

## Services for Older Adults Living in Buncombe 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>			
CarePartners Adult Day Services (828) 277-3399, 68-A Sweeten Creek Rd., Asheville, 28803 <a href="http://www.carepartners.org">www.carepartners.org</a>	Mon.–Fri., 7:30 am–6 pm, Sat. 9 am–5 pm Activities, personal care assistance, health services, dining, rehabilitation services	Adults with physical and cognitive impairments, age 18 +	Starts \$50/day; Medicaid CAP, VA coverage
DayStay Adult Day Services (828) 665-1575, 135 Candler School Rd., Candler, 28715 <a href="http://www.daystayasheville.com">www.daystayasheville.com</a>	Mon. – Fri., 7:30 am – 5:30 pm Activities, personal care assistance, health services, dining	Adults who needs supervision during the day; No referral required	Starts \$50/day; financial assistance may be available
Dogwood Day Program, NC Outreach Homecare, LLC (828) 232-8068, 7A Glenn Bridge Rd, Arden 28704 <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
Elder Club with Jewish Family Services (828) 253-2900, 417 Biltmore Ave., Asheville, 28801 <a href="http://www.jfswnc.org/elder-day-club">www.jfswnc.org/elder-day-club</a>	Tuesdays & Thursdays 11am-2pm Social activities, exercise, and nutritious kosher meals; open to people of any faith	Adult who needs supervision during the day; No referral required	\$28 / day; scholarships available
Irene Wortham Center Adult Day Program (828) 274-7518, 18 Azalea St., Asheville, 28803 <a href="http://www.ireneworthamcenter.org/adult-day-activity">www.ireneworthamcenter.org/adult-day-activity</a>	Mon. – Fri. 8am – 5pm; Programs for adults with developmental disabilities; promoting independence and socialization	Adults with developmental disabilities	\$40 / day; financial assistance may be available
PACE (Program of All-Inclusive Care for the Elderly) (828) 213-8442, 286 Overlook Rd. Asheville, 28803 <a href="mailto:lbaker-seseika@carepartners.org">lbaker-seseika@carepartners.org</a>	Medicare program & Medicaid state option providing community based care & services to those who need skilled nursing	Age 55+; live in service area; eligible for skilled nursing; safe at home	Medicaid and Medicare; private pay
<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
CarePartners Overnight Respite (828) 277-3399, 68-A Sweeten Creek Rd., Asheville, NC 28803 <a href="http://www.carepartners.org">www.carepartners.org</a>	Overnight respite includes access to day health and day care; medication administration and monitoring	Must be enrolled in Day Health Program	\$150 per night, evening meals included
CarePartners Support Groups Various Locations in Buncombe County <a href="http://www.carepartners.org/patients_support.html">www.carepartners.org/patients_support.html</a>	Various Support Groups (e.g. ALS, Aphasia, Arthritis, Brain Injury, Parkinson’s, Post Polio, Stroke and more)	No eligibility requirements	Free
Caring For Aging Parents Education and Support (C.A.P.E.S.) (828) 277-8288 1 Hospital Dr. – Room 4402, Asheville, 28801 <a href="http://www.coabc.org/help-center/capes-support-group">www.coabc.org/help-center/capes-support-group</a>	Third Monday Monthly, 5:00 – 6:30 pm Support, resources & education	All caregivers; focus on those with aging parents	Free
Council on Aging of Buncombe County, Inc. Family Caregiver Support Program (828) 277-8288, 46 Sheffield Circle, Asheville, NC, 28803 <a href="http://www.coabc.org">www.coabc.org</a>	Funds for respite care including adult day care, skilled nursing and in-home aid	Caregivers whose care recipient is 60+ or has dementia and requires assistance with 2+ ADLs	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

Greenwood Inn, Black Mountain Center (828) 259-6900, 932 Old U.S. Hwy 70, Black Mountain, 28711 <a href="http://www.bmcnc.org/Services/Greenwood_Inn/greenwood_inn.htm">www.bmcnc.org/Services/Greenwood_Inn/greenwood_inn.htm</a> <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)
Land-of-Sky Regional Council, Family Caregiver Support (828) 251-6622, 339 New Leicester Hwy, Asheville, 28806 <a href="http://www.landofsky.org/fcsp.html">http://www.landofsky.org/fcsp.html</a>	Information, assistance, education and respite	Caregivers of one who is 60+ or has dementia; raising grandchildren	Free
Memory Care Caregiver College (828) 771-2219, 100 Far Horizon Lane, Asheville, 28803 <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 MemoryCare clients
Memory Caregivers Network Support Group (828) 230-4143, <a href="mailto:network@memorycare.org">network@memorycare.org</a> Meetings in 4 locations throughout Buncombe County	Monthly support & education for caregivers of people with memory loss; refreshments	Caregivers of people with memory loss	Free and donations accepted
Memory Loss Collaborative Support Group Cannon Hyde, (828) 230-4143, <a href="mailto:cannanhyde@att.net">cannanhyde@att.net</a> Mel Kelley, (828) 301-0529, <a href="mailto:avant_garden@msn.com">avant_garden@msn.com</a>	Facilitated support group for those who have received a diagnosis of memory loss; Three locations in Buncombe County	People who have received a diagnosis of memory loss	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
<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.			
Aging Advocates* (828) 225-0790, P.O. Box 461, Asheville, 28802, <a href="http://www.agingadvocates.com">www.agingadvocates.com</a>			Private Pay, fee based on hourly rate
Council on Aging of Buncombe County (828) 277-8288, 46 Sheffield Circle, Asheville, 28803, <a href="http://www.coabc.org">www.coabc.org</a>			Free for those who meet income levels
Holistic Elder Care Services, Karen Wolfrom* (828) 350-0579 <a href="mailto:seniorcaremanagementwnc@gmail.com">seniorcaremanagementwnc@gmail.com</a> , <a href="http://www.seniorcaremanagementwnc.com">www.seniorcaremanagementwnc.com</a>			Private Pay, fee based on hourly rate
Premier Navigation, Lisa Laney* (828) 772-0002, <a href="http://www.premiercarenavigation.com">www.premiercarenavigation.com</a> , <a href="mailto:lisa@premiercarenavigation.com">lisa@premiercarenavigation.com</a>			Private Pay, fee based on hourly rate
Senior Care Consulting, LLC Spike Graham, (828) 337-1776, <a href="mailto:seniorcarewnc@gmail.com">seniorcarewnc@gmail.com</a> , <a href="http://www.seniorcarewnc.com">www.seniorcarewnc.com</a>			Private Pay, Fee based on hourly rate
WNC Geriatric Care Management* (828) 776-4269, 20 Harrison St., Asheville, 28801, <a href="http://www.wncgcm.com">www.wncgcm.com</a>			Private Pay, Fees based on hourly rate
Community Alternatives Program (CAP) for Disabled Adults (DA) Caroline Levi, (888) 207-7828, <a href="mailto:Caroline.levi@rhanet.org">Caroline.levi@rhanet.org</a> <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* (828) 277-4722, 68 Sweeten Creek Rd., Asheville, 28803, <a href="http://www.carepartners.org">www.carepartners.org</a>			Medicare, Medicaid & 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
Park Ridge Health Home Health Program (828) 687-5261, 895 Howard Gap Road, Fletcher, www.parkridgehealth.org			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.			
Advantage Care Services (828) 225-0810, 8 Elk Mountain Rd., Asheville, 28804, www.advantagecares.com			Private Pay, LTC Ins. Low income subsidy
Always Best Care (828) 989-7263, 2 Town Square Blvd., Suite 344, Asheville, 28803, www.alwaysbestcarewnc.com			Private Pay & LTC Insurance
A New Hope Home Care (828) 255-4446, 34 N. Ann St., Asheville, 28801, www.anewhopehomecare.com			CAP, Medicaid, VA, LTC Ins.
Bayada Home Health (828) 681-5100, 200 Ridgefield Court, Suite 214, Asheville, 28806, www.bayada.com			LTC Insurance, Medicaid CAP
BrightStar Care (828) 255-1733, 130 F Patton Ave., Asheville, 28806, www.brightstarcare.com			Private Pay
Comfort Keepers (828) 687-1199, 450 Airport Road, Fletcher, NC 28732, www.comfortkeepers.com			Private Pay & LTC Insurance
Home Carefree (828) 277-1580, 900 Hendersonville Rd., Sute 204 A, Asheville, 28803, www.homecarefree.org			Private Pay
Home Instead Senior Care (828) 274-4406, 1293 Hendersonville Rd. #4, Asheville, 28803, www.homeinstead.com			Private Pay & LTC Insurance
Home Watch Care Givers (828) 676-1585, 1977 Hendersonville Rd., Asheville, 28803, www.homewatchcaregivers.com			Private Pay & LTC Insurance
Interim Healthcare (828) 274-2082, 2 Walden Ridge Rd. Unit 20A, Asheville, 28803, www.interimhealthcare.com			LTC Insurance, VA, Medicaid CAP
Mountain Home Care (828) 684-6444, 2270 Hendersonville Rd., Arden 28704, www.mountainhomecare.com			Private Pay & LTC Insurance
Seniors Helping Seniors (828) 236-0662, 20 Crestwood Rd., Asheville, 28804, www.seniorcareasheville.com			Private Pay & LTC Insurance
ResCare Home Care (828) 258-8881, #309, 40 N. Merrimon Ave., Asheville, 28801, www.rescarehomecare.com			Medicaid & LTC Insurance
Visiting Angels of Western North Carolina (828) 665-3944, 671 Brevard Rd., Asheville, NC 28806, www.visitingangels.com			Private Pay & LTC Insurance
<b>Home Repair</b>			
Community Action Opportunities (828) 252-2495, 25 Gaston St., Asheville, 28801	Heating repair and replacement; weatherization services	Home owners and rentals; Income guidelines apply	Nominal fee based on income

www.communityactionopportunities.org			
Council on Aging of Buncombe County, Inc. Seniors Safe at Home Program (828) 277-8288, 46 Sheffield Circle, Asheville, 28803 www.coabc.org	Minor home repairs and modification; assistance applying for weatherization services; free fans and air conditioners	People who are 60+; income guidelines apply	No cost for individuals who qualify
Accessibility Modifications (828) 329-9851, Pisgah Forest, NC, 28767 www.accessibilitymodifications.net	Certified Aging in Place Specialist performing accessibility modifications	No eligibility requirements	Private pay
Essential Home Solutions, Inc. (828) 553-6488, 150 Pine Shore Dr. Brevard, 28712	Certified Aging in Place Specialist performing accessibility modifications	No eligibility requirements	Private pay
Fusco's Concierge Service (828) 279-9771 www.fuscosconcierge.com	Personal assistant, household, housekeeping, handyman and landscaping services	No eligibility requirements	Services start at \$25 per hour
Handyman Matters of Western North Carolina (828) 698-5541, Hendersonville, 28739 <a href="http://www.wnc.handymanmatters.com">www.wnc.handymanmatters.com</a> , <a href="mailto:rickc@handymanmatters.com">rickc@handymanmatters.com</a>	Certified member of Accessible Home America, free home safety inspections and report; home repairs and modifications	No eligibility requirements	10% discount to senior citizens
Moore Home Services (828) 458-5527, 114 Foster Hill Drive, 28739	Certified Aging in Place Specialist performs inspections, modifications and repairs	No eligibility requirements	Private pay
Mountain Housing Opportunities (828) 254-4030, 64 Clingman Ave. Asheville, 28801 www.mtnhousing.org	Home repair and rehabilitation	People who are 62 + or disabled and meet income requirements	No cost to people who meet eligibility requirements
Riddle Construction Company, Inc. (828) 692-0763, 732 Jonesborough St. Hendersonville, 28739 www.riddleconstruction.com	Certified Aging in Place Specialist performing all types of accessibility modifications	No eligibility requirements	Private pay
Vocational Rehabilitation & Independent Living <sup>1</sup> (828) 670-3377, 8 Barbetta Dr, Asheville, NC 28806 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
<b>Physical Activity, Nutrition &amp; Socialization</b>			
Asheville Parks and Recreation, Recreation Centers (828) 259-5800, 11 Centers throughout greater Asheville area www.ashevillenc.gov	Rec. centers throughout the greater Asheville area offer physical activity & socialization opportunities	People of all ages, including seniors	Many services are free; call for specific programming
Harvest House (828) 350-2051, 205 Kenilworth Rd. Asheville, 28803 www.ashevillenc.gov	Mon – Fri. 9am – 4pm; Senior Center provides physical activity, socialization and education	People age 60+	Many services are free; call for specific programming
Lakeview Senior Center (828) 669-8610 1 Rhododendron Rd., Black Mountain, 28711 <a href="http://bmrp.recdesk.com/recdeskportal/">http://bmrp.recdesk.com/recdeskportal/</a>	Mon. – Fri. 9am – 4pm; Senior Center provides congregate dining, physical activity, socialization and education	People age 60+	Many services are free; call for specific programming
Meals on Wheels of Asheville / Buncombe (828) 253-5286, 146 Victoria Rd, Asheville, 28801	Hot nutritious meals delivered Mon. – Fri. between 10am – 12:30 pm to homebound	People age 60+, homebound, not able to	Based on ability to pay; all will be

www.mowabc.org	older adults	cook, application required	served
Osher Life Long Learning Center (828) 251-6140, 1 Campus View Rd., Asheville, 28804 www.olliasheville.com	Mon. – Fri. 8am – 5pm; Life long learning institute provides educational, physical activity and socialization opportunities	People of all ages	Fee for Services; Membership and class fees apply
Senior Opportunity Center (828) 350-2062, 36 Grove St., Asheville, 28801 www.ashevillenc.gov	Mon. – Fri. 9am – 4pm; Senior Center provides congregate dining, physical activity, socialization and learning	People age 60+	Many services are free; call for specific programming
<b>Transportation Assistance</b>			
Asheville Transit System (828) 253-5691 http://www.ashevillenc.gov/Departments/Transit.aspx	Mon. – Fri. 5:30am – 10pm; All buses offer wheelchair lifts and other features to accommodate riders with disabilities	People age 65+ receive half price discount.	\$0.50 per trip discounted books also available.
Council on Aging of Buncombe County, Inc. Call a Ride Program (828) 277-8288, 46 Sheffield Circle, Asheville, 28803 www.coabc.org	Medically necessary, volunteer transportation on donation basis with prior appointment (one week notice requested)	People 60+, not medically appropriate for Mtn. Mobility	No cost, donation accepted
Mountain Mobility (828) 250-6750 www.buncombecounty.org/governing/depts/transportation/	Transportation in handicap accessible vehicle; free city bus passes & discounted taxi coupons for qualified seniors	Multiple factors; call to determine eligibility.	Free or low cost to eligible seniors; donations accepted
Out n' About (828) 712-7259	Local, long distance, and overnight travel; assistance with transfers & personal care	Available to anyone	Private Pay
Road to Recovery, American Cancer Society (888) 227-6333	Mon. – Fri. 8am – 6pm (volunteer availability dependent) for ambulatory cancer patients to medical appts.	People with a cancer diagnosis	Free
Round-A-Bout (828) 253-0057, www.roundaboutwnc.com	Non-emergency transport for groups & individuals with mobility challenges	Available to anyone	Private pay & Medicare
<b>SPECIFIC GERIATRIC SYNDROMES</b>			
<b>Advance Care Planning</b>			
CarePartners Advance Care Planning Workshops (828) 277-4800 x 8379, 68 Sweeten Creek Rd., Asheville, 28803 dbabb@carepartners.org	Quarterly workshops on the 3 <sup>rd</sup> Monday of the month, 4:30 – 6:30 pm, incl. tips to guide of end of life conversation	All are welcome	Free
Mission Health Advance Care Planning Services (828) 213-1111, 509 Biltmore Ave., Asheville, 28801 www.mission-health.org	Provides forms and guides discussions about medical care advocacy and end of life wishes	All are welcome	Free
Osher Life Long Learning Center (828) 251-6140, 1 Campus View Rd., Asheville, 28804 www.olliasheville.com	Workshops every 4 months, incl.: panel discussion, support and notarization for those who want to complete forms.	All are welcome	Free
Pisgah Legal, Elder Law Project (828) 253-0406, 62 Charlotte St., Asheville, 28801	Advance Care Planning Support	Income eligibility requirements apply	Free
WNC Advance Care Planning Initiative	Advance Care Planning presentation &	No eligibility requirements	Free

(828) 257-4449, 121 Hendersonville Rd., Asheville, 28803 www.mahec.net	support in completing documents; training for healthcare professionals		
<b>Dementia Assessment</b>			
Memory Care, Initial Evaluation (828) 771-2219, 100 Far Horizon Lane, Asheville, 28803 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>			
NAMI Support Groups (828) 505-7353 356 Biltmore Ave., Suite 207, Asheville, 28001 www.namiwnc.org	NAMI - Connection Recovery and Family Support Groups	Self-referral	Free
Partnership for Pastoral Counseling (828) 275-7279, Asheville, 28815 www.ppcwnc.org	Pastoral Counseling open to people of all faiths – for individuals, couples & families	No eligibility requirements	Sliding fee scale
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>			
Western North Carolina Fall Prevention Coalition (828) 251-7438 (through Land of Sky Regional Council) www.wncfallpreventioncoalition.org	Website includes screening, provider education, care transitions and community education resources	All	Free

Last updated: December 2015

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