hotline, information on Medicare, supplemental insurance, long-term care insurance and more.

Legal: Attorneys - Elder Law Issues

Members of the National Academy of Elder Law Attorneys (NAELA)

This list does not constitute an endorsement, referral or statement of qualification. Users of this list should determine for themselves the qualifications of any elder law attorney prior to utilizing his or her services.

• **Alleman Law Firm** 828-253-6092

www.allemanlawfirm.com

• **Andrew Atherton** 828-254-8800

aatherton@mwblawyers.com

• **Wendy Craig** 828-669-0799

info@wncelderlaw.com

• **Larry Hartley** 828-258-0994

• **Caroline Knox** 828-513-1600

caroline@cknoxelderlaw.com

• **Brian Lawler** 828-258-2991

blawler@vwlawfirm.com

• **Kathleen R. Rodberg** 828-254-8800

krodberg@mwblawyers.com

• **Carole Spainhour** 828-255-1966

www.elderlawcarolina.com

Buncombe County Health and Human Services

www.buncombecounty.org

• **Adult Protective Services**

828-250-5800

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

• **Guardianships** 828-250-5800

Elderlaw Carolina

828-255-1966

www.elderlawcarolina.com

Carole Spainhour, Attorney, provides Estate Planning and Elder Law services with a client-first focus.

Hope for the Future, Inc.

828-505-4335

www.hopeforfutureguardianship.com

Nationally and state-certified professional guardians; available 24/7.

Legal Aid of NC

877-579-7562

www.legalaidnc.org

Disability, SSI, Medicare appeals for low-income individuals.

NC Court System

www.nccourts.org

• **Estates and Probate Division** Forms and information.

• **Guardianships – Private** Supervision of healthcare and/or finances.

Pisgah Legal Services

828-253-0406 | www.pisgahlegal.org

Help with basic needs of housing, disability, SSI, Medicare, and elder law.

Leisure

Asheville Parks and Recreation

828-259-5800 | www.ashevillenc.gov

Center for Adult Lifelong Learning

www.montreat.edu/about/events/mccall

Classes for seniors (Montreat).

OLLI at UNC Asheville

828-251-6600

www.olliasheville.unca.edu

Special interest groups, activities, travel.

Recreation Centers

Offering activities and programs for people of all ages, including seniors.

• **Burton Street Center** (West Asheville)

828-254-1942

• **Harvest House** (Kenilworth)

828-350-2051

- **Lakeview Senior Center** (Black Mountain) 828-669-8610
- **Murphy-Oakley House** (Oakley) 828-250-4200
- **North Asheville Center** 828-350-2051
- **Reid Center** (Downtown Asheville) 828-239-3513
- **Senior Opportunity Center** (Downtown Asheville) 828-350-2062
- **Shiloh Center** (South Asheville) 828-274-7739
- **Spring Mountain Center** (Fairview) 828-628-1625
- **Stephens-Lee Center** (Downtown Asheville) 828-350-2058
- **West Asheville Community Center** 828-232-4529

YMCA (Downtown Asheville)
828-210-9622

Reuter Family YMCA (South Buncombe)
828-651-9622 | www.ymcawnc.org
Exercise, fitness programs; scholarships available.

YWCA
828-254-7206 | www.ywcaofasheville.org

■ Long-Term Care (see Appendix for Definitions of Facility Types)

• **List of NC DHHS Long-Term Care facilities:**

www.info.ncdhhs.gov/dhsr/data/nhlist_co.pdf

• **Long-Term Care Housing Directory**

www.landofsky.org/pdf/Aging/LTC_Directory/LTC_Directory_2017_BUNCOMBE.pdf

• **Land of Sky Regional Council Long-Term Care Ombudsman**

www.landofsky.org/ombudsman

• **Ombudsman Facility Reports**

www.landofsky.org/cacreports.html

Buncombe County Health and Human Services

828-250-5500

www.buncombecounty.org/Governing/Depts/Dss/Adults/Ach_Directory.aspx

Assistance in finding and paying for long-term care facilities.

Land of Sky Regional Council

828-251-6622, 828-251-7433

www.landofsky.org

www.landofsky.org/ombudsman.html
(for Ombudsman)

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 facilities. The Ombudsman provides a way for people to voice their concerns and have their complaints addressed. The Ombudsman works with all parties to resolve a problem.



• **Long-Term Care Housing Directory** provides up-to-date information on facilities and types of services available in Buncombe, Henderson, Madison, and Transylvania; call or visit website for a copy of the directory. The 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 facilities.

MountainCare Adult Day Services

828-277-3399

www.mountaincareservices.org

MountainCare's state certified, non-profit program offers a safe and enjoyable place for staying engaged during the day, developing friendships, stimulating activities, personal care, skilled nursing care, and nutritious meals and snacks. Open Monday through Friday for adults 18 and up.

NC Division of Health Service Regulation

www.dhhs.state.nc.us/dhsr

Oversees licensure and ensures safe and appropriate client care for:

- **Adult Care** 919-855-3765
- **In-Home Care** 919-855-4620
- **Nursing Home** 919-855-4520

PACE – Program of All-Inclusive Care for the Elderly

828-213-8442

www.missionhealth.org/

services-treatments/adult-care/pace

Lung

American Lung Association

800-586-4872 | www.lungusa.org

Assistance, education and information.

Mission Hospitals

www.missionhealth.org

- **Smoking Cessation Program**
828-213-5527, option 1

■ **Medical Equipment: For Purchase**

Adapt Health

828-285-0239 | www.adapthealth.com

Home infusion, respiratory service and medical equipment.

Aeroflow Health Care

828-345-1780 | www.aeroflowinc.com

Home respiratory, mobility equipment and service.

Apria Healthcare

828-684-9981 | www.apria.com

Blue Ridge Home Care

828-274-7587

Coram Healthcare

828-258-1150 | www.coramhc.com

Home infusion services.

Lincare Pediatric Specialists

828-274-7587 | www.lincare.com

Home equipment, supplies, oxygen and service for adults and children.

National Seating and Mobility

828-277-2577 | www.nsm-seating.com

Wheelchairs, scooters, lifts, home medical equipment.

Park Ridge Home Medical Equipment

828-651-4992

■ **Medical Equipment: Loan Closets**

American Red Cross

828-258-3888 | www.redcrosswnc.org

Asheville Buncombe Community Christian Ministries (ABCCM)

828-259-5335

Clark's & Alexander Chapel UMC

828-658-1351

www.clarkschapelweaverville.org

Piney Mountain United

Methodist Church

828-667-3031

■ **Medicare/Medicaid (see Insurance)**

■ **Medication Assistance**

Asheville Buncombe Community Christian Ministries (ABCCM)

www.abccm.org

- **Main Office** 828-259-5300
Assistance with paying for prescriptions.
- **Medical Clinic** 828-259-5339
Assistance for uninsured (no Medicaid, no Medicare).

Buncombe County Health and Human Services

828-250-5500

www.buncombecounty.org

Assistance with prescriptions, including Medicaid.

Buncombe County Department of Health

828-250-5000

www.buncombecounty.org

Assistance for low-income patients of the Health Center.

Eblen Charities

828-255-3066 | www.eblencharities.org

Assistance with medications and medical supplies.

Project Access

828-274-6989

www.projectaccessonline.org

Physician volunteer program for people with no insurance.

Salvation Army

828-253-4723

www.salvationarmyusa.org

Limited emergency assistance with prescriptions for low income individuals.

Premier Home Health Care

828-277-5950

www.premierhomecareinc.com

Veteran's Administration Medical Center

828-298-7911

www.va.gov/asheville-health-care

Prescription assistance for eligible veterans.

Mental Health

Advent Health - Hendersonville

828-681-2282

www.adventhealth.com/hospital/adventhealth-hendersonville

Behavioral health concerns, including depression, anxiety, obsessive compulsive disorder, post-traumatic stress disorder and psychosis.

All Souls Counseling Center

828-259-3369

www.allsouls counseling.com

Licensed therapists for uninsured and underinsured individuals.

CarePartners Health Services Bereavement Department

828-251-0126 | www.missionhealth.org

Grief counseling and bereavement education and support groups.

Catholic Charities WNC (Asheville)

828-255-0146 | www.ccdoc.org/en

Counseling on a sliding-fee basis available in English and Spanish.

Jewish Family Services of WNC (JFS)

828-253-2900 | www.jfswnc.org

Mental Health Counseling Services to all ages by a Licensed Clinical Social Worker (LCSW). *Ask about insurance coverage.

Mission Hospitals

828-213-4422 | www.missionhealth.org

Copystone (in-patient treatment).



Vaya Health

828-225-2785 | www.vayahealth.com

Vaya Health does not provide treatment services to members directly. Instead, we ensure those who need treatment receive the right care, in the right amount, at the right time. These services are delivered by a network of high-quality providers who contract with Vaya Health.

WNC Community Health Services Minnie Jones Health Clinic

828-285-0622 | www.wncchs.org

Community health clinic providing no or low cost mental health and health services.

■ **Money Management** (see Financial Planning and Money Management)

■ **Nursing Homes** (see Long-Term Care)

■ **Nutrition**

Council on Aging of Buncombe County, Inc

828-277-8288 | www.coabc.org

- **Homebound Food Delivery**

Monthly food box delivery for low-income, homebound seniors age 60 and over.

- **Senior Dining**

Four congregate nutrition sites county-wide for seniors age 60 and over:

Lakeview Senior Center

828-669-2035

*401 S Laurel Circle Dr. at Lake
Tomahawk in Black Mountain*

Monday through Friday, 10 AM–1 PM

Senior Opportunity Center

828-350-2062

*36 Grove Street in downtown
Asheville*

Monday-Friday, 9 AM–1 PM

Shiloh Community Center

828-274-7739

121 Shiloh Road in south Asheville

Wednesdays and Fridays,

11 AM–2 PM

Weaverville Baptist Church
828-775-9297
63 N. Main Street in Weaverville
Monday-Friday, 10 AM–1 PM

MANNA FoodBank HelpLine
800-820-1109

The Helpline is available 9 AM-4 PM, Monday through Friday. More information about SNAP (Supplemental Nutrition Assistance Program), including eligibility, is available.

Meals on Wheels of Asheville & Buncombe County
828-253-5286 | www.mowabc.org
Home delivered prepared lunch time meals for homebound seniors aged 60+ in Buncombe County. Meals are available M-F. A nominal fee may apply.

NC Cooperative Extension
828-255-5522 | www.ces.ncsu.edu
Nutrition, food, and wellness education.

PACE – Program of All-Inclusive Care for the Elderly
828-213-8442
[www.missionhealth.org/
services-treatments/adult-care/pace](http://www.missionhealth.org/services-treatments/adult-care/pace)

■ **Osteoporosis**
(see Arthritis and Osteoporosis)

■ **Pension Rights**
(see Legal)

■ **Personal Care Services**
(see In-Home Aide Services)

■ **Physical Fitness**

Avora Health
828-505-2664 | www.avorahealth.com
Medicare covered balance programs.

Council on Aging of Buncombe County, Inc
828-277-8288 | www.coabc.org
Exercise, local foods, and nutrition education at Senior Dining sites.

Health Promotion & Disease Prevention
828-251-6622
[www.landofsky.org/
healthpromotion.html](http://www.landofsky.org/healthpromotion.html)

Physical activity is one of the least expensive and most effective approaches to preventing and treating common chronic health conditions. Land of Sky Regional Council’s Area Agency on Aging promotes physical activity resources and evidence-based programs.

Jewish Community Center

828-253-0701 | www.jcc-asheville.org

Water aerobics, exercise classes, and a weight management program.

- **Living Healthy 828-251-7438**

Learn skills to manage your health and your life at this free six-week program for people living with ongoing health problems (and their loved ones).

Mission Hospitals

www.missionhospitals.org

- **Wellness Resource Center**

828-213-1804

Exercise classes, health screenings, strength training, Tai Chi, Yoga.

OLLI at UNC Asheville

828-251-6140 | www.olliasheville.com

College for Seniors: Wellness Classes, Tai Chi, dancing, strength training, and yoga.

Pisgah Valley Wellness Center

828-418-2330

www.pisgahvalley.org/wellness-center

Strength training, aerobics, wellness classes and workshops, massage therapy and water aerobics.

YMCA (Downtown Asheville)

828-210-9622

Reuter Family YMCA (South Buncombe)

828-651-9622 | www.ymcawnc.org

Water fitness, arthritis, injury rehab, and group classes for strength and flexibility.

YWCA

828-254-7206 | www.ywcaofasheville.org

Aquatic exercise, physical therapy and arthritis classes.

Physical Therapy and Rehabilitation

CarePartners Health Services

www.carepartners.org

- **Home Health Services 800-627-1533**

Physical therapy, occupational therapy, speech therapy, nursing and in-home aide.

- **Outpatient Rehabilitation**

828-274-6100

Therapy clinics in five locations throughout Buncombe County offering physical, occupational and speech therapy, aquatic therapy, massage therapy, balance center, driver evaluations, wheelchair seating clinic, orthotics and prosthetics.

- **Rehabilitation Hospital 828-274-2400**

Strokes, orthopedic surgeries, and traumatic injuries (brain and spinal cord).

Kindred Home Health

866-CARE-KAH

www.kindredathome.com

Madison Health & Rehabilitation

828-689-5200

www.sanstonehealth.com/locations/madison/

24hr skilled nursing care. Rehabilitation service and after care. Specializing in Short term rehabilitation and out patient care.

Mission Hospitals

www.missionhospitals.org

- **Outpatient Rehabilitation**

828-213-0850

- **Wellness Resource Center**

828-213-8250

Pivot Physical Therapy

828-254-3525

www.pivotphysicaltherapy.com

Advent Health Homecare, WNC

828-687-5261

www.adventhealth.com/home-care/adventhealth-home-care-western-north-carolina

YWCA

828-254-7206 | www.ywcaofasheville.org

Aquatic exercise, physical therapy and arthritis classes.

■ **Repair Programs (see Home Repairs, Improvements and Modifications)**

■ **Respite Care (see Caregiver Respite Providers)**

■ **Retirement Centers (see Long-Term Care)**

■ **Safety**

ADT Companion Service

828-670-4683

Personal emergency response system; setup and monthly fee.

Alzheimer's Association Safe Return Program

800-272-3900 | www.alz.org/safereturn

ID bracelets and iron-on clothing labels for people with dementia; enrollment fee.

American Red Cross

828-258-3888 | www.redcrosswnc.org

Health and safety services, smoke detector program, Vial-of-Life Project.

Asheville Police Department

828-259-5940 | www.ashevillenc.gov

Older Adult Victims Services providing information, counseling, referrals, court and medical escort.

Buncombe County Sheriff's Office Senior Reassurance Program

828-250-4475

www.buncombecounty.org

Daily wellness calls placed to seniors by Sheriff Department staff.

Council on Aging of Buncombe County, Inc.

828-277-8288 | www.coabc.org

No-cost 911 cell phones for at-risk individuals age 60 and over.

Helpmate

828-254-0516 | www.helpmateonline.org

Counseling and shelter for those affected by domestic violence.

Home Helpers

828-694-0000

Personal emergency response system; setup and monthly fee.

Lifeline

828-257-7204

Personal emergency response system; set up and monthly fee.

NC Cooperative Extension

828-255-5522 | www.ces.ncsu.edu

Aging education on home modifications.

NC Silver Alert Program

800-522-5437

www.nccrimecontrol.org

Alerts and disseminates information about missing seniors with dementia or other cognitive issues; via the NC Department of Crime Control and Public Safety.

No Place Like Home WNC

828-215-3881

Consulting in Aging-In-Place, Accessibility, Home Modifications and Home Safety.

Our VOICE

828-252-0562 | www.ourvoicenc.org

Counseling, advocacy and education for those affected by sexual assault and abuse; includes 24/7 crisis line at 828-255-7576.

Simply Home

828-684-8441

Personal emergency response system as well as safety monitoring that will email or call caregivers. Set-up and monitoring fees.



Counseling at COA is my *dream* volunteer opportunity. I worked in the Medicare space for most of my career. My goal is to give the client knowledge that confirms they made the decision that best fits their healthcare needs.

—*SHIIP Medicare Counselor*

■ Senior Centers

Harvest House 828-350-2051

205 Kenilworth Road, Asheville

Lakeview Senior Center 828-669-8610

401 S. Laurel Circle Dr., Black Mountain

Senior Opportunity Center

828-350-2062, 36 Grove Street, Asheville

■ Social Security

Pisgah Legal Services

828-253-0406 | www.pisgahlegal.org

Social Security Disability income assistance.

Social Security (Buncombe County)

866-572-8361

Social Security (National)

800-772-1213 | www.socialsecurity.gov

Cash benefits for older and disabled adults; supplemental security income; prescription drug assistance for Medicare recipients.

■ Stroke

(see Hypertension/Stroke)

■ Substance Abuse Treatment and Counseling

Alcoholics Anonymous

828-254-8539

Self-help meetings; information, referrals.

Narcotics Anonymous

828-258-4537

Self-help meeting; information and referrals.

Support Groups

AARP, Mountain Region, NC

828-380-6242

www.aarp.org/mountainnc

Empowers people to choose how they live as they age. We strive to understand local community needs and provide support and assistance, through our initiatives, programs, partnerships and advocacy efforts to improve quality of life and promote livability, equity and justice for all ages.

Alzheimer's Association Western Carolina Chapter

800-272-3900 | www.alz.org/northcarolina

Support groups for caregivers meeting regularly around the county.

CarePartners

www.carepartners.org

- **ALS Support Group** 828-274-9567
- **Alzheimer's Support Group**
828-274-7363
- **Bereavement Support Group**
828-251-0126
- **Brain Injury Support Group**
828-277-4868
- **Hearing Loss Support Group**
828-665-8699
- **Limb Loss Support Group** 828-254-3392
- **Making Choices-Advanced Care Planning** 828-274-9567

- **Parkinson's Support Group**

828-274-9567

- **Post-Polio Resource Group**

828-421-0638

- **Spinal Cord Injury Support Group**

828-274-9567

- **Stroke Support Group** 828-274-9567

Asheville Parkinson's Support Group

A volunteer organization established to educate, assist and advocate for people with Parkinson's disease and their care partners with the goal of a better quality of life for all. Meets the first Tuesday of each month at 10 AM for coffee and socializing and 10:30 AM for the meeting at Groce United Methodist Church, 954 Tunnel Road, Asheville.

Caring for Aging People Education & Support (CAPES)

828-277-8288

www.coabc.org/programs/caregiver-support/

Monthly education and support group for anyone caring for or concerned about an aging loved one. Virtual and in person options available.

- **Education:** Session topics include dementia, legal issues, coping with stress, self-care, community resources, and making difficult life choices.
- **Support:** Share and listen to others as we navigate our caregiving journey, together!

Generation Plus PRIDE Time

www.blueridgepride.org/projects/generation-plus/

Social support group every second Wednesday evening at 6:30 PM.

Hearing Loss Association of America, Asheville Chapter

828-276-2206

www.nchearingloss.org/asheville.htm

Jewish Family Services of WNC (JFS)

828-253-2900 | www.jfswnc.org

Monthly caregiver support group facilitated by a social worker; resources and consultation for older adult and caregiver issues; open to all ethnicities and faiths.

MemoryCare

828-230-4143

www.memorycare.org/network

email: network@memorycare.org

Peer support groups offered through the MemoryCaregivers Network, an auxiliary program of MemoryCare, for caregivers with loved ones affected by dementia. Meet on 1st, 3rd, and 4th Tuesdays monthly, 1-3 PM.

MountainCare Caregiver Support Group

828-277-3399

www.mountaincareservices.org

Support groups meet regularly for anyone caring for an aging or impaired loved one. Open to the public.

Tax Assistance

Buncombe County Tax Office

828-250-4920

www.buncombecounty.org

Assistance with senior property tax exemptions; senior tax work-off program.

Council on Aging of Buncombe County, Inc.

828-277-8288 | www.coabc.org

Free tax assistance for seniors; volunteers from February to April.

Internal Revenue Service (Asheville office)

828-271-4764

Assistance with Federal and State tax return preparation, tax law, payment arrangements, and account inquiries; multilingual help available.

Internal Revenue Service (National)

800-829-1040 | www.irs.gov

800-829-4059 (TDD)

Free tax assistance over the phone, Monday–Friday, 7 AM–10 PM

OnTrack Financial Education and Counseling

828-255-5166 | www.ontrackwnc.org

Free tax assistance by appointment from February to April for household incomes of \$54,000/year or less.

■ Transportation

AARP Driver Safety Program

828-800-350-7025

www.aarp.org/home-garden/transportation/driver_safety

Defensive driving for seniors; insurance discount; additional brief training available online.

Asheville Transit System

828-253-5691

www.ashevillenc.gov/Departments/Transit

Buncombe County Health and Human Services

828-250-5863

www.buncombecounty.org

Medical transportation (Medicaid only).

CarePartners HealthServices

828-277-4800 | www.carepartners.org

Driver Evaluation Program; evaluates driving skills; by doctor referral only.

Council on Aging of Buncombe County, Inc.

828-277-8288 | www.coabc.org

Call A Ride program: volunteer transportation for Buncombe County seniors without access to other forms of transportation.

Land of Sky Regional Council

828-552-5486 | www.landofsky.org

NEMT (Non Emergency Medicaid Transportation), available to anyone with qualifying Medicaid

Medical Emergency Ambulance

828-684-0287 | www.medicstation28.com

Mountain Mobility

828-250-6750

www.buncombecounty.org/MM

Buncombe County's Community Transportation Service offering door-to-door service for medical appointments as well as convenience trips for shopping, meal sites, and other necessities. Taxi vouchers also available through R.I.D.E. Program.

PACE – Program of All-Inclusive Care for the Elderly

828-213-8442

[www.missionhealth.org/](http://www.missionhealth.org/services-treatments/adult-care/pace)

[services-treatments/adult-care/pace](http://www.missionhealth.org/services-treatments/adult-care/pace)

■ Urgent Care

**(see Health Care:
Urgent Care Centers)**

■ Vision Services

Asheville Lions Eye Clinic

828-665-2982

Free screenings for glaucoma, diabetes and vision; assistance with eyeglasses and eye exams.

Buncombe County Health and Human Services

828-250-5657

www.buncombecounty.org

Services for the Blind; assistance with accessing low vision equipment including glasses and large print items.

Council on Aging of Buncombe County, Inc.

828-277-8288 | www.coabc.org

Assistance with accessing programs that provide low or no-cost glasses; low income.

Community Low Vision Center

828-761-2468

www.communitylowvision.org

Resource for people with conditions like age-related macular degeneration, glaucoma, cataracts or diabetic retinopathy.

Services for the Blind

828-250-5657 | www.ncdhhs.gov

Rehabilitation and independent living services.

■ Veteran Services

Veteran's Administration (VA)

828-298-7911

Home and respite care for veterans: eligibility may be based on military service history and income.



National Caregiver Support Line

855-260-3274 | www.caregiver.va.gov

Immediate assistance or information about services at the VA.

■ Volunteer Opportunities

AARP Mountain Region

828-380-6242

www.local.aarp.org/mountain-home-nc/volunteering/

AARP volunteers in Mountain Region feel like they get as much as they give! Find out about virtual volunteering. Explore different volunteer roles. Or fill out the volunteer interest form.

CarePartners Health Services Volunteer Program

828-277-4800 | www.carepartners.org

Volunteers are essential, giving from their hearts to enhance the quality of support services to our patient population, clients, family members, and community we are privileged to care for and serve.

Council on Aging of Buncombe County, Inc.

828-277-8288

www.coabc.org/volunteer

Call for volunteer opportunities both at COA and in the community.

Land of Sky Regional Council

828-251-6622 | www.landofsky.org/aaa

• Senior Companion Program

The Senior Companion Program engages adults age 55 and over to provide companionship and support to other older adults in need of extra assistance to remain at home or in the community for as long as possible.

Meals on Wheels of Asheville & Buncombe County

828-253-5286 | www.mowabc.org

Have a heart for serving seniors? Join as a lunch time meal delivery volunteer. Most meal delivery routes are completed in under 1.5 hours.

MountainCare

828-277-3399

www.mountaincareservices.org

Volunteers are an invaluable part of our programs! Consider sharing your time and talent with Adult Day Services or the Seating and Wheeled Mobility Clinic. Various opportunities available.

OLLI at UNC Asheville

828-251-6140 | www.olliasheville.com

(Reuter Center at UNCA; members only)

Intergenerational computer mentoring, career advising, and other service projects.

United Way's Hands On Asheville-Buncombe

828-255-0696

www.handsonasheville.org

A link for individuals, families, corporate, and civic or faith-based groups to volunteer in support of nonprofits in Asheville and Buncombe County.

Wellness

(see Nutrition or see Physical Fitness)

Wheelchairs/ Wheelchair Services

Miracle On Wheels

800-749-8778

Power wheelchairs and scooters.

MountainCare Seating and Wheeled Mobility Clinic

828-820-2828

www.mountaincareservices.org

Provides physical therapy evaluations and recommendations for wheelchairs with custom seating, fitting, and training for adults with a wide variety of diagnoses. Offered completely free of charge with help from generous donations.

National Seating and Mobility

277-2577 | www.nsm-seating.com

Wheelchair, transportation and ambulance services.

Veteran's Administration Medical Center

298-7911 | www.asheville.va.gov

Wi-Fi

WNC Broadband Project

365-8299 | www.wncbroadband.org

High-speed internet/broadband advocacy

► If you need information about senior or community services, call the 2-1-1 hotline, or contact Council on Aging for information and assistance at 828-277-8288.

For additional information for services outside of Buncombe County, use the Elder Locator at 1-800-677-1116.

Appendix: Long-Term Care Definitions

Adult Care Homes (includes Rest Homes)

Licensed group homes; provide meals; 24-hour staff to help with activities of daily living; nurses are not required

Family Care Homes Licensed homes for up to 6 residents; nurse not required

Group Homes (for developmentally disabled adults) Licensed homes for 2 to 9 persons

Multi-Unit Assisted Housing (with services) Licensed group housing with one meal and housekeeping service

Nursing Homes Provide skilled care for individuals who are chronically ill or who are recuperating from illness or injury; regular nursing care provided

Retirement Centers – Continuum Care Retirement Center (CCRC)

Provide continuum of housing and care options

For more information and a list of long-term care facilities, visit

www.landofsky.org/pdf/Aging/LTC_Directory/LTC_Directory_2017_ALL.pdf

or call Land of Sky Regional Council at 828-251-6622

More resources can be found at:

www.buncombecounty.org/Governing/Depts/Dss/Adults/Ach_Directory.aspx

Age-Friendly Workgroups

www.agefriendlybuncombecounty.blogspot.com

Age-friendly Buncombe was established in 2017 when the County joined the World Health Organization and AARP's Network of Age-friendly Communities. This action was a major step toward the Aging Plan goal of increasing the age-friendly capability of Buncombe County. Age-friendly Buncombe is a big tent, bringing together community collaborations, committees, and working groups committed to the following Common Agenda: Older adults in Buncombe County are SAFE, WELL & ENGAGED in community.

www.buncombecounty.org/Governing/Depts/Dss/Adults/age-friendly.aspx

Active Aging Center Steering Committee

The proposed Active Aging Center (AAC) will address adult day health, care management, the social determinants of health including food insecurity, transportation issues, social isolation, and access to activities for health and wellness.

Age-Friendly Buncombe Advisory Group

The Buncombe Aging Services Alliance (formerly the Aging Coordinating Consortium (ACC)) provides networking, collaboration, advocacy, and education for aging service providers.

Blue Ridge Pride Generation Plus
Generation Plus (GP) seeks to enrich the lives of LGBTQ+ and allied community adults in Western North Carolina who are living life's third act: the years beyond fifty.

Buncombe Aging Service Alliance (BASA)

The Buncombe Aging Services Alliance (formerly the Aging Coordinating Consortium (ACC)) provides networking, collaboration, advocacy, and education for aging service providers.

Buncombe BIPOC Elders Study Group

This project aims to study the experiences of BIPOC Elders (age 50+) in Asheville/Buncombe County in order to gain understanding of the unique health and aging concerns, and experiences with the healthcare and community service systems with this population. This knowledge is critical to being able to effectively close health disparities gaps for BIPOC elders and create accessible, equitable, and inclusive services.

Communities for Older Adult Health (COAH)

Communities for Older Adult Health's mission is focused on: Identifying opportunities for Asheville-Buncombe County to facilitate healthy aging; and, encouraging communication among its citizens and leaders to determine how to use these opportunities to improve the health of the entire community.



Community Transportation Advisory Board

The Community Transportation Advisory Board (CTAB) assists in the implementation of the Community Transportation Program.

Dementia Friendly WNC (DFWNC)

A group of community members and organizations committed to the well-being of those living with dementia and their families.

Elder Justice Coalition

The mission of Buncombe Elder Justice Coalition (EJC) is to strengthen our community's capacity to prevent and address elder abuse, neglect and exploitation quickly, effectively, and with respect.

The Experienced Workforce Initiative (EWI) of Western North Carolina

Supports and promotes the engagement of adults age 50+ in the volunteer and workforce continuum.

Family Caregiver Advisory Committee

This committee works on a regional level to establish partnerships with caregiver service providers, caregivers, and those who interact with caregivers to leverage resources and improve and expand resources and services for caregivers.

Home and Community Care

Block Grant Advisory Committee (HCCBG)

HCCBG makes grant recommendations to the Board of Commissioners regarding allocations of Home and Community Care Block Grant funding and County Supplemental Aging Funds.

Housing Options for Aging in Place

The mission of Housing Options for Aging in Place (HOAP) is that all older adults living in Buncombe County have the ability and choice to age in place in order to remain safe, well and engaged in their communities.

Social Bridging Project

The Social Bridging Project pairs older adults who feel isolated at home with trained volunteers who can provide conversation, training on use of technology, and referral to needed and desired resources.

WNC Broadband Project

The WNC Broadband Project aims to support communities interested in ensuring access to reliable, truly high-speed internet service.

WNC Fall Prevention Coalition

The WNC Fall Prevention Coalition strives to provide communities with descriptions of collaborative resources, including meetings, events, and resource list of local providers with the common goal of decreasing fall related injuries in WNC.

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