

Where to find Respite in the High Country?

It can often be daunting and stressful to find a respite provider. There are options in the High Country with Respite Vouchers. We want to make sure that you, as the caregiver, have the tools and information you need to maximize your respite.

We have listed a few ideas below to help!

Home Health Agencies

Home Health Agencies can be a great option depending on the level of care. Below is a directory of Home Health Agencies in the High Country.

[Home Health Agencies](#) in the High Country.

Assisted Livings/Nursing Homes

[Nursing Home vs. Assisted Living Explanation](#)

[Facilities in the High Country](#)

Adult Day Care

[Home - The Ruby Pardue Blackburn Adult Day Health Care Center \(wilkesadultdaycare.org\)](#)

Ask a friend or extended family member!

Our vouchers are caregiver directed! Meaning that you can choose a facility, adult day care, or even an extended family member or friend. We encourage you to ask the community if there is anyone you would feel comfortable with being a provider.

Online Resources

[High Country Senior Helpers](#)

[Care.com](#)

Please note: The High Country Area Agency on Aging does not choose who provides respite care. You are responsible for choosing a respite provider that best fits your needs. The High Country Area Agency on Aging can not endorse, recommend, or choose the respite provider. That decision is completely yours and the High Country Area Agency on Aging Supports that!



