

Services for Older Adults Living in Rutherford County

Name and Contact Information	Services offered, duration and frequency	Eligibility requirements	Cost and coverage
RESOURCES HELPING OLDER ADULTS LIVE INDEPENDENTLY			
Adult Day Care			
Rutherford LifeCare (828) 288-1697 859 Thunder Rd., Spindale, 28160 www.rutherfordlifecare.com	Mon. – Fri. 7:30 am – 5:30pm; Activities, personal care assistance, health services, dining	Adults with physical and cognitive impairments, age 18 +	\$ 44/ day and up; some scholarships available
Quaker Meadows Generations (828) 438-6255x 230 800 North Green St., Morganton, 28655	Mon. – Fri. 7am – 4:30; Activities, personal care assistance, health services, dining	Adults with physical & cognitive impairments,	\$45 / day; VA, LTC Insurance, CAP-DA
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 Manor of Rutherfordton (828) 286-9001, 188 Oscar Justice Rd., Rutherfordton, 28139 www.whiteoakmanor.com	7-day minimum; room, dining and activities; ancillary services (e.g. PT) at additional charge	Physician referral with FL2 and TB test	\$197 - \$208 / day; Medicare, & Medicaid accepted
Brookdale Forest City (828) 288-1171, 493 Piney Ridge Rd., Forest City 28043 www.brookdale.com	14-day minimum; room, dining, activities, memory care unit available, full furnished efficiency apartments	Physician referral with FL2 and TB test	\$150 / day
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
Grace Support Group at First Presbyterian Church (704) 477-3318, 79 Academy Street, Marion, NC 28752 cmiller@hospiceofrutherford.org	Fourth Tuesday, every other month, 11am Caregiver Support and Education Group	All Caregivers	Free
Holly Springs Senior Citizens Home (828) 245-7781, 1881 Big Island Rd., Rutherfordton, 28139	7-day minimum; room, dining, activities; support with ADLs	Physician referral with FL2 and TB test	\$100 / day
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
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
Project Lifesaver, Rutherford County Sheriff’s Office (828) 287-6068, Capt. Chris Adkins	Uses FM radio signals to find someone with dementia who may have wandered	Anyone with a cognitive impairment	\$5 for battery
Willow Ridge Rehabilitation and Living Center (828) 286-7200, 237 Tryon Rd., Rutherfordton, 28139 www.willowridgerehab.com	Room, dining, activities, skilled nursing; therapies at additional charge	Physician referral with FL2 (TB test can be done on site)	Semi-private \$175; private \$196

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.			
Absolute Home Care Support Services, Amy Hamilton* (828) 305-2278, 242 Rosey Lane, Rutherfordton, 28139			\$350 initial assessment; hourly
Community Alternatives Program (CAP) for Disabled Adults (DA) Rutherford Regional Hospital's Carolina Home Care (828) 245-3575, 2270 US Hwy 74A, Suite 345, Forest City, 28043 www.ncdhhs.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 (800) 241-3363, 1211 N. Main St., Marion, 28752, www.caresouth.com			Medicare, Medicaid & Insurance
Healthy@Home (828) 580-5000, 201 St. Germain Ave. SW, Valdese, 28690, www.carolinashealthcare.org/healthy-at-home			Medicare, Medicaid & Insurance
Gentiva Health Services (704) 484-3294, 425 Cherryville Rd., Suite A, Shelby, 28150 (Cleveland and Rutherford)			Medicare, Medicaid, Insurance
Maxim Healthcare Services* (828) 299-4388, 1269 Tunnel Rd., Asheville, 28805, www.maximhealthcare.com			Medicaid & Insurance
Rutherford Regional* (828) 245-3575, 2270 US Hwy 74A, Suite 345, Forest City, NC 28043, www.myutherfordregional.com			Medicare, 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.			
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.
Carolina Home Care Specialist, Inc. (828) 765-4343, carolinahome@bellsouth.net , 125 Skyview Cir. Spruce Pine, 28777			CAP Medicaid, VA, LTC Insurance
Claddaugh Home Care (704) 480-6506, 201 S. Washington, St. Ste. 140, Shelby, 28150			CAP Medicaid, LTC Insurance, VA
Complete Care, Inc. (704) 480-9578, 404 W. Warren St., Shelby, 28150			CAP Medicaid, LTC Insurance, VA
Harris Home Care (828) 286-2050, 616 W. Main St. Spindale, 28160			CAP Medicaid, LTC Insurance, VA
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
Rutherford Housing Partnership (828) 248-3431, 686 W. Main St., Forest City, 28043 www.rutherfordhousingpartnership.com	Urgently needed repairs and referrals for weatherization assistance f	Income eligibility applies	o or reduced cost based on eligibility
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			
Rutherford County Senior Center (828) 287-6409, 193 Callahan-Koon Rd., Spindale www.rutherfordcountync.gov/seniorcenter	Senior Dining, home delivered meals, physical activity, education & socialization	People age 60+	Many programs are free or by donation
Corpening Memorial YMCA (828) 659-9622, 348 Grace Corpening Dr., Marion, 28752 www.ymcawnc.org	Gym, personal training, indoor pool, indoor walking; balance, strength, flexibility classes	All are welcome	\$ 46/ mo. (65+) with 1-year commitment; Financial assistance
Transportation Assistance			
Rutherford County Transit (828) 659-0634, 294 Fairgrounds Rd. Spindale, 28160 www.rutherfordcountync.gov/transit	Mon. – Fri., 7am – 5:30pm; deviated fixed routes and Medicaid transportation to Medical appointments paid by Medicaid	People age 60+ or have a disability e eligible for up to 4 free monthly rides	Free
SPECIFIC GERIATRIC SYNDROMES			
Advance Care Planning			
Hospice of McDowell County (828) 652-1318, 575 Airport Rd., Marion, NC 28752 www.hospiceofmcdowell.org	Education and assistance with completing 5-wishes	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			
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	10-bed inpatient unit for evaluation and	Age 55 +, medically	Medicaid, Medicare

(828) 894-3311, 100 Columbus Drive, Columbus, 28722 www.saintlukeshospital.com	treatment of adults with mental health concerns.	stable, physician referral	and Private Insurance
---	--	----------------------------	-----------------------

Last updated: August 6th, 2015