

Existing Programs and Services in Orange County Related to Aging in Place

Home Modifications & Repair Programs (non-profit)

- JOCCA Weatherization (Weatherization & Home Improvement Loan and Grant Program) - Orange and Chatham County residents should call for an application. Must own home and meet financial requirements. Does weatherization. 542-4781
- Orange County Urgent Repair Program (Orange County Housing and Community Development) - Program participants must be over age 65, or disabled. They must also be low income, and own the home – which must be their primary residence. Urgent repairs only. (919) 245-2490
- Rebuilding Together of the Triangle - Program participants must own home and meet financial requirements. (919) 341-5980
- USDA Rural Development - Program participants must live in rural Orange County. Call office for details. (919) 732-9388 (Ext. 4)

Care Managers

- Golden Eldercare Management – Chapel Hill. 604-1231, www.goldeneldercare.pro
- National Association of Professional Geriatric Care Managers – Provides information on certified care managers. Private pay. Providers may accept long-term care insurance. (520) 881-8008, www.napgcm.org
- Senior Transitions – Provides care management, assessment, and consultation. Chapel Hill. 225-0379, email caringforseniors@aol.com

Nutrition

- Partners in Wellness (Cooperative Extension) - Purpose: To improve the nutrition and lifestyle of food-stamp eligible older adults in North Carolina by identifying nutritional risks and intervening with nutrition education. Status unknown.
- Orange Congregations In Mission (OCIM) - Provides Meals on Wheels to homebound residents in central and northern Orange County, as well as emergency services. 732-6194. Email: ocim300mill@mindspring.com
- Meals on Wheels – Volunteers deliver one hot lunch per day to homebound adults Monday through Friday. Sliding fee scale. Volunteers deliver one hot lunch per day to homebound adults Monday - Friday. Southern Orange County - Meals on Wheels Telephone: (919) 942-2948 Serves Chapel Hill-Carrboro area only. Located in Binkley

Baptist Church. Northern Orange County - Orange Congregations in Mission (OCIM)
Telephone: (919) 732-6194 Agency also has a food pantry.

Assistance with Household tasks

- **In-Home Aid** (Department on Aging) - Services which assist adults, children, and their families, with essential home management tasks, personal care tasks, and/or supervision, to enable them to remain in and function effectively in their own homes as long as possible. In-Home Aid Services may be used for the purpose of providing respite for a primary caregiver or for parents. The service is available at four levels of complexity and two areas of specialization: home management and personal care.
- **Handicapped collection of curbside recyclables** (Solid Waste Management) - Anyone may request the handicapped service where they claim eligibility based on their physical condition. We inquire to determine if they meet our criteria of having a handicapped-parking permit and having no one living there who can bring bins to the curb. If so, we provide collection of recycling at their door rather than them having to bring materials to the curb. Contact: Cody Marshall 968-2788, cmarshall@co.orange.nc.us
- **Solid Waste Convenience Centers** (Solid Waste Management) - Staff assist those requesting assistance to unload materials if the load is not too heavy and dangerous for staff to provide assistance. Contact: Terry Thomas 968-2788, tthomas@co.orange.nc.us

Physical Therapy/Rehab

- **ElderFit In Home Rehab** – Hillsborough 942-0240, www.elderfitpt.com
- **UNC Physical Therapy** - Also available at the Seymour Center in Chapel Hill as well as the UNC Geriatric Evaluation Clinic. 732-6600, Hillsborough, NC or 966-0210 UNC Family Medicine Center, Chapel Hill, NC
- **UNC Hospitals Cardiac Rehab** - Also offers a Bridge to Wellness Program teaching safe exercise. 843-2154, www.uncwellness.com, www.uncheartandvascular.org

Security

- **Special Needs Registry** (Orange County Department of Social Services) - The Special Needs Registry is a database containing information about individuals in Orange County with special needs who may require assistance in the event of a disaster. If there is a disaster, those on the registry will be called and given information about how to prepare for or respond to the disaster, given information regarding facilities or shelters, and to check on their well-being. The information may also be used to assist emergency personnel and volunteers in providing assistance. Participation in the Special Needs registry is voluntary. Individuals on the registry decide whether to accept assistance and/or remain responsible for themselves in the event of an emergency.

- S.A.L.T. (Seniors and Lawmen Together) (Orange County Sherriff's Office) – Deputy makes call or personal contact to check on older adult's well-being. To be eligible, older adults must have a need for contact on a regular basis. Funded by the county budget. Contact: Butch Clark
- Project Lifesaver (Orange County Sherriff's Office) - Persons who might wander away are monitored by wearing transmitter bracelets. Eligible individuals are those who have wandered before or who have a live-in caregiver (24 hours). Funded through donations, fundraisers, and grants. Contact: Butch Clark.
- Telephone Reassurance Program (Orange County Department on Aging) - Telephone calls are made Monday through Friday to check on seniors' well being. Call for an in-home assessment prior to beginning telephone reassurance. Free. (919) 968-2087

Support teams

- Project Compassion - Project Compassion creates volunteer Support Teams that provide practical, emotional, social and quality of life support for people living with illness and caregiving. Teams are created in partnership with community groups, organizations and friendship circles. 402-1844 • Fax: (919) 402-1843 www.project-compassion.org

Companionship

- AmeriCare HomeCare – Chapel Hill. 942-2840. www.americare-homecare.com
- Always Best Care – Chapel Hill. 357-1440. www.alwaysbestcare.com
- A Helping Hand – Durham. In addition to fee services, provides free limited respite care for caregivers. 969-7111. www.ahelpinghandnc.org
- Home Instead Senior Care – Durham. 933-3300. www.homeinstead.com

Adult Day Care

- Adult Day Care (Department on Aging) - A day program, which supports adults' personal independence and promotes their well being. Services include activities designed to meet the needs and interests of the participants, and referral to appropriate community resources. Services are provided in a certified home or center. Adult day health services are an extension of adult day care services that offer health services to adults under supervision of nursing staff. Hillsborough. 919-245-2017.
- Charles House, Inc. – Provides activities appropriate to needs and interests of participants. Carrboro. Contact 967-7570, www.charleshouse.org

Caregiver Support

- Caregiver's Day Out (Department on Aging) – Program provided once a week at the Seymour Center for caregivers to leave their loved ones under the supervision of Seymour Center staff from 9-5.
- 'Family to Family' Workshops (Department on Aging) - DoA partners with the National Alliance on Mental Illness (NAMI) to provide 12-week 'Family to Family' mental health workshops twice a year. These trainings are targeted at caregivers taking care of individuals with severe mental illnesses.
- Support Groups (Department on Aging) - The Aging Transitions staff at DoA provide support groups at both Orange County Senior Centers. One of these support groups focuses specifically on caregivers. The other support group is for couples with at least one individual having Mild Cognitive Impairment.

Financial Assistance

- Women's Center – Chapel Hill. Debt, credit, budgeting and financial goals counseling. Counseling provided by trained financial counselor. Sliding scale fee. 968-4610. www.womenspace.org
- Inter-Faith Council for Social Services (IFC) – Chapel Hill/Carrboro. By appointment only. 929-6380. servicedirector@ifcmailbox.org
- Real Estate Tax Information - The NC Homestead Exemption Act applies to low-income people age 65+ and individuals with disabilities. Contact your local county tax assessor's office for an application and more information.

Assistance for Physical & Sensory Disabilities

- Services for the Blind (Orange County Department of Social Services) - Services for the Blind helps visually impaired individuals integrate smoothly into their environment and community. It helps visually impaired persons with eye certification, adjustment and self-support, orientation and mobility, and counseling. Provides a variety of services for people who are visually impaired or blind. Services are designed to prevent blindness and restore sight so that individuals can develop their maximum capabilities and become self-sufficient.
- Alliance of Disability Advocates – Center for Independent Living - Offers individual and systems advocacy, information and referral, independent living skills training, peer mentoring and support, and community inclusion. 833-1117. Raleigh. www.alliancecil.org
- North Carolina Assistive Technology Program (NCATP) - State and federally funded program provides assistive technology services to people of all ages and abilities. Has adaptive equipment for demonstrations and short term loan. Some services have a fee. Telephone: (919) 850-2787. Raleigh, Website: ncatp.org

- North Carolina Independent Living Program - Provides adaptive equipment, guidance and counseling, and rehabilitative engineering for housing and vehicle modifications. People must meet financial guidelines and have a severe physical disability. 560-6815 or (888) 666-4916. Durham. Website: dvr.dhhs.state.nc.us
- Relay North Carolina - Provides services to help people who are hard of hearing or deaf communicate by telephone. (800) 374-4833 (TTY) or (800) 735-2962 (voice). www.relaync.com
- Self Help for the Hard of Hearing (SHHH) - Support and information provided in a group setting for individuals with hearing impairments. Telephone: (919) 967-9955
- TACSI Assistive Systems - Services and equipment for individuals, and groups, who are hard of hearing, deaf, or vision and hearing impaired. Provider for Relay North Carolina System. (336) 513-6633, Graham. Email: joanblack@mebtel.net
- Radio Reading Service - Newspapers and magazines read over a specific radio channel. Special radios are loaned free. (919) 832-5138. Raleigh. Email: trserv@nc.rr.com
- UNC Low Vision Service, UNC Department of Ophthalmology - Examinations, rehabilitation, adaptive devices and resources. (919) 966-2061 for an appointment. Chapel Hill.

Falls Prevention & Home Safety

- Senior Wellness Clinic (Department on Aging) – Community members may get an assessment on their mental and physical health from a team of Aging Specialists at the Department on Aging. This program also has a falls prevention and education component. Assessments by appointment.

Medication Assistance

- Carrboro Family Pharmacy - Delivers within Chapel Hill-Carrboro city limits. 933-7629
- Kerr Drug Stores - Delivers within Chapel Hill city limits. 942-8738
- Sutton's Drug Store - For emergencies only (within Chapel Hill city limits). Delivery charge. 942-5161
- UNC School of Pharmacy - Helps people with a low income, and/or high prescription costs access prescription assistance and resources - especially those with specialized needs. Medication evaluation and education is available. In addition to older adults, Medicare beneficiaries who are disabled may utilize this program. 966-2626 Email: UNCgeriatricpharmacy@yahoo.com

- UNC Hospitals – Prescription Assistance – Income based. Must have UNC physician(s). Sliding fee scale. Work with a financial counselor. Must be reviewed annually. 966-5128 or 966-0937.

Medical & Financial Information

- Information Sessions (Department on Aging) - Aging Transition staff provide monthly Medicaid Improvements for Patients and Providers Act (MIPPA) and Low Income Subsidy (LIS) information sessions at local Wal-Mart stores, offering gift card “incentives” to entice seniors to participate.
- SHIIP Seniors Health Insurance & Information Program (Department on Aging) - Trained SHIIP volunteers help fellow senior citizens in their community with questions regarding Medicare, Medicare supplements, Medicare claims processing, Medicare Advantage, Medicare prescription drug plans and long-term care insurance. Volunteers have been trained by the NC Department of Insurance to provide this free service. Contact Orange County SHIIP Coordinator, Latonya Brown, MHSA, at (919) 968-2087.

General Information

- Aging Information & Consultation (Department on Aging) - Individuals and their families can obtain information, counseling and services to help them navigate the medical, personal and social transitions that may accompany aging. Assistance with long-range planning, relocations, home safety modifications, health insurance questions, care planning decisions and counseling regarding age-related and caregiving issues. Contact 968-2087.