



What We Do

Family Caregiver Support Program

At CVCOA, we know that providing care for our relatives can be stressful.

With more than 40 million Americans taking care of an older family member at home, we are here to help you maintain your health and well-being.

Whether through trainings that strengthen your abilities, hosting events to engage with others, locating additional services to enhance the care you provide, or awarding grants that allow you to take time to recharge, CVCOA is here for you.

Learn how the Family Caregiver Support Program can help you. Contact:

Barb Asen, Program Director
(802) 476-2681
basen@cvcoa.org
www.cvcoa.org/for-caregivers



We are the leading experts and advocates in healthy aging for Central Vermonters. We respect the wishes of individuals to age at home, remain healthy, stay active, and connected to the communities they know and love.

Our Mission is to support Central Vermonters to age with dignity and choice.

How do we do it?

CVCOA connects you to benefits and services you may be eligible for such as personal care, household help, housing, transportation, mental health services, and legal support. We create an individualized plan with you and coordinate your services for your long-term support at home.

- We help family caregivers and loved ones to cope and thrive.
- We refer you to Meals on Wheels and nutrition services.
- We connect you with volunteers when extra help is needed.
- We advocate for aging persons in the community and before policy makers.
- We work hand in hand with our partners in healthcare to coordinate your care needs.
- We respond to your calls Monday-Friday about any aspect of senior services.



Caring for Loved Ones



CVCOA HelpLine
(800) 642-5119

59 N. Main Street, Suite 200
Barre, VT 05641-4121

www.cvcoa.org





CVCOA CARES

Information & Resources for Family Caregivers

Providing support and care for aging relatives is important work, but it can be difficult, too.

At CVCOA, we recognize that being a caregiver is challenging and we are here to support you with the resources and tools you need to care for those you love such as:

- Caregiving expertise
- Activities to remain connected
- Resources to support your journey
- Education to further your abilities
- Support - because you're not alone



Caregiving

As a family caregiver, you may help a spouse, parent, or another relation. You might be the sole caregiver or you may have others providing additional help.

Whether a new or longtime caregiver, CVCOA is available to help you navigate this role.

Activities

Keeping active in the community as a caregiver is important. It nourishes your emotional well-being and sustains your ability to provide care.

CVCOA joins with other organizations to offer community events:

- Caregiver Teas
- Retreats & Training Opportunities
- Memory Cafés for those with memory loss and their caregivers

Resources

CVCOA can help you access a wide array of information to support you.

Available resources include:

- Dedicated and knowledgeable staff
- Books and articles on caregiving
- Resource lists, guides and links

We can also connect you with services provided by our partners.

Education

CVCOA offers several workshops that support the lives of caregivers. At the heart of this is Powerful Tools for Caregivers which equips caregivers to take care of themselves while serving others.

We collaborate with local employers to bring these offerings into the workplace.

Support

Respite Grants are available to eligible caregivers to find the additional help that will let you take a break and recharge.

CVCOA also provides individualized support in our office and by phone.

Call our CVCOA HelpLine to learn more.

(800) 642-5119