

Dementia Caregiver Resources for Yancey County

Updated 3-25-23, Friends of Dementia Caregivers

Friends of Dementia Caregivers – maintains contact with caregivers by email providing information, tips, training and announcements about Support Groups and upcoming programs for caregivers. Call April Henkel, 850-228-1228, or by email, henkelag@outlook.com

Project C.A.R.E. (Caregiver Alternatives to Running on Empty) – serving *Alexander, Alleghany, Ashe, Avery, Burke, Caldwell, Catawba, Davie, Forsyth, Mitchell, Stokes, Surry, Watauga, Wilkes, Yadkin and Yancey counties*. Provides dementia caregivers with respite vouchers, care management, information and referral, and training. Call Karen Phoenix, 828-485-4267 (Western Piedmont Area Agency on Aging, Hickory, NC). Website: <https://www.wpcog.org/copy-of-regional-aging-advisory-com>

Duke Dementia Family Support Program – Free consultations for NC residents by phone, email, Zoom, or in-person for people living with memory loss or for families caring for someone with dementia. Trained staff will provide personalized tips and other valuable information such as help navigating care decisions, finding community services, creating strategies for challenging behavioral symptoms of dementia, and coping with emotions triggered by caregiving. Call 919-660-7510. Website: <https://dukefamilysupport.org/>

Project Lifesaver – this program uses radio signal tracking to help the Yancey County Sheriff's Office locate individuals who have wandered from home and become lost. Also available in Mitchell County. Call Admin. Lt. Anna Kirkman, Yancey County Sheriff's Office, 828-682-1848.

SECU Center for Memory Care – Located in Asheville, MemoryCare provides a thorough diagnosis and connects the family with a team to help manage caring for someone with dementia at home. Also, valuable education and training. Website: www.memorycare.org

Veterans Administration, Aid & Attendance benefits and Housebound Allowance -- Provides a financial benefit to qualified veterans and survivors who need help with daily activities or are house-bound. Call Ed Seel, Veteran Services Office, 828-682-1514. Email: Edison.Seel@yanceycountync.gov

NC Caregiver Portal - www.nc-caregivers.com – a great online resource for NC residents (free). Look up any problem, concern or issue and this easy-to-use tool will provide resources (video's, presentations, articles, handouts).

Yancey County Senior Center – Meals on Wheels, homemaker and personal care assistance, Senior Dining (gather at the Senior Center for a lunchtime meal), Chair Yoga and other activities. Call 828-692-6011. Email Jackie Thomas: Jackie.Thomas@yanceycountync.gov

Family Caregiver Support Program – helps cover some of the costs of caregiving, referrals to other programs and assistance; works alongside Project C.A.R.E. Call Lola Benfield, 828-265-5434, Ext. 113. Email, lbenfield@hccog.org Website: <https://www.highcountryaging.org/services/family-caregiver-support-program>

My Neighbors – A volunteer community network of support and services to help members live independently in their homes. Volunteers help members with small household chores, transportation needs, and other assistance. Call 828-295-2412 for information. Website: <https://myneighbors.clubexpress.com/>