

## Vermont Aging & Disabilities Resource Connections (ADRC)

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### For all Vermonters seeking information

- **Vermont 211**
  - 📞 **CONTACT** Dial 211
  - 💻 Online at <http://www.vermont211.org/>

### For people over 60 years and older

- **Senior HelpLine** - For your local Area Agency on Aging (AAA).
  - 📞 **CONTACT** 1-800-642-5119
  - 💻 Online at <https://www.vermont4a.org/>
- **Age Well**
  - 📞 **CONTACT** 1-800-642-5119 or 1-802-865-0360
  - 💻 Online at <http://www.agewellvt.org/>
- **Area Agency on Aging for Northeastern Vermont**
  - 📞 **CONTACT** 1-800-642-5119 or 1-802-748-5182
  - 💻 Online at <https://www.nekcouncil.org/>
- **Central Vermont Council onAging**
  - 📞 **CONTACT** 1-800-642-5119 or 1-877-379-2600
  - 💻 Online at <http://www.cvcoa.org/>
- **Senior Solutions-Council on Aging for Southeastern Vermont**
  - 📞 **CONTACT** 1-800-642-5119 or 1-866-673-8376
  - 💻 Online at <http://www.seniorsolutionsvt.org/>
- **Southwestern Vermont Council onAging**
  - 📞 **CONTACT** 1-800-642-5119 or 1-802-786-5990
  - 💻 Online at <http://www.svcoa.org/>

### For people under 60 years old

- **Vermont Center for Independent Living**
  - CONTACT** the Vermont Center for Independent Living at 1-800-639-1522
  - 💻 Online at <http://www.vcil.org/>

### For people with a Traumatic Brain Injury

- **Brain Injury Alliance of Vermont**
  - 📞 **CONTACT** 802-244-6850
  - 💻 Online at <http://biavt.org/>