

Local and Regional Resources for Stroke Survivors

Home Caregivers and Homemaking Services

TLC Homecare, 93 South Main Street, Suite 203, West Lebanon, NH 03784, (603) 678-4022, <https://www.tlchomecare.com/>

Help at Home (formerly Kathy's Caregivers), 88 Prospect St, White River Junction, VT 05011, (844) 524-9921, <https://vnhcare.org/help-at-home>

Armistead Home Care, 127 Mascoma St, Ste 1, Lebanon, NH 03766, (866) 284-1912, <https://www.armisteadinc.com/>

Comfort Keepers, (603) 536-6060, (800) 990-0727, ck633@comfortkeepers.com, <https://www.comfortkeepers.com/>

Lake Sunapee VNA and Hospice, (603) 526-4077, <https://lakesunapeevna.org/services/home-health-care>

Vocational Rehabilitation

VT Division of Vocational Rehabilitation, 118 Prospect St #201, White River Junction, VT 05001, (802) 295-8850, <https://vocrehab.vermont.gov/>

NH Vocational Rehabilitation, <https://www.education.nh.gov/partners/vocational-rehabilitation>

Driver Rehabilitation

Adaptive Driving Associates, 220 Holiday Drive Ste 24, White River Junction, VT 05001, (802) 296-2004

Drive Ability at Exeter Hospital, 4 Alumni Drive, Exeter NH 03833, (603) 580-7927

Northeast Rehabilitation, 70 Butler St, Salem, NH 03833, (603) 580-2900, ext 3212

Fletcher Allen Health Care, Fanny Allen Campus, Medical Office Building, 792 College Parkway, Suite 102, Colchester, VT 05446, (802) 847-3140

Mobility Equipment Dealers

MobilityWorks, 54 Wentworth Ave, Londonderry, NH 03053, (603) 437-4444

5C David Dr., Essex Junction, VT 05452, (802) 878-8640

<https://www.mobilityworks.com/>

Medication Assistance Programs

New Hampshire Medication Bridge Program, <https://www.healthynh.com/index.php/medication-bridge.html>

Green Mountain Care Prescription Assistance, <https://www.greenmountaincare.org/prescription>

Tobacco Cessation

These programs provide free, confidential, individualized smoking cessation counseling and information to any New Hampshire or Vermont caller. Information for friends and loved ones of tobacco users is also provided.

New Hampshire Tobacco Helpline, (800) QUIT-NOW, www.trytostoph.org

Tobacco Free Vermont, (802) 872-6303, www.tobaccofreevermont.org/index.php

General Resources

DHMC Aging Resource Center, 46 Centerra Parkway, 2nd floor, Lebanon, NH, (603) 653-3460, https://www.dartmouth-hitchcock.org/aging_resource_center.html

Provides older adults, families and community members with information, education and support to help them live healthier and more informed lives. A lending library of books and DVDs, along with many free materials is available. Staff can help you with completing advance directives. Many free community classes and events offered.

New Hampshire Bureau of Elderly and Adult Services, 129 Pleasant Street, Concord, NH, (603) 271-4680, <https://www.dhhs.nh.gov/dcbcs/beas/index.html>

The Bureau of Elderly and Adult Services (BEAS) provides a variety of social and long-term supports to adults age 60 and older and to adults between the ages of 18 and 60 who have a chronic illness or disability.