



In association with:

University of Vermont College of Medicine-

Family Medicine Clerkship

Champlain Valley Agency on Aging



Winooski Housing Authority



SASH (Support And Services at Home)



There are a number of resources available in the community to assist older Vermonters with nearly all aspects of their lives.



COMMUNITY RESOURCES

For Seniors in Chittenden County

Fletcher Allen Health Care
111 Colchester Avenue
Burlington, Vermont 05401
FletcherAllen.org



Resources Are Available For You

Champlain Valley Agency on Aging

CVAA provides many services to seniors in Chittenden, Addison, Franklin, and Grand Isle counties. They are able to connect seniors with even more resources that may be helpful to an individual's unique needs through the **Senior HelpLine (1-800-642-5119)**. The Senior HelpLine is a clearinghouse of information about senior services in the area. CVAA handles approximately 10,000 calls to the Senior HelpLine per year.

Services provided by CVAA include Meals On Wheels, Community Meals with other seniors, Options Counseling, which can help you understand choices available for care in the short and long-term, Case Management, Tai Chi for Arthritis, falls prevention, and much more.

SASH (Support And Services at Home)

SASH is a program that is **free** to those with Medicare. SASH provides personalized coordinated care with the goal of bringing health care into the home to allow seniors to stay safely at home. SASH is a collaborative partnership between affordable housing organizations, home health agencies, the Area Agencies on Aging, and community mental health resources.

SASH works to arrange health services, educate older Vermonters and persons with disabilities about health topics, and transition support services back home after a hospital or rehabilitation stay. Additionally, SASH organizes community healthy living programs such as weight loss programs, smoking cessation programs, yoga, bird watching, and more.



Housing and Senior Centers

There are a number of senior housing areas within Chittenden County. The Winooski Housing Authority operates 263 senior housing units in Winooski. Many cities and towns have public housing available to seniors. Additionally, local senior centers are a great place to visit and participate in activities. They often provide programming multiple days per week both at the local center and around town.

The CVAA **Senior HelpLine (1-800-642-5119)** is the best resource to help you get in touch with a public housing coordinator or direct you to local senior centers.

Your Health Care Provider and the Community Health Team

Often, the first person you may ask for help is your health care team. If you have a concern about being able to carry out daily activities, such as cooking a hot meal, shopping, getting around, taking care of your home, or anything else, your health care provider wants to know. That person can direct you to available resources in the community. You may be referred to the Community Health Team (CHT) within your provider's office. The CHT is a free service that includes a social worker who can work with you one-on-one to connect you with the appropriate community resources and agencies.

