

## Powerful Tools for Caregivers – Resources

Central Vermont Council on Aging: CVCOA Helpline 800-642-5119 [www.cvcoa.org](http://www.cvcoa.org)

Alzheimer's Association: 24/7 Helpline 800-272-3900 [www.alz.org](http://www.alz.org)

Alzheimer's Association/ VT Chapter: 802-316-3839 [www.alz.org/vermont](http://www.alz.org/vermont)

Care Team Calendar (free, personal tool to organize help with caregiving – on Alzheimer's Association website):  
<https://alz.org/care/alzheimers-dementia-care-calendar.asp>

American Parkinson's Disease Assn.: 800-223-2732 [www.apdaparkinson.org](http://www.apdaparkinson.org)

American Parkinson's Disease Assn. – VT Chapter: 802-847-3366 or 888-763-3366 [www.parkinsonsvt.org](http://www.parkinsonsvt.org)

Movement for Parkinson's (dance class, includes caregivers): 802-881-9673 or [saramcm28@gmail.com](mailto:saramcm28@gmail.com)

ALS: 800-782-4747 [www.als.org](http://www.als.org)

ALS Assn. Northern New England: 866-257-6663 <http://webnne.alsa.org>

American Heart Association: 800-242-8721 [www.heart.org](http://www.heart.org)

American Stroke Association: 888-478-7653 [www.strokeassociation.org](http://www.strokeassociation.org)

Arthritis Foundation: [www.arthritis.org](http://www.arthritis.org)

Brain Injury Association of Vermont: 877-856-1772 [www.biavt.org](http://www.biavt.org)

Brain & Life / Neurology: Neurological Disorders: [www.brainandlife.org](http://www.brainandlife.org)

Cancer Support – American Cancer Society: [www.cancer.org/treatment/caregivers.html](http://www.cancer.org/treatment/caregivers.html)

National Life Cancer Center at CVMC: 802-371-4100 [www.cvmc.org](http://www.cvmc.org)

COPD Foundation: 866-316-2673 / [www.copdfoundation.org](http://www.copdfoundation.org)

Diabetes – Healthier Living with Diabetes workshops offered by local hospital [www.diabeteseducator.org](http://www.diabeteseducator.org)

Chronic Disease – Chronic Disease Self Management Workshop offered by local hospital

AND

Chronic Pain – Chronic Pain Self Management Workshop offered by local hospital [www.selfmanagementresource.com](http://www.selfmanagementresource.com)

Vermont Assistive Technology Program: 800-750-6355 <https://atp.vermont.gov/>

Vermont Telecommunication Equipment Distribution Program; 888-254-3323 x 549(V/TTY) [www.vcil.org](http://www.vcil.org)

Vermont Association of Blind & Visually Impaired (VABVI); 802-828-5997 <http://vabvi.org>

Vermont Center for Independent Living (VCIL): 800-639-1522 [www.vcil.org](http://www.vcil.org)

Project Independence Adult Day: 802-476-3630 [www.pibarre.org](http://www.pibarre.org)

Lamoille Area Adult Day Services: 802-888-7045

Oxbow Senior Independence Program: 802-866-5465 <https://cohase.org/portfolio-item/osip-adult-day-services/>

Gifford Medical Center Adult Day: 802-728-2165 <https://giffordhealthcare.org>

Central Vermont Home Health & Hospice: 802-223-1878 [www.cvhhh.org](http://www.cvhhh.org)

Lamoille Home Health & Hospice: 802-888-4651 [www.lhha.org](http://www.lhha.org)

VNA & Hospice of VT & NH: 888-300-8853 <https://vnhcare.org>

Vermont Kin as Parents: 802-338-4716 [www.vermontkinasparents.org](http://www.vermontkinasparents.org)

Onion River Exchange (time bank / service exchange network): 802-552-3040 [www.orexchange.org](http://www.orexchange.org)

### **Caregiver Support Groups:**

Project Independence, Barre: 1<sup>st</sup> Wed. of the month, 4:30-6 pm. Call Barb Clark at 802-476-3630.

Gifford Medical Center, Randolph: 2<sup>nd</sup> Wed. of month, 2-3:30 pm. Call 802-728-7781 for information.

Woodridge Rehab. & Nursing, Berlin: Last Wed. of the month, 11:00 am to noon. Contact Sheryl Walsh at 802-371-4705.

Lamoille Home Health & Hospice: 1<sup>st</sup>. Tues. of the month, 10:30-11:30 am. Call 802-888-4651 for information.

### **Parkinson's Support Groups:**

Central Vermont Parkinson's SG – Third Thurs. of month, 10:30 am to noon at Woodridge Rehabilitation and Nursing

Contact Nancy McGinley at 802-479-9296

Other VT locations – call Toll Free: 888-763-3366

### **Alzheimer's Support Groups:**

Contact Alzheimer's Association for information: 802-316-3839 [www.alz.org/vermont](http://www.alz.org/vermont)

### **Bereavement/Grief Support Groups:**

Morrisville: Lamoille Home Health & Hospice for information: 802-888-4651

Berlin: Central VT Home Health & Hospice for information: 802-223-1878

### **Caregiver websites & blogs:**

Aging Care: <https://www.agingcare.com/caregiver-support>

Family Caregiver Alliance: <http://www.caregiver.org>

AARP Caregiving: <http://www.aarp.org/relationships/caregiving/>

E-Caregiver Diary: <https://www.ecarediary.com/> (includes podcasts with caregiving topics and elder care experts -- see <https://www.ecarediary.com/RadioShowsHome.aspx>)

Alzheimer's Speaks Radio: [www.alzheimersspeaks.com/radio-show](http://www.alzheimersspeaks.com/radio-show) (podcasts and resources re: all types of dementia)

Alzheimer's Canyon – One [Central Vermont] Couple's Reflection on Living with Dementia:

<http://alzheimerscanyon.blogspot.com>