



CONFIDENT AGING STARTS HERE.

Welcome

We are Age Well—the leading experts and advocates for the aging population of Northwestern Vermont. We believe that health happens at home and focus on lifestyle, happiness and wellness—not on age. Since 1974, we have been part of Vermont’s Area Agencies on Aging, coordinating services and care for Addison, Chittenden, Franklin and Grand Isle Counties. Confident aging starts here.



Convenience at your doorstep

For over 40 years, we have provided Vermonters with the necessary support to manage their daily living needs, with the goal of keeping them active, healthy and independent. Our wide array of programs enhance quality of life and improve health outcomes.

Committed to helping individuals age well, we reduce barriers by providing access to healthy meals, in-home care and community resources. Delivered by staff members and over 1,000 incredible volunteers, our sought-after services are designed to meet the diverse needs of our clients, their families and caregivers.

As a nonprofit, most of our services are provided at no charge and we rely on donations and community support.

**DISCOVER ALL THAT WE HAVE TO OFFER.
LET US HELP YOU AGE WELL.**

agewellvt.org | Helpline: 1-800-642-5119

Over
10,000
individuals served
each year

Over
15,000
calls received
by the Helpline

Over
20,000
hours of care
coordination provided

Over
250,000
Meals on Wheels
delivered

Our mission:

To provide the support and guidance that inspires our community to embrace aging with confidence.

Our services



HELPLINE

Where confident aging starts

Need help? Just call our toll-free, confidential Helpline: 1-800-642-5119. Your call will be answered by one of our friendly, professional and certified staff.

Our Helpline is *the* aging resource in Vermont for information and assistance. Topics of expertise include: transportation, housing, long-term care, insurance and Medicare counseling, nutritional services, in-home care, and much more. Our knowledgeable staff can find the answers you need, when you need them.



STAYING HOME

Making it possible

Age Well is equipped to make an independent lifestyle a reality. We offer customized, in-home visits to meet your unique needs and help you thrive.

Our case managers have established effective and collaborative partnerships with community organizations, providers, and state agencies to serve your needs. As changes arise, we connect you with the necessary resources to make informed decisions.

In addition, our large network of volunteers generously donate their time to assist with everyday tasks including grocery shopping, yardwork, transportation, Meals on Wheels and much more. Their impact goes beyond your to-do list—visits with volunteers create lasting memories and ensure that your needs are being met.

Whether you are a family member or professional, we will create a cohesive support system, administering the best care possible while keeping the client at home, where they want to be.



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“If it wasn’t for Meals on Wheels,
I’D FORGET TO STOP FOR LUNCH.”

—ROBERT GOLD



MEALS ON WHEELS

Food where you choose

As the largest provider of Meals on Wheels in Vermont and a member of Meals on Wheels of America, Age Well offers nutritious meals and companionship to ensure the health and safety of those we serve.

For individuals who have trouble getting around or preparing their own food, we deliver the meal to you. For those able to venture out, we serve in over 70 gathering places and restaurants throughout Northwestern Vermont, providing an opportunity to stay connected to your community, enjoying a prepared meal with friends and neighbors.



CARE TRANSITIONS

Your path home

When it's time to come home from the hospital or rehabilitation, Age Well's care transition team can guide your road to recovery. Services are provided to those 60 and over (regardless of income) and aim to reduce costly and avoidable hospital readmission.

In preparation for discharge, we will administer a wellness assessment, communicate with providers, assist with medication reconciliation (HomeMedsSM), and develop an action plan to create a continuum of care.

Transitioning after a hospital visit can be hard work—we come to this process with expertise, patience, and the commitment to make your return home a successful one.

PROVIDING MUCH MORE THAN A MEAL

84%

say it helps them eat healthier

87%

say it makes them feel more safe and secure

92%

say it enables them to remain living at home

One year of Meals on Wheels equals roughly the same cost as 1 day in a hospital

VISIT AGEWELLVT.ORG TO SEE ALL OF OUR SERVICES.

agewellvt.org | Helpline: 1-800-642-5119



“More important than your help, **YOU BECAME GOOD FRIENDS.**”

—GEORGE BRADY

Giving back

WHY GIVE?

Help take care of those who once took care of us

More than 40,000 older Vermonters live alone, in or near poverty and more than 20,000 are threatened by hunger every day. The number of seniors in Vermont will grow exponentially in the coming years.

We believe that every individual deserves to age well. As a nonprofit, most of our services are provided at no charge. We depend on your donation to provide the support and guidance that inspires our community to embrace aging with confidence.

WAYS TO GIVE

Choose the gift that's right for you

Donate: Whether one-time, monthly or in honor of someone special, your gift supports our services—helping Vermonters to age well.

Corporate sponsorships: Enhance your philanthropic image and reinforce your reputation as a corporate leader that invests in our community. Age Well offers a wide array of marketing opportunities to reach our extensive audience.

Planned giving & bequests: Make us a part of your legacy; we can help you explore options for designating a bequest. Planned gifts play a key role in the future of Age Well and enable us to adapt and thrive, ensuring the health and wellness of our aging population for years to come. Call today to learn more!



VOLUNTEER

Give your time & impact a life

There are several ways to give your time to those who need it most. Opportunities to volunteer include delivering Meals on Wheels, grocery shopping, transportation to appointments, budgeting assistance, and friendly visits. The time you donate will be repaid many times over by the relationships and memories created and the knowledge that you've made a difference. Join our network of over 1,000 volunteers—we can all be proud of supporting our seniors.

TO LEARN MORE ABOUT HOW YOU CAN GIVE BACK, VISIT AGEWELLVT.ORG

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HOW DO YOUR DONATIONS HELP?

\$100

provides nutritious meals & safety checks for one month

\$50

provides an emergency response system for one month

\$25

provides transportation to a medical appointment





“That’s what keeps
life interesting,
**GETTING TO
KNOW PEOPLE.**”

—LAURINE WARFIELD

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SERVING NORTHWESTERN VERMONT SINCE 1974

Age Well is a 501(c)(3) nonprofit. Donations are tax deductible.