



EMPOWERS.
GUIDES.
PROVIDES.

Services and
Support for Seniors

76 Pearl Street Suite 201, Essex Junction 05452

(802) 865-0360 or 1-800-642-5119

www.cvaa.org

e-mail: info@cvaa.org

Home and Agency Care Options/Caregiver Resources

Medicare Certified Home Health Agencies

Agency Name/Website	Agency Phone
Addison County Home Health and Hospice Middlebury - www.achhh.org	(802) 388-7259
Franklin County Home Health Agency (FCHH) St. Albans - www.fchha.org	(802) 527-7531
Bayada Nurses (formerly Professional Nurses Service) So. Burlington - www.bayada.com	(802) 655-7111 1-800-446-8773 (toll free)
Visiting Nurse Association of Chittenden-Grand Isle Counties (VNA) Colchester - www.vnaces.org	(802) 658-1900 1-800-427-1908

In-Home Care and Respite Providers

Agency Name/Website	Agency Phone
Addison County Home Health and Hospice - www.achhh.org	(802) 388-7259
Always TLC Homecare Service - www.vtnursing.com	(802) 735-1123
Amacare - www.directcareservice.com	(802) 347-1342 1-866-585-5799 (toll free)
Armistead Caregiver Services - www.armisteadinc.com	(802) 288-8117
At Home Senior Care - www.athomeseniors.net	(802) 747-3426 1-866-747-7168 (toll free)
Babies to Boomers – www.babiestoboomersvt.com	(802) 540-0433
Bayada Nurses - www.bayada.com	(802) 655-7111 1-800-446-8773 (toll free)
Carenet Private Duty Registry – FCHH - www.fchha.org	(802) 527-7531
Griswold Special Care - www.griswoldspecialcare.com	(802) 862-7200
Happy Hearts Home Care - www.happyheartshomecare.com	(802) 352-9838
Home Care Assistance - www.homecareassistance.com	(802) 735-1290 1-866-454-8346 (toll-free)
Home Instead Senior Care - www.homeinstead.com	(802) 860-4663
Silver Leaf In Home Care - www.silverleafcare.info	(802) 355-3790 (cell) (802) 878-4848 (pm)
VNA – Private Care Services - www.vnaces.org	(802) 860-4442 1-800-427-1908 (toll-free)

Caregiver Registry

Agency Name/Website	Agency Phone
Vermont Direct Care Registry - www.rewardingwork.org/vt	1-866-212-9675 (toll-free) (use Access Code 346341)
Homeshare Vermont - www.homesharevermont.org	(802) 863-5625 1-877-348-1496 (toll-free in VT)

Adult Day Programs

Agency Name/Site Location	Agency Phone/Website
CarePartners Adult Day Center 34 Franklin Park West, St. Albans	(802) 527-0548 www.carepartnersvt.org
Project Independence 112 Exchange Street, Middlebury, VT	(802) 388-3983 www.elderlyservices.org
The Arbors at Shelburne Bay (Dementia Only) 687 Harbor Road, Shelburne, VT	(802) 985-8600 www.benchmarkquality.com
Visiting Nurse Association – <ul style="list-style-type: none"> • 1110 Prim Road, Colchester - 658-1900 • PACE Vermont, 786 College Parkway, Colchester – 655-6706 • Falcon Manor-Blair Park, Williston - 878-7885 • Grand Way Commons, 412 Farrell St., Suite 400, So. Burlington - 862-6610 (dementia only) 	(802) 658-1900 www.vnacares.org

Out of Home Respite Care Providers

Agency Name/Town	Agency Phone/Website
Ave Maria Community Care Homes Richford	(802) 848-7106 www.avemariacare.com
Birchwood Terrace Healthcare Burlington	(802) 863-6384 www.birchwoodterrace.com
Burlington Health and Rehabilitation Center Burlington	(802) 658-4200 www.reveraburlington.com
Converse Home Burlington	(802) 862-0401 www.conversehome.com
Franklin County Rehab Center St. Albans	(802) 752-1600 www.franklincountyrehab.com
Green Mountain Nursing Home Colchester	(802) 655-1025 www.vermontnursinghome.com
Helen Porter Healthcare and Rehabilitation Center Middlebury	(802) 388-4001 www.portermedical.org/nursing_home.html
Our Lady of the Meadows Richford	(802) 848-7106 www.avemariacare.com
Redstone Villa St. Albans	(802) 524-3498 www.cplredstone.com
St. Albans Healthcare and Rehabilitation Center St. Albans	(802) 524-6534 www.geneshihcc.com
Starr Farm Nursing Center Burlington	(802) 658-6717 www.starrfarmnc.com
The Arbors Shelburne	(802) 985-8600 www.benchmarkquality.com
Vermont Respite House - VNA Williston	(802) 879-0943 www.vnacares.org

Caregiver Resources

Taking care of yourself...so you can take care of your loved one.

CVAA is committed to support for caregivers through a growing number of programs.

Information and Community Resources

CVAA's Senior HelpLine is for family caregivers as well as seniors, health care professionals, and anyone concerned about a senior.

Dementia Respite Grant

The Dementia Respite Grant program provides small grants to unpaid caregivers of individuals with irreversible dementia. The grant can be used to pay for in-home services, adult day care, or personal respite for the care provider.

Caregiver Training

CVAA offers a nationally recognized six-week class Powerful Tools for Caregivers. The class teaches caregivers how to reduce their stress, communicate their needs to family members, recognize their emotions, work through difficult feelings, and make tough caregiving decisions. Call CVAA to find out about upcoming classes.

Tips for Caregivers

- Plan ahead
- Take one day at a time
- Accept help
- Get enough rest and nutrition
- Be good to yourself
- Learn about available resources
- Develop contingency plans
- Make YOUR health a priority
- Make time for leisure, rest, and relaxation
- Share your feelings with others

Additional Resources

Eldercare Locator – www.eldercare.gov

Caregiver Resource Directory – www.netofcare.org

Family Caregiver Alliance – www.caregiver.org

National Institute on Aging – www.nia.nih.gov/HealthInformation

National Family Caregivers Association – www.nfcacares.org

National Alliance for Caregiving – www.caregiving.org

Vermont Division of Disability and Aging Services – www.ddas.vermont.gov

Vermont Direct Care Register – <http://www.rewardingwork.org/en/State-Resources/Vermont.aspx>

Committee of Vermont Elders Caregivers – <http://www.vermontelders.org>

Alzheimer's Association of Vermont and New Hampshire – <http://www.alz.org>

VT KinshipCare Kids – <http://www.vermontkinshipcarekids.com>

VT Kin as Parents – <http://www.vermontkinasparents.org>

Services and Support for Seniors

For further information about any of the services mentioned above, or any services for people 60 or older living in the Champlain Valley, contact the Senior HelpLine at CVAA at 1-800-642-5119.

CVAA's Senior HelpLine is a toll-free, confidential service providing information, referrals, and assistance on community and statewide programs for people 60 and older living in Addison, Chittenden, Franklin, and Grand Isle counties and their caregivers.