

## Services for Older Adults Living in Mitchell County

| Name and Contact Information   | Services offered, duration and frequency  | Eligibility requirements   | Cost and coverage                                       |
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| <b>RESOURCES HELPING OLDER ADULTS LIVE INDEPENDENTLY</b>   |   |  |   |
| <b>Adult Day Care</b>  |   |  |   |
| Heritage Adult Day Retreat<br>(828) 682-1556, 1724 Smokey Park Hwy, Burnsville, 28714  | Activities, personal care assistance, health services, dining, rehabilitation services  | Adults with physical and cognitive impairments                         | \$58/day; Project Care recipients \$18                  |
| <b>Caregiver Support, Caregiver Respite</b>  |   |  |   |
| Alzheimer's Association Western Carolina Chapter<br>(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  |
| Duke Family Support Program<br><a href="http://www.dukefamilysupport.org">www.dukefamilysupport.org</a> (919) 660-7510   | Confidential personalized support for family and professional caregivers  | Family and professional caregivers living in NC                        | Free  |
| Greenwood Inn, Black Mountain Center<br>(828) 259-6900, 932 Old U.S. Hwy 70, Black Mountain, 28711<br><a href="http://www.bmcnc.org/Services/Greenwood_Inn/greenwood_inn.htm">www.bmcnc.org/Services/Greenwood_Inn/greenwood_inn.htm</a><br><a href="mailto:bmc.info@dhhs.nc.gov">bmc.info@dhhs.nc.gov</a>           | 24/7 care by CNAs (supervised by professional staff); medication administration, first-aid, CPR, NCI & behavior management; incl. 3 meals | Adults with intellectual & developmental disabilities                  | \$40 / night (in addition to insurance billing)         |
| Mary's Caring Hands Group Respite First Baptist Church<br>(828) 765-9411x 304, 125 Tappan St. Spruce Pine, 28777   | Fridays, 10am – 3pm; Includes activities & lunch; County van transportation available   | Dementia diagnosis, independent toileting                              | \$20/ day scholarships                                  |
| Mitchell House Assisted Living and Memory Care<br>(828) 766-7771, 13681 Hwy. 226 South, Spruce Pine, 28777   | Respite stays from 3 days to 1 month; Assisted Living or Memory Care respite  | Age 55 +, FL2, negative TB test; dementia diagnosis for memory care    | \$100 - \$140 / day depending on level of care and room |
| High Country Council of Governments<br>Family Caregiver Support Program<br>468 New Market Blvd. Boone, 28607, <a href="http://www.regiond.org">www.regiond.org</a>   | Information, assistance, education and financial respite assistance   | Caregivers of one who is 60+ or has dementia; raising grandchildren    | Free  |
| Memory Care Caregiver College<br>(828) 771-2219, 100 Far Horizon Lane, Asheville, 28803<br><a href="http://www.memorycare.org">www.memorycare.org</a>  | Lecture series to improve caregiver understanding of dementia care; Caregiver Network providing peer support                              | Caregivers of people with dementia                                     | \$85 for community members; free to Memory Care clients |
| Project CARE (Caregiver Alternatives to Running on Empty)<br>(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  |
| <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)<br>Mitchell County DSS<br>(828) 688-2175, 347 Long View Dr., Bakersville, 28705<br><a href="http://www.ncdhhs.gov/dma/medicaid/ltc.htm">www.ncdhhs.gov/dma/medicaid/ltc.htm</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.                      |   |  |   |
| CarePartners Home Health Services<br>(828) 277-4722, 68 Sweeten Creek Rd., Asheville, 28803, <a href="http://www.carepartners.org">www.carepartners.org</a>  |   |  | Medicare, Medicaid & Insurance                          |
| Toe River Home Health<br>(828) 682-6118 202 Medical Campus Dr., Burnsville, 28714, <a href="http://www.toeriverhealth.org">www.toeriverhealth.org</a>  |   |  | Medicare, Medicaid & Insurance                          |

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| <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. |  |   |  |
| Appalachian Home Care<br>(828) 963-8233, 7929 Highway 105 South, Suite B, Boone, 28607  |  | CAP Medicaid, VA, LTC Insurance                                   |  |
| Carolina Home Care<br>(828) 765-4343, 125 Skyview Circle, Spruce Pine 28777   |  | CAP Medicaid, VA, LTC Insurance                                   |  |
| Compassionate Hearts Home Care<br>(828) 733-9928, 1833 Millers Gap Hwy, Newland, 28657  |  | CAP Medicaid, VA LTC Insurance                                    |  |
| High Country Homecare<br>(828) 733-1248, 430 Pineola St., Newland, 28657  |  | Medicaid, VA, LTC Insurance                                       |  |
| Gentiva Community Care<br>(828) 898-6000, 358 Beech St., Newland, 28657   |  | LTC Insurance, VA   |  |
| Maxim Healthcare Services<br>(828) 299-4388, 1269 Tunnel Rd. Asheville  |  | CAP Medicaid, VA, LTC Insurance                                   |  |
| <b>Home Repair</b>  |  |   |  |
| North Carolina Baptist Aging Ministry (NCBAM)<br>(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<br>(828) 733-9345, 815 Pineola St., Newland, 28657<br><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                    |
| WAMY (Watauga, Avery, Mitchell, Yancey) Community Action<br>(828) 766-9150, 29 Crystal St., Spruce Pine, 28777<br><a href="http://www.wamycommunityaction.org">www.wamycommunityaction.org</a>  | Energy assessments and services to reduce heating and cooling costs.   | Resident of Watauga, Avery, Mitchell & Yancey, income eligibility | Nominal fee based on income resource                       |
| <b>Physical Activity, Nutrition &amp; Socialization</b>   |  |   |  |
| Blue Ridge Regional Fitness and Rehab Center<br>(828) 678-3488, 155 Love Fox Rd., Burnsville<br><a href="http://www.blueridgehospital.org">www.blueridgehospital.org</a>  | Functional Fitness and Physical Therapy Facility, includes therapy pool  | No eligibility requirements                                       | \$40 / month for seniors                                   |
| Fitness Express, Silver Sneakers<br>(828) 765-6336, 31 Cross Street, Spruce Pine  | Silver Sneakers  | No eligibility requirements                                       | Insurance accepted for Silver Sneakers                     |
| Mitchell County Senior Center<br>(828) 688-3019, 152 Ledger School Rd., Bakersville, 28715<br><a href="http://www.mitchellcounty.org/departments/seniorcenter.html">www.mitchellcounty.org/departments/seniorcenter.html</a>                                  | Mon. – Fri., 8am – 4:3-pm, Dining site, meals-on-wheels, exercise, socialization; transportation available             | For adults 60 years +   | Many services are free; donations accepted                 |
| <b>Transportation Assistance</b>  |  |   |  |
| Round-A-Bout<br>(828) 253-0057<br><a href="http://www.roundaboutwnc.com">www.roundaboutwnc.com</a>  | Non-emergency transport for groups & individuals with mobility challenges  | Available to anyone   | Private pay & Medicare                                     |
| Mitchell County Transportation Authority<br>(828) 688-4715, 73 Crimson Laurel Circle, Bakersville, 28705<br><a href="http://www.mitchellcounty.org/departments/transportation.html">www.mitchellcounty.org/departments/transportation.html</a>                | Reservations required 24 hours in advance for in-county visit and 3-days for out of county visits; accessible vehicles | No eligibility requirements;                                      | Priced according to visit; in-county \$2 one way; Medicaid |

## SPECIFIC GERIATRIC SYNDROMES

### Advance Care Planning

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| Hospice of Mitchell County<br>(828) 765-5677, 236 Hospital Dr. Spruce Pine<br><a href="http://www.hospiceandpalliativecareoftheblueridge.org/home.html">www.hospiceandpalliativecareoftheblueridge.org/home.html</a> | Advance Care Planning education and outreach.  | No eligibility requirements | Free |
| Blue Ridge Regional Hospital<br>(828) 766-1695, 125 Hospital Drive, Spruce Pine, 28777<br><a href="http://www.blueridgehospital.org">www.blueridgehospital.org</a>   | Discharge planners assists with completion of Advance Care Planning documents                                | No eligibility requirements | Free |
| Legal Aid of North Carolina<br>(828) 437-8280, 211 East Union St., Morganton, NC 28655<br><a href="http://www.legalaidnc.org/public/Learn/offices/morganton/">www.legalaidnc.org/public/Learn/offices/morganton/</a> | Mon. – Fri. 8:30am – 5:00 pm; Senior Citizen Law Project (SCLP) offers free civil legal advice to people 60+ | People who are 60+          | Free |

### Dementia Assessment

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| Memory Care, Initial Evaluation Appointment<br>(828) 771-2219, 100 Far Horizon Lane, Asheville, 28803<br><a href="http://www.memorycare.org">www.memorycare.org</a> | Comprehensive assessment;<br>Introduction to the staff members;<br>Clinical and caregiver evaluation | Referral from primary care physician or neurologist | Medicare, Medicaid, Insurance & Private Pay |
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### Depression and Substance Abuse Resources

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| Smoky Mountain Center LME / MCO<br>1-800-849-6127, <a href="http://www.smokymountaincenter.com">www.smokymountaincenter.com</a> | Comprehensive plan for those requiring mental health or substance abuse services | People in need of mental health services | Medicaid and Private Insurance |
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### Fall Prevention Services

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| Western North Carolina Fall Prevention Coalition<br>(828) 251-7438 (through Land of Sky Regional Council)<br><a href="http://www.wncfallpreventioncoalition.org">www.wncfallpreventioncoalition.org</a> | Website includes resource list for McDowell County fall prevention services; link on the right side of page | All | Free |
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Last updated: December, 2015