



EMPOWERS.  
GUIDES.  
PROVIDES.

Services and  
Support for Seniors



## Services and Support for Seniors



CVAA is a nonprofit organization that empowers seniors to live well. We work with seniors and caregivers, offering guidance and providing the support and services they need, when they need them. With the help of our community partners and volunteers, we serve over 10,000 seniors. Established in 1974, we are known as *the* resource for seniors in the Champlain Valley (Addison, Chittenden, Franklin, and Grand Isle counties).



### Here When You Need Us

CVAA partners with you offering guidance and providing you with the services and support you need, when you need it. From information, a meal, or full case management services—we can help. Our services are provided to seniors and caregivers, regardless of financial status.

Visit our website at [www.cvaa.org](http://www.cvaa.org) or call CVAA at 802 865 0360 or our Senior HelpLine at 1 800 642 5119 to see how CVAA can help you.



802 865 0360

senior helpline

1 800 642 5119

[www.cvaa.org](http://www.cvaa.org)



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### **Senior HelpLine** *Information & Assistance*

Our Senior HelpLine is for seniors, family members, health professionals or anyone concerned about a senior. Nationally certified Senior HelpLine staff provide answers to your questions and explain your options. Whether it's signing up for Meals on Wheels, connecting with a Case Manager, or knowing where to get the service you need, we can help.

### **Case Management**

CVAA's Case Managers explain options and coordinate a variety of services that allow seniors to remain in their homes and communities, while empowering them to maintain their independence. Case Managers are extensively trained in all services and public benefits available to seniors.

### **Meals on Wheels**

This program brings hot, nourishing meals to the homes of seniors who are unable to prepare their own. Our volunteers will deliver your meal, and provide a friendly visit to make sure all is well. In most communities, meals are delivered five days a week.

### **Community Meals**

Our Community Meals provide a nourishing meal and good company. Held at over 70 locations throughout the Champlain Valley, Community Meals are offered in small rural settings as well as larger gatherings at senior centers and restaurants. CVAA also offers restaurant tickets for more intimate outings at many local restaurants.

### **SHIP** *State Health Insurance Assistance Program*

CVAA provides confidential health insurance counseling to Medicare beneficiaries of any age. Our counselors help seniors and their families understand and navigate their health insurance options.

### **Caregiver Support**

Caregiver support offers information, resources and respite for caregivers of seniors—helping you take care of yourself, so you can take care of your loved one.

### **Healthy Aging**

Risks associated with advancing age may actually be reversed! CVAA connects seniors with educational, recreational and physical activity classes that are offered throughout the Champlain Valley.

### **Volunteer Services**

CVAA's volunteers can assist you with a variety of everyday tasks like grocery shopping or yard work. Our Friendly Visitors offer companionship and conversation. Bringing a bright smile, volunteers are glad to be there for you when you need them.

### **Senior Companions**

Senior Companions are older adults who help others live independently. They can visit with you once or twice a week, and assist with grocery shopping or other daily tasks.

### **Transportation**

If you need a ride to the doctor or a community meal or have other transportation needs, CVAA can help you get to your destination. All transit providers have specially equipped vans for people with mobility limitations or in wheelchairs.

### **Nutrition Counseling**

A registered dietitian works with you in your home to assist you with your nutritional concerns. We provide information on nutrition, and leading a healthy lifestyle and help plan menus specialized to your needs.