

Vermont Aging & Disabilities Resource Connections (ADRC)

For all Vermonters seeking information

- **Vermont 211**
 - ☎ **CONTACT** Dial 211
 - 💻 Online at <http://www.vermont211.org/>

For people under 60 years and older

- **Senior HelpLine** - For your local Area Agency on Aging (AAA).
 - ☎ **CONTACT** 1-800-642-5119
 - 💻 Online at <https://www.vermont4a.org/>
- **Age Well**
 - ☎ **CONTACT** 1-800-642-5119 or 1-802-865-0360
 - 💻 Online at <http://www.agewellvt.org/>
- **Area Agency on Aging for Northeastern Vermont**
 - ☎ **CONTACT** 1-800-642-5119 or 1-802-748-5182
 - 💻 Online at <http://nekseniors.org/>
- **Central Vermont Council on Aging**
 - ☎ **CONTACT** 1-800-642-5119 or 1-877-379-2600
 - 💻 Online at <http://www.cvcoa.org/>
- **Senior Solutions-Council on Aging for Southeastern Vermont**
 - ☎ **CONTACT** 1-800-642-5119 or 1-866-673-8376
 - 💻 Online at <http://www.seniorsolutionsvt.org/>
- **Southwestern Vermont Council on Aging**
 - ☎ **CONTACT** 1-800-642-5119 or 1-802-786-5990
 - 💻 Online at <http://www.svcoa.org/>

For people under 60 years old

- **Vermont Center for Independent Living**
 - CONTACT** the Vermont Center for Independent Living at 1-800-639-1522
 - 💻 Online at <http://www.vcil.org/>

For people with a Traumatic Brain Injury

- **Brain Injury Association of Vermont**
 - ☎ **CONTACT** 1-877-856-1772
 - 💻 Online at <http://biavt.org/>