

## Services for Older Adults Living in Cherokee County

Name and Contact Information	Services offered, duration and frequency	Eligibility requirements	Cost & coverage
<b>RESOURCES HELPING OLDER ADULTS LIVE INDEPENDENTLY</b>			
<b>Adult Day Care</b>			
Care Connection Adult Day Care (828) 349-2058, 108 Wayah St., Franklin, 28734 <a href="http://www.maconnc.org/dss-senior-services.html">www.maconnc.org/dss-senior-services.html</a>	Mon.–Fri., 7:00 am–6 pm, Specializing in Alzheimer’s care; Activities, crafts, light exercise, hot lunch, field trips and snacks.	Adults age 60+ with physical and cognitive impairments.	Sliding scale starts from \$70/ month to \$30 / day
<b>Caregiver Support, Caregiver Respite</b>			
Alzheimer’s Association Western Carolina Chapter (800) 272-3900, <a href="http://www.alz.org/">www.alz.org/</a>	Support groups, education, caregiver hotline	All caregivers of people with memory impairment	Free
Alzheimer’s Association Telephone Support Group 1-800-272-3900, <a href="http://www.alzconnected.org">www.alzconnected.org</a>	1 <sup>st</sup> Thursday at 7pm for caregivers, space is limited, call for details	All caregivers of people with memory impairment	Free
Bridging the Gap Family Care Home (828) 389-8817, 56 West Vineyard Ln., Hayesville, 28904 <a href="http://www.bridgingthegapfch.com">www.bridgingthegapfch.com</a>	One month minimum - Family care home provides assistance with medication, meals and laundry	Able to self-ambulate or transfer, FL2 and medication list	\$ 3800 / month private pay only
Geriatric Adult Mental Health Specialty Team John Welch Senior Center, Mary Haigler (828) 835-9741, 302 Airport Rd., Marble 28905	Free monthly caregiver education series including hands-on tips and techniques; provided by the Southwester Commission.	All caregivers	Free
Duke Family Support Program <a href="http://www.dukefamilysupport.org">www.dukefamilysupport.org</a> (919) 660-7510	Confidential personalized telephone and email support for all caregivers	Family and professional caregivers living in NC	Free
Highlands-Cashier Hospital (828) 526-1486, 190 Hospital Dr. Highlands, 28741 <a href="http://www.hchospital.org">www.hchospital.org</a>	Private rooms, dining and basic services for short terms stays; ancillary services (such as PT) available at extra cost	Physician referral with FL2 and medication list	\$256 daily
J. Robert Penland Senior Center, Caregiver Support Group (828) 586-1962, 69 Alpine St., Murphy, 28906 Cindy Miles, facilitator	2 <sup>nd</sup> Wednesday monthly at 9:30 am, support group	All caregivers	Free
Murphy Medical Center, Caregiver Support Group (828) 835-7588, 2990 E. US Hwy 64 Alt., Murphy, 28906 Pam Lovingood, facilitator	3 <sup>rd</sup> Tuesday monthly at 2pm, support and handouts	All caregivers	Free
Project CARE (Caregiver Alternatives to Running on Empty) (828) 251-6622, <a href="http://www.landofsky.org/projectcare.html">www.landofsky.org/projectcare.html</a>	Respite & case assistance for caregivers of persons with Dementia	Caregiver of person with dementia	Free
Southwestern Commission, Family Caregiver Support (828) 586-1962, 125 Bonnie Lane, Sylva, 28799 <a href="http://www.regiona.org/area-agency-on-aging/">www.regiona.org/area-agency-on-aging/</a>	Information, assistance, education and respite	Caregivers of one who is 60+ or has dementia; raising grandchildren	Free
<b>Geriatric Case Management:</b> Generally includes several of the following: home assessments, care coordination, counseling, support services, crisis assistance, family liaison and advocacy; those marked with an asterisk are Certified with the National Association of Professional Geriatric Care Managers.			
Community Alternatives Program (CAP) for Disabled Adults (DA) Murphy Medical Center, Good Shepard Home Health (828) 837-1197, 125 Medical Park Lane, Suite H <a href="http://www.murphyhospital.org/home-health-hospice/">www.murphyhospital.org/home-health-hospice/</a>	Alternatives to Nursing Home Placement – case management, in-home aid, medical equipment, respite	Medicaid beneficiaries 18+, disabled, at risk for institutionalization	Medicaid

<b>Home Health:</b> patients must be homebound, have skilled need and physician order for insurance coverage. Home Health generally provides nursing, therapies, infusions services, wound care, medication management and more. Those marked with asterisk also provide non-medical home care.			
Cherokee Home Health Services* (828) 554-6872, 73 Kaiser Wilnoty Rd., Cherokee, 28719, <a href="http://cherokee-hmd.com/home-health/index.html">http://cherokee-hmd.com/home-health/index.html</a>	Eligible adults must live in the Qualla Boundary	Medicare & Medicaid	
Mountain Home Health Services* (828) 389-8106, 115 Mountain Home Nursing Ln., Hayesville, 28904, <a href="http://www.mountainhha.com">www.mountainhha.com</a>		Medicare, Medicaid, VA, Insurance	
Maxim Healthcare Services* (828) 299-4388, 1269 Tunnel Rd., Asheville, 28805, <a href="http://www.maximhealthcare.com">www.maximhealthcare.com</a>		Medicaid & Insurance	
Murphy Medical Center, Good Shepard Home Health and Hospice* (828) 837-1197, 125 Medical Park Lane, Suite H <a href="http://www.murphyhospital.org/home-health-hospice/">www.murphyhospital.org/home-health-hospice/</a>		Medicare, Medicaid and VA	
<b>Home Care Services – Non-medical:</b> Generally includes 24/7 personal care, assistance, assistance with ADLs, respite care, companion care, transportation assistance may also include care by CAN, medication management, dementia and end-of-life care. All accept private pay.			
Comfort Keepers (828) 524-1102, 33 E. Main Street #3, Franklin, 28734, <a href="http://www.comfortkeepers.com">www.comfortkeepers.com</a>		LTC Insurance	
Home Care Partners (828) 586-1570, 525 Mineral Springs Dr., Sylva, 28779		LTC Insurance, Medicaid CAP & VA	
Sawyer's Home Care (828) 479-4948, 533 Sweetwater Rd., Robbinsville, 28711		Medicaid	
Western Carolina Home Care (828) 557-3263, 2996 NC 69 S., Hayesville, 28904		LTC Insurance & Medicaid CAP	
<b>Home Repair</b>			
Four Square Community Action, Inc. (828) 231-4475, 61 Milton Mashburn Dr., Andrews, 28901 <a href="http://www.foursquarecommunityactioninc.com">www.foursquarecommunityactioninc.com</a> , <a href="mailto:foursq@frontier.com">foursq@frontier.com</a>	Weatherization & home repairs for low income older adults	Income guidelines and age qualifications; Call for application	Free or subsidized services
North Carolina Baptist Aging Ministry (NCBAM) (877) 506-2226 <a href="http://www.ncbam.org">www.ncbam.org</a>	Mon. – Fri., 9am – 5pm; Support services including home modifications	NC residents	Free
Vocational Rehabilitation & Independent Living Cherokee County Dept. of Social Services (828) 837-6218, 510 East US Hwy 64 Alt, Murphy, 28906 <a href="http://www.ncdhhs.gov/dvrs/">www.ncdhhs.gov/dvrs/</a>	Home accessibility modifications provided to individuals who meet income guidelines	Diagnosed disability & Income guidelines apply	No or reduced cost based on eligibility
<b>Physical Activity, Nutrition &amp; Socialization</b>			
Andrews Senior Center (828) 321-4505, Park St. Andrews, 28901 <a href="http://www.cherokee-county-nc.gov/index.aspx?page=142">www.cherokee-county-nc.gov/index.aspx?page=142</a>	Mon. – Fri., 8:00 – 4:30; lunch, home delivered meals, physical, social and educational activities	Services designed for people 60+; open to all	No cost for most services; donations accepted
Hiwassee Dam Site (828) 644-0300, 7829 Hwy 294, Murphy, 28906 <a href="http://www.cherokee-county-nc.gov/index.aspx?page=142">www.cherokee-county-nc.gov/index.aspx?page=142</a>	Mon. - Fri. 8:00 – 12 noon; lunch, home delivered meals, physical, social and educational activities	Services designed for people 60+; open to all	No cost for most services; donations accepted

J. Robert Penland Senior Center (828) 837-2467, 69 Alpine St., Murphy, 28906 www.cherokeecounty-nc.gov/index.aspx?page=142	Mon. – Fri. 18:00 – 4:30; lunch, home delivered meals, physical, social and educational activities	Services designed for people 60+; open to all	No cost for most services; donations accepted
<b>Transportation Assistance</b>			
Cherokee County Public Transit (828) 837-1789 5465 US- 64, Murphy NC 28906 www.cherokeecounty-nc.gov/index.aspx?page=194	Mon. – Fri. 8:00am – 5:00 pm; Schedule in county rides at least 24-hours in advance for general purpose and medical trips.	Available to anyone	Cost depends on destination
<b>SPECIFIC GERIATRIC SYNDROMES</b>			
<b>Advance Care Planning</b>			
Southwestern Commission, Area Agency on Aging (828) 586-1962, x 221, 125 Bonnie Lane, Sylva, NC 28779 www.regiona.org/area-agency-on-aging	Advance care planning resources and support; advance directive forms available through the website	No eligibility requirements	Free
WNC Advance Care Planning Initiative (828) 257-4449, 121 Hendersonville Rd., Asheville, 28803 www.mahec.net	Advance Care Planning presentation & support in completing documents; training for healthcare professionals	No eligibility requirements	Free
<b>Dementia Assessment</b>			
Memory Care, Satellite Clinic in Waynesville (828) 771-2219, 81 Elmwood Way, Waynesville, 28786 www.memorycare.org	Comprehensive information gathering; introduction to the staff members; clinical and caregiver evaluation	Referral from primary care physician or neurologist	Medicare, Medicaid & Insurance
<b>Depression and Substance Abuse Resources</b>			
Smoky Mountain Center LME / MCO 1-800-849-6127 www.smokymountaincenter.com	Comprehensive health plan for those requiring mental health or substance abuse services	Those in need of mental health, substance use support	Medicaid and Private Insurance
<b>Fall Prevention Services</b>			
Southwestern Commission, Area Agency on Aging (828) 586-1962, 125 Bonnie Lane, Sylva, 28799 www.regiona.org/area-agency-on-aging/	Monday – Friday, 9am – 5pm; point of access for information and assistance on services offered throughout the region	All	Free Information and Referral