

SOUTHWESTERN VERMONT COUNCIL ON AGING

The Southwestern Vermont Council on Aging provided the following services to older persons in Shaftsbury over the past year:

The Council helped provide 1,486 meals that were delivered to the homes of 19 older persons in your community; this service is often referred to as “Meals on Wheels.” The Council also supplied “Blizzard Bags” containing shelf-stable meals to Meals on Wheels participants and other vulnerable elders in your community to use in emergency situations. Thirty-three Shaftsbury elders came together at one or more of the luncheon sites in our area enjoying good food as well as the company of others; 1,280 meals were provided to this group over the past year.

SVCOA Case Management staff worked with 38 elders in Shaftsbury helping them with application assistance and problem solving related to programs such as Fuel Assistance, SSI, Medicaid, Food Stamps, etc. They also helped elders connect with in-home assistance programs, including the Choices for Care Medicaid Waiver services. This service is especially valuable to frail elders who want to remain at home rather than to go into a nursing home.

The Council on Aging also provided: 1) Medicare D, health benefit counseling information and form assistance through its SHIP Program. This was especially helpful to elders having to deal with this ever-changing federal assistance program; 2) Senior HelpLine telephone assistance to help elders and others needing information about available programs and support (786-5991 or 1-800-642-5119); 3) Legal assistance through the Vermont Senior Citizens Law Project; 4) Information about elder issues through the “Elder Connection” column; 5) Nutrition education and counseling services provided by the Council’s Registered Dietician; 6) Support for frail, homebound elders through its Senior Companion Program; 7) Assistance to those dealing with mental health issues through the Elder Care Clinician program provided in cooperation with United Counseling Service; 8) Funding help for transportation services delivered through the Green Mountain Express and Bennington Project Independence; 9) Community Development assistance; and 10) Support and information for caregivers including respite grants for caregivers helping loved ones who have Alzheimer’s Disease or a related dementia.

Respectfully submitted

Diane Novak, Executive Director