

Older Americans Act: 2023 Snapshot

The **Older Americans Act** creates the foundation for a system of services and supports that enables millions of older Americans to continue to live independently as we age. In Vermont, these services are overseen by the **Department of Disabilities, Aging and Independent Living** and provided across the state by Vermont's five **Area Agencies on Aging** (see map on back) and a network of community-based organizations. **Together, we served 1 in 3 older Vermonters (48,500) in 2023.**

- **30,000 calls were made to the statewide Helpline**, where older Vermonters and their family caregivers near and far received information, assistance and referrals on a range of questions related to aging, available benefits and local resources.
- **17,000 older Vermonters ate nutritious meals** delivered to their home or shared in community. Over 1 million meals were served in partnership with community and senior centers, businesses, towns, volunteers and donors.
- **6,000 older Vermonters received options counseling, case management, and care coordination** to access supports in their community, such as healthcare, public benefits, nutrition, wellness activities and more in order to remain independent and living at home.
- **63,000 rides were coordinated for older Vermonters** through partnerships between the Agencies on Aging and local transit providers, bolstered by the contributions of neighbors driving neighbors.
- **1,300 older Vermonters participated in evidence-based health promotion activities**, including Tai Chi to prevent falls, HomeMeds to improve medication safety and Powerful Tools for Caregivers to reduce the stress and burden of caring for family.
- **300 older Vermonters received legal representation, assistance, and advice** for a range of complex issues including housing, long-term care, finances/income, guardianship and more.
- **400 family caregivers**, those caring for older adults and older adults caring for children, were able to access information, resources, education, training and much needed respite to strengthen their ability to care for their loved ones.
- **Over 1,900 older Vermonters volunteered and provided over 132,800 hours of service** to help their neighbors by providing rides, delivering meals, teaching classes, offering companionship and more.

Learn more about services for older Vermonters at: <https://asd.vermont.gov/services/>.
Contact the State Unit on Aging: Jason Pelopida, jason.pelopida@vermont.gov



**Vermont
Association of
Area Agencies
on Aging**

Northeast Kingdom Council on Aging

Service Area: Caledonia, Essex & Orleans Counties

(802) 748-5182

www.nekcouncil.org

481 Summer Street, Suite 101

St. Johnsbury, VT 05819

Meg Burmeister, Executive Director

mburmeister@nekcouncil.org

Age Well

*Service Area: Addison, Chittenden,
Franklin & Grand Isle Counties (Except
for towns of Granville and Hancock)*

(802) 865-0360

www.agewellvt.org

76 Pearl Street, Suite 201

Essex Junction, VT 05452

Jane Catton, CEO

jcatton@agewellvt.org

**Southwestern Vermont
Council on Aging**

*Service Area: Bennington & Rutland
Counties (Except for towns of
Pittsfield, Winhall, Readsboro,
Searsburg)*

www.svcoa.org

Rutland office:

143 Maple Street

Rutland, VT 05701

(802) 786-5990

Bennington office:

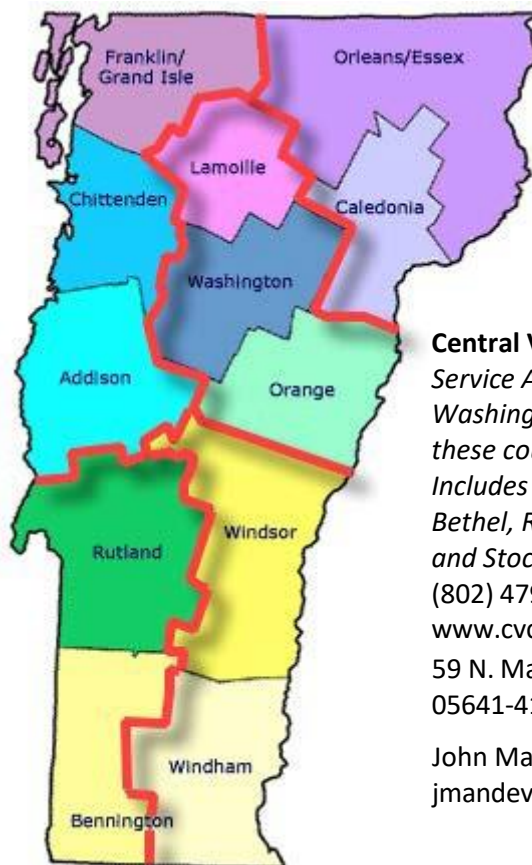
160 Benmont Avenue, Suite 90

Bennington, VT 05201

(802) 442-5436

Pamela Zagorski, Executive Director

pzagorski@svcoa.net



Central Vermont Council on Aging

*Service Area: Lamoille, Orange, &
Washington Counties (For all towns in
these counties except Thetford.*

*Includes Granville, Hancock, Pittsfield,
Bethel, Rochester, Royalton, Sharon
and Stockbridge)*

(802) 479-0531

www.cvcoa.org

59 N. Main Street, Suite 200 Barre VT
05641-4121

John Mandeville, Executive Director

jmandeville@cvcoa.org

Senior Solutions (Council on Aging for Southeastern VT)

*Service Area: Windham & Windsor Counties (Except for towns
of Bethel, Rochester, Royalton, Sharon, Stockbridge. Includes
towns of Searsburg, Readsboro, Thetford and Winhall)*

(802) 885-2655

www.seniorsolutionsvt.org

38 Pleasant Street

Springfield, VT 05156

Mark Boutwell, Executive Director

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