



Rutland Office: 802-786-5990  
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Helpline: 1-800-642-5119

## **Report to the Citizens of Sandgate**

This report describes the services that the Southwestern Vermont Council on Aging (SVCOA) provided to elders in Sandgate during SVCOA's most recent annual reporting period of 10/1/2021 through 9/30/2022.

### ***Nutrition Support***

The Council helped provide 436 meals that were delivered to the homes of 3 elders in your community. This service is often called "Meals on Wheels". In addition, 3 Sandgate elders came together at a luncheon site in your area to enjoy a nutritious meal and the company of others; 117 meals were provided.

Additionally, SVCOA provided 6.25 hours of one-on-one nutrition support, including nutrition assessments and resource connections and referrals, to 3 residents of Sandgate.

### ***Case Management Assistance:***

SVCOA case management and outreach staff helped 1 elder in your community for a total of 15 hours. Case managers meet with an elder privately in the elder's home or at another agreed upon location and assess the elder's situation. They will work with the elder to identify needs and talk about possible services available to address those needs. If the elder desires, the case manager will link the client to appropriate services, coordinate and monitor services as necessary, and provide information and assistance to caregivers. Case managers also help elders connect with in-home assistance programs, including a program called Choices for Care. This program is especially helpful to frail elders facing long term care placement who still wish to remain at home.

### ***Other Services and Support:***

1) "Senior Helpline" assistance at 1-800-642-5119. Our Senior HelpLine staff provide telephone support to elders and others who need information on available programs and community resources; 2) Medicare and health benefit counseling information and assistance through our State Health Insurance Program; 3) Legal service assistance through the Vermont Senior Citizens Law Project; 4) Information about elder issues and opportunities via various agency articles and publications 5) Nutrition education and counseling services provided by SVCOA's Registered Dietician; 6) Senior Companion support for frail, homebound elders; 7) Outreach services to elders dealing with mental health issues through our Elder Care Clinician. This service is provided in cooperation with Rutland Mental Health; 8) Transportation assistance; 9) Caregiver support, information and respite to family members and others who are providing much needed help to elders in need of assistance; 10) Money Management programs that offer either a volunteer bill payer or representative payee services to elders and younger disabled individuals.