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Report to the Citizens of Sandgate

This report describes the services that the Southwestern Vermont Council on Aging (SVCOA) provided to older residents in Sandgate during **SVCOA's most recent annual reporting period of 10/1/2024 through 9/30/2025.**

Nutrition Support

In 2025 SVCOA supported 11 older residents in Sandgate through both our home delivered meal program known as “**Meals on Wheels**” as well as through monthly in-person luncheon gatherings. **A total of 1,171 meals were delivered and served this past year directly to Sandgate residents.** Additionally, SVCOA provided **7.25 hours of one-on-one nutrition support**, including nutrition assessments, resource connections and referrals directly to residents of Sandgate.

Case Management Assistance:

SVCOA Case Management and Outreach Staff supported older residents in Sandgate for a total of 82.5 hours. Case managers meet with an older resident privately in their home or at another agreed upon location and assess their individual situation. They will work with the older resident to identify needs and talk about possible services available to address those needs. If the older resident desires, the case manager will link them to appropriate services, coordinate and monitor services as necessary, and provide information and assistance to caregivers. Case managers also help clients connect with in-home assistance programs, including a program called Choices for Care. This program is especially helpful to frail older Vermonters facing long term care placement who still wish to remain at home.

Other Services and Support:

- 1) Toll-Free and Confidential Helpline assistance at **1-800-642-5119**. Our Helpline staff provide telephone support to older Vermonters 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 issues and opportunities that directly affect older Vermonters 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 older Vermonters
- 7) Outreach services to older Vermonters 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 older Vermonters in need of assistance.
- 10) Money Management programs that offer either a volunteer bill payer or representative payee services to older Vermonters and younger disabled individuals.