

Seniors Resources Serving Ashe County

	<p style="text-align: center;">Amorem</p> <p>Providing a loving, caring atmosphere for the terminally ill, their caregivers, and family by relieving the emotional and physical pain.</p> <p style="text-align: right;">T: 828-754-0101</p> <p>Web: Amorem Facebook: Amorem</p> <p style="text-align: center;">274 Archie Carroll Road, Boone NC</p>
	<p style="text-align: center;">Appalachian Senior Programs</p> <p>Sponsored by Appalachian State University, ASP assists children and the senior population through a Foster Grandparent Program and a Senior Companion Program. The Grandparent Program enhances the social-emotional and academic skills of children who need one-on-one assistance. The Senior Companion Program provides companionship and assistance for older adults who do not qualify for other services.</p> <p>E: appseniorprograms@appstate.edu T: 336-846-4898</p> <p>Web: Appalachian Senior Programs</p> <p style="text-align: center;">PO Box 605, Jefferson NC</p>
	<p style="text-align: center;">Ashe County DSS – Adult Services</p> <p>DSS's Adult Services unit provides services for, and information to, older and/or disabled adults. The unit also provides support and resources to caregivers of older adults. Services include Adult Protective Services, Adult Guardianship, Adult Services Outreach, Adult Group Home, Assisted Living, and Skilled Nursing Facility Monitoring.</p> <p>E: dssinfo@ashecountygov.com T: 336-846-5719</p> <p>Web: Ashe County DSS Facebook: Ashe DSS</p> <p style="text-align: center;">150 Government Circle, Jefferson NC</p>



Ashe Family Care Homes

A licensed Retirement and Assisted Living Family Care Home.

E: debbie21869@gmail.com

T: 336-877-5513

Facebook: [AFCH](#)

523 Milt Houck Road, Todd NC



Ashe Home Care, Inc.

Providing personalized home care to clients and their families, of all ages, stay independent at home.

E: info@ashehomecareinc.com

T: 336-846-1345

Web: [Ashe Home Care](#)

Facebook: [Ashe Home](#)

1646 Mt. Jefferson Road, West Jefferson NC



Blue Ridge Home Care

Offers a wide range of services including disease management, durable medical equipment, enteral therapy, home INR testing, nebulizer therapy, non-invasive ventilation, oxygen therapy, pharmacy, sleep therapy, and wound care.

Web: [JV BOONE-AHOM](#)

T: 828-262-5656

2348 Hwy 105 S, # 11, Boone NC



CenterWell Home Health

Providing at-home skilled care, education, and tools including management of chronic illnesses and recovery from injury, illness, surgery, or hospitalization.

T: 828-266-1166

Web: [CenterWell Home Health](#)

Facebook: [CenterWell](#)

579 Greenway Rd., Boone NC



Forest Ridge Assisted Living & Memory Care

Providing personalized care plans for assisted living to allow people to remain as independent as possible with daily activities, on-site physical therapy, and dining. Provide more attentional care to those experiencing Alzheimer's or any stage of dementia.

E: heather.samudio@navionsl.com T: 336-846-1008

Web: [Forest Ridge](#)

Facebook: [Forest Ridge](#)

151 Village Park Drive, West Jefferson NC



Generations Ashe

In-Home Aide Program: care and companionship to clients in their homes where they can remain safe & independent for as long as possible.

Community Alternatives Program for Disabled Adults: Medicaid program allowing disabled residents an alternative to nursing home placement; provides in-home care & support.

Nutrition: provides a dietician-approved meal 5 days/week in a congregate setting at the Senior Center or through the Home Delivery Program.

Senior Center: day & overnight trips, special events, fine arts, music & dance, education, health & fitness, computer classes, volunteer opportunities, and congregate lunch.

Adult Day Health Center: provides daily support to individuals who live at home but are seeking enrichment opportunities such as conversation & connection, medication administration & monitoring, compensatory education classes, daily activities, and community outings.

Assisted Living & Memory Care: assisting people in the performance of daily living activities while allowing them to remain as active and independent as possible.

Senior Village: Attractive and affordable housing for low-income individuals age 62+.

E: info@generationsashe.org T: 336-246-9791

Web: [Generations Ashe](#)

Facebook: [Generations Ashe](#)

180 Chatty Rob Lane, West Jefferson NC



Gentiva Hospice

Providing pain and symptom management, emotional support, spiritual counseling, respite care, and bereavement care during the end-of-life and life-limiting stages.

T: 888-436-8482

Web: [Gentiva Hospice](#)

126 Executive Drive, Wilkesboro NC



High Country Area Agency on Aging

Through direct services and a provider network, HCAAA offers home and community-based solutions, family caregiver support, a long-term care ombudsman, advocacy, and health promotion and disease prevention classes.

E: zgreen@hccog.org

T: 828-265-5434

Web: [Area Agency on Aging](#)

Facebook: [HCAAA](#)

468 New Market Blvd., Boone NC



Legal Aid of NC High Country

Provides free civil legal help to NC residents who are 60+, works with grandparents on guardianships, Medicaid appeals and ombudsman, health plan assistance, and medical-legal issues.

Web: [Legal Aid](#)

T: 866-219-5262

171 Grand Blvd., Boone NC



Lincare

Providing in-home services for durable medical equipment, enteral, HFCWO therapy, home INR testing, home ventilator care, in-home disease management, long-term care, nebulizer therapy, oxygen therapy, pediatric services, sleep apnea therapy, and wound care.

T: 828-263-5999

Web: [BOONE-LINCARE](#)

Facebook: [Lincare](#)

643 Greenway Road, Boone NC



Little's Health & Fitness Center

Provides Silver Sneakers program memberships.

E: info@littleshealthandfitness.com T: 336-846-7474

Web: [Littles Health](#) Facebook: [Littles](#)

1114 NC Highway 194 N, West Jefferson NC



Margate Health and Rehab

Specializing in transitional rehabilitation focusing on short-stay recovery after surgery or other illness. Also provides long-term skilled nursing services.

E: admin@margatehealth.com T: 336-246-5581

Web: [Margate Health & Rehab](#) Facebook: [Margate](#)

540 Waugh Street, Jefferson NC



Medi Home Health & Hospice

Providing a specialized program of care for patients and their families who are facing life-limiting illnesses. Bereavement support services also available.

T: 336-246-6443

Web: [Medi Home](#) Facebook: [Medi Health](#)

405 South Jefferson Ave., West Jefferson NC



Mountain Hearts Wellness Center

Providing programs such as Silver Sneakers Land, water aerobics, and pool arthritis.

E: adam.widner@ashememorial.org T: 336-846-0744

Web: [Mountain Hearts](#) Facebook: [MtnHearts](#)

200 Hospital Ave., Jefferson NC