Central Vermont Council on Aging
does not charge for services provided.
Donations are gratefully accepted and help maintain services to elders and their families.

To make your tax deductible donation, go to WWW.CVCOA.ORG/Donate
CVCOA is a 501(c)(3) private nonprofit.

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Central Vermont Council on Aging —supporting Central Vermonters to age with dignity and choice.

Where do you want to live as you age? How can we help you make this possible?

One call to the CVCOA Helpline at 1-800-642-5119 or a visit to our website at WWW.CVCOA.ORG connects you to services that support your independence!

In the privacy of your home or in our office, Information & Assistance staff can provide options counseling about a wide range of services including:

- housing
- fuel assistance
- in-home help
- transportation
- food assistance
- Meals on Wheels
- health insurance
- legal services
- and more

The Family Caregiver Support Program promotes the health and well-being of family members who help make it possible for older Vermonters to remain at home. CVCOA provides respite grants, educational classes, and support services such as Caregiver Teas.

Our Nutrition Program supports nutritious home delivered and community meals through local meal sites and senior centers.

Elder Care Clinicians provide private counseling with issues of depression, grief, anxiety, adjustment, substance abuse, dementia and other mental health concerns.

The State Health Insurance Program (SHIP) counselors provide unbiased education and counseling to Medicare beneficiaries of all ages and their families, including assistance with Part D enrollment.

Transportation is available on a limited basis for shopping, visits to meal sites, and medical trips not covered by Medicaid.

The Senior Citizens Law Project provides direct legal services concerning issues of housing, health care, public benefits, consumer law, guardianship, exploitation and other concerns.

Volunteer Services

Did you know reducing loneliness and isolation improves the health of aging persons?

Volunteers of all ages provide companionship, help with household chores, assist with grocery shopping and more. “Seniors helping Seniors” programs are also available: Senior Companions – stipended volunteers 55+ who provide companionship, assist with grocery shopping, light housekeeping and chores and RSVP – Volunteers 55+ help deliver Meals on Wheels, provide transportation, offer companionship, lead wellness programs and more. Go to WWW.CVCOA.ORG/Volunteer for information and to apply.

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