

**SENIOR SOLUTIONS**  
**Detailed Report to the Town of Thetford**

Senior Solutions, Council on Aging for Southeastern Vermont, Inc. has served the residents of Thetford and Southeastern Vermont since 1973. We have offices in Springfield (main office), Windsor and Brattleboro. Our mission is to promote the well-being and dignity of older adults. Our vision is that every person will age in the place of their choice, with the support they need and the opportunity for meaningful relationships and active engagement in their community.

**Main Address:** 38 Pleasant Street, Springfield, VT 05156 | **HelpLine:** 802-885-2669

Between 1% and 2% of our services are provided in Thetford annually, while the appropriation we are requesting represents less than 0.05% of our overall budget. **Listed below are the services we provided to Thetford residents in the time period of 7/1/2023-6/30/2024.**

**Information & Assistance:** 32 Calls or Office Visits. Our HelpLine (802-885-2669 or 866-673-8376) offers information, referrals and assistance to older Vermonters, their families, and their caregivers to problem-solve, plan, and access resources. We assist with health insurance problems, long-term care applications, fuel assistance, applying for benefits, and many other needs. Extensive resources are also on our website: [www.SeniorSolutionsVT.org](http://www.SeniorSolutionsVT.org)

**Medicare Assistance:** 23 Calls or Office Visits. Thetford residents received assistance with Medicare issues and enrollment through our State Health Insurance Assistance Program (SHIP). SHIP provides Medicare education and counseling, classes for new Medicare enrollees, and help enrolling in Part D and choosing a drug plan.

**In-Home Care Coordination Services:** We provided 11 residents with in-home case management or other home-based assistance (totaling 189 hours) to enable them to remain living safely at home. A Senior Solutions case manager meets clients at home to create and monitor a person-centered plan of care. Based on this plan, case managers work to secure services that support the client in the community. We also support clients with self-neglect behaviors, and help those who experience abuse, neglect, or exploitation.

**Nutrition Services and Meal Programs:** We partnered with Bugbee Senior Center and Thetford Elder Network to provide over 1,900 meals, including home-delivered meals and community meal gatherings in our region.

Senior Solutions administers federal and state funds to local organizations to supplement their operating costs for these meal programs. The funds we provide do not cover the full cost, so local meal sites must seek additional funding to meet operating costs. Senior Solutions does not use town funding to support these meal programs and does not benefit from any funds that towns provide directly to local meal sites. Senior Solutions also offers the services of a registered dietician to older adults and to local meal sites.

**Volunteer Visitors:** Our volunteers provided home visits, telephone reassurance, and respite for family caregivers. Our Vet-to-Vet program matches Veteran volunteers with Veteran recipients.

**Other Services:** Residents may also have received one or more of the following services: caregiver respite, transportation, wellness and fall prevention programs, options counseling, legal assistance (through Vermont Legal Aid), assistance for adults with disabilities, pet care support, and home-based mental health services.

*Senior Solutions is enormously grateful for the support of the people from the Town of Thetford.*

*Submitted by Mark Boutwell, Executive Director*