

## Services for Older Adults Living in Yancey 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                  |
| Magnolia Day Program, NC Outreach Homecare, LLC<br>(828) 682-2220, 24 N. Main Street, Burnsville, 28714<br><a href="http://www.supportsolutionsms.com">www.supportsolutionsms.com</a>  | Mon. – Fri., 9am – 3pm; Group and Individual day services for people with intellectual and developmental disabilities                     | Referral from Smokey Mtn LME; Medicaid recipient                       | Medicaid CAP-MR/DD                                      |
| <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  |
| Brookside Rehabilitation & Care Center Nursing Home<br>(828) 682-9759, 310 Pensacola Rd., Burnsville, 28714<br><a href="http://www.brooksiderehabandcare.com">www.brooksiderehabandcare.com</a>  | 24 hour respite care includes nursing & meals; accepts bariatric up to 550 lbs.; designated supervised smoke times                        | No eligibility requirements  | Private - \$175; semi-private \$155; accepts Hospice    |
| 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)         |
| Mountain Manor Assisted Living<br>(828) 682-3417, 270 Love Fox Rd., Burnsville, 28714  | 24 hour respite care as bed are available includes supervised care and meals  | No eligibility requirements  | Private - \$1,000 per week; accepts Hospice coverage    |
| 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+, has dementia or 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  |
| Yancey House<br>(828) 678-9200, 6 Cooper Ln., Burnsville, 28714<br><a href="mailto:Yanc.adm@meridien.com">Yanc.adm@meridien.com</a>  | 24 hour respite care as bed are available includes supervised care & meals; special care unit wing  | Need FL2 from MD and TB test; up to 30 days                            | Semi-private - \$95 for special care unite- \$125       |
| <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>Yancey County CAP/DA/PCS<br>(828) 682-7967, 200 Medical Campus Dr., Burnsville, 28714   | Alternatives to Nursing Home Placement – case management, in-home aid, medical equipment, respite   | Medicaid beneficiaries 18+, disabled, at risk for institutionalization | Medicaid  |

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| <a href="http://www.ncdhhs.gov/dma/medicaid/ltc.htm">www.ncdhhs.gov/dma/medicaid/ltc.htm</a>  |   |  |   |
| <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          |
| <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.           |   |  |   |
| Appalachian Home Care<br>(828) 963-8233, 7929 Highway 105 South, Suite B, Boone, 28607  |   |  | CAP Medicaid, VA, LTC Insurance         |
| Brightstar Care of Asheville<br>(828) 255-1733, 1340 Patton Ave., Asheville, 28804  |   |  | VA                                      |
| Carolina Home Care Specialist, Inc.<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          |
| Gentiva Community Care<br>(828) 898-6000, 358 Beech St., Newland, 28657   |   |  | LTC Insurance, VA                       |
| High Country Homecare<br>(828) 733-1248, 430 Pineola St., Newland, 28657  |   |  | CAP Medicaid, VA, LTC Insurance         |
| Maxim Healthcare Services<br>(828) 299-4388, 1269 Tunnel Rd. Asheville  |   |  | CAP Medicaid, VA, LTC Insurance         |
| Yancey County CAP/DA/PCS<br>(828) 682-7967, 200 Medical Campus Dr., Burnsville, 28714   |   |  | CAP Medicaid                            |
| <b>Home Repair</b>  |   |  |   |
| First Baptist Church Burnsville<br>(828) 682-2288, 11 Town Square, Burnsville, 28714  | Builds ramps for older adults   | No eligibility requirements                    | Free based on availability of funds     |
| Yancey Homes of Hope<br>(828) 284-3737 Annette Carlton  | Accessibility home repair assistance for older adults in Yancey County              | No eligibility requirements                    | Free based on availability of funds     |
| 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 |
| <b>Physical Activity, Nutrition &amp; Socialization</b>   |   |  |   |
| Blue Ridge Regional Fitness and Rehab Center<br>(828) 678-3488, 155 Love Fox Rd., Burnsville  | Functional fitness and physical therapy Facility, includes therapy pool             | No eligibility requirements                    | \$40 / month for seniors                |

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| www.blueridgehospital.org   |  |   |   |
| Burnsville Seventh Day Adventist Church<br>(828) 682-7476, 445 Cliffs of Ivy Rd, Burnsville, 28714  | Community meal served on Tuesdays from 5-6pm   | No eligibility requirements   | Donations accepted  |
| Yancey County Senior Center<br>(828) 682-6011, 10 Swiss Ave, Burnsville, 28714<br>www.yanceyseniorcenter.org  | Physical activity, home delivered and congregate dining, socialization and education                                 | People who are 60+  | No cost to use facilities; donations accepted             |
| <b>Transportation Assistance</b>  |  |   |   |
| Round-A-Bout<br>(828) 253-0057<br>www.roundaboutwnc.com   | Non-emergency transport for groups & individuals with mobility challenges  | No eligibility requirements   | Private pay & Medicare                                    |
| Yancey County Transportation Authority<br>(828) 682-6144, 115 Mitchell Branch Rd., Burnsville, 28714<br>www.yanceycountync.gov/transportation-authority | Door to door transportation to any location; 24 hour notice required for older adults and 5 days notice for Medicaid | No eligibility requirements<br>People 60+ or disability receive reduced rates | Free for medical appt.; sliding fee scale for other rides |
| <b>SPECIFIC GERIATRIC SYNDROMES</b>   |  |   |   |
| <b>Advance Care Planning</b>  |  |   |   |
| Blue Ridge Regional Hospital<br>(828) 766-1695, 125 Hospital Drive, Spruce Pine, 28777<br>www.blueridgehospital.org                                     | 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>www.legalaidnc.org/public/Learn/offices/morganton/            | 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  |
| WNC Advance Care Planning Initiative<br>(828) 257-4449, 121 Hendersonville Rd., Asheville, 28803<br>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, Burnsville Satellite Clinic<br>(828) 771-2219, 856 Georges Fork Road, Burnsville, 28714<br>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               |
| <b>Depression and Substance Abuse Resources</b>   |  |   |   |
| Smoky Mountain Center LME / MCO<br>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                            |
| <b>Fall Prevention Services</b>   |  |   |   |
| Western North Carolina Fall Prevention Coalition<br>(828) 251-7438 (through Land of Sky Regional Council)<br>www.wncfallpreventioncoalition.org         | Website includes resource list for McDowell County fall prevention services; link on the right side of page          | All   | Free  |