

## Caregiver Support

Age Requirements

No Age Requirement

Available 24/7

No

Other Eligibility Criteria

Caregiver or Care Reciever is 60 years of age or older and completes required paperwork.

Intake Contact

Joyce Nussbaum

Intake Contact Email

[joyce@vpas.info](mailto:joyce@vpas.info)

Intake Process

Please call or visit the website for more information.

Intake Contact Telephone

(540) 820-8567

Valley Program for Aging Services (VPAS)

<http://vpas.info/>

<https://www.facebook.com/ValleyProgramforAgingServices/>

Main

(540) 820-8567

Toll-Free

(800) 868-8728

325 Pine Avenue

22980 VA

United States

Monday: 8:30 am-4:30 pm

Tuesday: 8:30 am-4:30 pm

Wednesday: 8:30 am-4:30 pm

Thursday: 8:30 am-4:30 pm

Friday: 8:30 am-4:30 pm

Saturday: Closed

Sunday: Closed

Fee Structure

No Fee

Languages Spoken

English

Valley Program for Aging Services (VPAS) offers Caregiver Support.

Confident Caregiver Circles provide education and support for caregivers of adults 60 and older in a group setting. Six group meetings offer an opportunity to learn more about caring for yourself and your loved one and to meet caregivers on the same journey as you.

Confident Caregiver Conversations provide one-on-one support for caregivers.

Confident Caregiver Hub virtual events take place on the third Tuesday of the month.

Service Area(s)

Augusta County

,

Bath County

,

Buena Vista City

,

Harrisonburg City

,

Highland County

,

Lexington City

,

Rockbridge County

,

Rockingham County

,

Staunton City

,

Waynesboro City

Email

[vpas@vpas.info](mailto:vpas@vpas.info)