



# High Country Area Agency on Aging

## Resource Directory

Alleghany, Ashe, Avery, Mitchell, Watauga, Wilkes and Yancey  
Counties



# FEDERAL RESOURCES FOR SENIORS

ORGANIZATION	DESCRIPTION	WEBSITE/PHONE NUMBER
<b>Administration for Community Living</b>	Site contains a wide array of information on programs for older adults and persons with disabilities	<p><b>Phone: 202.619.0724</b></p> <p><b>Website:</b> <a href="https://www.acl.gov/">https://www.acl.gov/</a></p>
<b>Alzheimers.gov</b>	This website provides current, comprehensive, unbiased source of information about Alzheimer's Disease.	<p><b>Phone: 1.800.438.4380</b></p> <p><b>Website:</b> <a href="https://www.nia.nih.gov/health/alzheimers">https://www.nia.nih.gov/health/alzheimers</a></p>
<b>Cancer Information Service</b>	Provides the latest and most accurate cancer information to patients, their families, the public, and health professionals.	<p><b>Phone: 1.800.422.6294 (1.800.4.CANCER)</b></p> <p><b>Website:</b> <a href="https://www.cancer.gov/contact/contact-center">https://www.cancer.gov/contact/contact-center</a></p>
<b>CFPB - Managing someone else's money</b>	To help financial caregivers, the Consumer Financial Protection Bureau released easy-to-understand guides.	<p><b>Website:</b> <a href="https://www.consumerfinance.gov/consumer-tools/managing-someone-elses-money/">https://www.consumerfinance.gov/consumer-tools/managing-someone-elses-money/</a></p>
<b>Elder Justice</b>	Find helpful resources to prevent and respond to elder abuse.	<p><b>Website:</b> <a href="https://www.elderjustice.gov">https://www.elderjustice.gov</a></p>
<b>FDA for Older People</b>	FDA has numerous articles, brochures and other publications with information for older people on a wide range of health issues, including arthritis, cancer, health fraud, and nutrition.	<p><b>Phone: 1.888.INFO-FDA (1.888.463.6332)</b></p> <p><b>Website:</b> <a href="https://www.fda.gov/ForConsumers/ByAudience/ucmo62130.htm">https://www.fda.gov/ForConsumers/ByAudience/ucmo62130.htm</a></p>
<b>GovBenefits.gov</b>	This site is the official government benefits website. It is a free, confidential tool that helps individuals find government benefits they may be eligible to receive.	<p><b>Website:</b> <a href="https://www.benefits.gov/">https://www.benefits.gov/</a></p>

<b>Guide to Long Term Care for Veterans</b>	The Guide provides information about long term care options - home and community based, and residential care.	<b>Website:</b> <a href="https://www.va.gov/GERIATRICS/Guide/LongTermCare/index.asp">https://www.va.gov/GERIATRICS/Guide/LongTermCare/index.asp</a>
<b>Healthfinder</b>	Healthfinder provides links to selected online publications, clearinghouses, databases, websites and support and self-help groups, as well as government agencies and nonprofit organizations for seniors and others.	<b>Website:</b> <a href="https://healthfinder.gov/">https://healthfinder.gov/</a>
<b>HUD</b>	This site provides information related to housing options for seniors including information on HUD housing programs.	<b>Website:</b> <a href="https://portal.hud.gov/hudportal/HUD?src=/topics/information_for_senior_citizens">https://portal.hud.gov/hudportal/HUD?src=/topics/information_for_senior_citizens</a>
<b>Medicare.gov</b>	The Official U.S. Government Site for People with Medicare. Provides information regarding Medicare and helpful links.	<b>Website:</b> <a href="https://www.medicare.gov/">https://www.medicare.gov/</a>
<b>National Center on Caregiving</b>	Provides support and helpful information for family caregivers.	<b>Website:</b> <a href="https://www.caregiver.org/national-center-caregiving">https://www.caregiver.org/national-center-caregiving</a>
<b>National Center for Elder Abuse</b>	This site provides resources on elder abuse prevention, including information on reporting a suspected case of elder abuse.	<b>Website:</b> <a href="https://ncea.acl.gov/">https://ncea.acl.gov/</a>
<b>National Institute on Aging</b>	This site provides aging-related health information easily assessable for adults 60 and over.	<b>Website:</b> <a href="https://www.nia.nih.gov/health">https://www.nia.nih.gov/health</a>
<b>Nursing Home Compare</b>	The primary purpose of this tool is to provide detailed information about the past performance of every Medicare and Medicaid certified nursing home in the country	<b>Website:</b> <a href="https://www.medicare.gov/nursinghomecompare/search.html?">https://www.medicare.gov/nursinghomecompare/search.html?</a>
<b>Nutrition.gov</b>	A federal resource that provides easy access to all online federal government information on nutrition.	<b>Website:</b> <a href="https://www.nutrition.gov">https://www.nutrition.gov</a>
<b>Rosalyn Carter Institute for Caregiving</b>	Information for Caregivers and Educational Resources	<b>Phone: 229.928.1234</b>  <b>Website:</b> <a href="http://www.rosalynncarter.org/">http://www.rosalynncarter.org/</a>

<b>Social Security Administration</b>	The Social Security Administration toll-free number operates from 7AM to 7PM, Monday to Friday. Recorded information and services are available 24 hours a day. The website contains a wealth of information and resources including on-line databases and publications	<b>Phone: 1.800.772.1213</b> <b>Website: <a href="https://www.ssa.gov/">https://www.ssa.gov/</a></b>
<b>Supplemental Nutrition Assistance Program (SNAP)</b>	This site provides information on the Supplemental Nutrition Assistance Program, including eligibility and application information.	<b>Phone: 703.305.2286</b> <b>Website: <a href="https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program-snap">https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program-snap</a></b>
<b>Dept of Veterans Affairs</b>	Information on VA benefits and services.	<b>Website: <a href="https://www.va.gov/">https://www.va.gov/</a></b>

# STATEWIDE RESOURCES FOR SENIORS

ORGANIZATION	DESCRIPTION	WEBSITE/PHONE NUMBER
<b>Alzheimer's North Carolina</b>	Provides Families with support through in-office, phone counseling, support groups, resource referrals, education and empowerments, and emergency respite assistance	<p><b>Phone:</b> 919.832.3732</p> <p><b>Website:</b> <a href="https://dementianc.org/">https://dementianc.org/</a></p>
<b>BCBSNC Institute for Health and Human Services</b>	A database that allows you to search for resources, programs, and services that are available just in our region. Also provides a contact person and contact number for whichever service you need.	<p><b>Phone:</b> 828.262.7677</p> <p><b>Website:</b> <a href="https://ihhs.appstate.edu/director">https://ihhs.appstate.edu/director</a></p>
<b>Community Resource Finder</b>	A database that allows you to search for programs, events, and resources statewide.	<p><b>Website:</b> <a href="https://www.communityresourcefinder.org/">https://www.communityresourcefinder.org/</a></p>
<b>Disability Rights of North Carolina</b>	Advocates for the rights of people living with disabilities throughout North Carolina. They handle cases involving discrimination, abuse, and other rights violations.	<p><b>Phone:</b> 919.856.2195</p> <p><b>Website:</b> <a href="https://disabilityrightsncc.org/">https://disabilityrightsncc.org/</a></p>
<b>First in Families of North Carolina</b>	Helps individuals living with disabilities and their families with different forms of support such as computers, home furnishings or modifications, childcare or respite, or repairs to vehicles.	<p><b>Phone:</b> 919.251.8368</p> <p><b>Website:</b> <a href="http://fifnc.org/">http://fifnc.org/</a></p>
<b>Healthy Aging NC</b>	A Fall Prevention Resource Hub to find classes in our region and across the state.	<p><b>Website:</b> <a href="http://www.healthyagingnc.com">www.healthyagingnc.com</a></p>
<b>Legal-Aid of North Carolina</b>	Non-profit law firm that provides free legal services in civil matters to low income people to ensure equal access to justice.	<p><b>Phone:</b> 1.866.219.5262</p> <p><b>Website:</b> <a href="http://www.legalaidnc.org/">http://www.legalaidnc.org/</a></p>
<b>Lifespan Respite</b>	Program that offers respite vouchers to caregivers of those 18-60 years old. An application needs to be sent in by a referring agency.	<p><b>Website:</b> <a href="https://www.highcountryaging.org/services/lifespan-respite-project">https://www.highcountryaging.org/services/lifespan-respite-project</a></p>

<p><b>NC 211</b></p>	<p>A database that allows you to search for resources in your area- these resources include crisis intervention hotlines/helplines, crisis shelter, electric service payment assistance, food pantries, etc.</p>	<p><b>Phone: 919.834.5200</b></p> <p><b>Website:</b>  <a href="https://www.nc211.org/">https://www.nc211.org/</a></p>
<p><b>North Carolina Assistive Technology Program</b></p>	<p>Provides device demonstration, short-term device loans, and reutilization of assistive technology. NCATP promotes independence for people with disabilities through access to technology.</p>	<p><b>Phone: 919.855.3500</b></p> <p><b>Website:</b>  <a href="https://www.ncdhhs.gov/divisions/vocational-rehabilitation-services/north-carolina-assistive-technology-program">https://www.ncdhhs.gov/divisions/vocational-rehabilitation-services/north-carolina-assistive-technology-program</a></p>
<p><b>North Carolina Baptist Aging Ministry</b></p>	<p>Assists individuals who are 65+ to help them maintain independence and enjoy quality of life.</p>	<p><b>Phone: 877.506.2226</b></p> <p><b>Website:</b>  <a href="https://www.ncbam.org/">https://www.ncbam.org/</a></p>
<p><b>North Carolina Division of Aging and Adult Services (DAAS)</b></p>	<p>Provides information on services that are available to you through the Division of Aging and Adult Services and how to contact providers in your region to get the help you need. Also has descriptions of certain programs that may apply to you.</p>	<p><b>Phone: 1.800.662.7030</b></p> <p><b>Website:</b>  <a href="https://www.ncdhhs.gov/assistance/aging-and-adult-services">https://www.ncdhhs.gov/assistance/aging-and-adult-services</a></p>
<p><b>NC DAAS-Disability Services</b></p>	<p>Offers public webinars on dementia and Alzheimer's that provides useful information for those caring for persons with Dementia or Alzheimer's or the persons living with the disease.</p>	<p><b>Phone: 919.855.4800</b></p> <p><b>Website:</b>  <a href="https://www.ncdhhs.gov/assistance/disability-services">https://www.ncdhhs.gov/assistance/disability-services</a></p>
<p><b>NC DAAS- Elderly Housing Locator</b></p>	<p>List of independent housing options for North Carolina Seniors.</p>	<p><b>Phone: 919.855.3419</b></p> <p><b>Website:</b>  <a href="https://www.ncdhhs.gov/assistance/adult-services/elder-housing-locator">https://www.ncdhhs.gov/assistance/adult-services/elder-housing-locator</a></p>

<b>NC Division of Veterans Affairs</b>	Assists veterans with claims, employment, benefits, housing assistance and more.	<p><b>Phone: 844.624.8387</b></p> <p><b>Website:</b>  <a href="https://www.milvets.nc.gov/">https://www.milvets.nc.gov/</a></p>
<b>NC Housing Search</b>	A database that allows you to search for rental housing and resources pertaining to housing in North Carolina.	<p><b>Phone: 1.877.428.8844</b></p> <p><b>Website:</b>  <a href="http://www.nchousingsearch.org/index.html">http://www.nchousingsearch.org/index.html</a></p>
<b>NC Low Income Energy Assistance Program</b>	Provides a one-time vendor payment to help eligible households pay their heating bills. Only applies to households containing an elderly person age 60 and above or a disabled person receiving services only through the Division of Aging and Adult Services are eligible to potentially receive benefits from 12/1-12/31.	<p><b>Phone: 919.334.1018</b></p> <p><b>Website:</b>  <a href="https://www2.ncdhhs.gov/dss/energy/">https://www2.ncdhhs.gov/dss/energy/</a></p>
<b>NC Services for the Blind</b>	Assists individuals who are blind, deaf-blind and visually impaired to find or keep a job or return to work and reach goals of independence.	<p><b>Phone: 919.527.6700</b></p> <p><b>Website:</b>  <a href="https://www.ncdhhs.gov/divisions/dsb">https://www.ncdhhs.gov/divisions/dsb</a></p>
<b>NC Services for the Deaf and Hard of Hearing</b>	Works to ensure that all Deaf, Hard of Hearing, or Deaf-Blind North Carolinians can communicate their needs and to receive information easily and effectively in all aspects of their lives, especially their health and well-being.	<p><b>Phone: 919-527-6930 (Voice/TTY)</b>  <b>919.890.0859 (Videophone)</b></p> <p><b>Website:</b>  <a href="https://www.ncdhhs.gov/divisions/dsdhh">https://www.ncdhhs.gov/divisions/dsdhh</a></p>

<b>NCSU Cooperative Extension- More food in my basket</b>	Helps reduce hunger by connect North Carolina residents to the Supplemental Nutrition Assistance Program (SNAP)- formerly called Food Stamps.	<p style="text-align: center;"><b>Phone: 855.240.1451</b></p> <p style="text-align: center;"><b>Website:</b>  <a href="https://www.morefood.org/our-programs/more-in-my-basket/">https://www.morefood.org/our-programs/more-in-my-basket/</a> </p>
<b>NC Works</b>	Helps individuals find jobs in North Carolina, creating a resume, education and training and unemployment information.	<p style="text-align: center;"><b>Website:</b>  <a href="https://www.ncworks.gov/vosnet/Default.aspx">https://www.ncworks.gov/vosnet/Default.aspx</a> </p>
<b>Project Care</b>	Helps caregivers of individuals with Alzheimer’s/Dementia with resources, respite care, and home safety plus more	<p style="text-align: center;"><b>Contact Person: Karen Phoenix</b>  <b>Phone Number: 828.485.4267</b></p> <p style="text-align: center;"><b>Website:</b> <a href="http://www.wpcog.org">www.wpcog.org</a></p>
<b>Senior Law Project</b>	Free legal help with housing, consumer rights, benefits, elder abuse and other civil matters. The Senior Legal Helpline provides advice, brief service, as well as referrals to a staff attorney with the senior law project.	<p style="text-align: center;"><b>Senior Legal Helpline</b>  <b>Phone Number: 1-877-579-7562</b>  <b>Hours: 9 a.m.-11 a.m.</b>  <b>1 p.m.-3 p.m. (M-F)</b></p> <p style="text-align: center;"><b>Website:</b><a href="http://www.legalaidnc.org/about-us/projects/senior-law-project">http://www.legalaidnc.org/about-us/projects/senior-law-project</a></p>
<b>Teepa Snow</b>	Offers public webinars on dementia and Alzheimer’s that provides useful information for those caring for persons with Dementia or Alzheimer’s or the persons living with the disease.	<p style="text-align: center;"><b>Phone: 877.877.1671</b></p> <p style="text-align: center;"><b>Website:</b> <a href="https://teepasnow.com/">https://teepasnow.com/</a></p>





# HIGH COUNTRY AREA AGENCY ON AGING

## ABOUT US

The High Country Area Agency on Aging is dedicated to improving the lives of older adults, family caregivers and people with disabilities by providing support, education, advocacy and choices throughout their continuum of care. Our region of focus includes the seven northwestern counties of North Carolina, commonly referred to as the High Country. These counties include Alleghany, Ashe, Avery, Mitchell, Watauga, Wilkes and Yancey.

Family Caregiver Support Program	<ul style="list-style-type: none"> <li>❖ In Home Assessments</li> <li>❖ Case Management</li> <li>❖ Education</li> <li>❖ Respite Services</li> <li>❖ Information and Assistance</li> <li>❖ Support Groups</li> </ul>	<p>Amber Chapman            Email: <a href="mailto:achapman@regiond.org">achapman@regiond.org</a>            Phone: 828.265.5434 ext. 113</p>
Health Promotion Programs	<ul style="list-style-type: none"> <li>❖ Fall Prevention Programs</li> <li>❖ Balance Programs</li> <li>❖ Healthy Aging Programs</li> </ul>	<p>Amber Chapman            Email: <a href="mailto:achapman@regiond.org">achapman@regiond.org</a>            Phone: 828.265.5434 ext. 113</p>
Lifespan Respite	<ul style="list-style-type: none"> <li>❖ Respite Vouchers</li> </ul>	<p>Pat Guarnieri            Email: <a href="mailto:pguarnieri@regiond.org">pguarnieri@regiond.org</a>            Phone: 828.265.5434 ext. 139</p>
Long Term Care Ombudsman	<ul style="list-style-type: none"> <li>❖ Advocates for residents' rights in Long-Term Care Facilities</li> </ul>	<p>Stevie John            Email: <a href="mailto:sjohn@regiond.org">sjohn@regiond.org</a>            Phone: 828.265.5434 ext. 126</p>
Compliance Officer	<ul style="list-style-type: none"> <li>❖ Monitors providers for our region.</li> </ul>	<p>Tim Price            Email: <a href="mailto:tprice@regiond.org">tprice@regiond.org</a>            Phone: 828.265.5434 ext. 140</p>
Any Further Questions?		<p>Director, Nicole Hiegl            Email: <a href="mailto:nhiegl@regiond.org">nhiegl@regiond.org</a>            Phone: 828.265.5434 ext. 122</p>

# ALLEGHANY COUNTY RESOURCES FOR SENIORS

## ASSISTANCE

<b>Alleghany in Motion</b>	Transportation Assistance for medical and dental purposes. Medicaid covers the trip but they also offer rural general public raters	<p><b>Contact Person: Tiffany Boyer</b>  <b>Phone Number: 336.372.8747</b></p> <p><b>Website:</b>  <a href="https://alleghanycounty-nc.gov/public_transportation.php">https://alleghanycounty-nc.gov/public_transportation.php</a></p>
<b>Alleghany CARES</b>	Medication assistance program, educational scholarships, community needs, adult dental program, and more.	<p><b>Contact Person: Vickie Scott</b>  <b>Phone: 336.372.5959</b></p> <p><b>Website:</b>  <a href="http://alleghanycares.com/Home.php">http://alleghanycares.com/Home.php</a></p>
<b>Alleghany Health Department</b>	Offers clinical services, nutrition services, community health services, dental services, and preparedness.	<p><b>Phone Number: 336.372.5641</b></p> <p><b>Website:</b>  <a href="https://www.apphealthcare.com/">https://www.apphealthcare.com/</a></p>
<b>ASU/Blue Cross Institute for Health and Human Services</b>	Provides audiologic and speech-language assessments and treatments.	<p><b>Phone Number: 828.262.7677</b></p> <p><b>Website:</b>  <a href="https://ihhs.appstate.edu/about-ihhs/community-resources/asu-institute-health-and-human-services-community-outreach-division">https://ihhs.appstate.edu/about-ihhs/community-resources/asu-institute-health-and-human-services-community-outreach-division</a></p>
<b>Blue Ridge Opportunity Commission</b>	Emergency Financial Assistance, electric fuel assistance, home improvement  Eligibility: Must be below federal poverty line.	<p><b>Contact Person: Stacy Hawks</b>  <b>Phone Number: 336.372.7284</b></p> <p><b>Website:</b>  <a href="http://brocinc.com/html/emergency_assistance.html">http://brocinc.com/html/emergency_assistance.html</a></p>
<b>Community Alternative Program for Disabled Adults (CAP/DA)</b>	Medicaid funded program promoting home care as an alternative to nursing home care for disabled adults 18 years and older.	<p><b>Contact Person: Shane Atwood</b>  <b>Phone Number: 336.372.1445</b></p> <p><b>Email:</b>  <a href="mailto:Shane.atwood@alleghany.nc.gov">Shane.atwood@alleghany.nc.gov</a></p>

<b>Daymark Recover Services</b>	<p>Community Support, Individual Treatment, Group Therapy, Substance Abuse Services, Geriatric Specialty Team, Mobile Crisis Services, 24/7/365 Crisis Services.</p> <p>Note: Accepts Medicaid, Medicare, Insurance based on copay's</p>	<p><b>Contact Person: Sharon Wilcox</b>  <b>Phone Number: 336.667.5151</b></p> <p><b>Website:</b>  <a href="http://www.daymarkrecovery.org/">http://www.daymarkrecovery.org/</a></p>
<b>High Country United Way</b>	<p>Community-based organization that develops human and financial resources to improve the quality of life of those in our region.</p> <p>Eligibility: People of all ages.</p>	<p><b>Contact Person: Linda Slade</b>  <b>Phone Number: 828.265.2111</b>  <b>Email:</b>  <a href="mailto:info@highcountryunitedway.org">info@highcountryunitedway.org</a></p> <p><b>Website:</b>  <a href="https://www.highcountryunitedway.org/">https://www.highcountryunitedway.org/</a></p>
<b>Hunger and Health Coalition</b>	<p>Offers a variety of food assistance programs to those in need. Also distributes firewood, clothing, books, snacks and food.</p>	<p><b>Contact Person: Elizabeth Young</b>  <b>Phone Number: 828.262.1628</b>  <b>Email:</b>  <a href="mailto:director@hungerandhealthcoalition.com">director@hungerandhealthcoalition.com</a></p> <p><b>Website:</b>  <a href="https://www.hungerandhealthcoalition.com/contact-us">https://www.hungerandhealthcoalition.com/contact-us</a></p>
<b>Northwestern Regional Housing Authority</b>	<p>Provides many kinds of housing opportunities and services to assure affordable, adequate housing. Programs include rental assistance, housing counseling, and housing assistance</p>	<p><b>Phone: 828.264.6683</b></p> <p><b>Website:</b>  <a href="http://www.nwrha.com/about">http://www.nwrha.com/about</a></p>
<b>On Track Financial Education and Counseling</b>	<p>Counseling/Education for individuals and families on budgeting and money management, avoiding bankruptcy, reverse mortgages, and debt collection.</p> <p>Note: Individual counseling appointments are free (excluding bankruptcy)</p>	<p><b>Contact Person: Celeste Collins</b>  <b>Phone Number: 828.255.5166</b></p> <p><b>Website:</b>  <a href="https://ontrackwnc.org/">https://ontrackwnc.org/</a></p>

<b>Pisgah Legal Services</b>	Provides free civil legal aid to very low-income people.	<b>Contact: James A. Barrett</b> <b>Phone: 828.253.0406</b>  <b>Website:</b> <a href="https://www.pisgahlegal.org/free-legal-services/">https://www.pisgahlegal.org/free-legal-services/</a>
<b>SOCIAL SERVICES</b>		
<b>Department of Social Services</b>	Assistance in locating needed health services; placement services, and guardianship.	<b>Phone: 336.372.1445</b>  <b>Website:</b> <a href="https://alleganycounty-nc.gov/social_services.php">https://alleganycounty-nc.gov/social_services.php</a>
<b>SENIOR CENTER</b>		
<b>Alleghany Council on Aging</b>	Evidence based health promotion programs, In Home Aide Level I & II, Congregate and home delivered meals, transportation and SHIP Counseling.	<b>Phone: 336.372.4640</b>  <b>Website:</b> <a href="https://www.facebook.com/spartaSeniorcenter/">https://www.facebook.com/spartaSeniorcenter/</a>
<b>HOME HEALTH AGENCIES</b>		
<b>Medi Home Health and Hospice</b>	Skilled Nurses, Speech, Occupational and Physical Therapy, Home Health Aides. Medicare/Medicaid certified.	<b>Phone: 336.372.8018</b>
<b>Generations Home Health Agency</b>	Personal care, medication management, in-home aide.	<b>Phone: 336.372.1755</b>
<b>Living Waters Home Care</b>	In-home aide, medication management, companionship	<b>Phone: 336.372.5150</b>
<b>Yadkin Valley Home Health</b>	In-home aide, wound care, memory and mental health care, ortho care, PT, OT	<b>Phone: 336.526.6460</b>

# ASHE COUNTY RESOURCES FOR SENIORS

## ASSISTANCE

<b>Ashe Blue Ridge Opportunity Commission</b>	<p>Clothing and household vouchers, one electricity and fuel assistance per 12 months, weatherization, and Heating appliance repair and replacement.</p> <p>Eligibility: Must be below federal poverty guidelines.</p>	<p><b>Contact Person: Stacy Howell</b>  <b>Phone: 828.336.384.4543</b>  <b>Email: <a href="mailto:brocashe@gmail.com">brocashe@gmail.com</a></b></p> <p><b>Website:</b>  <a href="http://www.brocinc.com/html/emergency_assistance.html">http://www.brocinc.com/html/emergency_assistance.html</a></p>
<b>Ashe County Free Medical Clinic</b>	<p>Health and wellness for those who are medically uninsured.</p>	<p><b>Phone: 336.846.4649</b></p> <p><b>Website:</b>  <a href="https://www.nafclinics.org/content/ashe-county-free-medical-clinic">https://www.nafclinics.org/content/ashe-county-free-medical-clinic</a></p>
<b>Ashe County Health Dept.</b>	<p>Dental Health, WIC, Nutritional Counseling, Health Check. Primary care for diagnosis and treatment of diabetic patients. Community health promotion programs</p>	<p><b>Phone: 336.246.9449</b></p> <p><b>Website:</b>  <a href="https://www.apphealthcare.com/clinical-services/">https://www.apphealthcare.com/clinical-services/</a></p>
<b>Ashe County Sharing Center</b>	<p>Offers cooking and canning workshops, food pantries, outreach for older adults as well as children.</p>	<p><b>Phone: 336.846.7019</b></p> <p><b>Website:</b>  <a href="http://www.ashesharingcenter.net/home.html">http://www.ashesharingcenter.net/home.html</a></p>
<b>Ashe Outreach</b>	<p>Food Pantry, community meals, mobile meals, Out Grow Hunger and more.</p>	<p><b>Phone: 336.385.3663</b></p> <p><b>Website:</b>  <a href="http://www.buzzfile.com/business/Ashe-Outreach-Ministries,-Inc.-336-385-3663">http://www.buzzfile.com/business/Ashe-Outreach-Ministries,-Inc.-336-385-3663</a></p>
<b>Blue Mountain Center</b>	<p>Psychotherapy, grief and loss counseling, stress reduction, emotional management, and more.</p>	<p><b>Phone: 828.265.1455</b></p> <p><b>Website:</b>  <a href="http://bluemountaincenternc.com/">http://bluemountaincenternc.com/</a></p>
<b>Blue Ridge Opportunity Commission (BROC)</b>	<p>Home delivered meals, congregate meals, home weatherization, and emergency assistance</p>	<p><b>Phone: 336.667.7174</b></p> <p><b>Website:</b>  <a href="http://brocinc.com/index.html">http://brocinc.com/index.html</a></p>
<b>Byrd Ridge Crisis Center, Food Pantry, and Clothing Closet</b>	<p>Food and clothing to those in need; by appointment only</p>	<p><b>Phone: 336.838.5847</b></p> <p><b>Website:</b>  <a href="https://www.findpeace.today/outreach.html">https://www.findpeace.today/outreach.html</a></p>

<b>Christian Outreach Center / First Baptist Church of Boone</b>	<p>Weekly food distribution Mondays 2pm to 6pm to Wilkes, Watauga, and Ashe county residents</p> <p>Note: Some income guidelines required</p>	<p><b>Phone: 828.264.2441</b></p> <p><b>Website:</b>  <a href="http://www.boonefirstbaptist.org/missions.php">http://www.boonefirstbaptist.org/missions.php</a></p>
<b>Community Care Clinic</b>	<p>Provides health care to low-income persons in our community who do not have health insurance. General medicine, lab testing, nursing, mental health counseling, chiropractic, neurology, PT, and orthopedics.</p>	<p><b>Phone Number: 828.2656.8491</b></p> <p><b>Website:</b>  <a href="http://www.ccclinic.org/">http://www.ccclinic.org/</a></p>
<b>Community Alternative Program for Disabled Adults (CAP/DA)</b>	<p>Medicaid funded program promoting home care as an alternative to nursing home care for disabled adults 18 years and older.</p>	<p><b>Phone: 336.246.2461</b></p> <p><b>Website:</b>  <a href="https://asheaging.com/docs/brochures/2012Updated/CAP-DA%20BROCHURE%20080811.pdf">https://asheaging.com/docs/brochures/2012Updated/CAP-DA%20BROCHURE%20080811.pdf</a></p>
<b>Daymark Recovery Services</b>	<p>Community Support, Individual Treatment, Group Therapy, Substance Abuse Services, Geriatric Specialty Team, Mobile Crisis Services, 24/7/365 Crisis Services.</p> <p>Note: Accepts Medicaid, Medicare, Insurance based on copay's</p>	<p><b>Phone: 336.246.4542</b></p> <p><b>Website:</b>  <a href="https://www.daymarkrecovery.org/locations/ashe-center">https://www.daymarkrecovery.org/locations/ashe-center</a></p>
<b>Health Check-Ashe County</b>	<p>Transportation Services, WIC, making doctor's appointments, finding a doctor, finding a dentist.</p>	<p><b>Contact Person: Heather Cox</b>  <b>Phone: 336.246.9449</b></p> <p><b>Website:</b>  <a href="http://www.apphealthcare.com/Ashe/Index.php">http://www.apphealthcare.com/Ashe/Index.php</a></p>
<b>Hunger and Health Coalition</b>	<p>Provides clients with life-sustaining medications (inhalers, insulin, COPD medications and many more</p> <p><b>Note: Must provide proof of income/paycheck</b></p>	<p><b>Phone: 828.262.1628</b></p> <p><b>Website:</b>  <a href="https://www.hungerandhealthcoalition.com/">https://www.hungerandhealthcoalition.com/</a></p>
<b>Northwestern Regional Housing Authority</b>	<p>Provides many kinds of housing opportunities and services to assure affordable, adequate housing. Programs include rental assistance, housing counseling, and housing assistance</p>	<p><b>Phone: 336.667.8979</b></p> <p><b>Website:</b>  <a href="http://www.nwrha.com/regional-offices/wilkes-county-field-office">http://www.nwrha.com/regional-offices/wilkes-county-field-office</a></p>
<b>Ashe County Habitat for Humanity</b>	<p>Builds safe, affordable, decent housing for those in need.</p> <p>Eligibility: Must be below the federal poverty line.</p>	<p><b>Phone: 336.846.2525</b></p> <p><b>Website:</b>  <a href="http://ashehabitat.org/">http://ashehabitat.org/</a></p>

## SOCIAL SERVICES

<b>Department of Social Services</b>	In-home aide, placement services, services for the blind, medical transportation, food and nutrition services, and general assistance	<p><b>Phone: 336.846.5719</b></p> <p><b>Website:</b> <a href="http://www.ashecountygov.com/">http://www.ashecountygov.com/</a></p>
<b>Social Services Low Income Energy Assistance Program and Crisis Intervention</b>	<p>Waiver for installation of materials such as ceiling, wall and floor insulation, community solar, caulking and weather stripping. Also, can install more energy efficient refrigerator, mechanical ventilations fans, and more.</p> <p>Note: Must be at or below 200% of the federal poverty level.</p>	<p><b>Phone: 336.846.5719</b></p> <p><b>Website:</b> <a href="http://www.ashecountygov.com/">http://www.ashecountygov.com/</a></p>

## SENIOR CENTER

<b>Ashe Services for Aging, Inc. (ASA)</b>	<p>Evidence based health promotion programs, In Home Aide Level I &amp; II, Home Delivered Meals, and Congregate Meals, Respite care, transportation and SHIP Counseling.</p> <p>Also provides an intergenerational day care program that includes adult day care. Can provide fuel/heat assistance in the winter.</p> <p>Also provides home care for private pay individuals including CAP, VA, LTC, etc.</p>	<p><b>Phone: 336.246.4347</b></p> <p><b>Website:</b> <a href="https://asheaging.com/">https://asheaging.com/</a></p>
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## HOME HEALTH AGENCIES

<b>Ashe Home Care Inc.</b>	In-home aide, respite care, Savvy Seniors, every day task assistance.	<p><b>Phone: 336.846.1345</b></p> <p><b>Website:</b> <a href="http://ashehomecareinc.com/services/">http://ashehomecareinc.com/services/</a></p>
<b>Caldwell Hospice</b>	Hospice and palliative care services provided wherever patients call home, regardless of ability to pay.	<p><b>Contact Person: Carrie Brown</b> <b>Phone: 828.754.0101</b> <b>Email:</b> <a href="mailto:cbrown@caldwellhospice.org">cbrown@caldwellhospice.org</a></p> <p><b>Website:</b> <a href="http://www.caldwellhospice.org">http://www.caldwellhospice.org</a></p>
<b>Medi Home Health and Hospice</b>	<p>Skilled Nurses, Speech, Physical and Occupational Therapy.</p> <p>Note: Medicaid and Medicare approved</p>	<p><b>Phone: 336.246.9023</b></p> <p><b>Website:</b></p>

		<a href="http://www.msa-corp.com/companies/medihomehealthhospice.aspx">http://www.msa-corp.com/companies/medihomehealthhospice.aspx</a>
<b>Yadkin Valley Home Health</b>	In-home aide, wound care, memory and mental health care, ortho care, PT, OT	<b>Phone: 336.526.6460</b>
<b>Senior Companion Program</b>	In-home assistance to prevent and delay the need for institutionalization	<b>Phone: 336.846.4898</b>  <b>Website:</b> <a href="https://asheaging.com/docs/brochures/volunteer-brochure-2017.pdf">https://asheaging.com/docs/brochures/volunteer-brochure-2017.pdf</a>



# AVERY COUNTY RESOURCES FOR SENIORS

## ASSISTANCE

<b>Appalachian Healthcare Project</b>	Provides healthcare for low income, uninsured residents in this county.	<b>Contact Person: Sally Morgan</b> <b>Phone Number: 828.737.7725</b>  <b>Website:</b> <a href="https://apprhs.org/community/">https://apprhs.org/community/</a>
<b>Avery County Health Department</b>	Adult Health, dental public health and food assistance, child health, family planning	<b>Phone Number: 828.733.6031</b>  <b>Website:</b> <a href="http://www.toeriverhealth.org/">http://www.toeriverhealth.org/</a>
<b>Avery County Habitat for Humanity</b>	Housing for low income families, mortgage payment assistance	<b>Phone Number: 828.733.1909</b>  <b>Website:</b> <a href="http://www.averycohfh.org/">http://www.averycohfh.org/</a>
<b>Cannon Memorial Hospital Finance Assistance Program</b>	Reduces cost of medical care, including specialty care for low income and uninsured patient. Note: Requires ER visit first	<b>Contact Person: Elizabeth Hoyt</b> <b>Phone Number: 864.898.1149</b>  <b>Website:</b> <a href="https://apprhs.org/cannon/">https://apprhs.org/cannon/</a>
<b>Community Alternative Program for Disabled Adults (CAP/DA)</b>	<b>Medicaid funded program promoting home care as an alternative to nursing home care for disabled adults 18 years and older.</b>	<b>Phone Number: 828.733.6031</b>  <b>Website:</b> <a href="http://www.toeriverhealth.org/CAP.asp">http://www.toeriverhealth.org/CAP.asp</a>
<b>Daymark Recover Services</b>	Community Support, Individual Treatment, Group Therapy, Substance Abuse Services, Geriatric Specialty Team, Mobile Crisis Services, 24/7/365 Crisis Services.  Note: Accepts Medicaid, Medicare, Insurance based on copay's	<b>Phone Number: 828.733.5889</b> <b>Website:</b> <a href="https://www.daymarkrecovery.org/locations/avery-center">https://www.daymarkrecovery.org/locations/avery-center</a>
<b>Feeding Avery Families</b>	Free boxed food, some clothing and other items available.  Note: Must meet income criteria	<b>Phone Number: 828.260.5389</b>  <b>Website:</b> <a href="http://www.feedingaveryfamilies.org/">http://www.feedingaveryfamilies.org/</a>
<b>High Country Community Health</b>	Offers primary care medical services, dental services, and substance abuse treatment. All forms of Insurance are accepted and there is a sliding fee scale for anyone who does not have insurance.	<b>Phone Number:</b> <b>Medical- 828.737.0221</b> <b>Dental-828.737.0221</b>

		<b>Website:</b> <a href="http://www.highcountrycommunityhealth.com/contact-us">http://www.highcountrycommunityhealth.com/contact-us</a>
<b>Hunger and Health Coalition</b>	Provides clients with life-sustaining medications (inhalers, insulin, COPD medications and many more  Note: Must provide proof of income/paycheck	<b>Phone Number: 828.262.1628</b>  <b>Website:</b> <a href="https://www.hungerandhealthcoalition.com/">https://www.hungerandhealthcoalition.com/</a>
<b>MANNA Food Bank</b>	Provides direct services on a very limited basis to those struggling with hunger through Food Stamp outreach and a variety of food assistance programs.	<b>Phone Number: 828.299.3663</b>  <b>Website:</b> <a href="https://www.mannafoodbank.org/agency/reaching-avery-ministry/">https://www.mannafoodbank.org/agency/reaching-avery-ministry/</a>
<b>Northwestern Regional Housing Authority</b>	Provides many kinds of housing opportunities and services to assure affordable, adequate housing. Programs include rental assistance, housing counseling, and housing assistance	<b>Phone: 828.264.6683</b>  <b>Website:</b> <a href="http://www.nwrha.com/">http://www.nwrha.com/</a>
<b>On Track Financial Education and Counseling</b>	Counseling/Education for individuals and families on budgeting and money management, avoiding bankruptcy, reverse mortgages, and debt collection. Note: Individual counseling appointments are free (excluding bankruptcy)	<b>Contact Person: Celeste Collins</b> <b>Phone Number: 828.255.5166</b>  <b>Website:</b> <a href="https://ontrackwnc.org/">https://ontrackwnc.org/</a>
<b>Pisgah Legal Services</b>	Provides free civil legal aid to very low-income people.	<b>Contact: James A. Barrett</b> <b>Phone: 828.253.0406</b>
<b>Reaching Avery Ministries</b>	Can refer individuals to local charities and non-profit organizations. Programs can offer free or inexpensive clothing, utility cooling or heating bill help, help with rent and/or mortgage assistance as well as foreclosure prevention advice.	<b>Phone Number: 828.733.5127</b>  <b>Website:</b> <a href="https://www.ramsrack.com/">https://www.ramsrack.com/</a>
<b>Williams YMCA of Avery County</b>	Chronic disease prevention and management, evidence-based and other health promotion programs	<b>Phone Number: 828.737.5500</b>  <b>Website:</b> <a href="http://ymcaavery.org/">http://ymcaavery.org/</a>
<b>SOCIAL SERVICES</b>		
<b>Department of Social Services</b>	Intake of Medicaid, CAP/DA programs, general assistance, adult protective services, food stamps	<b>Phone: 828.733.8230</b>  <b>Website:</b> <a href="http://www.averydss.com/">http://www.averydss.com/</a>
<b>SENIOR CENTER</b>		

<b>Avery County Senior Center</b>	Evidence based health promotion programs, In Home Aide Level I & II, Congregate and home delivered meals, transportation and SHIP Counseling.	<b>Phone: 828.733.8220</b>  <b>Website:</b> <a href="http://www.averycountync.gov/departments/senior_services.php">http://www.averycountync.gov/departments/senior_services.php</a>
<b>HOME HEALTH AGENCIES</b>		
<b>Kindred at Home</b>	CAP/DA, Personal Care Services, Respite, Sitter  Note: Accepts Medicaid, please call about private insurance.	<b>Carolyn Holland</b> <b>Phone Number: 828.898.6000</b>  <b>Website:</b> <a href="https://www.kindredhealthcare.com/locations/home-health/boone-nc-5064">https://www.kindredhealthcare.com/locations/home-health/boone-nc-5064</a>
<b>Pruitt Home Health</b>	Provide catheter and wound care. Help the homebound meet their health care needs. Monitor problems and report findings to the doctor. Teach and counsel patients and their family about health care matters. Collect specimens / labs for physicians	<b>Phone Number: 828.733.1550</b>  <b>Website:</b> <a href="http://www.pruitthealth.com/">http://www.pruitthealth.com/</a>
<b>Senior Companion Program</b>	In-home assistance to prevent and delay the need for institutionalization	<b>Phone Number: 336.846.4898</b>  <b>Website:</b> <a href="https://ihhs.appstate.edu/about-ihhs/community-resources/senior-companion-program">https://ihhs.appstate.edu/about-ihhs/community-resources/senior-companion-program</a>

# MITCHELL COUNTY RESOURCES FOR SENIORS

## ASSISTANCE

<b>Ave Maria Ministries</b>	Food pantry: Wednesdays from 1-4pm	<p><b>Phone: 828.765.2224</b></p> <p><b>Website:</b>  <a href="https://www.mannafoodbank.org/agency/ave-maria-ministries/">https://www.mannafoodbank.org/agency/ave-maria-ministries/</a></p>
<b>Bakersville Baptist Church</b>	Food pantry: 1-2 distributions per month	<p><b>Phone: 828-688.4817</b></p> <p><b>Website:</b>  <a href="https://wakespace.lib.wfu.edu/handle/10339/36564">https://wakespace.lib.wfu.edu/handle/10339/36564</a></p>
<b>Bear Creek Baptist Church</b>	Provides appropriate snacks for nursing home patients and shut-ins	<p><b>Phone: 828.688.4331</b></p> <p><b>Website:</b>  <a href="http://www.bearcreekbaptist.com/">http://www.bearcreekbaptist.com/</a></p>
<b>Community Alternative Program for Disabled Adults (CAP/DA)</b>	Medicaid funded program promoting home care as an alternative to nursing home care for disabled adults 18 years and older.	<p><b>Phone: 828.765.5677</b></p> <p><b>Website:</b>  <a href="https://www.hospiceblueridge.com/cap">https://www.hospiceblueridge.com/cap</a></p>
<b>Grassy Creek Baptist Church</b>	Food pantry: as needed; church hours are Monday through Friday 9am-3pm	<p><b>Phone: 828.765-4620</b></p> <p><b>Website:</b>  <a href="http://www.grassycreekbc.org/">http://www.grassycreekbc.org/</a></p>
<b>MANNA Food Bank</b>	Provides direct services on a very limited basis to those struggling with hunger through Food Stamp outreach and a variety of food assistance programs.	<p><b>Phone: 828.299.3663</b></p> <p><b>Website:</b>  <a href="https://www.mannafoodbank.org/">https://www.mannafoodbank.org/</a></p>
<b>M Mitchell County Habitat for Humanity</b>	Housing for low income families, mortgage payment assistance. Exterior basic home repairs, except roofs.	<p><b>Phone: 828.766.9000</b></p> <p><b>Website:</b>  <a href="https://www.mitchellyanceyhabitat.org/Home">https://www.mitchellyanceyhabitat.org/Home</a></p>
<b>Mitchell County Health Department</b>	Provide adult health, dental health, communicable disease control, vital records registration, and public health laboratory support	<p><b>Phone: 828.688.2371</b></p> <p><b>Website:</b>  <a href="http://www.toeriverhealth.org/Mitchell.asp">http://www.toeriverhealth.org/Mitchell.asp</a></p>

<b>Mitchell County Shepherd's Staff Food Pantry</b>	Food pantry: Mon, Tue & Thu, 10:00am - 4:00pm (Closed for Lunch, 12:00pm - 1:00pm); Friday, 9:00am - 1:00pm	<p><b>Phone: 828.765.5385</b></p> <p><b>Website:</b>  <a href="https://www.mannafoodbank.org/agency/mitchell-county-shepherds-staff-food-pantry/">https://www.mannafoodbank.org/agency/mitchell-county-shepherds-staff-food-pantry/</a> </p>
<b>Mitchell County Transportation</b>	Transportation in county and out of county to human service agencies, medical appointments, shopping, bill paying, and work	<p><b>Phone: 828.688.4715</b></p> <p><b>Website:</b>  <a href="https://www.mitchellcounty.org/departments/transportation/">https://www.mitchellcounty.org/departments/transportation/</a> </p>
<b>Mitchell Yancey United Methodist Church Food Pantry</b>	Food pantry: 2 <sup>nd</sup> and 4 <sup>th</sup> Saturday of each month, 10-11:30am	<p><b>Phone: 828.385.1131</b></p> <p><b>Website:</b>  <a href="http://www.umc.org/find-a-church/church/32976">http://www.umc.org/find-a-church/church/32976</a> </p>
<b>Mountain Community Health Partnership</b>	Offers preventative and medical care, patient assistance programs, behavioral health, care management, and more.	<p><b>Phone:</b>  <b>828.688.2104 (Bakersville, Spruce Pine)</b>  <b>828.675.4166 (Celo)</b></p> <p><b>Website:</b>  <a href="https://www.mchp.care/index.html">https://www.mchp.care/index.html</a> </p>
<b>Northwestern Regional Housing Authority</b>	Provides many kinds of housing opportunities and services to assure affordable, adequate housing. Programs include rental assistance, housing counseling, and housing assistance	<p><b>Phone: 828.688.3744</b></p> <p><b>Website:</b>  <a href="http://www.nwrha.com/regional-offices/mitchell-county-field-office">http://www.nwrha.com/regional-offices/mitchell-county-field-office</a> </p>
<b>Service Center for Latinos</b>	Food pantry: Call for Distribution Hours Se Habla Español	<p><b>Phone: 828.385.2309</b></p> <p><b>Website:</b>  <a href="http://www.toeriverhealth.org/yanceyserviceproviderdiretory.pdf">http://www.toeriverhealth.org/yanceyserviceproviderdiretory.pdf</a> </p>
<b>The Bridge Church of Western NC</b>	Provides food boxes to SNAP qualified families; twice monthly on 1st & 3rd Saturdays	<p><b>Phone: 828.765.2969</b></p> <p><b>Website:</b>  <a href="http://www.tbcwnc.org/">http://www.tbcwnc.org/</a> </p>
<b>W.A.M.Y. Community Action</b>	Garden Voucher Program: provides \$50 in garden supplies. Weatherization & H.A.R.R.P: Heating appliance repair and replacement program for low income families to permanently reduce energy bills (200% of poverty level)	<p><b>Phone: 800.571.9269</b></p> <p><b>Website:</b>  <a href="https://wamycommunityaction.org/">https://wamycommunityaction.org/</a> </p>

## SOCIAL SERVICES

<b>Department of Social Services</b>	Intake of Medicaid, CAP/DA programs, general assistance, adult protective services, food stamps	<b>Phone: 828.688.2175</b> <b>Website:</b> <a href="https://www.mitchellcounty.org/departments/social-services/">https://www.mitchellcounty.org/departments/social-services/</a>
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## SENIOR CENTER

<b>Mitchell County Senior Center</b>	Evidence based health promotion programs, In Home Aide Level I, Congregate and home delivered meals, transportation.	<b>Phone: 828.688.3019</b> <b>Website:</b> <a href="https://www.mitchellcounty.org/departments/senior-center/">https://www.mitchellcounty.org/departments/senior-center/</a>
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## HOME HEALTH AGENCIES

<b>Carolina Home Care Specialists</b>	Personal care assistance, home management, medication and diet compliance, shopping and companionship  Note: Accepts Medicaid, private pay, and private insurance – no wait list	<b>Phone: 828.765.4343</b> <b>Website:</b> <a href="https://www.manta.com/c/mb5xs/v1/carolina-home-care-specialists">https://www.manta.com/c/mb5xs/v1/carolina-home-care-specialists</a>
<b>Pruitt Home Health</b>	Provide catheter and wound care. Help the homebound meet their health care needs. Monitor problems and report findings to the doctor. Teach and counsel patients and their family about health care matters. Collect specimens / labs for physicians	<b>Phone Number: 770.279.6200</b> <b>Website:</b> <a href="http://www.pruitthealth.com/">http://www.pruitthealth.com/</a>

# WATAUGA COUNTY RESOURCES FOR SENIORS

## ASSISTANCE

<b>American Legion Post 131 and Disabled American Veterans</b>	Offers transportation to the VA in Johnson City or Asheville, provides free professional assistance to veterans in obtaining benefits and services earned through military services	<b>Phone Number: 423.727.1955</b>  <b>Website:</b> <a href="http://www.davmembersportal.org/chapters/nc/90/default.aspx">http://www.davmembersportal.org/chapters/nc/90/default.aspx</a>
<b>Alliance Bible Fellowship</b>	Food pantry open daily 8am-4pm  Note: Individuals can participate once a month with no income limits.	<b>Phone Number: 828.264.8312</b>  <b>Website:</b> <a href="http://abfboone.com/">http://abfboone.com/</a>
<b>Appalcart Bus System</b>	Public transportation system that offers paratransit transportation and reasonable modifications	<b>Phone Number: 828.297.1300</b>  <b>Website:</b> <a href="http://www.appalcart.com">www.appalcart.com</a>
<b>Casting Bread Ministries</b>	Food pantry 10:30am-3 pm on Wednesdays & Thursdays  Soup Kitchen: 11:30am-1pm Wednesdays & Thursdays	<b>Phone Number: 828.295.8333</b>  <b>Website:</b> <a href="http://www.faithbridgeumc.org/casting-bread-food-pantry.html">http://www.faithbridgeumc.org/casting-bread-food-pantry.html</a>
<b>Community Care Clinic</b>	Free clinic providing medical care, lab testing, chiropractic, and mental health counseling for low income persons without health insurance.	<b>Phone Number: 828.265.8591</b>  <b>Website:</b> <a href="http://www.ccclinic.org">www.ccclinic.org</a>
<b>Cannon Memorial Hospital Finance Assistance Program</b>	Reduces cost of medical care, including specialty care for low income and uninsured patient.  Note: Requires ER visit first	<b>Contact Person: Elizabeth Hoyt</b>  <b>Phone Number: 864.898.1149</b>  <b>Website:</b> <a href="http://www.anmedhealthcannon.org/patient-visitor/financial-assistance/">http://www.anmedhealthcannon.org/patient-visitor/financial-assistance/</a>
<b>Community Alternative Program for Disabled Adults (CAP/DA)</b>	Medicaid funded program promoting home care as an alternative to nursing home care for disabled adults 18 years and older.	<b>Phone Number: 828.733.6031</b>  <b>Website:</b> <a href="http://www.wataugacounty.org/App_Pages/Dept/Aging/cap.aspx">http://www.wataugacounty.org/App_Pages/Dept/Aging/cap.aspx</a>

<b>Daymark Recover Services</b>	<p>Community Support, Individual Treatment, Group Therapy, Substance Abuse Services, Geriatric Specialty Team, Mobile Crisis Services, 24/7/365 Crisis Services.</p> <p>Note: Accepts Medicaid, Medicare, Insurance based on copay's</p>	<p><b>Phone Number: 828.733.5889</b></p> <p><a href="https://www.daymarkrecovery.org/locations/avery-center">https://www.daymarkrecovery.org/locations/avery-center</a></p>
<b>First Baptist Church</b>	<p>First Friday monthly senior lunch at 11:30 a.m. Weekly food distribution Mondays 2 p.m. to 6 p.m.</p> <p>Note: Must show proof of income</p>	<p><b>Phone Number:828.264.2441</b></p> <p><a href="http://www.boonefirstbaptist.org/">http://www.boonefirstbaptist.org/</a></p>
<b>Greenway Baptist Church</b>	<p>Food Pantry: 10:00 a.m. – 2:30 p.m. on Thursdays.</p>	<p><b>Phone Number: 828.264.7750</b></p> <p><a href="https://www.greenwaybaptist.com/">https://www.greenwaybaptist.com/</a></p>
<b>High Country Community Health</b>	<p>Offers primary care medical services, dental services, and substance abuse treatment. All forms of Insurance are accepted and there is a sliding fee scale for anyone who does not have insurance.</p>	<p><b>Phone Number:</b> <b>Medical- 828.262.3886</b> <b>Dental-828.406.1925</b></p> <p><b>Website:</b> <a href="http://www.highcountrycommunityhealth.com/contact-us">http://www.highcountrycommunityhealth.com/contact-us</a></p>
<b>Hospitality House (Boone)</b>	<p>Bread of Life Meal Daily: Breakfast: 6:30 a.m. Lunch: 11:30 a.m.-1 p.m. Dinner: 5:30 p.m. – 6 p.m.</p>	<p><b>Phone Number: 828.264.1237</b></p> <p><b>Website:</b> <a href="https://www.hospouse.org/">https://www.hospouse.org/</a></p>
<b>Hunger and Health Coalition</b>	<p>Boone Food Pantries and Nutrition Screenings: M-F 8:30-4:30</p> <p>Generic medication assistance for those without Medicare D.</p> <p>Note: Must be 200% below federal poverty level</p>	<p><b>Phone Number: 828.262.1628</b></p> <p><b>Website:</b> <a href="https://www.hungerandhealthcoalition.com/">https://www.hungerandhealthcoalition.com/</a></p>
<b>Northwestern Regional Housing Authority</b>	<p>Provides many kinds of housing opportunities and services to assure affordable, adequate housing. Programs include rental assistance, housing counseling, and housing assistance</p>	<p><b>Phone: 828.264.6683</b></p> <p><b>Website:</b> <a href="http://www.nwrha.com/">http://www.nwrha.com/</a></p>
<b>On Track Financial Education and Counseling</b>	<p>Counseling/Education for individuals and families on budgeting and money management, avoiding bankruptcy, reverse mortgages, and debt collection. Note: Individual counseling appointments are free (excluding bankruptcy)</p>	<p><b>Contact Person: Celeste Collins</b> <b>Phone Number: 828.255.5166</b></p> <p><b>Website:</b> <a href="https://ontrackwnc.org/">https://ontrackwnc.org/</a></p>



<b>Resort Area Ministries</b>	Provides mission work projects like painting, simple carpentry, repair jobs on porches, decks, steps or interior and more.	<b>Contact Person: Mary Silver</b>  <b>Phone Number: 828.264.6605</b>  <b>Website:</b> <a href="https://ihhs.appstate.edu/about-ihhs/community-resources/resort-area-ministries">https://ihhs.appstate.edu/about-ihhs/community-resources/resort-area-ministries</a>
<b>Pisgah Legal Services</b>	Provides free civil legal aid to very low-income people.	<b>Contact: James A. Barrett</b>  <b>Phone: 828.253.0406</b>  <b>Website:</b> <a href="https://www.pisgahlegal.org/pro-bono-legal-services/">https://www.pisgahlegal.org/pro-bono-legal-services/</a>
<b>Watauga County Health Department</b>	Offers clinical services, nutrition services, community health services, dental services, and preparedness.	<b>Phone Number: 828.264.4995</b>  <b>Website:</b> <a href="https://www.apphealthcare.com/">https://www.apphealthcare.com/</a>
<b>Watauga County Veterans Services Office</b>	Can assist with loans, burial allowances, hospitalization, and service-connected compensation.	<b>Contact Person: April Goodman</b>  <b>Phone Number: 828.265.8065</b>  <b>Website:</b> <a href="http://www.wataugacounty.org/App_Pages/Dept/Vets/home.aspx">http://www.wataugacounty.org/App_Pages/Dept/Vets/home.aspx</a>
<b>WAMY</b>	Weatherization assistance, heating appliance repair and replacement programs to low income families to permanently reduce energy bills.	<b>Phone Number: 800.571.9269</b>  <b>Website:</b> <a href="https://wamycommunityaction.org/">https://wamycommunityaction.org/</a>
<b>Watauga County Project on Aging</b>	Provides respite for the caregiver and other tasks/duties to assist the older adult throughout the day.	<b>Phone Number: 828.265.8090</b>  <b>Website:</b> <a href="http://www.wataugacounty.org/App_Pages/Dept/Aging/home.aspx">http://www.wataugacounty.org/App_Pages/Dept/Aging/home.aspx</a>
<b>SOCIAL SERVICES</b>		
<b>Department of Social Services</b>	Intake of Medicaid, CAP/DA programs, general assistance, adult protective services, food stamps	<b>Phone: 828.265.8100</b>  <b>Website:</b> <a href="http://www.wataugacounty.org/">http://www.wataugacounty.org/</a>
<b>SENIOR CENTER</b>		
<b>Lois E. Harrill Senior Center (Boone)</b>	Evidence based health promotion programs, In Home Aide Level I & II, Congregate and home delivered meals, transportation and SHIP Counseling.	<b>Phone: 828.265.8090</b>  <b>Website:</b>

		<a href="http://www.wataugacounty.org/App_Pages/Dept/Aging/activities.aspx">http://www.wataugacounty.org/App_Pages/Dept/Aging/activities.aspx</a>
<b>Western Watauga Community Center (Cove Creek)</b>	Activities for older adults, evidence-based health promotion programs, congregate meals, home delivered meals, and transportation.	<b>Phone Number :828.297.5195</b>  <b>Website:</b> <a href="http://www.wataugacounty.org/App_Pages/Dept/Aging/activities.aspx">http://www.wataugacounty.org/App_Pages/Dept/Aging/activities.aspx</a>
<b>HOME HEALTH AGENCIES</b>		
<b>Appalachian Home Care</b>	In-home aide  Note: Accepts Medicaid, Private Pay, and Private Insurance	<b>Phone Number: 828.963.8233</b>  <b>Website:</b> <a href="http://www.appalachianhomecare.com">www.appalachianhomecare.com</a>
<b>Bayada Nurses Home Care Specialists</b>	Accepts Medicaid, Private Pay, and Private Insurance	<b>Phone Number: 336.846.4898</b>  <b>Website:</b> <a href="https://www.bayada.com/">https://www.bayada.com/</a>
<b>Kindred at Home</b>	CAP/DA, Personal Care Services, home health, safe strides fall prevention  Accepts Medicaid- please call for private pay	<b>Phone Number: 828.266.1166</b>  <b>Website:</b> <a href="https://www.kindredhealthcare.com/locations/home-health/boone-nc-5064">https://www.kindredhealthcare.com/locations/home-health/boone-nc-5064</a>

# WILKES COUNTY RESOURCES FOR SENIORS

## ASSISTANCE

<b>Alzheimer's Association – Western Chapter</b>	Information and resources for those living with or caring for someone with Alzheimer's or other dementias	<b>Phone: 828.514.3124</b> <a href="https://www.alz.org/help-support">https://www.alz.org/help-support</a>
<b>Appalachian State / Blue Cross NC Institute for Health &amp; Human Services</b>	Provide audiological and speech-language assessments and treatment	<b>Phone: 828.262.7677</b> <a href="https://ihhs.appstate.edu/">https://ihhs.appstate.edu/</a>
<b>Blue Ridge Opportunity Commission (BROC)</b>	Home delivered meals, congregate meals, home weatherization, and emergency assistance	<b>Phone: 336.667.7174</b> <a href="http://brocinc.com/index.html">http://brocinc.com/index.html</a>
<b>Byrd Ridge Crisis Center, Food Pantry, and Clothing Closet</b>	Food and clothing to those in need; by appointment only	<b>Phone: 336.838.5847</b> <a href="https://www.findpeace.today/outreach.html">https://www.findpeace.today/outreach.html</a>
<b>Care Connection Pharmacy</b>	Provides prescription assistance drug programs to low-income residents of Wilkes County	<b>Phone: 336.667.3259</b> <a href="https://wilkesregional.com/services/support-services/care-connection-pharmacy.aspx">https://wilkesregional.com/services/support-services/care-connection-pharmacy.aspx</a>
<b>Christian Outreach Center / First Baptist Church of Boone</b>	Weekly food distribution Mondays 2pm to 6pm to Wilkes, Watauga, and Ashe county residents  Note: Some income guidelines required	<b>Phone: 828.264.2441</b> <a href="http://www.boonefirstbaptist.org/missions.php">http://www.boonefirstbaptist.org/missions.php</a>
<b>Community Alternative Program for Disabled Adults (CAP/DA)</b>	Medicaid funded program promoting home care as an alternative to nursing home care for disabled adults 18 years and older.	<b>Phone: 828.733.6031</b>
<b>Daymark Recovery Services</b>	Community Support, Individual Treatment, Group Therapy, Substance Abuse Services, Geriatric Specialty Team, Mobile Crisis Services, 24/7/365 Crisis Services.  Note: Accepts Medicaid, Medicare, Insurance based on copay's	<b>Phone: 336.667.5151</b> <a href="https://www.daymarkrecovery.org/locations/wilkes-center">https://www.daymarkrecovery.org/locations/wilkes-center</a>
<b>Hunger and Health Coalition</b>	Provides clients with life-sustaining medications (inhalers, insulin, COPD medications and many more  Note: Must provide proof of income/paycheck	<b>Phone: 828.262.1628</b> <a href="https://www.hungerandhealthcoalition.com/">https://www.hungerandhealthcoalition.com/</a>

<b>Northwestern Regional Housing Authority</b>	Provides many kinds of housing opportunities and services to assure affordable, adequate housing. Programs include rental assistance, housing counseling, and housing assistance	<b>Phone: 336.667.8979</b> <a href="http://www.nwrha.com/regional-offices/wilkes-county-field-office">http://www.nwrha.com/regional-offices/wilkes-county-field-office</a>
<b>Wilkes Center for the Deaf and Hard of Hearing</b>	Assistance with devices and communication	<b>Phone: 336.651.7822</b> <a href="http://wilkesfaithhealth.weebly.com/">http://wilkesfaithhealth.weebly.com/</a>
<b>Wilkes County Health Department</b>	Annual physical exams, diabetes counseling, lab services, nutrition counseling, recommended screenings, and sick visits	<b>Phone: 336.651.7450</b> <a href="https://wilkescounty.net/292/Well-Sick-Care">https://wilkescounty.net/292/Well-Sick-Care</a>
<b>Wilkes Faith Health</b>	Offers assistance with food, clothing, housing, energy assistance, and other needs.	<b>Phone: 336.715.7922</b> <b>Website:</b> <a href="https://faithhealthnc.org/wilkes-county/">https://faithhealthnc.org/wilkes-county/</a>
<b>Wilkes Family YMCA</b>	Chronic disease prevention and management, evidence-based and other health promotion programs	<b>Phone: 336.838.3991</b> <a href="https://ymcanwnc.org/locations/wilkes-family-ymca/">https://ymcanwnc.org/locations/wilkes-family-ymca/</a>
<b>Wilkes Habitat for Humanity</b>	Housing for low income families, mortgage payment assistance	<b>Phone: 336.838.3044</b> <a href="http://wilkeshabitat.org/">http://wilkeshabitat.org/</a>
<b>Wilkes Ministry of Hope</b>	Food bank, baby closet, woodshed and other outreach ministries	<b>Phone: 336.903.1414</b> <a href="https://www.brushymountain.com/adults">https://www.brushymountain.com/adults</a>
<b>SOCIAL SERVICES</b>		
<b>Department of Social Services</b>	Intake of Medicaid, CAP/DA programs, general assistance, adult protective services, food stamps	<b>Phone: 336.651.7400</b> <a href="https://www.wilkescounty.net/284/Adult-Services">https://www.wilkescounty.net/284/Adult-Services</a>
<b>SENIOR CENTER</b>		
<b>Wilkes Senior Resources</b>	Evidence based health promotion programs, In Home Aide Level I & II, respite care, transportation and SHIIP Counseling.	<b>Phone: 336.667.5281</b> <a href="http://www.wilkesseniorresources.com/">http://www.wilkesseniorresources.com/</a>

## HOME HEALTH AGENCIES

<b>Bayada Nurses</b>	Broad spectrum of nursing, rehabilitation, therapeutic, and assistive home health care	<p style="text-align: center;"><b>Phone: 336.526.1952</b></p> <p><a href="https://www.bayada.com/_public/ClientServices/ClientInquiry?specialtyname=Assistive%20Care&amp;zip=28607">https://www.bayada.com/_public/ClientServices/ClientInquiry?specialtyname=Assistive%20Care&amp;zip=28607</a></p>
<b>Kindred at Home</b>	CAP/DA, Personal Care Services, Respite, Sitter, Home Health, Cardiopulmonary Support, Safe Strides falls prevention  Note: Accepts Medicaid, please call about private insurance.	<p style="text-align: center;"><b>Phone: 336.667.3389</b></p> <p><a href="https://www.kindredhealthcare.com/locations/home-health/wilkesboro-nc-5065">https://www.kindredhealthcare.com/locations/home-health/wilkesboro-nc-5065</a></p>
<b>Lifespan, Inc.</b>	Adult day care, alternative family living, developmental therapy, OT and PT therapy, respite care, personal care, personal assistance, case management	<p style="text-align: center;"><b>Phone: 336.852.1495</b></p> <p><a href="https://www.lifespanservices.org/day-programs/wilkes-county-creative-campus-wilkesboro/">https://www.lifespanservices.org/day-programs/wilkes-county-creative-campus-wilkesboro/</a></p>
<b>Ruby Pardue Blackburn Adult Day Health</b>	Care and supervision during the day, therapy services, respite care	<p style="text-align: center;"><b>Phone: 336.667.2541</b></p> <p><a href="https://wilkesadultdaycare.org/">https://wilkesadultdaycare.org/</a></p>
<b>Pruitt Home Health and Hospice</b>	Provide catheter and wound care. Help the homebound meet their health care needs. Monitor problems and report findings to the doctor. Teach and counsel patients and their family about health care matters. Collect specimens / labs for physicians	<p style="text-align: center;"><b>Phone Number: 336.368.0220</b></p> <p style="text-align: center;"><b>Website:</b> <a href="http://www.pruitthealth.com/">http://www.pruitthealth.com/</a></p>
<b>Senior Companion Program</b>	In-home assistance to prevent and delay the need for institutionalization	<p style="text-align: center;"><b>Phone: 336.846.4898</b></p>
<b>Yadkin Valley Home Health</b>	In-home aide, wound care, memory and mental health care, ortho care, PT, OT	<p style="text-align: center;"><b>Phone: 336.526.6460</b></p>
<b>Westwood Hills Nursing and Rehabilitation</b>	Respite, rehabilitation, and long-term care  Note: Accepts Medicare/Medicaid, VA, Private Insurance, and Private Pay	<p style="text-align: center;"><b>Phone: 336.667.9261</b></p> <p><a href="http://www.westwoodhillscare.com/">http://www.westwoodhillscare.com/</a></p>

# YANCEY COUNTY RESOURCES FOR SENIORS

## ASSISTANCE

<b>Blue Ridge Medical Center- Yancey Campus</b>	Accepts uninsured, underinsured, insurance, Medicare and Medicaid	<b>Phone Number: 828.682.0200</b>  <b>Website:</b> <a href="https://missionhealth.org/member-hospitals/blue-ridge/medical-center-yancey/">https://missionhealth.org/member-hospitals/blue-ridge/medical-center-yancey/</a>
<b>Community Alternative Program for Disabled Adults (CAP/DA)</b>	Medicaid funded program promoting home care as an alternative to nursing home care for disabled adults 18 years and older.  Note: Must be eligible for Medicaid	<b>Phone: 828.682.7967</b>  <b>Website:</b> <a href="http://www.toeriverhealth.org/CAP.asp">http://www.toeriverhealth.org/CAP.asp</a>
<b>Charity House Mission</b>	Food Pantry: Monday-Friday 8:30 a.m. – 5 p.m.  Saturday 8:30 a.m. – 2 p.m.	<b>Contact Person: Jewell Huskins</b> <b>Phone Number: 828.678.0726</b>  <b>Website:</b> <a href="http://www.toeriverhealth.org/CAP.asp">http://www.toeriverhealth.org/CAP.asp</a>
<b>First Baptist Church- Burnsville</b>	Offers home repair and assistive devices	<b>Contact Person: Martha Huskins</b> <b>Phone Number: 828.682.2288</b>  <b>Website:</b> <a href="http://fbcburnsville.com/">http://fbcburnsville.com/</a>
<b>Cry of Child Missions Int'l</b>	Food pantry: 2 <sup>nd</sup> and 4 <sup>th</sup> Saturday of each month	<b>Phone: 828.68.5481</b>
<b>Grassy Creek Baptist Church</b>	Food pantry: as needed; church hours are Monday through Friday 9am-3pm	<b>Phone: 828.765-4620</b> <b>Website:</b> <a href="http://www.grassycreekbc.org/">http://www.grassycreekbc.org/</a>
<b>MANNA Food Bank</b>	Provides direct services on a very limited basis to those struggling with hunger through Food Stamp outreach and a variety of food assistance programs.	<b>Phone: 828.299.3663</b>  <b>Website:</b> <a href="https://www.mannafoodbank.org/">https://www.mannafoodbank.org/</a>

<b>Mitchell-Yancey County Habitat for Humanity</b>	Housing for low income families, mortgage payment assistance. Exterior basic home repairs, except roofs.	<p style="text-align: center;"><b>Phone: 828.766.9000</b></p> <p style="text-align: center;"><b>Website:</b>  <a href="https://www.mitchellyanceyhabitat.org/Home">https://www.mitchellyanceyhabitat.org/Home</a></p>
<b>To River Health Department</b>	Provide adult health, dental health, communicable disease control, vital records registration, and public health laboratory support	<p style="text-align: center;"><b>Phone: 828.688.2371</b></p> <p style="text-align: center;"><b>Website:</b>  <a href="http://www.toeriverhealth.org/Mitchell.asp">http://www.toeriverhealth.org/Mitchell.asp</a></p>
<b>Mitchell County Shepherd's Staff Food Pantry</b>	Food pantry: Mon, Tue & Thu, 10:00am - 4:00pm (Closed for Lunch, 12:00pm - 1:00pm); Friday, 9:00am - 1:00pm	<p style="text-align: center;"><b>Phone: 828.765.5385</b></p> <p style="text-align: center;"><b>Website:</b>  <a href="https://www.mannafoodbank.org/agency/mitchell-county-shepherds-staff-food-pantry/">https://www.mannafoodbank.org/agency/mitchell-county-shepherds-staff-food-pantry/</a></p>
<b>Yancey County Transportation</b>	Transportation in county and out of county to human service agencies, medical appointments, shopping, bill paying, and work	<p style="text-align: center;"><b>Phone: 828.682.6144</b></p> <p style="text-align: center;"><b>Website:</b>  <a href="https://yanceycountync.gov/departments/transportation-authority">https://yanceycountync.gov/departments/transportation-authority</a></p>
<b>Mitchell Yancey United Methodist Church Food Pantry</b>	Food pantry: 2 <sup>nd</sup> and 4 <sup>th</sup> Saturday of each month, 10-11:30am	<p style="text-align: center;"><b>Phone: 828.385.1131</b></p> <p style="text-align: center;"><b>Website:</b>  <a href="https://blueridgechristiannews.com/archives/news/2014/Food_Pantry_12-14.html">https://blueridgechristiannews.com/archives/news/2014/Food_Pantry_12-14.html</a></p>
<b>Northwestern Regional Housing Authority</b>	Provides many kinds of housing opportunities and services to assure affordable, adequate housing. Programs include rental assistance, housing counseling, and housing assistance	<p style="text-align: center;"><b>Phone: 828.688.3744</b></p> <p style="text-align: center;"><b>Website:</b>  <a href="http://www.nwrha.com/regional-offices/mitchell-county-field-office">http://www.nwrha.com/regional-offices/mitchell-county-field-office</a></p>
<b>Service Center for Latinos</b>	Food pantry: Call for Distribution Hours Se Habla Español	<p style="text-align: center;"><b>Phone: 828.385.2309</b></p>

<b>The Bridge Church of Western NC</b>	Provides food boxes to SNAP qualified families; twice monthly on 1st & 3rd Saturdays	<b>Phone: 828.765.2969</b> <b>Website: <a href="http://www.tbcwnc.org/">http://www.tbcwnc.org/</a></b>
<b>W.A.M.Y. Community Action</b>	Garden Voucher Program: provides \$50 in garden supplies. Weatherization & H.A.R.R.P: Heating appliance repair and replacement program for low income families to permanently reduce energy bills (200% of poverty level)	<b>Phone: 800.571.9269</b> <b>Website: <a href="https://wamycommunityaction.org/">https://wamycommunityaction.org/</a></b>

### SOCIAL SERVICES

<b>Department of Social Services</b>	Intake of Medicaid, CAP/DA programs, general assistance, adult protective services, food stamps.	<b>Phone: 828.688.2175</b> <b>Website: <a href="https://yanceycountync.gov/departments/social-services">https://yanceycountync.gov/departments/social-services</a></b>
<b>Social Services Low Income Energy Assistance Program</b>	Offers heating and cooling assistance for households who have some who is age sixty years and older or those receiving assistance through the division of aging.	<b>Phone: 828.688.2175</b> <b>Website: <a href="https://yanceycountync.gov/departments/social-services">https://yanceycountync.gov/departments/social-services</a></b>

### SENIOR CENTER

<b>Yancey County Senior Center</b>	Evidence based health promotion programs, In Home Aide Level I & II, Congregate and home delivered meals, transportation and SHIP Counseling.	<b>Phone: 828.682.6011</b> <b>Website: <a href="http://www.main.nc.us/yancey/ycsc.htm">http://www.main.nc.us/yancey/ycsc.htm</a></b>
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### HOME HEALTH AGENCIES

<b>Carolina Home Care Specialists</b>	Personal care assistance, home management, medication and diet compliance, shopping and companionship  Note: Accepts Medicaid, private pay, and private insurance – no wait list	<b>Phone: 828.765.4343</b>
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<b>Pruitt Home Health</b>	Provide catheter and wound care. Help the homebound meet their health care needs. Monitor problems and report findings to the doctor. Teach and counsel patients and their family about health care matters. Collect specimens / labs for physicians	<b>Phone Number: 828.682.7825</b>  <b>Website:</b> <a href="http://www.pruitthealth.com/">http://www.pruitthealth.com/</a>
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## **Common Legal Questions for Older Adults**

### **What is a Will?**

A will is a legal document that directs where you want your property to go at your death. Any person over the age of 18 of sound mind may make a will.

### **What happens if I die without a Will?**

If someone passes without a will, property is distributed through the laws of intestate succession to your heirs in the order that your state's laws direct.

### **What is a Living Will?**

A living will is a legal document that allows you to control the decision about whether your life should be prolonged by certain medical procedures if you are suffering from one of three conditions:

1. Incurable or irreversible condition;
2. Unconsciousness, and to a high degree of medical certainty you will not regain consciousness; or
3. Advanced dementia or another condition which results in a substantial loss of cognitive ability and to a high degree of medical certainty the loss is not reversible.

### **What are Advanced Directives?**

Advanced directives are legal documents that help you and your loved ones make decisions if/when you are unable to do so, including Powers of Attorney, Health Care Powers of Attorney, and Living Wills.

### **What is a Power of Attorney?**

A Power of Attorney is legal document in which you give someone (known as your agent) the legal authority to take certain actions for you regarding financial decisions.

### **When does a Power of Attorney go into effect?**

A Durable Power of Attorney, according to the 2018 North Carolina Uniform Power of Attorney Act, goes into effect immediately and remains in effect during incapacity or incompetence. A Springing Power of Attorney is effective only once the person becomes incapacitated or incompetent.

### **What powers can I give my Power of Attorney agent?**

You can give your agent power over any of the following: Real Property; Tangible Personal Property; Stocks and Bonds; Commodities and Options; Banks and Other Financial Institutions; Operation of Entity or Business; Insurance and Annuities; Estates, Trusts, and Other Beneficial Interests; Claims and Litigation; Personal and Family Maintenance; Benefits from Governmental Programs or Civil or Military Service; Retirement Plans; Taxes; All preceding subjects

### **What is a Health Care Power of Attorney?**

A Health Care Power of Attorney is a legal document in which you give someone the power to make medical decisions for you if you are not competent or if you are not able to communicate your wishes.



### **When does a Health Care Power of Attorney come into effect?**

A Health Care Power of Attorney comes into effect only when a physician you have named or your attending physician (if the one that you have named is not available) determines that you lack capacity to make or communicate decisions relating to your health care, unless your Health Care Power of Attorney agreement states otherwise.

### **What authority does my Health Care Power of Attorney agent have?**

The Health Care Power of Attorney Agent has the ability to make and carry out all health care decisions and mental health decisions for you, unless you limit their ability

# EVIDENCE BASED FALL PREVENTION CLASSES

 <b>A MATTER OF BALANCE</b>	 <b>TAI CHI FOR ARTHRITIS AND FALL PREVENTION</b>
<p><b>Who should attend?</b></p> <p>The program is for older adults who:</p> <ul style="list-style-type: none"> <li>• Are worried about falls</li> <li>• Have fallen in the past</li> <li>• Limit activities because of a fear of falling</li> <li>• Are interested in improving balance, strength, and flexibility</li> <li>• Live on their own</li> <li>• Can problem solve</li> </ul> <p><b>What do you learn?</b></p> <p>You learn to:</p> <ul style="list-style-type: none"> <li>• View falls as controllable</li> <li>• Set goals for increasing activity</li> <li>• Make changes to reduce your risk of falling at home</li> <li>• Exercise to increase strength and balance</li> </ul>	<p><b>Who should attend?</b></p> <p>The program is for older adults who:</p> <ul style="list-style-type: none"> <li>• Want to maintain and improve balance, strength and flexibility</li> <li>• Want to reduce stress and improve awareness</li> <li>• Live on their own</li> <li>• Are interested in meeting new people</li> <li>• Want to maintain progress made in physical therapy</li> </ul> <p><b>What do you learn?</b></p> <p>You learn to:</p> <ul style="list-style-type: none"> <li>• Improve balance, strength, flexibility</li> <li>• Move with ease and awareness</li> <li>• Improve relaxation</li> <li>• Decrease pain</li> <li>• Prevent falls</li> </ul>

## Interested in Classes?

Please contact Amber Chapman  
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# HOUSEHOLD SAFETY CHECKLIST

## OUTDOOR

- Make sure address is visible for emergency services.
- Is there adequate lighting at night?
- Are the steps too steep, cracked or uneven?
- Are driveways or walkways snow and/or ice covered?
- Do the steps have proper handrails?
- Can your loved one hear the door bell?

### Suggestions

1. Add large number stickers on to mailbox and check that you can see address from the road.
2. Add an outdoor light if one is not available, motion-activated lights may provide more comfort and security.
3. If the steps are too steep, consider an alternate route for your loved one. If the steps are cracked or broken, call the county government about repairing them.
4. Make sure you have someone around to shovel the snow and ice in the driveway. Always keep a bag of salt to avoid icy driveways.
5. A device that enables a ringing doorbell to trigger a flashing light can help your loved one know that someone is at the door.

## LIVING ROOM

- Is there too much clutter and not enough space to move around furniture?
- Is furniture unstable?
- Can your loved one reach the light switch to turn it off or on?
- Do throw rugs and electrical cords pose a hazard?
- Is the floor uneven or is carpet torn?
- Is the chair relatively easy for the senior to get in and out of?

### Suggestions

1. Organization is the key to preventing too much clutter. It may be time to downsize and eliminate bigger pieces of furniture. You could also add shelving.
2. If the arms or legs of furniture are wobbly-try gluing them. If the chair is too low add a cushion or pillow on seat to raise it.
3. If your loved one cannot reach the light add a “clapper” light
4. Remove throw rugs.
5. Install lock in switches on thermostats to control the temperature and prevent forest fires.

## KITCHEN

- Are cabinets too high or too low?
- Is there clutter on the countertops or throughout the kitchen? Are pathways obstructed?
- Is there adequate light for cooking?
- Are dangerous chemicals and cleaning materials secure?
- Is the floor slippery?
- Is there spoiled food in the refrigerator?
- Is emergency contact information within easy access?
- Is your loved one at risk of harming themselves with a sharp utensil or by causing a fire?

### Suggestions

1. Move items to the shelves closest to the counter that are easier for a senior to reach. Install hooks in the walls for pots and pans that are frequently used.
2. Chemicals and cleaning materials should be locked in cabinets or in higher storage.
3. Clean up spills immediately. Suggest comfortable shoes that fit well or non-skid socks.
4. Go through refrigerator weekly to remove all spoiled items.
5. Place emergency contacts on the refrigerator
6. Make sure there is a fire extinguisher in/near the kitchen. Remove sharp knives and place them in a locked drawer.

## BATHROOM AND SHOWER

- Are grab bars available?
- Are there bath mats?
- Is the bathtub too high?
- Is the toilet the correct height?
- Are medications stored properly? Not too high or low for the senior to reach?
- Are the overhead cabinets too high?

### Suggestions

1. Loose towel and curtain rods could be a sign that an older adult is grabbing onto these for support. Add grab bars in the shower and toilet.
2. Add a rubber mat to the bottom of the tub.
3. If the bathtub is too high, add a tub transfer bench.
4. Add a raised toilet seat for stools that are too low.
5. Make sure that medications are stored in cabinets that are easy to reach. Consider a medication organizer for pills.

## BEDROOM

- Is the room cluttered?
- Does your loved one has access to the telephone at night?
- Is there enough light?
- Is the bed high or low?
- Do tangled electrical cords obstruct pathways?
- Does the furniture provide proper support, if needed?

### Suggestions

1. Go through items and throw away what is no longer needed/wanted to get rid of clutter.
2. Keep a cordless phone or cellphone beside the bed for convenience.
3. Nightlights are good options for dark rooms at night. Make sure the wattage is high enough to provide visibility. Rope lighting is also a good option for hallways and doorways.
4. The bed is too low if your loved one's knees are above the hips when sitting on the bed. You can add risers. If the bed is too high when legs do not touch the floor. You can remove the bed frame or use a lower profile mattress or bed springs
5. Use extension cords to run electrical cords behind furniture
6. Make sure chairs are the proper height

## LAUNDRY ROOM/ STAIRWAYS

- Is there adequate lighting on the stairway?
- Are there sturdy handrails for the stairway?
- Does the last step blend in with the floor?
- Are the pathways cluttered?
- Has detergent spilled on the floor?
- Are the steps too steep or slippery?

### Suggestions

1. Increase wattage to allowable limits and add overhead and wall lighting, if necessary.
2. Add at least 1 railing the entire length of the wall. Ideally, there should be railing on both sides.
3. Add adhesive stair treads or a carpet runner.
4. Paint the bottom steps a different color from the floor.
5. Immediately clean up spills and wear shoes/socks with non-skid soles on them.
6. If possible, move the laundry to the main living area-if not, lock the door if your loved one wanders or is at risk for falls.

## THINGS YOU CAN DO TO PREVENT FALLS

- Attend a fall prevention class such as A Matter of Balance or Tai Chi for Arthritis & Fall Prevention
  
- Have your loved one's doctor or pharmacist look at all the medications they take. Some can make your loved one sleepy or dizzy.
  
- Have your vision checked at least once a year. Poor vision can increase risk of falling.
- Have your hearing checked at least once a year. Poor hearing can increase risk of falling
  
- Wear shoes both inside and outside house. Avoid going barefoot.
  
- Paint a contrasting color on the top edge of all the steps so that your loved one can see them better
- Exercise Regularly!!!

## CONTACT INFORMATION

If you need further assistance with home safety and fall prevention, please contact:

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