

Services for Older Adults Living in Polk County

Name and Contact Information	Services offered, duration and frequency	Eligibility requirements	Cost and coverage
RESOURCES HELPING OLDER ADULTS LIVE INDEPENDENTLY			
Adult Day Care			
Seasons of Life Adult Day Services (828) 894-2007, 2060 Lynn Rd. Unit 4, Columbus, 28722 www.rutherfordlifeservices.com	Mon. – Fri. 8 am – 5pm; Activities, personal care assistance, health services, dining; focus on dementia care	Adults age 18+ with dementia needing assistance with ADL	\$ 44/ day and up; some scholarships available
Caregiver Support, Caregiver Respite			
Alzheimer’s Association Western Carolina Chapter (800) 272-3900, www.alz.org/	Support groups, education, caregiver hotline	All caregivers of people with memory impairment	Free
Alzheimer’s Association Caregiver Support Group (828) 305-2278, Perry Moore House, First United Methodist 264 North Main Street, Rutherfordton, NC Amy Hamilton, ahamilton242@att.net	Third Tuesday, 6:30 pm; Education, resources, and support	Caregiver a person with any form of memory loss.	Free
White Oak of Tryon (828) 859-9161, 70 Oak St. Tryon, 28782 www.whiteoakmanor.com	Assisted living services, room, dining & activities; PT, OT, etc. at additional charge or under Part B	Physician referral with FL2 and TB test	\$130 / day private room; private pay only
Duke Family Support Program www.dukefamilysupport.org (919) 660-7510	Confidential personalized support for family and professional caregivers	Family and professional caregivers living in NC	Free
Isothermal Planning and Development Commission Family Caregiver Support Program 111 West Court St., Rutherfordton, 28139	Information, assistance, education and respite assistance	Caregivers of one who is 60+ or has dementia; raising grandchildren	Free
Laurelwoods Senior Living (855) 342-3437, 1062 W. Mills St., Columbus, 28722 www.capitalsenior.com	Rooms based on availability; memory care unit; room, dining, activities and nursing care.	Physician referral with FL2 and TB test	\$93 - \$ 112 + level of care; Medicaid and LTC insurance
Project CARE (Caregiver Alternatives to Running on Empty) (828) 251-6622, www.landofsky.org/projectcare.html	Respite & case assistance for caregivers of persons with Dementia	Caregiver of person with dementia	Free
Autumn Care in Saluda (828) 749-2261, 501 Esseola Dr., Saluda, 28773 www.autumncorp.com	Skilled Nursing services; PT OT and ST available at additional charge part B	Physician referral with FL2 and TB test	\$235 private; \$205 semi-private; Medicaid
Geriatric Case Management: 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) St. Lukes Hospital (828) 894-0564, 101 Hospital Dr., Columbus, 28722 www.ncdhs.gov/dma/medicaid/ltc.htm	Alternatives to Nursing Home Placement – case management, in-home aid, medical equipment, respite	Medicaid beneficiaries 18+, disabled, at risk for institutionalization	Medicaid
Home Health: 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.			
CareSouth Home Health Services			Medicare, Medicaid

(828) 894-8296, 816 W. Mills ,St. Suite C, Columbus, 28722 www.caresouth.com			& Insurance
Gentiva Home Health (828) 298-1370, 9 Olde Eastwood Village Blvd., Asheville, 28803, www.gentiva.com			Medicare, Medicaid, Insurance
Maxim Healthcare Services* (828) 299-4388, 1269 Tunnel Rd., Asheville, 28805, www.maximhealthcare.com			Medicaid & Insurance
Home Care Services – Non-medical: 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.			
Always Best Care Senior Services 1 town Square Blvd., Suite 344, Asheville, 28803			LTC Insurance
Amazing Grace Home Care (828) 287-5799, 634 US Hwy 74A Bypass, Spindale, 28160, www.homecarewnc.com			CAP Medicaid, VA LTC Insurance
A New Hope Home Care (828) 255-4446, 34 N. Ann St., Asheville, 28801, www.anewhopehomecare.com			CAP Medicaid, VA, LTC Ins.
ResCare Home Care (828) 245-8095, 127 N. Powell St. Forest City, 28043, www.rescarehomecare.com			Medicaid & LTC Insurance
Seasons Home Care (828) 859-0147, 2060 Lynn Rd. Ste. 4, Columbus, 28722 (Polk, Rutherford, Henderson)			LTC Insurance, respite care funding
Home Repair			
Isothermal Planning & Development Commission (828) 287-2281, 111 West Court St., Rutherfordton, 28139 www.regionc.org	Weatherization - energy audit & modifications to increase energy efficiency; HARRP - replacement of units.	200% of poverty level for weatherization; 150% of poverty level for HARRP	Free services to eligible clients
North Carolina Baptist Aging Ministry (NCBAM) (877) 506-2226 www.ncbam.org	Mon. – Fri., 9am – 5pm; Support services including home modifications	NC residents	Free
Vocational Rehabilitation & Independent Living (828) 245-1223, 277 Commercial Dr., Forest City, 28043 www.ncdhhs.gov/dvrs/	Home accessibility modifications provided to individuals who meet income guidelines	Diagnosed disability & Income guidelines apply	No or reduced cost based on eligibility
Physical Activity, Nutrition & Socialization			
Saluda Senior Center (828) 749-9245, 64 Greenville St., Saluda, 28733 http://polkcountymeetingplace.com/saluda_senior_center	Mon. – Fri. 8:30 – 2:30 Senior Dining, home delivered meals, physical activity, education & socialization	People age 60+	Many programs are free or by donation
The Meeting Place, Columbus (828) 894-0001, 75 Carmel Lane, Columbus, 28722 www.polkcountymeetingplace.com	Mon. – Fri., 9am – 5pm Senior Dining, home delivered meals, physical activity, education & socialization	People age 60+	Many programs are free or by donation
The Meeting Place 2, Green Creek (828) 863-2795, 25 Shield Dr., Green Creek www.polknc.org/the_meeting_place_senior_center.php	Mon. – Fri., 9am – 5pm Senior Dining, home delivered meals, physical activity, education & socialization	People age 60+	Many programs are free or by donation
Tryon Health and Fitness Club (828) 859-5935, 66 Academy Lane, Tryon, 28782 tryonhealthandfitness.wordpress.com	Zumba, Zumba Gold, Mobility Balance and Agility (MBA) and cardiovascular exercise classes; Silver Sneakers	All ages	\$35 / monthly; Silver Sneakers accepts insurance

Transportation Assistance			
Polk County Transportation Authority (PCTA) (828) 894-8203, County Annex, Gibson & Ward St. Columbus www.polknc.org/departments/transportation	Mon. – Fri., 8am – 4:30pm; 2-days advance notice for in-county rides and 5-days notice for out of county transportation	Anyone can ride!	Free to residents age 60+; donations accepted
SPECIFIC GERIATRIC SYNDROMES			
Advance Care Planning			
Hospice of Carolina Foothills (828) 894-7000, 130 Forest Glen Drive, Columbus 28722 www.hocf.net	Support with completing advanced care directives including Living Will and Health Care Power of Attorney	All are welcome	Free
Pisgah Legal Services, Elder Law Project (828) 247-0297, 187 W. Main St., Spindale, 28160	Advance Care Planning Support	Income eligibility requirements apply	Free
Dementia Assessment			
Memory Care, Initial Evaluation Appointment (828) 771-2219, 100 Far Horizon Lane, Asheville, 28803 www.memorycare.org	Comprehensive assessment; Introduction to the staff members; Clinical and caregiver evaluation	Referral from primary care physician or neurologist	Medicare, Medicaid, Insurance & Private Pay
Depression and Substance Abuse Resources			
Cooperriis (828) 894-5557, 101 Healing Farm Lane, Mill Spring, 28756 www.cooperriis.org	Healing community for people with mental and emotional health concerns to foster creativity, wholeness and optimal health	Referral from qualified health provider and application completion	\$15,500 / month private pay only
Polk Wellness Center (828) 894-2222, 801 W. Mills St., Columbus, 28722 www.polkwellness.org	An integrated care facility with services for primary care, mental health, addictions and substance disorders.	Referral from qualified provider and completion of application	Medicare, Medicaid, Insurance & Sliding fee scale
Smoky Mountain Center LME / MCO 1-800-849-6127, www.smokymountaincenter.com	Comprehensive plan for those requiring mental health or substance abuse services	People in need of mental health services	Medicaid and Private Insurance
St. Luke's Hospital Center of Behavioral Medicine (828) 894-3311, 100 Columbus Drive, Columbus, 28722 www.saintlukeshospital.com	10-bed inpatient unit for evaluation and treatment of adults with mental health concerns.	Age 55 +, medically stable, physician referral	Medicaid, Medicare and Private Insurance
Fall Prevention Services			
Isothermal Planning and Development Commission Family Caregiver Support Program 111 West Court St., Rutherfordton, 28139	Information and referral to fall prevention resources	All	Free
St. Lukes Outpatient Rehabilitation, St. Lukes Hospital (828) 894-8419, 101 Hospital Dr., Columbus, 28722 www.saintlukeshospital.com	Rehabilitative PT fall-risk assessment; motor function, strength, flexibility & vestibular rehabilitation	Physician Orders	Medicare, Medicaid and Private Insurance.