

Supports for Aging

- [Central Vermont Council on Aging](#) (CVCOA) is our area's information hub for getting support for the challenges of aging. Your best bet is to start here. Call them with your questions and for referrals to agencies and services which will best suit you.
- You can also contact the Senior HelpLine for your local Area Agency on Aging (AAA) in Vermont at 1-800-642-5119 and Online at <http://www.vermont4a.org/>
- [SASH](#) (**Support and Services at Home**) is designed to provide personalized coordinated care to help Vermonters 65 and older and people with a disability to stay safely at home. Participation is voluntary and free of charge for people with Medicare coverage. SASH helps people meet their goals with a focus on:
 - Prevention healthcare and services coordination
 - Self-management education and coaching, particularly related to chronic health conditions such as diabetes and arthritis
 - Transitions support after hospital , nursing home or short-term rehab stays
- [Adult High Technology Service](#)
- [Aging & Disabilities Resource Connections - No Wrong Door](#)
- [Area Agency on Aging Older American's Act Services](#)
- [Area Agency on Aging Self-Neglect Services](#)
- [Attendant Services Program](#)
- [Choices for Care Program \(Highest/High Needs Services\)](#)

→ [Dementia Care and Family Caregiver Support](#)

→ [Eldercare Clinician Program](#)

→ [Moderate Needs Services](#)

→ [Money Follows the Person](#)

→ [Residential Options](#)

→ [State Health Insurance Program](#)

→ [Traumatic Brain Injury Program](#)

→ [Vermont Senior Centers](#)

→ [Vermont Transportation](#)

→ [Veteran's Independence Program](#)

- [Program Resources](#)

- [Get Help Now](#)

→ **Caregiver Support:**

[https://asd.vermont.gov/sites/asd/files/documents/Vermont%20%20Family%20Caregiver%20Support%20Program%20Guide%20to%20Remote%20Support.p
df](https://asd.vermont.gov/sites/asd/files/documents/Vermont%20%20Family%20Caregiver%20Support%20Program%20Guide%20to%20Remote%20Support.pdf)

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