



Orange County
Department on Aging

2015 COMMUNITY RESOURCE GUIDE

For Seniors and Their Families



CENTRAL ORANGE SENIOR CENTER

103 Meadowlands Drive
Hillsborough, NC 27278
(919) 245-2015



SEYMOUR CENTER

2551 Homestead Road
Chapel Hill, NC 27516
(919) 968-2070

ONE-STOP-SHOP for Aging Services & Enrichment

 orangecountync.gov/aging

 [facebook.com/OrangeCounty
DepartmentonAging](https://facebook.com/OrangeCountyDepartmentonAging)

 Aging Helpline: (919) 968-2087

DISCLAIMER

Inclusion in this Community Resource Guide does not imply endorsement by Orange County and exclusion does not indicate disapproval. The Orange County Department on Aging neither guarantees nor makes any representations as to the accuracy or completeness of the information contained in its Resource Guide. The Orange County Department on Aging disclaims any and all responsibility and liability that may be asserted or claimed resulting from or arising out of reliance upon the information presented in the Resource Guide. The Orange County Department on Aging reserves the right to edit information to meet format, guideline, and space requirements.

To list or update your business or organization in the Resource Guide, please complete and submit a form online at:

<http://web.co.orange.nc.us/aging/CommunityResourceForm.asp>

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ABUSE/ADULT PROTECTIVE SERVICES

The Department of Social Services (DSS) in each county evaluates allegations of abuse, neglect and exploitation of disabled adults and provides services to persons in need of protection. Reports are kept confidential and may be made anonymously. If there is even a suspicion of abuse, a report should be made so that the situation can be assessed.

Alamance County Department of Social Services

 319 North Graham-Hopedale Rd., Suite C
Burlington, NC 27217

 Phone: (336) 570-6532
Fax: (336) 570-6771 (Attn: APS)

Chatham County Department of Social Services

 102 Camp Dr., Pittsboro, NC 27312

 Phone: (919) 542-2759
Fax: (919) 542-0679 (Attn: APS)

Durham County Department of Social Services

 414 East Main St., Durham, NC 27701

 Phone: (919) 560-8600
Fax: (919) 560-8120

Orange County Department of Social Services

 113 Mayo St., Hillsborough, NC 27278

 Phone: (919) 245-2800
Fax: (919) 644-3362

*after hours, weekends & holidays, or if someone is in danger, call 911

LAW ENFORCEMENT AGENCIES

In an emergency, call 911

Carrboro Police Department

 100 North Greensboro St. Carrboro, NC 27510

 Phone: (919) 918-7398
Fax: (919) 918-7398

Chapel Hill Police Department/Police Crisis Unit

 828 Martin Luther King Jr. Blvd.
Chapel Hill, NC 27514

 Phone: (919) 968-2760
Fax: (919) 968-2846

Hillsborough Police Department

 127 North Churton St. Hillsborough, NC 27278

 Phone: (919) 732-9381
Fax: (919) 732-2187

Orange County Sheriff Department

 106 East Margaret Lane Hillsborough, NC 27278

 Phone: (919) 644-3050
Fax: (919) 732-6403

Orange County Sheriff Department Domestic Violence Coordinator Crisis Unit

 Phone: (919) 245-2950
Fax: (919) 732-6403

 www.orangecountync.gov/sheriff

ABUSE/FAMILY VIOLENCE PREVENTION AGENCIES

Compass Center For Women

24 hour crisis line offers support and crisis counseling for victims of domestic violence. Helps people develop a safety plan, and provides cell phones to call 911. Services offered in English and Spanish. Support groups for women.

Free and confidential.

 207 Wilson St., Chapel Hill, NC 27516

 Phone: (919) 929-3872 (929-FVPC)
24-hr crisis line: (919) 929-7122 or (866) 929-7122

HopeLine, Inc.

Offers free, confidential, non-judgmental listening and resource information. Provides crisis intervention/suicide prevention to the Triangle area.

 PO Box 10490, Raleigh, NC 27605

 Phone: (919) 231-4525 (24 hours a day)
Fax: (919) 861-2193

Orange County Rape Crisis Center

Provides counseling and support groups to victims of sexual assaults. Does community education.

Free and confidential.

 1506 East Franklin St., Suite 302
Chapel Hill, NC 27514

 Phone: (919) 968-4647 • Fax: (919) 968-4677
24-hr crisis line: 1-866-935-4783 or (919) 967-7273

 www.ocrcc.org

UNC Hospitals Beacon Child and Family Program

Provides comprehensive, coordinated care to UNC Health Care System's patients and families experiencing a variety of family violence. Includes services for children, victims of domestic abuse, human trafficking and the elderly. Provides medical and psychological assessments, counseling, and education. Services provided at UNC Hospitals, its satellite clinics, or over the phone.

 101 Manning Dr., Chapel Hill, NC 27514

 Phone: (919) 966-9314
Fax: (919) 966-9315

 www.med.unc.edu/beacon

ADVOCACY GROUPS

Concerns about long-term care services (both availability and quality) in Orange County should be directed to one of the following specialized advocacy organizations:

Ombudsman for Orange & Durham Counties Triangle J Area Agency on Aging

Ombudsmen investigate complaints about the care of residents in long-term care facilities and serve as residents' advocates. They provide mediation and education in an effort to resolve grievances and increase understanding of long-term care residents' rights.

 PO Box 12276, RTP, NC 27709

 Phone: (919) 558-9401

 Email: cterwilliger@tjcog.org

Alamance County Ombudsman

 Phone: (336) 294-4950

Chatham County Ombudsman

 Phone: (919) 542-2759

Orange County Adult Care Home Community Advisory Committee

County appointed citizens' committee works to maintain adult care home residents' Bill of Rights (includes assisted living facilities and family care homes). They serve as a nucleus for community involvement and education. Reports of quarterly visits to various facilities are on its web site. Committee is part of the Long Term Care Ombudsman Program.

 Triangle J Area Agency on Aging
PO Box 12276, RTP, NC 27709

 Phone: (919) 558-9401

 www.orangecountync.gov/aging

Orange County Nursing Home Community Advisory Committee

Appointed citizens' committee works to maintain nursing home residents' Bill of Rights. They serve as a nucleus for community involvement and education. Reports of quarterly visits to various facilities are on its web site. Committee is considered part of Long Term Care Ombudsman Program.

 Triangle J Area Agency on Aging
PO Box 12276, RTP, NC 27709

 Phone: (919) 558-9401

 www.orangecountync.gov/aging

Orange County Department of Social Services Adult Care Home Specialist

Department of Social Service staff monitors and documents every adult care home's compliance with licensure requirements and residents' Bill of Rights. They may work with ombudsmen to resolve issues and complaints.

 Phone: (919) 245-2878

Friends of Residents in Long Term Care

Statewide advocacy group that seeks to improve the lives of residents in long-term care facilities through advocacy and educational activities.

 6300 Creedmoor Rd Suite 170 #326
Raleigh, NC 27612

 Phone: (919) 782-1530 or (888) 411-7571

 www.forltc.org

North Carolina Division of Health Service Regulation

NC state-licensing agency for long-term care facilities. Licenses and regulates nursing and adult care homes.

 Complaint Line: (919) 855-4500
Nursing Home Information Line: (919) 855-4520

ADULT DAY CARE

Group programs provide supervision, meals and a variety of stimulating activities during daytime hours to functionally impaired and/or isolated adults.

ALAMANCE COUNTY

Friendship Adult Day Services, Inc.

 1946-B Martin St., Burlington, NC 27217
Phone: (336) 222-7797
Fax: (336) 222-9595

The Harbor at Twin Lakes

 3810 Heritage Dr., Burlington, NC 27215
 Phone: (336) 585-2393
Fax: (336) 585-24215

 Email: Kevans@twinlakescomm.org

CHATHAM COUNTY

Piedmont Health SeniorCare

Adult Day Health Center offering a clinic, therapeutic services to include physical therapy, occupational therapy, speech therapy, and recreational therapies. Transportation to and from adult day health center and to all medical appointments in the community. Home care services, dietary, social services, medical, and more.

 163 Chatham Business Drive, Pittsboro, NC 27312
 Phone: (919) 545-7337, (336) 532-0000
Fax: (919) 545-7338

 www.piedmonthhealthseniorcare.org

Wescare Senior Life Center

 608 North Third Ave., Siler City, NC 27344
 Phone: (919) 742-1362
Fax: (919) 742-3386

DURHAM COUNTY

Community Life – Adult Day Health Care Center

 Phone: (919) 682-0215 • Fax: (919) 688-5648

Durham Center for Senior Life

Provides social activities, and meets many medical needs with a part-time RN and full-time Certified Nursing Assistants (CNA) on staff. Accessible shower is available.

 406 Rigsbee Ave., Suite 102
Durham, NC 27701

ORANGE COUNTY

Charles House, Inc.

Provides activities appropriate to needs and interests of participants.

 109 Hillcrest Ave., Carrboro, NC 27510
 Phone: (919) 967-7570 • Fax: (919) 967-7576
 Email: info@charleshouse.org

 www.charleshouse.org

Florence Gray Soltys Adult Day Health Program

Provides social activities, and meets some medical needs with a part-time RN and full-time Certified

Nursing Assistants (CNA) on staff. Accessible shower is available.

 105 Meadowland Dr., Hillsborough, NC 27278

 Phone: (919) 245-2017

 Fax: (919) 245-2018

AGING AGENCIES/ SOCIAL SERVICE AGENCIES

Aging agencies provide information and services to all seniors and their caregivers. Departments of Social Services provide an array of services including Medicaid and other assistance.

ALAMANCE COUNTY

Alamance Eldercare, Inc.

Provides information and referral, case assistance, care management as well as family caregiver education and support programs.

 3019 South Church St., Burlington, NC 27215

 Phone: (336) 538-8080

 Fax: (336) 536-8534

 www.alamanceeldercare.org

Alamance County Department of Social Services

 319 North Graham-Hopedale, Suite C
Burlington, NC 27217

 Phone: (336) 570-6532

CHATHAM COUNTY

Chatham County Council on Aging

Provides information and assistance on issues involving aging, Medicare, caregiver support, etc. The lead agency for the Chatham-Orange CRC. A partnership providing a “no wrong door” approach for disabled and aging residents in Chatham-Orange counties.

 365 Hwy. 87 North, Pittsboro, NC 27312
P.O. Box 715, Pittsboro, NC 27312

 Phone: (919) 542-4512

Chatham County Department of Social Services

 Main Office: 102 Camp Drive, Pittsboro, NC 27312
Hours: 8am-5pm (Mon-Fri), except for holidays

 Phone: (919) 542-2759

DURHAM COUNTY

Durham Center for Senior Life

Provides information on benefits, long term care, housing, etc. List of Durham support groups available on web site. Have a Adult Day Health Program, Congregate Meal Program, Promotion Program, Information & Assistance Program, and Transportation Service. Provides caregiving & health insurance counseling.

 406 Rigsbee Ave., Suite 202, Durham, NC 27701

 Phone: (919) 688-8247

 Fax: (919) 683-3406

 www.dcsInc.org

Durham County Department of Social Services

 300 N. Duke St., Durham, NC 27701 - *Food Stamp, Medicaid, Family Crisis*

200 E. Main St., Durham, NC 27701 - *Adult Service*

 Phone: (919) 560-0300

ORANGE COUNTY

Orange County Department on Aging

Information, services, and counseling on age-related and caregiving issues. Open Mon/Wed/Fri 8am-5pm; Tues/Thur 8am-9pm; Sat 8am-3pm.

 *Robert and Pearl Seymour Center:*
2551 Homestead Rd., Chapel Hill 27516

Central Orange Senior Center:
103 Meadowland Dr., Hillsborough, NC 27278

 Phone: (919) 968-2070 - *Chapel Hill*
Phone: (919) 245-2015 - *Hillsborough*
Aging Helpline: (919) 245-2087

 www.orangecountync.gov/aging

Orange County Department of Social Services

 113 Mayo St., Hillsborough, NC 27278

 Phone: (919) 245-2800
Fax: (919) 644-3362

FEDERAL AGENCIES

National Eldercare Locator (Administration on Aging)

Provides information about eldercare services and resources throughout U.S.

 Phone: (800) 677-1116

 www.eldercare.gov

NORTH CAROLINA AGENCIES

North Carolina Division of Aging and Adult Services

 2101 Mail Service Center, Raleigh, NC 27699

 Phone: (919) 855-3400 • Fax: (919) 733-0443

 www.ncdhhs.gov/aging - *Website has lots of information and links to other sites.*

Triangle J Area Agency on Aging

Regional public connection to services and opportunities for older adults and caregivers.

 Phone: (919) 558-2711 • Fax: (919) 549-9390

 www.tjaaa.org - *5,000+ links to other web sites*
www.fullcirclecare.org (*for caregivers*)
- *7,000+ links to other web sites*

UNC Institute on Aging

Enhances the well-being of older adults in NC through collaborations in research, education, and public service. Has a number of national research projects.

 720 Martin Luther King Jr. Blvd., CB# 1030
Chapel Hill, NC 27599-1030

 Phone: (919) 966-9444 • Fax: (919) 966-0510

 www.aging.unc.edu

ASSISTED LIVING/ADULT CARE HOME FACILITIES

See also: FAMILY CARE HOMES, NURSING HOMES and OMBUDSMEN

The Orange County Department of Social Services (DSS) works with the state to license and monitor local adult care (also known as assisted living) long-term care facilities. To report a complaint or for general information, call Orange County DSS at (919) 245-2800 (ask for the adult home specialist) or the state Division of Health Service Regulation at (800) 624-3004. You may also contact your local Regional Ombudsman, or resident advocate at (919) 558-9401.

Assisted Living Federation of America

 www.alfa.org - Includes a suggested checklist for facilities

Assisted Living/Adult Care Homes

Provides private or semi-private rooms and services such as three meals a day, assistance with personal care, medications, activities, and transportation. Contact your County Department of Social Services or your ombudsman about particular facilities.

Family Care Homes

(See: Family Care Homes Section)

Are licensed for a maximum of six unrelated residents.

Orange County Adult Care Home Community Advisory Committee

The committee visits facilities and reports its findings

at least quarterly. Their reports can be found at www.co.orange.nc.us/aging. Additional information can be obtained by calling the Ombudsman at (919) 558-9401. The Division of Health Service Regulation also checks the adequacy of adult care homes. Adult Care Homes are monitored bimonthly by the County Department of Social Services.

NC Division of Health Service Regulation - Adult Care Licensure Section

When contacting individual facilities, ask what is included in the monthly fee and for information on any extra charges.



Complaint Intake Unit
2711 Mail Service Center, Raleigh, NC 27699



Phone: (919) 855-3765 or (800) 624-3004
Fax: (919) 733-9379

ALAMANCE COUNTY

A Vision Come True

Accepts Special Assistance.



220 Hatch St., Burlington, NC 27217



Phone: (336) 227-4960
Fax: (336) 227-4960

Blakey Hall

Accepts Special Assistance; Has a separate dementia care unit.



501 North Manning Ave, Elon, NC 27244



Phone: (336) 506-2300

Fax: (336) 506-2455

Burlington Care Center

Accepts Special Assistance.

 2201 Burch Bridge Rd., Burlington, NC 27215

 Phone: (336) 222-1077 • Fax: (336) 421-5871

Burlington Manor

 3615 South Mebane St., Burlington, NC 27215

 Phone: (336) 584-9066 • Fax: (336) 584-9026

 www.brookdaleliving.com

Clare Bridge at Burlington Manor

Dementia care only.

 3619 South Mebane St., Burlington, NC 27215

 Phone: (336) 538-0367 • Fax: (336) 538-1724

 www.brookdaleseniorliving.com

Elon Village Home

Accepts Special Assistance.

 715 East Haggard Ave., Elon, NC 27244

 Phone: (336) 584-7930

Fax: (336) 584-0220

Golden Years Assisted Living

Accepts Special Assistance

 205 East Sixth St., Burlington, NC 27215

 Phone: (336) 227-5854

Fax: (336) 222-9068

Golden Years Assisted Living II

Accepts Special Assistance

 209-B East Sixth St., Burlington, NC 27215

 Phone: (336) 229-5165

Fax: (336) 222-9068

Golden Years Family Care I

Accepts Special Assistance

 205-A East Sixth St., Burlington, NC 27215

 Phone: (336) 227-5854

Fax: (336) 222-9068

Golden Years Family Care II

Accepts Special Assistance

 207 East Sixth St., Burlington, NC 27215

 Phone: (336) 229-0883

Fax: (336) 222-9068

Homeplace of Burlington

Has a separate dementia care unit.

 118 Alamance Rd., Burlington, NC 27215

 Phone: (336) 227-2328

Fax: (336) 227-2329

Pleasant Grove Retirement Home

Accepts Special Assistance.

 4516 Highway 49 North, Burlington, NC 27217

 Phone: (336) 578-0441

Fax: (336) 578-2222

Southern Seasons Retirement Home

Accepts Special Assistance.

 625 Lane St., Burlington, NC 27217

 Phone: (336) 229-9900

 Fax: (336) 570-6280

Springview-Brock Building (Administrative Office)

Accepts Special Assistance; Dementia Care Only.

 1032-C North Mebane St., Burlington, NC 27217

 Phone: (336) 227-3808

 Fax: (336) 222-1935

Springview-Crouse Building

Accepts Special Assistance.

 613 West Whitsett St., Graham, NC 27253

 Phone: (336) 222-6999 • Fax: (336) 222-1935

Springview-Phillips Family Care Home

Accepts Special Assistance.

 414 Chapel Hill Rd., Burlington, NC 27215

 Phone: (336) 222-0041

 Fax: (336) 222-1935

Springview-Ross Building

Accepts Special Assistance; Dementia Care Only.

 1032-B North Mebane St., Burlington, NC 27217

 Phone: (336) 227-4417

 Fax: (336) 222-1935

Springview-Stewart Building

Accepts Special Assistance.

 611 West Whitsett St., Graham, NC 27253

 Phone: (336) 222-1888

 Fax: (336) 222-1935

The Oaks of Alamance

Accepts Special Assistance.

 1670 Westbrook Ave., Burlington, NC 27215

 Phone: (336) 584-3070

 Fax: (336) 584-3458

CHATHAM COUNTY

Call the Chatham County Department of Social Services (DSS) for information on individual facilities at (919) 542-2759, or contact the Regional Long Term Care Ombudsman at (919) 558-9404.

Cambridge Hills Assisted Living of Pittsboro

Accepts Special Assistance; Has a Locked Unit.

 140 Brookstone Lane, Pittsboro, NC 27312

5660 Durham Rd. Roxboro, NC27574

 Phone: (919) 545-9573 - *Pittsboro*

 Phone: (336) 598 4697 - *Roxboro*

Careview Rest Home

Accepts Special Assistance.

 2701 Moon Lindley Rd., Snow Camp, NC 27349

 Phone: (919) 742-3832

 Fax: (919) 742-5244

Coventry House of Siler City

Accepts Special Assistance.

 260 Village Lake Rd., Siler City, NC 27344

 Phone: (919) 742-4052

 Fax: (919) 742-9264

DURHAM COUNTY

Call the Durham County Department of Social Services (DSS) for information on individual facilities at (919) 560-8600, or contact the Regional Long Term Care Ombudsman at (919) 558-9404.

Alta Walk

 5705 Fayetteville Rd., Durham, NC 27713
 Phone: (919) 405-2141 • Fax: (919) 544-8402
 www.altawalk.com

Camellia Gardens

Accepts Special Assistance.
 5010 South Alston Ave., Durham, NC 27713
 Phone: (919) 544-0257
Fax: (919) 361-0534

Carolina House of Durham

Has a separate dementia unit (private pay only).
 4434 Ben Franklin Blvd., Durham, NC 27704
 Phone: (919) 479-9966 • Fax: (919) 479-9977
 www.brookdaleliving.com

Clare Bridge

Dementia Care Only. Private Pay Only.
 7870 Chapel Hill Rd., Cary, NC 27513-5428
 Phone: (919) 852-1355
Fax: (919) 852-0899

Durham Ridge Assisted Living

Has a separate dementia unit. Accepts Special

Assistance.

 3420 Holloway St., Durham, NC 27703
 Phone: (919) 596 9464
Fax: (919) 957-8915

Eden Spring Living Center

Accepts Special Assistance.
 3812 Booker St., Durham, NC 27713
 Phone: (919) 544-0874 • Fax: (919) 544-0802

Ellison's Rest Home

Accepts Special Assistance.
 100 Ellison Dr., Durham, NC 27713
 Phone: (919) 544-3714
Fax: (919) 544-3714

Eno Pointe Assisted Living

Accepts Special Assistance.
 5600 North Roxboro Rd., Durham, NC 27712
 Phone: (919) 471-6306
Fax: (919) 471-0554

Seasons At South Point

Dementia Care Only.
 1002 Hwy. 54 East, Durham, NC 27713
 Phone: (919) 484-8518 • Fax: (919) 484-8520
 www.seasonsatsouthpoint.com

Spring Arbor of Durham

Accepts Special Assistance.
 4523 Hope Valley Rd., Durham, NC 27707

 Phone: (919) 766-9938
 Fax: (919) 403-5667

Wynwood

Private Pay Only.

 2220 Farmington Dr., Chapel Hill, NC 27517

 Phone: (919) 933-1430  Fax: (919) 933-1543

 www.brookdaleliving.com

ORANGE COUNTY

Carolina House of Chapel Hill

Has a separate dementia unit.

 100 Lanark Rd., Chapel Hill, NC 27517

 Phone: (919) 918-7600 •  Fax: (919) 967-3400

 www.brookdaleliving.com

Carillon Assisted Living of Hillsborough

Has a separate dementia unit.

 1911 Orange Grove Rd., Hillsborough, NC 27278

 Phone: (919) 732-9040 •  Fax: (919) 732-9039

 www.carillonassistedliving.com

Crescent Green of Carrboro

Accepts Special Assistance.

 624 Jones Ferry Rd., Carrboro, NC 27510

 Phone: (919) 933-9570
 Fax: (919) 933-9571

The Stratford

Has a separate dementia unit. Accepts Special

Assistance.

 405 Smith Level Rd., Chapel Hill, NC 27516

 Phone: (919) 929-7859
 Fax: (919) 933-3413

Villines

Accepts Special Assistance.

 401 West Queen St., Hillsborough, NC 27278

 Phone: (919) 732-4201
 Fax: (919) 732-3919

BENEFITS

Departments of Social Services (DSS) provide benefits such as Medicaid and food stamps to people who meet limited income qualifications. Limited funds for emergency assistance may be available.

Department of Social Services - Alamance County

 319 North Graham-Hopedale, Suite C
Burlington, NC 27217

 Phone: (336) 570-6532

Department of Social Services - Chatham County

 102 Camp St., Pittsboro, NC 27312

 Phone: (919) 542-2759

Department of Social Services - Durham County

 414 East Main St., Durham, NC 27701

 Phone: (919) 560-8000

Department of Social Services - Orange County

 113 Mayo St., Hillsborough, NC 27278
Southern Human Services Bldg:
2501 Homestead Rd., Chapel Hill, NC 27516

 Phone: (919) 245-2800
Phone: (919) 968-2000

Social Security Administration

Accepts Medicare/Social Security (SSI) and Survivors' Benefits applications in person or on-line. Appointments for a phone interview are available by calling the 800 number. Brochures on a variety of subjects may be downloaded from the website.

 3004 Tower Blvd., Durham, NC 27707

 Phone: (800) 772-1213 or (888) 833-6153
TTY: (800) 325-0778

 www.ssa.gov

Veterans' Assistance (Orange County)

Social worker helps veterans or their spouses with qualifications and questions about benefits.

 113 Mayo St., Hillsborough, NC 27278
Skills Development Center:
503 West Franklin St., Chapel Hill, NC 27516

 Phone: (919) 245-2890 - *Hillsborough*
Phone: (919) 969-3032 (Ext 259) - *Chapel Hill*

BETTER BUSINESS BUREAU

Better Business Bureau

Has reliability/complaint reports on specific companies

and charities.

 5540 Munford Rd., Ste. 130
Raleigh, NC 27612-2655

 Phone: (919) 277-4222 • Fax: (919) 277-4221

 Email: info@raleigh.bbb.org

 www.easternnc.bbb.org

CAREGIVING

(For full listings, see AGING AGENCIES, DEMENTIA, SUPPORT GROUPS, and WEBSITES)

Each County Department or Council on Aging is charged with providing individualized information, education, and support to family caregivers. Most agencies have support groups onsite and can refer to other disease specific support groups in the Triangle. Phone consultations, office appointments, and in some cases, home assessments may be available. Long distance family caregivers can consult the aging office where they or their family member resides.



PHONE RESOURCES

Alamance County Eldercare: (336) 538-8080

Chatham County Council on Aging: (919) 542-4512

**Durham County Coordinating Council
for Senior Citizens:** (919) 688-8247

Orange County Department on Aging:
(919) 968-2087 - *Aging Helpline*

Wake County Resources for Seniors: (919) 713-1537

Alzheimer's North Carolina, Inc.: (800) 228-8738

Alzheimer's Association Eastern NC

24-Hr. National Hotline: (800) 272-3900

Duke Family Support Program -

Alzheimer's Education: (800) 672-4213

Nationwide Eldercare Locator: (800) 677-1116

United Way NC 24-Hr. Help & Information Line: 211



LOCAL SPECIALTY CLINICS

Duke Geriatric Evaluation and Treatment Clinic:

(919) 620-4070

UNC Center for Aging & Health - Interdisciplinary Geriatric Evaluation & Treatment Clinic:

(919) 966-1459

Duke Neurological Disorders Clinic

(919) 668-7600

UNC Memory Disorders Clinic: (919) 966-8168



WEBSITES FOR CAREGIVERS

www.aarp.org/foundation

Prepare To Care - a downloadable planning guide for families. The general AARP site is also helpful.

www.alz.org

Inside The Brain: An Interactive Tour - Education for caregivers of individuals with dementia.

www.caregiver.org

Family Caregivers Alliance - Easy to search topics with practical suggestions.

www.napgcm.org

National Association of Geriatric Care Managers - Locate a certified care manager to assist you or your family member nationwide.

www.caring.com

Helpful site with emphasis on parent care; easy to find specific information and to-do lists; conversations with experts.

www.caringinfo.org

Free advance directive documents for any state.

www.fullcirclecare.org

NC Family Caregivers - Find local caregiver specialists in each region. Learn about caregiver services across the state.

www.medicare.gov

Compare nursing homes throughout the country

www.naela.org

National Academy of Elder Law Attorneys - Locate elder law attorneys nationwide.

CARE MANAGEMENT

See also: AGING AGENCIES and SOCIAL SERVICES

Aging Agencies and Departments of Social Services can provide some care coordination for seniors who need multiple services to remain living in their own homes. Private care managers can be hired for a fee to provide care coordination for seniors. Some care managers are

available on call 24/7.

Senior Care Management Associates

 Senior Care Management Associates, LLC
P. O. Box 16753 Chapel Hill, NC 27516

 Phone: (919) 636-2016

 Email: bill@senior-care-management.com

 www.senior-care-management.com

Golden Eldercare Management

 1515 West NC Hwy 54, Suite 220
Durham, NC 27707

 Phone: (919) 604-1231 • Fax: (919) 969-5298

 www.goldeneldercare.com/home.html

National Association of Professional Geriatric Care Managers

Provides information on certified care managers. Private pay. Providers may accept Long-Term Care Insurance.

 3275 W. line Road Suite 130, Tucson, AZ 85716

 Phone: (520) 881-8008 • Fax: (520) 325-7925

 www.napgcm.org - *find a care manager based on geographic location.*

Senior Transitions

 1289 N Fordham Blvd. Suite 353
Chapel Hill, NC 27514

 Phone: (919) 240-7476

 Email: caringforseniors@aol.com

 www.seniortransitionsnc.com

Everybody Needs A Nurse--Patient Advocates

 81110 Alexander, Chapel Hill, NC 27517

 Phone: (919) 606-1819 • Fax: (919) 942-5912

 Email: enanurse@hotmail.com

 www.everybodyneedsanurse.com

CLINIC - LOW COST MEDICAL

See also: DENTAL CARE

The North Carolina Institute of Medicine has a state-wide website (www.nchealthcarehelp.org) to help people access local health care, which is either free or has a reduced cost.

ALAMANCE COUNTY

Piedmont Health Clinics

Medicare will cover more medical services, including preventive care for patients at federally approved health clinics. The clinics charge patients on a sliding scale, based on income. Prescriptions on their formulary (or list) are available for a minimal cost. Local clinics are part of Piedmont Health Services and are located at:

Charles Drew Community Health Center

 221 N. Graham-Hopedale Rd.
Burlington, NC 27217

 Phone: (336) 570-3739

Scott Clinic

 5270 Union Ridge Rd., Burlington, NC 27217

 Phone: (336) 421-3247

CHATHAM COUNTY

Piedmont Health Clinics

Medicare will cover more medical services, including preventive care, for patients at federally approved health clinics. The clinics charge patients on a sliding scale, based on income. Prescriptions on their formulary (or list) are available for a minimal cost. Local clinics are part of Piedmont Health Services, located at:

 **Moncure Community Health Center**
7228 Pittsboro-Moncure Rd., Moncure, NC 27559

 Phone: (919) 542-4991

 **Siler City Community Health Center**
224 10th Ave., Siler City, NC 27344

 Phone: (919) 663-1744

DURHAM COUNTY

Lincoln Community Health Center, Inc.

 1301 Fayetteville St., Durham, NC 27707

 Phone: (919) 956-4000 or (919) 560-7600

ORANGE COUNTY

Orange County Health Department

 300 West Tryon St., Hillsborough, NC 27278

2501 Homestead Rd., Chapel Hill, NC 27516

 Phone: (919) 245-2400 - *Hillsborough*
 Phone: (919) 968-2022 - *Chapel Hill*

Piedmont Health Clinics

These clinics charge patients on a sliding scale, based on income. Prescriptions on their formulary (or list) are available for a minimal cost.

 **Carrboro Community Health Center**
301 Lloyd St., Carrboro, NC 27510

 Phone: (919) 942-8741 • Fax: (919) 942-1473

 **Piedmont Women's Health Center**
930 Martin Luther King Blvd. Suite 202
Chapel Hill, NC 27514

 Phone: (919) 933-3301 • Fax: (919) 933-3375

 **Prospect Hill Community Health Center**
322 Main St., Prospect Hill, NC 27314

 Phone: (336) 562-3311

COMMUNITY CENTERS

See also: SENIOR CENTERS

Carrboro Century Center

 100 North Greensboro St., Carrboro, NC 27510

 Phone: (919) 918-7385
 Fax: (919) 918-4476

 www.townofcarrboro.org

CONTINUING CARE RETIREMENT COMMUNITIES (CCRCs)

Continuing Care Retirement Communities (CCRCs) provide varying levels of housing options and assistance based on a resident's needs. These range from independent units (such as apartments or cottages/villas) to assisted living to skilled nursing care. Many CCRCs require applicants to be functionally independent when they apply and/or become a resident. Call individual CCRCs for specific information.

The NC Department of Insurance publishes an annual reference guide on North Carolina Continuing Care Retirement Communities. To order a free copy, call (919) 807-6612 or 807-6626.

ALAMANCE COUNTY

Twin Lakes Community

 3701 Wade Coble Dr., Burlington, NC 27215

 Phone: (336) 538-1500 • Fax: (336) 538-1504

 www.twinlakescomm.org

The Village at Brookwood

 1860 Brookwood Ave., Burlington, NC 27215

 Phone: (336) 570-8400 • Fax: (336) 570-8402

 www.villageatbrookwood.org

CHATHAM COUNTY

Carolina Meadows

 100 Carolina Meadows, Chapel Hill, NC 27517

 Phone: (919) 942-4014 • Fax: (919) 929-7808

 www.carolinameadows.org

Galloway Ridge at Fearington

 3000 Galloway Ridge, Pittsboro, NC 27312

 Phone: (919) 545-2215 • Fax: (919) 545-2220

 www.gallowayridge.com

Pittsboro Christian Village

 1825 East St., Pittsboro, NC 27312

 Phone: (919) 542-3151 • Fax: (919) 542-5919

 www.pcvnc.org

DURHAM COUNTY

Croasdaile Village Retirement Community

(United Methodist Retirement Homes, Inc.)

 2600 Croasdaile Farm Pkwy., Durham, NC 27705

 Phone: (919) 384-2475
Fax: (919) 384-2910

 Email: carolr@umrh.org

 www.croasdailevillage.com

The Cedars

 100 Cedar Club Circle
Chapel Hill, NC 27517

 Phone: (919) 259-7000 • Fax: (919) 259-7930

 www.cedarsofchapelhill.com

The Forest at Duke

 2701 Pickett Rd., Durham, NC 27705

 Phone: (919) 490-8000 • Fax: (919) 490-0887

 www.forestduke.org

ORANGE COUNTY

Carol Woods Retirement Community

 750 Weaver Dairy Rd., Chapel Hill, NC 27514

 Phone: (919) 968-4511 • Fax: (919) 918-3349

 www.carolwoods.org

DEMENTIA/ALZHEIMER'S DISEASE

See also: AGING AGENCIES, GERIATRIC ASSESSMENT, SUPPORT GROUPS, and WEBSITES

ALZHEIMER'S DISEASE RESOURCES

Alzheimer's North Carolina, Inc.

Clearing house for information/education on Alzheimer's disease.

 1305 Navaho Dr., Suite 101, Raleigh, NC 27609

 Phone: (919) 832-3732 or (800) 228-8738

Alzheimer Association in Eastern North Carolina

 3739 National Drive., Suite 100, Raleigh, NC 27612

 Phone: (919) 803-8285 or (800) 272-3900

Duke Family Support Program

 Room 3513 Blue Zone, Duke South Clinics
3600 Duke Medicine Cir, Durham, NC 27710

 Phone: (919) 660-7510 or (800) 646-2028
Fax: (919) 668-0453

Duke University Medical Center

Education, family support groups and research opportunities.

 200 Trent Dr., Durham, NC 27710

Orange County Department on Aging

Dementia related services at Orange County Department on Aging include Alzheimer's Disease caregivers' monthly support groups with concurrent activity groups; caregivers' education; dementia library; in-home assessments; and individual caregiver counseling.

 *Robert and Pearl Seymour Center:*
2551 Homestead Rd., Chapel Hill 27516

Central Orange Senior Center:
103 Meadowland Dr., Hillsborough, NC 27278

 Phone: (919) 968-2070 - *Chapel Hill*
Phone: (919) 245-2015 - *Hillsborough*
Aging Helpline: (919) 968-2087

 www.orangecountync.gov/aging

Safe Return

Identifying information is provided to a national registration for people with dementia who wander. Can select either a pendant or bracelet to wear.

Fee required.

 Phone: (888) 572-8566

 www.medicalert.org/safereturn

DIAGNOSTIC AND TREATMENT CLINICS FOR MEMORY DISORDERS

Duke Neurological Disorders Clinic

Do not need a physician's referral. Includes memory and movement disorders.

 932 Morreene Rd., Durham, NC 27705

 Phone: (919) 668-7600

Dementia Support Services

 914 Chapel Hill Road, Burlington, NC 27215

 Phone: (336) 532-0100

 www.hospiceac.org

UNC Memory Disorders Division - Department of Neurology

Need a physician's referral.

 170 Manning Dr, CB 7025, Chapel Hill, NC 27514

 Phone: (919) 966-8168

 For appointments: (919) 966-4401

Office Fax: (919) 966-2922

Clinic Fax: (919) 966-6501

SPECIALTY CARE UNITS ALZHEIMER'S/DEMENTIA

These treatment centers accept patients discharged from facilities for aggressive behavior.

Western NC

Black Mountain Neurological Treatment Center

 932 Old US Hwy. 70, Black Mountain, NC 28711

 Phone: (828) 259-6700 • Fax: (919) 259-6670
Admissions & Applications: (828) 259-6945

 www.bmcnc.org

Eastern NC

Long Leaf Neuro-Medical Treatment Center

 4761 Ward Blvd., Wilson, NC 27893

 Phone: (252) 399-2112 • Fax: (252) 399-2120

 www.longleafneuromedical.ncdhhs.gov

DENTAL CARE CLINICS

ORANGE COUNTY

Carrboro Community Health Center Dental Clinic

Open Mon - Thurs from 8:00am - 6:00pm. Sliding fee scale. English and Spanish speaking providers.

 301 Lloyd St., Carrboro, NC 27501

 Phone: (919) 933-9087

 Fax: (919) 537-0254

Department of Veterans Affairs Medical Center

Veterans only. Call for eligibility criteria.



508 Fulton St., Durham, NC 27705



Phone: (919) 286-0411

Fax: (919) 286-6825

Orange County Health Department

Open Mon - Thurs from 8:00am-5:00pm, and Fri. from 8:00am-12:00pm.



300 West Tryon St., Hillsborough, NC 27278



Phone: (919) 245-2435

Fax: (919) 644-3368

UNC Dental Clinic

Open Mon-Thurs., from 8:00am-5:00pm, and Fri. from 9:00am-1:00pm.



101 Manning Dr., CB# 7600 Chapel Hill NC 27514



Phone: (919) 966-1485

Fax: (919) 843-0355

UNC School of Dentistry Geriatric and Special Care Clinic

Care provided by students and/or an attending dentist with UNC. Fee depends on whether work is provided by students under an attending dentist, or by a UNC faculty member dentist.



Special Care Clinic, UNC School of Dentistry
Ground Floor, #0017 Tarrson Hall, CB#7450
Chapel Hill, NC 27599



Phone: (919) 966-6917

DISABILITIES - DEVELOPMENTAL

ORANGE COUNTY

Advanced Health Resources

Provides services, including case management for people with developmental disabilities.



1218 Copeland Oaks Drive., Morrisville, NC 27560



Phone: (919) 465-3277

Fax: (919) 465-3222



www.ahrnc.com

Arc of Orange County, Inc.

Provides variety of services to people with developmental disabilities of all ages, and their families. Sliding fee scale. Accepts Medicaid.



208 N Columbia St., Suite 100
Chapel Hill, NC 27514



Phone: (919) 942-5119 • Fax: (919) 942-2119



Email: rbaker@arcofororange.org



www.arcofororange.org

Club Nova

Provides housing and clubhouse services to individuals who receive mental health, developmental disability and substance abuse services.



103D West Main St., Carrboro, NC 27510



Phone: (919) 968-6682

Fax: (919) 968-1764 or 968-2522

 Email: kdunn@clubnova.org

 www.clubnova.org

OPC Screening, Triage, Access & Referral (STAR)

 Phone: (919) 913-4100
Toll Free: 1-800-233-6834

Residential Services Chapel Hill

Housing for people with developmental disabilities.

 111 Providence Rd., Chapel Hill, NC 27514

 Phone: (919) 942-7391 • Fax: (919) 933-4490

 Email: mail@rsi-nc.org

 www.rsi-nc.org

 www.alliancecil.org

North Carolina Assistive Technology Program (NCATP)

Administered by the NC Dept. of Health and Human Services and the Division of Vocational Rehabilitation Services. 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.

 4900 Waters Edge Dr., Suite 250
Raleigh, NC 27606

 Phone: (919) 233-7075 (Voice/TTY)
Fax: (919) 233-7080

 www.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.

 4312 Western Park Pl., Durham, NC 27705

 Phone: (919) 560-6810 or (888) 666-4916

 www.dvr.dhhs.state.nc.us

North Carolina Vocational Rehabilitation

Helps people with a disability re-enter the work force. May provide financial help for people who want to return to school.

 548 Smith Level Rd., Carrboro, NC 27510
4312 Western Park Place, Durham, NC 27705

DISABILITIES - PHYSICAL AND SENSORY

GENERAL

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.

 505 Oberlin Rd., Suite 148, Raleigh, NC 27605

 Phone: (919) 833-1117 (Voice/TTY)
Fax: (919) 833-1171

 Email: alliance@alliancecil.org

 Phone: (919) 560-6810 - *Durham*
Phone: (919) 969-7350 - *Carrboro*
Fax: (919) 969-7349

Orange County Department on Aging

A licensed occupational therapist (OTR/L) is available for consultations on home safety/modifications. Donations accepted.

 *Robert and Pearl Seymour Center:*
2551 Homestead Rd., Chapel Hill 27516
Central Orange Senior Center:
103 Meadowland Dr., Hillsborough, NC 27278

 Phone: (919) 968-2070 - *Chapel Hill*
Phone: (919) 245-2015 - *Hillsborough*
Aging Helpline: (919) 245-2087

 www.orangecountync.gov/aging

HEARING IMPAIRMENT

Duke Hospital Speech Pathology and Audiology Clinic

 200 Trent Dr., Durham, NC 27710

 Phone: (919) 684-3859 • Fax: (919) 668-2741

 www.dukespeechandhearing.org

Hear Now

Provides low-cost or free hearing aids. Non-refundable application fee per hearing aid. Provide gifts to individuals who donate their old hearing aid.

 Phone: (800) 328-8602

 Email: hearnow@star

 www.starkeyhearingfoundation.org

International Hearing Aid Society

Referrals for assistance with obtaining hearing aids.

 Phone: (800) 521-5247

North Carolina Department of Health and Human Services – Division of Services for the Deaf and Hard of Hearing

 1100 Navaho Dr., Wood Oaks Bldg
Raleigh, NC 27609-6301 - *Physical Address*
2301 Mail Service Center
Raleigh, NC 27699-2301 - *Mailing Address*

 Phone: (919) 874-2212 (TTY/voice) or
(800) 851-6099 • Fax: (919) 855-6872

 www.dsdhh.dhhs.state.nc.us/

Relay North Carolina

Provides services to help people who are hard of hearing or deaf communicate by Phone.

 Phone: (800) 676-3777 (Customer Service)
(800) 735-2962 (24hrs/7days) • Fax: (877) 877-3291

 www.relaync.com

Self Help for the Hard of Hearing (SHHH)

Support and information provided in a group setting for individuals with hearing impairments.

 Email: awbenson32@gmail.com - *Wayne Benson*

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.

 304 S Main St., Graham, NC 27253

 Email: joanblack@mebtel.net

UNC Pediatric and Adult Audiology

 101 Manning Dr., Chapel Hill, NC 27599

 Phone: (919) 966-6495

VISUAL IMPAIRMENT

American Foundation for the Blind Information Center

 2 Penn Plaza, Suite 1102, New York, NY 10121

 Phone: (800) 232-5463

 Email: afbinfo@afb.net

 www.afb.org

Duke Hospital Eye Center

 2351 Erwin Rd., Durham, NC 27705

 Phone: (919) 684-6611 or (888) 800-7397

 www.dukeeye.org

Low Vision Support Group

Meets at the Robert and Pearl Seymour Center.

 2551 Homestead Rd., Chapel Hill, NC 27516

 Call (919) 968-2070 for meeting dates and times.

National Library Service for the Blind and Physically Handicapped

Free services to people with visual problems.

 Phone: (888) 657-7323 or (202) 707-5100

 Email: nls@loc.gov

 www.loc.gov/nls

North Carolina Division of Services for the Blind

 309 Ashe Ave., Fisher Bldg., Raleigh, NC 27606

 Phone: (888) 222-1546 or (919) 733-9822

 www.ncdhhs.gov/dsb

North Carolina Library for the Blind and Physically Handicapped

People who cannot use regular printed materials, because of a visual, or other physical handicaps (such as not being able to hold a book), are eligible. Provide free downloadable digital talking players, books and magazines. Applications can be obtained from your local reference librarian. Free.

 1841 Capital Blvd., Raleigh, NC 27635

 Phone: (919) 733-4376 or (888) 388-2460
TDD: (919) 733-1462 • Fax: (919) 733-6910

 Email: nclbph@ncder.gov

Orange County Social Worker for Blind Services - Department of Social Services (DSS)

 113 Mayo St., P.O. Box 8181 Hillsborough, NC 27278

 Phone: (919) 245-2876

 Email: sloney@co.orange.nc.us -
Stephone Loney (Social Worker)

Radio Reading Service

Newspapers and magazines read over a specific radio channel. Special radios are loaned free.

 211 E. Six Forks Rd., Suite 103, Raleigh NC, 27609
 Phone: (919) 832-5138
 Email: trserv@nc.rr.com

UNC Low Vision Service, UNC Administration Offices

Examinations, rehabilitation, adaptive devices and resources.

 5151 Bioinformatics Bldg, Chapel Hill, NC 27599
 Phone: (919) 966-5296

Academy Eye Associates

 910 Martin Luther King, Jr. Blvd.
Chapel Hill, NC 27514

 Phone: (919) 942-8531 • Fax: (919) 942-0719

Duke Eye Center– Low Vision Rehabilitation

Provide evaluation; help patient set rehabilitation; disability adjustment counseling and family support groups are available.

 2351 Erwin Road, Durham, NC, 27710
 Phone: (919) 681-3927 or (888) 355-0240

DRIVING

AAA (American Automobile Association)

 2301 Blue Ridge Rd., Raleigh NC, 27607
 Phone: (800) 444-8691, ext. 7883 for Traffic Safety or (919) 832-0543
 www.carolinas.aaa.com/pages/Home.aspx

AARP Driver Safety Program

 Phone: (888) AARP-Now—888-227-7669
(919) 866-3956 - Raleigh Office

DRIVING EVALUATIONS

Andes Driving School

Evaluates driving skills. Offers instructions and courses for people with a disability. Fee.

 5007 Southpark Dr., Suite 120, Durham, NC 27713
 Phone: (919) 201-2541

 www.driveandes.com

Carolina Meadows Continuing Care Retirement Community

Individual pre-driving evaluation by an occupational therapist (not behind the wheel). Priority given to residents. Fee for non-residents.

 100 Carolina Meadows, Chapel Hill, NC 27517
 Phone: (919) 942-4014
 www.carolinameadows.org

Driver Rehabilitation Services, P.A.

Individual driving evaluation by an occupational therapist. Includes both driver assessments and behind the wheel/on the road assessment. Comes to your location. Fee.

 605 Cabaret Rd. Mcleansville NC, 27301
 Phone: (336) 697-7841 • Fax: (336) 697-7842
 www.drive-rehab.com

Duke University - Adult Neurological Physical and Occupational Therapy Services at Lennox-Baker Hospital

Individual pre-driving evaluation by an occupational therapist (not behind the wheel). If appropriate, modifications can be made to a car so that a person can drive more safely. If physician makes referral, evaluation may be reimbursable under Medicare and other insurance policies.

 3000 Erwin Rd., Durham, NC 27710

 Phone: (919) 684-4543 or (919) 684-2445
Fax: (919) 668-2420

Moses Cone Outpatient Rehabilitation

Appointments - Wednesdays only. Classroom and driving evaluations. Fee.

 1904 North Church St., Greensboro, NC 27401

 Phone: (336) 271- 4940
Fax: (336) 271-4921

Wake Forest University Baptist Medical Center

Fee required.

 1 Medical Center Blvd., Winston-Salem, NC 27157

 Phone: (336) 716-2011 • Fax: (336) 716-8005

 www.wfubmc.edu

EDUCATIONAL OPPORTUNITIES

The Senior Times is published quarterly by the Orange County Department on Aging. It lists programs that are

held throughout the county, and a variety of educational opportunities. It is available at senior centers, libraries and other public locations. People 65+ can take classes within the UNC system for free. Obtain registration forms from the continuing education department at the Friday Center (919) 962-1134 or at www.fridaycenter.unc.edu.

Carolina College for Lifelong Learning (CCLL)

Offers comprehensive enrichment opportunities. Sponsored by the UNC General Alumni Association (GAA). Classes are taught primarily by UNC faculty and graduate teaching fellows. Sessions are generally conducted on the UNC-CH campus for three to four weeks. Discount for GAA members, need to register through different departments of UNC.

 Phone: (919) 843-5115

 www.alumni.unc.edu

Durham Technical Community College

Offers continuing educations courses, as well as a two year degree program.

 *Orange County Skills Development Center:*
503 West Franklin St., Chapel Hill, NC, 27516

Orange County Campus:
525 College Park RD, Hillsborough, NC, 27278

 Phone: (919) 969-3032 ext. 0 - *Development Cntr*
Phone: (919) 536-7238 - *Campus*

 www.durhamtech.edu/orange/index.htm

North Carolina Cooperative Extension in Orange County

Provides educational opportunities in four major program areas: Agricultural and Natural Resources, Family and Consumer Sciences, 4-H and Youth Development, and Community and Rural Development.

 306-E Revere Rd., Hillsborough, NC 27278

 Phone: (919) 245-2050 • Fax: (919) 644-3067

 www.orange.ces.ncsu.edu/site-orange
(Click on “County Centers”)

Osher Lifelong Learning Institute at Duke (OLLI)

Offers non-credit 11-12 week courses to people age 50+. Three terms a year. Classes held in various local locations. Program areas: literatures, history, sciences, economics, computer, performing arts, etc. Fee.

 The Bishop’s House, Duke University
Durham, NC 27708

 Phone: (919) 684-2703 • Fax: (919) 681-8235

 Email: gjc3@duke.edu

 www.learnmore.duke.edu/olli

Peer Learning

Courses offered in Chapel Hill facilities and taught by seniors for seniors. Provide a wide range of courses such as literature, arts and sciences. Instructors are professors retired from UNC. Meet at a church in Chapel Hill. Fee.

 Email: info@peerlearningofchapelhill.com

Shared Learning

Classes meet in Chapel Hill facilities, and are taught by seniors for seniors. Fee.

 Phone: (919) 642-0606

 www.sharedlearningchapelhill.com

UNC Adventures in Ideas

Program in the Humanities and Human Values Offers a wide variety of one-day sessions in various locations. Provides weekend seminars, scholarships, and tuition reduction benefits.

 1700 Martin Luther King Jr., Blvd., CB#3425, UNC
Chapel Hill, NC 27599

 Phone: (919) 962-1544 • Fax: (919) 962-4318

 www.adventuresinideas.unc.edu

UNC Community Classroom Series

Offers short courses every spring and fall. Courses meet weekly for two hour sessions at the Friday Center. Each Course costs \$60.

 The William and Ida Friday Center
for Continuing Education
Hwy. 54, Chapel Hill, NC

 (919) 962-2643 or (800) 845-8640

 Email: conradj@email.unc.edu

 www.fridaycenter.unc.edu/pdep/ccs/index.htm

EMPLOYMENT

North Carolina Department of Commerce Division of Employment Security (DES)

Area Leader/Job Counselor for Orange County Seniors.
Orange County Office Hours: Mon-Fri, 8:30am-5:00pm.

 503 West Franklin St., Chapel Hill, NC 27516

 Job Line: (800) 768-5627 • Fax: (919) 968-8496

 Email: esc.jobs.chapelhill@ncesc.gov.

END OF LIFE PLANNING (ADVANCED DIRECTIVES)

See also: LEGAL, HOSPICES and AGING AGENCIES

Health Care Power of Attorney and Living Will forms are available at the Senior Centers. Forms must be witnessed and notarized, which can be done for free at the Robert and Pearl Seymour Center in Chapel Hill, the Central Orange Senior Center in Hillsborough, or at your bank. It is advisable to seek an attorney when making a will, establishing a trust or designating a Durable or Financial Power of Attorney to make property, financial and other legal decisions.

Legal Aid of North Carolina (LANC)

Legal Aid has regular appointments available at both Orange County Senior Centers. Provides free legal services in civic matters to low-income people, services include Wills, Durable/Financial, Power of Attorney and Health Care Power of Attorney. Free legal case examples,

do not provide email legal assistance.

 Phone: (866) 219-5262 (LANC) • Fax: (919) 545-0735

 www.legalaidnc.org

On-line Registry of Advance Directives Department of Secretary of State

Register advance directives to make them available on-line. Includes: Health Care Power of Attorney, Living Will, advance instructions for mental health treatment, and anatomical gifts (organ donations). Provide multi-language service on-line. Office hours: 24hrs/7days, 8:00am-5pm, except for holidays and weekends

 P.O. Box 29622, Raleigh, NC 27626-0622

 Phone: (919) 807-2167 • Fax: (919) 807-2214

 www.sosnc.com

Project Compassion

Project Compassion creates volunteer Support Teams that provide practical, emotional, social and quality of life support for people living with serious illness, caregiving, end of life, and grief. Teams are created in partnership with community groups, organizations and friendship circles.

 180 Providence Rd., Suite 1-C
Chapel Hill, NC 27514

 Phone: (919) 402-1844 • Fax: (919) 402-1843

 Email: jane@project-compassion.org

 www.project-compassion.org

FAMILY CARE HOMES

Family care homes are licensed for a maximum of six unrelated residents and are assisted living/adult care homes. They must be licensed by the state, and are monitored by the county's Department of Social Services. To reach the regional ombudsman, call (336) 294-4950.

ALAMANCE COUNTY

A Touch of Country Family Care

Accepts Special Assistance.

 4159 Brandon Lane, Burlington, NC 27217

 Phone: (336) 570-1748
 Fax: (336) 570-0905

Above and Beyond Adult Care Home

Accepts Special Assistance.

 1616 East Webb Ave., Burlington, NC 27217

 Phone: (336) 270-4454
 Fax: (336) 226-6417

Agape Family Care Home

Accepts Special Assistance.

 120 Carriage Loop Rd., Burlington, NC 27217

 Phone: (336) 222-0135
 Fax: (336) 222-8607

Alvarado's Family Care

Accepts Special Assistance.

 646 Country Club Dr., Burlington, NC 27215

 Phone: (336) 222-0303
 Fax: (336) 270-6943

Angel's Family Care Home

Accepts Special Assistance.

 809 Wicker St., Burlington, NC 27217

 Phone: (336) 270-4413

Anthony's Street Family Care Home

Accepts Special Assistance.

 123 S. Anthony St., Burlington, NC 27217

 Phone: (336) 228-7897
 Fax: (336) 228-1525

Ashley Family Care Home

Accepts Special Assistance.

 220 Hall Ave., Burlington, NC 27217

 Phone: (336) 229-6839
 Fax: (336) 229-6839

Bethany Tender Love and Care

Accepts Special Assistance.

 532 Greenwood Dr., Burlington, NC 27215

 Phone: (336) 584-2763

C & M Adult Care Home

Accepts Special Assistance.

 422 North. Main St., Burlington, NC 27217

 Phone: (336) 227-5216

Caring Hearts Assisted Living

Accepts Special Assistance.

 218 Adams St., Burlington, NC 27215

 Phone: (336) 228-7900

 Fax: (336) 228-7900

Cham-Net Family Care Home

Accepts Special Assistance.

 1010 Richmond Ave., Burlington, NC 27217

 Phone: (336) 226-5060 • Fax: (336) 226-5060

Creekview Family Care Home

Accepts Special Assistance.

 3524 Dickey Mill Rd., Mebane, NC 27302

 Phone: (336) 578-8374

 Fax: (336) 578-0633

D&M Family Care Home

Accepts Special Assistance.

 4327 Burch Bridge Rd., Burlington, NC 27217

 Phone: (336) 584-8797

Dee & G Enrichment Center

Accepts Special Assistance.

 2822 South Mebane St., Burlington, NC 27703

 Phone: (336) 570-3072

 Fax: (336) 222-8338

Emmanuel Family Care II

Accepts Special Assistance.

 2655 White Oak Dr., Burlington, NC 27215

 Phone: (336) 585-2025

Fax: (336) 584-5037

Evans Forever Young Family Care Home, LLC

Accepts Special Assistance.

 3746 Danieley-Water Wheel Rd.
Burlington, NC 27217

 Phone: (336) 584-4500

Faith Family Care Home II

Accepts Special Assistance.

 603 Crestview Dr., Burlington, NC 27217

 Phone: (336) 227-9992 • Fax: (336) 228-8939

Graham Drive Family Care Home

Accepts Special Assistance.

 509 Graham Dr., Graham, NC 27217

 Phone: (336) 228-1525

Freeland's Place Called Home

Accepts Special Assistance.

 1407 Knollwood Dr., Burlington, NC 27217

 Phone: (336) 226-8512

 Fax: (336) 226-8515

Golden Years Family Care Home

Accepts Special Assistance.

 205-A East Sixth St., Burlington, NC 27215

 Phone: (336) 227-5854

Golden Years Family Care Home #2

Accepts Special Assistance.

 207 East Sixth St., Burlington, NC 27215

 Phone: (336) 229-0888
 Fax: (336) 222-9068

Guardian Angel

Accepts Special Assistance.

 1006 Richmond Ave., Burlington, NC 27217

 Phone: (336) 222-0114
 Fax: (336) 222-0314

Gwen's Family Care Home II

Accepts Special Assistance.

 7964A County Line Rd., Liberty, NC 27298

 Phone: (336) 622-1842
 Fax: (336) 622-9845

Homewood Avenue Assisted Living Facility

Accepts Special Assistance.

 301 Homewood Ave., Burlington, NC 27217

 Phone: (336) 270-6140
 Fax: (336) 421-5871

L M & S Adult Care No. 2

Accepts Special Assistance.

 426 North Main St., Burlington, NC 27217

 Fax: (336) 227-0742

Mebane's Family Care Home #2

Accepts Special Assistance.

 939 Lakeside Ave., Burlington, NC 27217

 Phone: (336) 227-0569
 Fax: (336) 226-1460

Merciful Hands

Accepts Special Assistance.

 1313 Elrado St., Burlington, NC 27217

 Phone: (336) 226-8237
 Fax: (336) 446-0165

Riverside Assisted Living

Accepts Special Assistance.

 1405 North Sellars Mill Rd. Ext.
Burlington, NC 27217

 Phone: (336) 570-9424
 Fax: (336) 570-9424

Riverside Assisted Living Wilson Building

Accepts Special Assistance.

 350 North Sellars Mill Rd., Burlington, NC 27217

 Phone: (336) 513-0396
 Fax: (336) 222-1935

Sheridanville, Inc.

Accepts Special Assistance.

 2051 Miles Chapel Rd., Mebane, NC 27302

 Phone: (336) 578-5774 • Fax: (336) 578-9074

Southern Season Family Care Home

Accepts Special Assistance.

 1703 Vaughn Rd., Burlington, NC 27217

 Phone: (336) 229-9900

Springview Assisted Living

Accepts Special Assistance.

 1032 N Mebane St, Burlington, NC 27217

 Phone: (336) 222-8913 • Fax: (336) 222-1935
 www.springviewassistedliving.com/

Stella's Care Home

Accepts Special Assistance.

 112 Stagg St., Burlington, NC 27217

 Phone: (336) 229-5580

We Care Family Care

Accepts Special Assistance.

 1718 Morgantown Rd., Burlington, NC 27217

 Phone: (336) 570-0770 • Fax: (336) 570-0775

CHATHAM COUNTY

Liselotte Care Home

Private pay only.

 3035 Silk Hope Gum Springs Rd.
Pittsboro, NC 27312

 Phone: (919) 542-3089 • Fax: (919) 542-9930

DURHAM COUNTY

Angelica House

Accepts Special Assistance.

 2007 Stadium Dr., Durham, NC 27705

 Phone: (919) 477-6540
Fax: (919) 471-6264

Atterbury Lane Family Care Home

Accepts Special Assistance.

 1802 Atterbury Lane, Durham, NC 27712

 Phone: (919) 477-4556
Fax: (919) 477-4556

B.J.'s Family Care Home

Accepts Special Assistance.

 716 Hugo St., Durham, NC 27704

 Phone: (919) 220-5203
Fax: (919) 220-5203

Begin Again Family Care Home #2

Accepts Special Assistance.

 407 North Hyde Park Ave., Durham, NC 27703

 Phone: (919) 682-6079

Central Family Care Home #1

Accepts Special Assistance.

 206 East Murray Ave., Durham, NC 27704

 Phone: (919) 682-6877 • Fax: (919) 682-3611

Central Family Care Home #2

Accepts Special Assistance.

 3714 Cole Mill Rd., Durham, NC 27701

 Phone: (919) 383-5724
Fax: (919) 680-6653

Choice Care Family Care Home

Accepts Special Assistance.

 725 Hanson Rd., Durham, NC 27713

 Phone: (919) 361-1000
Fax: (919) 361-1000

Circle of Daughters

Accepts Special Assistance.

 106 Oakmont Ave., Durham, NC 27713

 Phone: (919) 361-0346

Elsie Doris Family Care Home

Accepts Special Assistance.

 306 Cherry Grove St., Durham, NC 27703

 Phone: (919) 913-5369

 Fax (919) 596-7156

Hunter House, Inc.

Accepts Special Assistance.

 2309 Ellington St., Durham, NC 27704

 Phone: (919) 680-6360 • Fax: (919) 956-7391

Jones Family Care Home

Accepts Special Assistance.

 2122 Overland Dr., Durham, NC 27704

 Phone: (919) 688- 6205

 Fax: (919) 479-1010

Mangum Street Family Care Home

Accepts Special Assistance.

 830 Mangum St., Durham, NC 27701

 Phone: (919) 688-6923

 Fax: (919) 220-0407

Maplewood Family Care Home

Accepts Special Assistance.

 1430 Maplewood Dr., Durham, NC 27704

 Phone: (919) 220-0114

Ruffin Home

Accepts Special Assistance.

 1913 Haverford St., Durham, NC 27705

 Phone: (919) 220-6257

 Fax: (919) 220-0407

The Pickett House Family Care Home

Accepts Special Assistance.

 3811 Pickett Rd., Durham, NC 27705

 Phone: (919) 403-0390 • Fax: (919) 489-1412

 Email: Cjones1970@nc.rr.com

Zion Family Care Home

Accepts Special Assistance.

 101 Knothole Lane, Durham, NC 27704

 Phone: (919) 425-1683

 Email: awatson43@nc.rr.com

ORANGE COUNTY

Cedar Grove Family Care Home

Accepts Special Assistance.

 403 Saw Mill Rd., PO Box 57
Cedar Grove, NC 27231

 Phone: (919) 732-8850 • Fax: (919) 732-8850

Cedar Grove Family Care Home #2

Accepts Special Assistance.

 403 Saw Mill Rd., Cedar Grove, NC 27231

 Phone: (919) 732-8850 • Fax: (919) 732-8850

Live Well Care Homes Inc.

 6720 Pavline Drive, Chapel Hill, NC 27514

 Phone: (919) 403-6718

 Email: livewellcarehomes@gmail.com

www.livewellcarehomes.com

Orange Community Residence

Accepts Special Assistance. Specializes in HIV/AIDS Care.

 1700 N. Greensboro St., Carrboro, NC 27510

 Phone: (919) 932-7052 • Fax: (919) 945-1524

Winmore Eldercare Home

 112 Della Street Chapel Hill, NC 27516; in the Winmore Neighborhood, off Homestead Road

 Phone: (919)967-7570 • Fax: (919) 967-7576

 www.charleshouse.org

Yorktown Eldercare Home

 303 Yorktown Drive, Chapel Hill, NC 27516

 Phone: (919)967-7570 • Fax: (919) 967-7576

 www.charleshouse.org

Fee for services.

 Phone: (800) 366-2732

 www.napfa.org

COMMUNITY FINANCIAL COUNSELING

Women's Center

Debt, credit, budgeting and financial goals counseling.

Counseling provided by trained financial counselors.

Sliding scale fee. Workshops available.

 210 Henderson St., Chapel Hill, NC 27514

 Phone: (919) 968-4610 • Fax: (919) 932-3125

 Email: financial@womenspace.org

 www.womenspace.org

Durham Regional Community Development and Counseling

HUD approved and COA accredited; financial budget, credit counseling; debt management; rental. Homebuyer education, pre/post purchase ownership counseling.

 315 East Chapel Hill St., Suite 304 Durham, NC 27701

 Phone: (919) 688-3381 • Fax: (919) 680-2281

 www.drcenter.org

FINANCIAL COUNSELING

See also: PRESCRIPTION ASSISTANCE

FINANCIAL ADVISORS

The National Association of Personal Financial Advisors (NAPFA)

EMERGENCY FINANCIAL ASSISTANCE

Limited funds are available for fuel, food, medicine, utilities, rent, and other emergencies for individuals and families in crisis that meet the financial qualifications.

Contact local county Departments of Social Services for their guidelines. In addition, there may be local agencies that can provide additional help once people qualify at their local Department of Social Services. See www.fullcirclecare.org for resources throughout North Carolina.

American Red Cross-Triangle Area Chapter

Disaster relief. Provide support for military family and international relief services.

 100 N. Peartree Ln., Raleigh, NC 27610

 Phone: (919) 231-1602 • Fax: (919) 231-6314

 Email: info@triangleredcross.org

Catholic Social Ministries

Open Tues. and Wed from 9:00 am - 1:00 pm.

 902 Broad St., Durham, NC 27705

 Phone: (919) 286-1964

Inter-Faith Council for Social Services (IFC)

Applicants need to be Chapel Hill/Carrboro residents. Call for an appointment.

 110 West Main St., Carrboro, NC 27510

 Phone: (919) 929-6380 • Fax: (919) 929-3353

 Email: servicedirector@ifcmailbox.org

 www.ifcweb.org

Jewish Federation of Durham/Chapel Hill

Serves Durham and Orange Jewish community.

 3622 Lyckan Pkwy., Suite 6002
Durham, NC 27707

 Phone: (919) 354-4955 • Fax: (919) 489-5788

 www.shalomdch.org.

Orange Congregations In Mission (OCIM)

Provides Meals on Wheels to homebound residents in central and northern Orange County, as well as emergency services.

 300 Millstone Dr., Hillsborough NC 27278

 Phone: (919) 732-6194 ext. 14 • Fax: (919) 644-1126

 Email: ocim300mill@mindspring.com

Salvation Army

Serves Durham and Orange Counties

 909 Liberty St., Durham, NC 27701

 Phone: (919) 682-7842

Fax: (919) 688-3437

GERIATRIC ASSESSMENT

See also: DEMENTIA/ALZHEIMER'S DISEASE

Comprehensive medical evaluation by a team of medical and allied health professionals trained in the assessment of older adults with complex medical problems.

EVALUATION CLINICS

UNC Center for Aging and Health Geriatrics Specialty Clinic

 6011 Farrington Road Bldg. 100., Unit 101
Chapel Hill, NC 27517

 Phone: (919) 957-6599 • Fax: (919) 957-6851

 www.med.unc.edu/aging

Duke Geriatric Evaluation and Treatment Clinic

Comprehensive geriatric evaluations.

Clinic hours: Mon-Fri (8:00am-4:30pm)

 2580A Stead Bldg., DHS Blue Zone
200 Trent Dr., Durham, NC 27710

 Phone: (919) 620-4070

 www.geri.duke.edu/services/59

MEMORY CLINICS

Duke Neurology Memory Disorders Clinic

Includes memory and movement disorders. In-depth evaluations.

 Duke Clinic IL, 932 Morreene Rd.
Durham, NC 27705

 Phone: (919) 668-2879

Senior Wellness Clinic

 Phone: (919) 843-4096

Fax: (919) 962-9795

Robert and Pearl Seymour Center

A partnership between UNC and Orange County Department on Aging. Screening for mobility, memory and mood disorders by a multi-disciplinary team.

 2551 Homestead Rd., Chapel Hill, NC 27516

 Phone: (919) 968-2070

Aging Helpline: (919) 968-2087

UNC Memory Disorders Clinic

Physician's referral needed. In-depth evaluations.

 101 Manning Dr., Chapel Hill, NC 27599

 Phone: (919) 962-2685 • Fax: (919) 966-2922

 www.med.unc.edu/neurology/divisions

GRIEF

See also: HOSPICE CARE

UNC Hospice

Bereavement counseling services for 13 months after death. Chaplain services available.

 480 Hillsborough St., Suite 800
Pittsboro, NC 27312
1101 Weaver Dairy Rd., Suite 200
Chapel Hill NC 27514

 Phone: (919) 542-5545 • Fax: (919) 542-6232

 www.unchealthcare.org/site/hospice

Unicorn Bereavement Center - Duke Hospice

Bereavement counseling available.

 1001 Corporate Dr., Hillsborough, NC 27278

 Phone: (919) 644-6869

Fax: (919) 493-0242

GUARDIANSHIP

Guardians must be appointed by the County Clerk of Court after a competency hearing. The appointed guardian makes health care decisions and/or provides

financial management for an adult who has been adjudicated incompetent in a legal hearing. Contact the Clerk of Court office in specific counties for more information.



PHONE RESOURCES

Orange County: (919) 644-4500

Alamance County: (336) 570-5200 (Ask for Special Proceedings Department)

Chatham County: (919) 542-3240 (Ext. 222 or 221)

Durham County: (919) 808-3000

HISPANIC/LATINO RESOURCES

El Centro Hispanic

Offers variety of health and women's programs and services.



600 East Main St., Durham, NC 27701



Phone: (919) 687-4635 • Fax: (919) 687-0401



www.elcentronc.org

El Pueblo, Inc.

A non-profit statewide advocacy and public policy organization dedicated to strengthening the Latino community.



2321 Crabtree Blv. Ste. 105. Raleigh, NC 27604



Phone: (919) 835-1525 • Fax: (919) 835-1526



www.elpueblo.org

CHINESE RESOURCES

Aging transition team at the Orange County Department on Aging keeps and maintains a list of resources available to the Chinese community. Please call the Orange County Department of Aging at (919) 968-2087. For information in Mandarin Chinese call (919) 259-0232.

HOME CARE

Trained professionals and paraprofessionals provide a range of services to enable a functionally impaired person to remain at home with contracted services. For a list of independent caregivers, not employed through an agency, call the Orange County Department on Aging at (919) 968-2087.

COMPANIONSHIP AGENCIES

Provide staff to assist with non-personal care tasks, such as companionship, transportation, meal preparation, errands, etc.

Advanced Home Care



6003 Chapel Hill Road, Ste. 105, Raleigh, NC 27607



Phone: 919-852-0052



www.advhomecare.org

Always Best Care

Serve Chapel Hill, Carrboro, Durham, Hillsborough,

Mebane, Southpoint, Hope Valley, Orange County UNC Health Care. Provide non-medical home care, senior living consulting, etc. Veteran's assistance program counseling is included.

 1340 Environ Way, Chapel Hill, NC 27517

 Phone: (919) 357-1440 • Fax: (919) 913-4501

 Email: TPalmer@abc-seniors.com

 www.alwaysbestcarechapelhill-durham.com

A Helping Hand

In addition to fee services, provides free limited respite care for caregivers. Serves Seniors 65+yrs and younger adults with medical conditions. Call to schedule an in-home assessment. Services include healthcare assistance, in-home assistance. Companion care and socialization, escorted transportation and respite care.

 1502 West Highway 54., Suite 405
Durham, NC 27707

 Phone: (919) 403-5555 • Fax: (919) 969-7015

 Email: info@ahelpinghandnc.org

 www.ahelpinghandnc.org

Comfort Keepers

Services include companionship, transportation, meal preparation, light housekeeping, laundry, personal care, etc. Serving Orange and Durham counties.

 1415 West NC Highway 54, Suite 209
Durham, NC 27707

 Phone: (919) 338-2044 • Fax: (919) 338-2888

 www.comfortkeepers.com

Good News Home Care, Inc.

Professionally trained, bonded, and insured in-home care aides who assist with personal care and Activities of Daily Living (ADL).

 3900 Barrett Drive, Ste 301-H, Raleigh, NC 27609

 Phone: (919) 403-9700 • Fax: (919) 896-7353

 E-mail: goodnewshomecareinc@yahoo.com

HOME CARE AGENCIES

Provide nurse-supervised aides who can assist with personal care tasks, homemaking, and companionship. Medicare does not pay for these services. Medicaid may fund them. Some agencies may be covered by long-term care insurance. In-home assessment is available to all listed agencies.

Accessible Home Health Care of Mid Carolina

 182 Wind Chime Court, Suite 101
Raleigh, NC 27615

 Phone: (919) 896-7679 or (919) 900-0728

 Email: tcallaway@ahcglobal.com

 www.accessiblemidcarolina.com

Acorn Home Care Services, Inc.

Compassionate home care services for seniors, elders and other loved ones. We are dementia / Alzheimer's care specialists serving Chapel Hill, Carrboro, Durham, Pittsboro, Hillsborough, Raleigh, Apex, Morrisville, Cary

and surrounding areas.

 209 Lloyd Street – Office 260, Carrboro, NC 27510

 Phone: 1-800-481-7977

 Email: Lorenzo@AcornHCS.com

 www.acornhomecareservices.com

Aegis Home Care

 50101 Governors Drive, Suite 105 A.
Chapel Hill, NC 27517

 Phone: (919) 442- 5252 • Fax: (919) 240-5735

 Email: alan@aegishomecare.com

 www.aegishomecare.com

AmeriCare HomeCare

Midway Business Center
109 N. Graham St., Suite 205
Chapel Hill, NC 27516

 Phone: (919) 942- 2840• Fax: (919) 967-0710

 Email: earmstrong@americare-homecare.com

 www.northcarolina.americareinfo.com

Arcadia Home Care and Staffing

 7340 Six Forks Rd., Suite 103 Raleigh, NC 27615

 Phone: (919) 846-9212

 www.arcadiahomecare.com/nc/#

BAYADA Home Health Care

 807 North Madison Blvd., Roxboro, NC 27573

 Phone: (336) 597-3050 • Fax: (336) 597-4703

 www.bayada.com

Caring Senior Service

 5630 Six Forks Road Suite 203,
Raleigh, NC 27609

 Phone: (919) 386-0522 • Fax: (800) 536-7056

 Email: Raleigh@caringinc.com

 www.CaringSeniorService.com

Comfort Keepers

 1415 West NC HWY 54 Suite 209 Durham, NC 27707

 Phone: (919) 338-2044

 www.comfortkeepers.com

Community home care and Hospice

 Phone: (800) 569-1348

 www.communityhch.com

Happy Home Care Staffing

 224 D Orange Grove St., Hillsborough, NC 27278

 Phone: (919) 732-4663 or (919) 563-0129

 Fax: (919)-732-4661

 www.hhomecarestaffing.com

Helping Hands of America

All certified nursing aides has clear criminal background check.

 4205 Wake forest road Suite 202 Raleigh, NC 27609

 Phone: (919) 829-2505 • Fax: (919) 829-4206

 www.hhamerica.com

Home Helpers

 220-C South Churton St., Hillsborough, NC 27278

 Email: trianglehomehelpers@hughes.net

Home Instead Senior Care

Serving Orange and Chatham counties

 1289 Fordham Blvd., Suite E5, Chapel Hill, NC 27514
2726 Crossdaile Drive Suite 203, Durham, NC 27705

 Phone: (919) 933-3300 - *Chapel Hill*

Phone: (919) 479-4600 - *Durham*

 www.homeinstead.com/106

Homecare Providers

 Alamance Medical Center
PO Box 205, Burlington, NC 27216

 Phone: (336) 538-8557 or (800) 525-3550

Fax: (336) 538-8634

Homewatch Caregivers of the Triangle

 101 Cosgrove Ave., Suite, 120 Chapel Hill, NC 27514

 Phone: (919) 960-6038 • Fax: (919) 933-0901

After hrs phone: (919) 933-0901

 Email: anzor@homewatchcaregivers.com

Interim Healthcare of the Triangle

 3710 University Dr., Suite 135, Durham, NC 27707

 Phone: (919) 493-7575 • Fax: (919) 493-0454

 Email: lewing@interimhealthcare.com

 <http://www.interimhealthcare.com/durhamnc/home-care-services/senior-care>

Keston Care

 Chatham Crossing
11312 Hwy. 15-501 North, Suite 400
Chapel Hill, NC 27517

 Phone: (919) 967-0507 • Fax: (919) 967-1371

Liberty Home Care

 3414 N. Duke St. Suite 201, Durham, NC 27704
1005 Carthage St., Sanford, NC 27330
401 East Third St., Siler City, NC 27344

 Phone: (919) 471-1368 - *Durham*

Phone: (919) 774-9522 - *Sanford*

Phone: (919) 742-4843 - *Siler City*

Maxim

 2634 Chapel Hill Blvd., Ste 210, Durham, NC 27707

 Phone: (919) 419-1484 or (800) 745-6071

Fax: (919) 419-1681

 www.maxhealth.com

Medi Home Health

 119 Wind Chime Court., Raleigh, NC 27615

 Phone: (919) 870-6733

 www.msa-corp.com

Nurse Care of North Carolina

 3200 Croasdaile Dr., Suite 701 Durham, NC 27705

 Phone: (919) 309-4333 • Fax: (919) 309-4430

 Email: staffing@nursecarenc.com

 www.nursecarenc.com

Premier Home Health Care

Are you looking for someone to help with your aging parent or child for a few hours? We can help. We are available 24/7 providing multiple services including activities of daily living, case management, recovery from illness, appointment transportation, and more.

 562 Huffman Mill Road
Burlington, North Carolina 2721

 Phone: (336) 586-1721 or (336) 586-1725
Fax: (336) 586-1724

 Email: sdickey@premierhomehealthcare.com

 www.premierhomehealthcare.com

Right At Home

 4905 Pinecone Drive, Suite 2
Durham, NC, 27707

 Phone: (919) 237-2333 • Fax: (919) 237-2152

 Email: info@rahdch.com

 www.rahdch.com

ResCare Home Care

 4011 University Dr., Suite 201
Durham, NC 27707

 Phone: (919) 929-1322 • Fax: (919) 929-1351

 www.rescare.com

Senior Helpers

 5007 Southpark Drive, Suite 200-H
Durham, NC 27713

 Phone: (919) 544-6848 • Fax : (919) 544-0459

 Email: mpetrin@seniorhelpers.com

 www.seniorhelpers.com

Synergy HomeCare of the Triangle

 8801 Fast Park Drive, Suite 211 Raleigh, NC 27617

 Phone: (919) 786-5052 • Fax: (919) 786-5067

 Email: info@shctriangle.com

 www.synergyhomecare.com

Amedisys Home Health

Monday - Friday, 8:00 am - 5:00 pm; 24/7 On-Call

 1005 Slater Road, Suite 105, Durham, NC 27703

 Phone: (919) 941-5793 or (800) 682-6670
Fax: (919) 941-9012

 www.amedisys.com

Amedisys Home Health of Chapel Hill

Monday - Friday, 8:00 am - 5:00 pm; 24/7 On-Call

 1005 Slater Road, Suite 105
Durham, NC 27703

 Phone: (919) 220-0867 or (800) 672-5905
Fax: (919) 220- 7362

Visiting Angels of Central North Carolina

 104 Jones Ferry Rd., Suite A, NC 27510

 Phone: (919) 968-3724 • Fax: (919) 968-8193

Zoe Health Care Systems

 2 Davis Drive, Suite 113-A, RTP, NC 27709

 Phone: (919)765-0023 • Fax: (919) 354-1011

 Email: Vanessa@zoehealthcare.com

HOME HEALTH/SKILLED AGENCIES

Provide a variety of skilled services such as nursing; physical, speech and occupational therapies, social work and nurse-supervised personal care aides. Requires a physician's order. Some short term services may be covered by Medicare. If you have a Medicare Advantage plan, contact specific agencies to find out if they will accept that plan.

Amedisys Home Health

 120 Providence Rd., Suite 200
Chapel Hill, NC 27514
1005 Slatter Rd., Suite 105, Durham, NC 27703
1111 Hoffman Mill Rd., Suite 102
Burlington, NC 27215

 Phone: (919) 401-3000 - Chapel Hill
Phone: (336) 524-0127 - Burlington
Phone: (919) 220-0867 - Durham

 www.amedisys.com

BAYADA Home Health Care

Team of professionals providing in-home nursing and

assistive care services with 24-hour clinical support.

 610 N. Madison Blvd., Roxboro, NC 27573
5505 Creedmoor Rd., Raleigh, NC 27612

 Phone: (336) 597-3050- Roxboro
Phone: (919) 785-9090 - Raleigh

 www.bayada.com

Central Home Health Service

 811 9Th Ste #120, Durham, NC 27705

 Phone: (919) 682-6877 or (800) 672-5905

Duke Homecare & Hospice

 4321 Medical Park Dr., Suite 101
Durham, NC 27704

 Phone: (919) 620-3853 or (800) 599-9339
Fax: (919) 479-9872

Heartland Home Health, Hospice, & IV

 4505 Falls of Neuse Road, Suite 650
Raleigh, NC 27604

 Phone: (919) 877-9959 • Referrals: (919) 981-6238

Interim Health Services

 3710 University Dr., Suite 218, Durham, NC 27707

 Phone: (919) 493-7575 • Fax: (919) 493-0454

 www.interimhealthcare.com

Interim Healthcare of the Triad, Inc.

 2100-T West Cornwallis Dr., Greensboro, NC 27408
3325 Healy Dr., Suite A, Winston Salem, NC 27103

 Phone: (336) 273-4600 - Greensboro

Phone: (336) 768-6997 - *Winston Salem*

Joyner Healthcare Services

Professional in-home care to the elderly, disabled and sick. Registered Nurse/Case Manager and trained nursing assistants. 24-hour Care Line. Private pay, most insurances and Medicaid.

 3404 Rock Quarry Rd., Raleigh, NC 27610

 Phone: (919) 977-0957 • Fax: (919) 703-0214

 Email: Joynerhealthcareservices@yahoo.com

Rex Home Services

 1500 Sunday Drive, Suite 113, Raleigh, NC 27607

 Phone: (919) 784-4474 • Fax: (919) 784-4442

UNC Home Health

 1101 Weaver Dairy Rd., Suite 200
Chapel Hill, NC 27514

 Phone: (919) 966-4915 or (888) 424-6273
Fax: (919) 843-3035

HOME DELIVERED MEALS

Meals On Wheels

Volunteers deliver one hot lunch per day to homebound adults Monday - Friday. Sliding scale fee.

Northern Orange County - Orange Congregations in Mission (OCIM) - Meals on Wheels

Agency also has a food pantry.

 300 Millstone Dr., Hillsborough, NC 27278

 Phone: (919) 732-6194

Southern Orange County - Meals on Wheels

Serves Chapel Hill-Carrboro area only. Located in Binkley Baptist Church. Referral form is available online.

 Olin T. Binkley Baptist Church
1712 Willow Rd., Chapel Hill, NC 27514

 Phone: (919) 942-2948 • Fax: (919) 942-2903

 www.chcmow.org/index.html

PRIVATE MEAL AND GROCERY DELIVERY SERVICES

Tarheel Takeout Express

Delivers meals within Chapel Hill from over 30 Chapel Hill-Carrboro area restaurants. Delivery charge (does not include tip for the driver).

 Phone: (919) 942-7678 • Fax (919) 942-5667

 www.tarheeltakeout.com

The Food Fairy, Inc.

Personal chef prepares meals in private homes - weekly, monthly, or as needed.

 PO Box 3184, Chapel Hill, NC 27515

 Phone: (919) 933-4431

 Email: foodfairycalendar@mindspring.com

 www.food-fairy.com

Weaver Street Market (must be a co-op member)

 101 East Weaver St., Carrboro, NC 27510

 Phone: (919) 929-0010 • Fax: (919) 942-4889

 www.weaverstreetmarket.coop

HOME DELIVERED MEDICATIONS

Carrboro Family Pharmacy

Delivers within Chapel Hill-Carrboro city limits.

 104 J NC 54, Carrboro, NC 27510

 Phone: (919) 933-7629

 www.carrborofamilypharmacy.com

Hillsborough Pharmacy

Delivers within Chapel Hill and Hillsborough city limits.

 110 Boone Square Street, Suite 29
Hillsborough, NC 27278

 Phone: (919) 245-1212 (Pharmacy)

 Email: info@hillsboroughpharmacy.com

 www.hillsboroughpharmacy.com

Walgreens

Delivers within Chapel Hill city limits.

 1106 Environ Way., Chapel Hill, NC 27517

 Phone: (919) 942-8738 (Pharmacy)

 www.kerrdrug.com

HOME MODIFICATIONS & REPAIR PROGRAMS

Provides labor and materials necessary to correct safety hazards or accessibility problems within existing homes.

Contact Local Agency.

Carolina Remodeling and Home Repair

 P.O. Box 519, Carrboro, NC 27510

 Phone: (919) 485-9901

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.

 PO Box 27, 35 Chatham St. West
Pittsboro, NC 27312

 Phone: (919) 542-4781 • Fax: (919) 542-0563

Orange County Department on Aging

Home safety assessments and recommendations for home modifications.

 *Robert and Pearl Seymour Center:*
2551 Homestead Rd., Chapel Hill 27516

Central Orange Senior Center:
103 Meadowland Dr., Hillsborough, NC 27278

 Phone: (919) 968-2070 - *Chapel Hill*
Phone: (919) 245-2015 - *Hillsborough*
Aging Helpline: (919) 968-2087

 www.orangecountync.gov/aging

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.

 300 West Tryon St., Hillsborough, NC 27278

 Phone: (919) 245-2490

 Fax: (919) 644-3056

Rebuilding Together of the Triangle

Program participants must own home and meet financial requirements. Need complete Homeowner Application. The deadline for submission of applications for fall projects is Aug. 1, Spring project is March, 1.

 324 South Wilmington, Suite 118
Raleigh, NC 27601

 Phone: (919) 341-5980

 www.rebuildingtogethertriangle.org

USDA Rural Development

Home ownership loans designed for low to very-low income families. Housing funds also used to assist very-low income families for home improvement.

 853 S. Beckford Dr., Ste A, Henderson, NC 27536

 Phone: (252) 438-3134, Ext. 4

 Fax: (252) 438-3647

 www.rurdev.usda.gov

RAMP INSTALLATION

Home evaluation to determine need for a ramp:

Orange County Department on Aging (Aging Transitions Team)

 Call the Aging Helpline: (919) 968-2087

If need is already determined, the following are resources that can be contacted directly:

Independent Living

Financial qualifications are generally same as Medicaid-eligibility.

 Phone: 919-560-6810, ext 248
or 919-560-6866 - *Ron Graham*
(*Regional Counselor*)

Division of Independent Living/Vocational Rehab

There are income restrictions. Can also work with Displacement Prevention Partnership

 Phone: 919-560-6810 - *Jenny Pleasants*

 jennifer.pleasants@dhhs.nc.gov

Rebuilding Together

Renovations to homes of low-income homeowners, ramps, flooring, grab bars, landscape clean up, gutters, painting, weatherizations, minor repairs (also tend to have a waitlist).

 Phone: (919) 341-5980

 info@rebuildingtogethertriangle.org

 www.rebuildingtogethertriangle.org

NC Baptist Men's Association

Individual buys materials, they provide the labor

 Phone: (800) 395-5102 ext. 5597 - *Richard Brunson*

 rbrunson@ncbaptist.org

SWOOP Ramp it Up

 (919)-623-3369 - Lanie Beech (Project manager)

 www.swoop4u.org/programs/ramp-it-up/

COMMERCIAL PROVIDERS

101 Mobility Modular Ramps

 Phone: (919) 890-0100

 www.raleigh.101mobility.com/wheelchair-ramps-raleigh.php

AmRamp of Eastern NC

Steel modular wheelchair ramps to rent or buy

 Phone: (888) 715-7598

 www.amramp.com/easternnc

Safe Home Pro

Based out of Charlotte but will deliver throughout NC

 Phone: (704) 604-5317

 www.safehomepro.com/ramps1.php

Stall Medical

 Bonnie Yarsin: bonnie@stallsmedical.com

 www.stallsmedical.com

Infinite Home Resource, LLC / Freedom Frogs

 Phone: (919) 719-3535- Valerie Jurik

 valerie@infinitehomerresource.com

 www.infinitehomerresource.com

www.freedomfrogs.com

HOSPICE CARE

Provides palliative (comfort) care for terminally ill patients by an inter-disciplinary care team. Covered by health insurance, including Medicare and Medicare Advantage plans. Bereavement counseling (both individual and group) is available, whether hospice services were, or were not, used prior to a patient's death.

Carolinas Center for Hospice and End of Life Care

 1230 SE Maynard, Suite 203 Cary, NC 27519

 Phone: (919) 459-5380 or (800) 662-8859

 www.cchospice.org

Duke Hospice

 4321 Medical Park Dr., Suite 101
Durham, NC 27704

 Phone: (919) 620-DUKE (620-3853)

Fax: (919) 471-5509

 Email: dhchinfo@notes.duke.edu

 www.dukehealth.org

Hospice of Alamance-Caswell

 914 Chapel Hill Road, Burlington, NC 27215

 Phone: (336) 532-0100

 www.hospiceac.org

Hospice and Palliative Care Center of Alamance and Caswell, Inc.

 914 Chapel Hill Rd., Burlington, NC 27215

 Phone: (336) 532-0100 or (800) 588-8879
 www.hospiceac.org

Hospice of Wake County

 250 Hospice Circle, Raleigh, NC 27605

 Phone: (919) 828-0890
Fax: (919) 828-0664

UNC Hospice

 480 Hillsborough St., Suite 800, PO Box 1077
Pittsboro, NC 27312
1101 Weaver Dairy Rd., Suite 200
Chapel Hill, NC 27516

 Phone: (919) 962-2211
Fax: (919) 542-6232

 www.unhealthcare.org/site/hospice

United Hospice

 Phone: (800) 973-3938 or (336)-749-7044

 Email: Emiedema@uhs-pruitt.com

HOUSING

Rent Subsidy (Section 8) Low Income Housing Assistance.

ALAMANCE COUNTY

Graham Housing Authority

Call to see if they are taking Section 8 applications.

 109 East Hill St., Graham, NC 27253

 Phone: (336) 229-7041
Fax: (336) 227-0561

CHATHAM COUNTY

Chatham County Housing Authority

Call to see if they are taking Section 8 applications.

 190 Sanford Rd., Pittsboro, NC 27513

 Phone: (919) 542-3742
Fax: (919) 542-6834

DURHAM COUNTY

Durham County Housing Authority

Call to see if they are taking Section 8 applications.

 330 East Main St., Durham, NC 27701

 Phone: (919) 683-1551 • Fax: (919) 683-1237

 www.durhamhousingauthority.org

ORANGE COUNTY

Richard Whitted Human Services Building

 300 West Tryon St., Hillsborough, NC 27278

 Phone: (919) 245-2400

Orange County Southern Human Services Center

Call to see if they are taking Section 8 applications.

 2501 Homestead Rd., Chapel Hill, NC 27516

 Phone: (919) 968-2022

APARTMENTS

These apartments are available to people of all ages and do not provide extra services for seniors.

ORANGE COUNTY

Archstone Poplar Place Apartments

1 and 2 bedroom apartments. Some handicapped accessible units on the first floor. On a bus route.

 605 Jones Ferry Rd., Carrboro, NC 27510

 Phone: (919) 967-0955 • Fax: (919) 967-5676

 www.poplar-place.com

Ashbrook Apartments

1 and 2 bedroom apartments. Some handicapped accessible units on the first floor. On bus routes.

 601 Jones Ferry Rd., Carrboro, NC 27510

 Phone: (919) 636-4731

 Email: ashbrookclosing@gmgrealty.com

Ashford Lake

 600 South Churton St., Hillsborough, NC 27278

 Phone: (919) 732-8418 • Fax: (919) 644-6481

 www.aspensquare.com

Chapel Ridge Apartments

1 and 2 bedroom apartments. Some handicapped accessible units on the first floor.

 101 Legacy Terrace, Chapel Hill, NC 27516

 Phone: (919) 945-8875 • Fax: (919) 945-8877

 Email: chapelridge@collegepark.org

 www.chapelridge.com

Chapel View Apartments

1 and 2 bedroom apartments. Some handicapped accessible units on the first floor.

 2701 Homestead Rd., Chapel Hill, NC 27516

 Phone: (919) 942-2800 • Fax: (919) 942-1405

 www.chapelridgeliving.com

Community Home Trust

Community Home Trust offers homes for sale in Chapel Hill-Carrboro that are affordable to senior citizens modest incomes. Prices range from 75,000 to 150,000. Homes are located in neighborhoods throughout southern Orange County including ,East 54, and Vineyard Square.

 P.O. Box 307, Carrboro, NC 27510

 Phone: (919) 967-1545 ext. 301

 www.communityhometruster.org

Coachwood

Some apartments are handicapped accessible. Accepts Section 8 subsidy.

 200 Cheshire Dr., Hillsborough, NC 27278

 Phone: (919) 732-9844

Glen Lennox Apartments

1, 2 and 3 bedroom apartments. Some handicapped accessible units. On several bus routes. Near shopping.

-  5 Hamilton Rd., Chapel Hill, NC 27516
-  Phone: (919) 967-7081 • Fax: (919) 967-7090
-  www.grubbproperties.com

Meadowmont Apartments (Bell)

-  100 Village Crossing Dr., Chapel Hill, NC 27517
-  Phone: (919) 918-1110
-  Email: clupton@meadowmont.com
-  www.bellapartmentliving.com/nc/raleigh/bell-meadowmont/

Notting Hill

1, 2 and 3 bedroom apartments. Some handicapped accessible units on the first floor.

-  100 Drew Lane, Chapel Hill, NC 27514
-  Phone: (919) 928-8000 • Fax: (919) 928-8007
-  Email: nottinghill@sdbell.com
-  www.bellapartmentliving.com/NC/Raleigh/Notting-Hill/index.asp

Southern Village Apartments

1, 2 and 3 bedroom apartments. Some handicapped accessible units on the first floor. On two bus routes and there is a park and ride lot on the site.

-  200 Copperline Dr., Chapel Hill, NC 27516
-  Phone: (919) 933-5577 • Fax: (919) 933-9070
-  Email: svillageap@aol.com
-  www.southernvillageapts.com

APARTMENTS FOR SENIORS - INDEPENDENT LIVING WITH SERVICES

Services include meals, transportation and housekeeping. No personal services or help with medication is provided.

ALAMANCE COUNTY

Oak Creek Retirement Community

For people age 60+. Emergency call alert system.

-  343 Baldwin Rd., Burlington, NC 27217
-  Phone: (336) 226-5739

DURHAM COUNTY

Alta Walk

-  5705 Fayetteville Rd., Durham, NC 27713
-  Phone: (919) 405-2141 • Fax: (919) 544-8402
-  www.altawalk.com

Bartlett Reserve Resort Style Senior Living

-  300 Meredith Drive Durham, NC 27713
-  Phone: (919) 600-4908
-  www.bartlettreserve.com

Durham Regent

For people age 55+. Provides three meals a day, housekeeping and transportation. Managers live on the premises. May hire help privately. Emergency pull cords.

Cost calculator is available on-line.

 3007 Pickett Rd., Durham, NC 27705

 Phone: (919) 490-6224

Emerald Pond

For people age 55+. Provides three meals a day, housekeeping and transportation.

Managers live on the premises. May hire help privately.

Emergency Pull cords.

 205 Emerald Pond Lane, Durham, NC 27705

 Phone: (919) 493-4713

LW Reid & New Bethel Apartments

For people age 55+ and for the mobility impaired handicap. Professional on-site manager.

 2614 Crest Street, Durham, NC 27705

 Phone: (919) 286-7898

APARTMENTS FOR SENIORS - SUBSIDIZED

These are apartment buildings for senior adults. None of them provide meals or housekeeping. Some have part time staff that help people access community services. Contact the individual facilities for information on eligibility requirements (including income maximums) and services. Some are Housing and Urban Development (HUD) properties with rents based on income. The Section 8 program provides rental assistance to pay a portion of the rent. Applications may be obtained at the following locations:

ALAMANCE COUNTY

Alamance Plaza

For people age 62+, or younger if have a physical disability. Emergency call alert system.

 111 Maple Ave., Burlington, NC 27215

 Phone: (336) 226-1818 • Fax: (336) 226-1854

Burlington Housing Authority

For people age 62+, or age 50 - 62 if have a physical disability. Emergency call alert system.

 133 North Ireland St. PO Box 2380
Burlington, NC 27216-2380

 Phone: (336) 226-8421

Graham Housing Authority

For people age 62+, or younger if have a physical disability. Emergency call alert system.

 109 East Hill St., Graham, NC 27253

 Phone: (336) 229-7041

Ralph Clayton Homes - Graham Housing Authority

For people age 62+, or younger if have a physical disability. Emergency call alert system.

 22-D Cates Circle Dr., Graham, NC 27253

 Phone: (336) 229-7041

Spencer Brown Thomas Homes

For people age 62+. Emergency call alert system.

 431 Sellars St., Burlington, NC 27216-8421

 Phone: (336) 226-8421

Westhampton Apartments

For people age 62+, or younger if have a physical disability.

 1015 Airport Rd., Mebane, NC 27302

 Phone: (919) 563-3700

The Willows

For people age 62+. Congregate meal site Mon-Fri. Emergency call alert system. Include some utilities. HUD property.

 124 Tarpley St., Burlington, NC 27215

 Phone: (336) 228-0597
 Fax: (336) 228-3648

Woodridge Apartments

For people age 62+. Emergency call alert system.

 1620 Morningside Dr., Burlington, NC 27217

 Phone: (336) 228-8581
 Fax: (336) 226-6673

DURHAM COUNTY

Carver Creek

For people age 55+.

 531 East Carver St., Durham, NC 27704

 Phone: (919) 471-6913
 Fax: (919) 471-6913

Lakeside Gardens

For people age 55+.

 820 Martin Luther King Pkwy., Durham, NC 27713

 Phone: (919) 484-0390

Mutual Manor

For people age 62+.

 3146 Fayetteville St., Durham, NC 27707

 Phone: (919) 956-7481

Preiss-Steele Place

For people age 55+.

 500 Pickwick Trail, Durham, NC 27704

 Phone: (919) 479-5050

Rockwood Cottages

For people age 62+, or younger with a physical disability.

 14 Wood Cottage Court Durham, NC 27707

 Phone: (919) 403-9051

ORANGE COUNTY

Adelaide Walters Apartments

For people age 62+ or younger if they have physical disability. HUD property.

 603 Martin Luther King Junior Blvd.
Chapel Hill, NC 27514

 Phone: (919) 968-8018

Carolina Spring

For people age 55+. Apartments have emergency pull cords. Manager lives on premises. Accepts Section 8 subsidies. Tax credit apartments - not a HUD property.

 600 West Poplar Ave., Carrboro, NC 27510

 Phone: (919) 942-9559 • Fax: (919) 942-6771

 www.firstcentrum.com

Chase Park Apartment

 Office: 106 Elliott Road, Chapel Hill, NC, 27514

 Phone: (919) 942-2197

Covenant Place

For people age 62+ only. HUD property.

 103 Culbreth Rd., Chapel Hill, NC 27516

 Phone: (919) 929-0061

 www.uchas.org

Dobbins Hill Apartments

 1749 Dobbins Hill Drive, Chapel Hill, NC, 27514

 Phone: (919) 932-3100

Eno Haven

For people age 55+. Accepts Section 8 subsidies.

 815 US Bus 70 East., Hillsborough, NC 27278

 Phone: (919) 245-0700

Elliot Woods Apartments

 106 Elliot Road, Chapel Hill, NC, 27514

 Phone: (919) 942-2197

First Baptist and Manley Estates

For people age 62+ only. Part-time service coordinator, as well as a building manager. HUD property.

 805 South Merritt Mill Rd., Chapel Hill, NC 27516

 Phone: (919) 968-9778

Gateway Village Apartments

 400 Lakeside Drive, Hillsborough, NC, 27278

 Phone: (919) 732-6701

Whitted Forrest Apartments

 115 Holiday Park Road, Hillsborough, NC, 27278

 Phone: (919) 732-3744

LEGAL

National Academy of Elderlaw Attorneys

Find an elder law attorney anywhere in the U.S. Has an online library, educational seminars and brochures are available.

 www.naela.org

North Carolina Lawyer Referral Service

Provides referral to a local attorney. The attorney agrees to charge no more than \$50 for a 30-minute in-office consultation. Future fees are negotiated.

 Phone: (919) 677-0561 or (800) 662-7407

 www.ncfindalawyer.com

North Carolina State Bar Association

Has list of certified attorneys in various specialty areas, such as estate planning. Can be downloaded from their website, or can request book.

 PO Box 25908, Raleigh, NC 27611

 Phone: (919) 677-0561 • Fax: (919) 821-9168

 www.ncbar.gov

LEGAL AID

Disability Rights North Carolina

Help people with disabilities to solve disability-related problems, such as abuse, neglect, access to technology, mental health services, discrimination in housing, transportation, employment, etc.

 3724 National Drive, Suite 100
Raleigh, NC 27612

 Phone: (919) 856-2195

 www.disabilityrightsnc.org

Dispute Settlement Center

Provide mediation services to individuals dealing with family & life issues.

 302 W Weaver St; #A., Carrboro, NC 27510

 Phone: 919-929-8800

 www.disputesettlement.org

Legal Aid of North Carolina (LANC)

Legal Aid has regular appointments available at both Orange County Senior Centers. Provides free legal services in civic matters to low-income people, services include Wills, Durable/Financial, Power of Attorney and Health Care Power of Attorney. Free legal case examples, do not provide email legal assistance.

 Phone: (866) 219-5262 (LANC) • Fax: (919) 545-0735

 www.legalaidnc.org

Orange County Women's Center (Women's Legal Issues)

Offers 15 minutes of free Phone consultation with an attorney. In addition, UNC Law School students will consult with individuals, then their professors. Open Mon-Wed from 9:00am-5:00pm, and Thursdays from 9:00am-7:00pm.

 210 Henderson St., Chapel Hill, NC 27514

 Phone: (919) 968-4610 or 1-888-669-4736
Fax: (919) 932-3125

 Email: everywoman@mindspring.com

 www.womenspace.org

Advanced Health Care Directive Registry

 PO Box 29622, Raleigh, NC 27626

 Phone: (919) 807-2167 • Fax: (919) 807-2294

 Email: trademark@sosnc.com

 www.sosnc.com - Website has forms for filling out advance care directives.

Consumer Protection - Attorney General's Office

Call with consumer complaints, including reports of scams against seniors.

 Phone: (919) 716-6000 • Fax: (919) 716 6750

 Email: ncago@ncdoj.gov

 www.ncdoj.gov

LIBRARIES

In addition to traditional books, many libraries have CDs and DVDs. Some have computers available for public use.

ALAMANCE COUNTY

Graham Public Library

Open Mon-Tues from 9:00am-8pm, Wed-Sat from 9:00am-6:00pm, and Sun from 2pm-5pm (Sep-May)

 211 South Main St., Graham, NC 27253
 Phone: (336) 570-6730

 www.alamancelibraries.org

Memorial Library

 342 South Spring St., Burlington, NC 27215
 Phone: (336) 229-3588

 www.alamancelibraries.org

Mebane Public Library

 101 South First St., Mebane, NC 27302
 Phone: (919) 563-6431

 www.alamancelibraries.org

North Park Library

Open Mon-Thurs from 1:00pm-6:00pm (Sep-May); Open Mon-Fri from 9:00am-5:30pm (Jun-Aug)

 849 Sharpe Rd., Burlington, NC 27217
 Phone: (336) 226-7185

 www.alamancelibraries.org

South Annex Library

Open Wednesday from 1:00pm-6:00pm.

 6343 Snow Camp Rd., Graham, NC 27302
 Phone: (336) 376 9705

 www.alamancelibraries.org

CHATHAM COUNTY

Goldston Library

 9325 Pittsboro-Goldston Rd., Goldston, NC 27252
 Phone: (919) 898-4522

Chatham Community Library

 197 Highway 87 North., Pittsboro, NC 27312
 Phone: (919) 545-8084

Wren Memorial Library

 500 North Second Ave., Siler City, NC 27344
 Phone: (919) 742-2016

DURHAM COUNTY

Bragtown Branch Library

60% Children's books.

 3200 Dearborn Dr., Durham, NC 27704
 Phone: (919) 560-0210

Durham County Library

 300 North Roxboro St., Durham, NC 27702
 Phone: (919) 560-0100

 www.durhamcountylibrary.org

East Regional Library

 211 Lick Creek Lane, Durham, NC 27703

 Phone: (919) 560 0203

McDougald Terrace Branch Library

70% Children's books.

 1101 Lawson St., Durham, NC 27701

 Phone: (919) 560-0240

North Regional Branch Library

 221 Milton Rd., Durham, NC 27712

 Phone: (919) 560-0231

South Regional Branch Library

 4505 S. Alston Ave., Durham, NC 27713

 Phone: (919) 560-7410

Stanford L Warren Branch Library

 1201 Fayetteville St., Durham, NC 27707

 Phone: (919) 560-0270

ORANGE COUNTY

Carrboro Branch Library

 900 Old Fayetteville Rd., Carrboro, NC 27510

 Phone: (919) 969-3006

Carrboro Cybrary

 100 North Greensboro St., Carrboro, NC 27510

 Phone: (919) 918-7387 • Fax: (919) 918-3960

Chapel Hill Public Library

 100 Library Dr., Chapel Hill, NC 27514

 Phone: (919) 968-2777

 www.chapelhillpubliclibrary.org

Orange County Public Library

 137 West Margaret Lane., Hillsborough, NC 27278

 Phone: (919) 245-2525 • Fax: (919) 664-3003

 www.co.orange.nc.us/library

MEDICAID

(See BENEFITS)

The local Department of Social Services (DSS) in the county of your residency determines eligibility. Ask if you can download the Medicaid application and mail it to the local Medicaid office or apply in person.



PHONE RESOURCES

Orange County: (919) 245-2800 or (919) 968-2000

Alamance County: (336) 229-2935

Chatham County: (919) 542-2759

Durham County: (919) 560-8600

MEDICAL EQUIPMENT AND SUPPLIES

The organizations listed provide durable medical equipment and supplies. A physician or licensed therapist should be consulted regarding equipment needs.

Healthcare Equipment

 4228 Garrett Rd., Durham, NC 27707

 Phone: (919) 797-9586 • Fax: (919) 490-5909

Medi Home Care

 5840 McHines Place, Suite A, Raleigh, NC, 27616

 Phone: (919)873-1001 • Fax: (919) 873-1110

 www.msa-corp.com/companies/medihomecare.aspx

Medical Supply Super Store

Approved and Accredited Medicare Provider.

 11312 US 15-501 North, Suite 306
Chapel Hill, NC 27517 (Chatham Crossing)
3300 North Guess Rd., Durham, NC 27705

 Phone: (919) 960-8100 - *Chapel Hill*
Phone: (919) 220-0740 - *Durham*

Tarheel Medical Supply

Provide medical equipment for home health care.
Accept Medicare, Medicaid and most insurance company

 1709 Legion Rd, Suite 103 (Behind Rams Plaza)
Chapel Hill, NC 27517

 Phone: (919) 969-2669 • Fax: (919) 969-2644

 E-mail : info@tarheelmedicalsupply.com

Triangle Lifeline and Medical Alert Services

 4220 NC 55 Hyw #130-A, Durham, NC 27713

 Phone: (919) 479-6050

 www.trianglelifeline.com

Orange County Department on Aging

Limited amount of medical equipment and supplies available on a loan basis. Donations accepted.

 *Robert and Pearl Seymour Center:*
2551 Homestead Rd., Chapel Hill 27516
Central Orange Senior Center:
103 Meadowland Dr., Hillsborough, NC 27278

 Phone: (919) 968-2070 - *Chapel Hill*
Phone: (919) 245-2015 - *Hillsborough*
Aging Helpline: (919) 968-2087

 www.orangecountync.gov/aging

Advanced HomeCare

 105 West Hwy. 54, Suite 267, Durham, NC 27713

 Phone: (919) 852-0052
Fax: (919) 852-1123

MEDICAL INSURANCE INFORMATION/ CLAIMS ASSISTANCE

See also: WEB SITES

Organizations that help prepare medical insurance claims and assist clients in understanding health insurance issues, making coverage decisions, etc.

Comfort Assurance Group, LLC

 600 Hamecon Place, Cedar Grove, NC 27231

 Phone: (919) 259- 6401

 Email: Carynltc@carynltc.com

 www.comfortltc.com

Medical Claims RX, Inc.

 1201 Raleigh Rd., Suite 208, Chapel Hill, NC 27517

 Phone: (919) 942-7211 • Fax: (919) 942-7437

 Email: medicalclaimsrx@mindspring.com

Medicare

Can obtain information, and answer questions concerning Medicare Part A and Part B coverage and claims, durable medical equipment, and Medicare Part D Prescription Drug Plans. Can enroll in Medicare Part D plans during enrollment periods by calling the above number.

 Phone: (800) MEDICARE or
(800) 633-4227 - 24 hrs. a day

 www.medicare.gov

Seniors' Health Insurance Information Program (SHIIP)

 Raleigh Main Office Phone: (800) 443-9354
or (919) 807-6900 (Mon-Fri, 8am to 5pm)

 Email: shiip@ncdoi.net

 www.ncshiip.com

Robert and Pearl Seymour Center

NC Department of Insurance trained volunteers help Medicare beneficiaries with health (and prescription) insurance decisions, as well as sorting out medical bills. Professional staff in Raleigh will provide Phone consultations, and will give people the contact information for their local county coordinator. Free.

 2551 Homestead Rd., Chapel Hill, NC 27516
 Phone: (919) 968-2070

MEDICAL RIGHTS

Carolinas Center for Medical Excellence

Medicare Quality Improvement Organization for North Carolina and South Carolina conduct individual medical record reviews for mediation for Medicare beneficiaries when complaints or questions arise regarding the services provided. It handles complaints regarding care provided by hospitals in NC, hospital outpatient departments, physician's offices, home health agencies, ambulatory surgery centers, skilled nursing facilities, or hospices.

 100 Regency Forest Dr., Suite 200
Cary, NC 27511-8598

 Phone: (919) 461-5500 or (800) 682-2650

 Email: webmaster@mrnc.org

 www.thecarolinascenter.org

MENTAL HEALTH RESOURCES/SERVICES

See also: SUPPORT GROUPS and WEB SITES

Mental Health, Developmental Disabilities & Substance Abuse Services

24 Hour Crisis Services. OPC Screening, Triage, Access & Referral (STAR). Your call will be answered by a licensed clinician who will ask you a series of questions. These will help determine the level and type of service that best matches your needs. Based on your responses, you may be referred to a provider agency for further assessment, to a community resource or for immediate assistance in an emergency situation.

 Phone: (919) 913-4100 or Toll Free (800) 233-6834
Toll-Free 24 Hr Line: 1-888-277-2303
If deaf or hard of hearing, dial 711 for NC Relay or our TTY number: 1-866-598-6459

Mobile Crisis (operated by Freedom House)

Up to six hours of face-to-face crisis counseling provided in the community to consumers of any age. Mobile Crisis integrated, short-term response, stabilization and intervention for adults and children experiencing a mental health or chemical dependency crisis. The Team can come to your where you are, its services are confidential, non-judgmental and respectful. Mobile Crisis is for people who do not have a service provider or can not reach their service provider.

 Phone: (919) 942-2803 • Fax: 919-942-2126
Outpatient Clinic: (919) 442-1840



www.alliancebhc.org/consumers-families/crisis-and-access/mobile-crisis-services

Facility-Based Crisis and Detox (operated by Freedom House)



104 New Stateside Dr., Chapel Hill, NC 27516-1165



Phone: (919) 967-8844 or (919) 968-8229



www.freedomhouserecovery.org

TROSA - Triangle Residential Options for Substance Abusers



1703 E Geer St. Durham, NC 27704



Phone: (919) 419-1059

Chapel Hill Police Department Crisis Unit

Non-police crisis assistance for Chapel Hill residents only. NOT police response. Those in need of Chapel Hill police or medical emergency in Chapel Hill should call 911.



Phone: (919) 968-2806

HOSPITALS

Alamance Regional



1240 Huffman Mill Road, Burlington, NC 27215



Phone: (336) 538-7000

Chatham Hospital (UNC Healthcare)



475 Progress Blvd., Siler City, NC 27344



Phone: (919) 799-4550 or (919) 799-4000

Duke Medical Center

 2301 Erwin Rd., Durham, NC 27710

 Phone: (919) 684-8111

Durham Regional Hospital (Duke Healthcare)

 3643 Roxboro Rd., Durham, NC 27704

 Phone: (919) 470-4000

UNC Hospitals

 101 Manning Dr., Chapel Hill, NC 27514

 Phone: (919) 966-4131

CHATHAM COUNTY LAW ENFORCEMENT

Chatham County Sheriff: (919) 542-2811

Pittsboro Police Department: (919) 542-3200

Siler City Police Department: (919) 742-5626

ORANGE COUNTY LAW ENFORCEMENT

Orange County Sheriff: (919) 942-6300

Carrboro Police Department: (919) 918-7397

Chapel Hill Police Department: (919) 968-2760

Hillsborough Police Department: (919) 732-9381

DAYTIME COUNSELING SERVICES

CHATHAM COUNTY

Chatham Counseling Center - Freedom House

Open Monday, Wednesday and Friday. Call for availability.

 287 East St., Suite 221, Pittsboro, NC 27312
1105 E. Cardinal St., Siler City, NC 27344

 Phone: (919) 542-4422 - *Pittsboro*
Phone: (919) 742-5612 - *Siler City*

DURHAM COUNTY

Duke Outpatient Psychiatry Clinic

No referral needed.

 2213 Elba St., Durham, NC 27705

 Phone: (919) 684-0100

Alliance Behavioral HealthCare

 4600 Emperor Blvd., Suite 200, Durham, NC 27703

 Phone: (919) 651-8401

Veterans Affairs Medical Center

(Veterans only)

 508 Fulton St., Durham, NC 27705

 Phone: (919) 286-0411, Ext. 6078

ORANGE COUNTY

Chapel Hill Outpatient Clinic - Freedom House

 104 New Stateside Dr., Chapel Hill, NC 27516

 Phone: (919) 942-2803

Family Counseling Center - Freedom House

Call for availability.

 300 W. Tryon St., Hillsborough, NC 27278

 Phone: (919) 732-9361

Mental Health America of the Triangle

MHA in Orange County offers Pro Bono Counseling, providing counseling to people who are uninsured or underinsured.

 3729 Murphy School Road, Durham, NC 27705

 Phone: (919) 942-8083

 Email: info@mhatriangle.org

 www.mhatriangle.org

UNC Hospitals/

Department of Psychiatry Walk-In Clinic

 Neurosciences Hospital, 1st Floor
101 Manning Dr., Chapel Hill, NC 27514

 Phone: (919) 966-5217 or (919) 929-7449

Orange County Department on Aging

Short-term counseling regarding geriatric mood disorders and caregiving issues only.

 *Robert and Pearl Seymour Center:*
2551 Homestead Rd., Chapel Hill 27516

Central Orange Senior Center:

103 Meadowland Dr., Hillsborough, NC 27278

 Phone: (919) 968-2070 - *Chapel Hill*

Phone: (919) 245-2015 - *Hillsborough*

Aging Helpline: (919) 245-2087

 www.orangecountync.gov/aging

ADVOCACY, SUPPORT AND REFERRAL

Mental Health America of the Triangle

Non-clinical services, including education, advocacy, information and referral, and support groups.

 3729 Murphy School Road, Durham, NC 27705

 Phone: (919) 942-8083

 Email: info@mhatriangle.org

 www.mhatriangle.org

National Alliance on Mental Illness (NAMI) - Orange County

 PO Box 4201, Chapel Hill, NC 27514

 Phone: (919) 929-7822

 Email: NAMIOClistserv@gmail.com

National Alliance on Mental Illness (NAMI) - North Carolina

 Helpline: 1-800-451-9682

 www.naminc.org

Disability Rights North Carolina

 Phone: (919)-856-2195

 Email: mail@naminc.org

MOVING SERVICES

Aspire Transitions: Helping Senior & Boomers On the Move

Assists with projects from beginning to end: downsizing, sorting & prioritizing, organizing & de-cluttering, space planning, packing & unpacking, and much more.

 1660 Mt. Olive Church Rd., Pittsboro, NC 27312

 Phone: (919) 553-6610

 Email: aspiretransitions@live.com

 www.aspiretransitions.com

TROSA Moving

Moving, packing, and storage services available.

 1820 James St., Durham, NC 27707

 Phone: (919) 489-3941 or (919) 419-1059

 Email: moving@trosainc.org

The Right Moves

Coordinates moves for seniors transitioning to retirement communities or assisted living facilities.

 PO Box 17104, Chapel Hill, NC 27516

 Phone: (919) 942 -5993

 Email: Kwhite5053@earthlink.net

 www.therightmoves.net

NEWCOMERS

The Orange County Department on Aging has an Aging Transitions Information Line. Call for specific information about the Orange County area, resources and services: (919) 968-2087

Chapel Hill-Carrboro Chamber of Commerce

 104 South Estes Dr., Chapel Hill, NC 27514

 Phone: (919) 967-7075

 www.carolinachamber.org

Newcomers Club of Greater Chapel Hill

 PO Box 4032, Chapel Hill, NC 27515

 Email: newcomerschapelhill@hotmail.com

 www.newcomersofchapelhill.org

Orange County Visitors Bureau

 501 West Franklin St., Chapel Hill, NC 27516

 Phone: (919) 968-2060 or (888) 968-2060
 Fax: (919) 968-2062

 Email: info@visitchapelhill.org

WEBSITES

Orange County: www.co.orange.nc.us

Town of Carrboro: www.townofcarrboro.org

Town of Chapel Hill: www.townofchapelhill.org

Town of Hillsborough: www.ci.hillsborough.nc.us

University of North Carolina: www.unc.edu

NURSING HOMES

See also: OMBUDSMEN

Nursing homes facilities provide skilled nursing care, personal care, as well as physical, occupational, and speech therapies. All Medicare approved facilities accept Medicare payment, if the patient meets its medical criteria. If someone has a Medicare Advantage plan instead of original Medicare, check with individual facilities to find out if a particular plan will be accepted.

A web site for general nursing home information is www.nursinghomeinfo.com. Orange County Nursing Home Committee files regular reports, which may be found at www.orangecountync.gov/aging/AdultCareNursingHomeCommittees.asp

Contact the Triangle J Area Agency on Aging (AAA) ombudsman at (919) 558-9401 for additional information about particular facilities, questions, or complaints about a specific nursing home.

Medicare maintains lists of certified nursing homes. These are available at www.medicare.gov by following the Nursing Home Compare link. The Nursing Home Compare tool provides detailed information about the performance histories of every Medicare and Medicaid certified nursing home in the United States. Nursing homes are rated on a 5-star rating basis at www.medicare.gov/nursinghomecompare.

ALAMANCE COUNTY

Alamance Health Care Center

Accepts Medicaid.

 1987 Hilton Rd., Burlington, NC 27215

 Phone: (336) 226-0848 • Fax: (336) 226-6247

 www.alamancerehab.com/center/

Liberty Commons Nursing & Rehabilitation Center of Alamance County

Accepts Medicaid.

 791 Boone Station Dr., Burlington, NC 27215

 Phone: (336) 586-9850

 Fax: (336) 586-9811

Rehabilitation and Healthcare Center of Alamance

Accepts Medicaid.

 779 Woody Dr., Graham, NC 27253

 Phone: (336) 228-8394 • Fax: (336) 228-8170

The Presbyterian Home of Hawfields

Accepts Medicaid.

 2502 South NC 119, Mebane, NC 27302

 Phone: (336) 578-4701 • Fax: (336) 578-4728

 www.hawfields.org

White Oak Manor-Burlington

Accepts Medicaid.

 323 Baldwin Rd., Burlington, NC 27217

 Phone: (336) 229-5571 • Fax: (336) 229-2333

 www.whiteoakmanor.com

CHATHAM COUNTY

SunBridge Care & Rehabilitation of Siler City

Accepts Medicaid.

 900 West Dolphin St., Siler City, NC 27344

 Phone: (919) 663-3431 • Fax: (919) 663-5785

 www.sunbridgehealthcare.com/Healthcare_Centers/North_Carolina/Siler_City_.aspx

The Laurels of Chatham

Dementia unit available. Accepts Medicaid.

 72 Chatham Business Dr., Pittsboro, NC 27312

 Phone: (919) 542-6677 • Fax: (919) 542-1803

 www.laurelsofchatham.com

DURHAM COUNTY

Reports from the Durham Nursing Home Advisory Committee can be found on the Durham County Website at: www.dconc.gov/index.aspx?page=947

Brian Center Health & Rehabilitation

Accepts Medicaid.

 6000 Fayetteville Rd., Durham, NC 27713

 Phone: (919) 544-9021
 Fax: (919) 544-0345

Carver Living Center

Dementia unit available. Accepts Medicaid.

 303 East Carver St., Durham, NC 27704

 Phone: (919) 471-3558 • Fax: (919) 477-5133

 www.carverlivingcenter.com

Grace Healthcare of Durham

Accepts Medicaid.

 411 South Lasalle St., Durham, NC 27705

 Phone: (919) 383-5521 • Fax: (919) 383-8580

 www.gracehc.com

Hillcrest Convalescent Center

Private pay. Accepts Medicaid on a very limited basis (6 beds). Dementia unit available.

 1417 West Pettigrew St., Durham, NC 27705

 Phone: (919) 286-7705 • Fax (919) 286-3772

 www.hillcrestnc.com

Pettigrew Rehabilitation and Health Care Center

Accepts Medicaid.

 1515 West Pettigrew St., Durham, NC 27705

 Phone: (919) 286-0751 • Fax: (919) 286-5992

 www.pettigrewhc.com

Rose Manor Healthcare Center

Dementia care. Accepts Medicaid.

 4230 North Roxboro St., Durham, NC 27704

 Phone: (919) 477-9805 • Fax: (919) 479-5261

 www.rosemanorhc.com

Treyburn Healthcare Inc.

Accepts Medicaid.

 2059 Torredge Rd., Durham, NC 27712

 Phone: (919) 471-0781

Fax: (919) 471-8068

UniHealth Post-Acute Care of Durham

Private pay.

 3100 Erwin Rd., Durham, NC 27705

 Phone: (919) 383-1546

 Fax: (919) 383-0862

UniHealth Post-Acute Care - Carolina Point

Private pay.

 5935 Mt. Sinai Road., Durham, NC 27705

 Phone: (919) 402-2450

ORANGE COUNTY

Brookshire Nursing Center

Accepts Medicaid.

 300 Meadowland Dr., Hillsborough, NC 27278

 Phone: (919) 644-6714 • Fax: (919) 644-0812

 www.brookshirenc.com

Signature Healthcare Center

Accepts Medicaid.

 1602 E. Franklin St., Chapel Hill, NC 27514

 Phone: (919) 967-1418 • Fax: (919) 967-1457

 www.shcofchapelhill.com

UniHealth Post Acute Care-Carolina Point

Accepts Medicaid.

 5935 Mount Sinai Road
Durham, NC 27705

 Phone: (919) 402-2450

OMBUDSMEN

Ombudsmen investigate complaints about the care of residents in long-term care facilities and serve as residents' advocates. They provide mediation and education in an effort to resolve grievances and increase understanding of long-term care residents' rights. Long-term care facilities are defined as nursing homes and adult care homes (rest homes/assisted living).



PHONE RESOURCES

Toll free: (800) 310-9777

Orange County: (919) 558-9401

Alamance County: (336) 294-4950

Chatham County: (919) 558-9404

Durham County: (919) 558-9401

PERSONAL EMERGENCY RESPONSE SYSTEMS

Pendants or bracelets worn by individuals use Phone lines to alert a central monitoring facility in an emergency – such as a fall.

Direct Link – Home Helpers

 Phone: (919) 342-6381

Hasten System

 301 Creek Ridge Rd., Greensboro, NC 27416

 Phone: (800) 582-3073 or
(336) 271-6395 or (336) 271-6393
Fax: (336) 272-2260

Help- Personal Medical Connection

 Phone: (919) 873-1001

 www.helpforyou.com

Royal Alert Lifeline

Phillips Lifeline authorized dealer offering personal, face to face, in-home service by well-trained, seasoned professionals.

 24 Innisfree Dr., Durham, NC 27707

 Phone: (919) 255-5044 or (919) 943-7548

 Email: jim@royalalertlifeline.com

 www.royalalertlifeline.com

Triangle Lifeline and Medical Alert Services

 4220 NC 55 Hyw #130-A, Durham, NC 27713

 Phone: (919) 479-6050

 www.trianglelifeline.com

PHYSICAL THERAPY/ REHAB CLINICS

Physical therapy and rehabilitation services provide evaluation and treatment to help individuals

develop, maintain, and restore maximum movement, strength, and function, especially after a surgery or other health event.

Balanced Physical Therapy & Movement Studio

 304 W Weaver St. Suite 103, Carrboro, NC 27510

 Phone: (919) 942-0240 • Fax: (919) 942-0280

 Email: info@balancedpt.com

 www.balanced-movement.com

Complementary Therapies

 914 Chapel Hill Road, Burlington, NC 27215

 Phone: (336) 532-0100

ElderFit In Home Rehab

 2002 Bartlett Circle, Hillsborough, NC 27278

 Phone: (919) 614-1923 • Fax: (919) 644-6646

 Email: info@elderfitpt.com

 www.elderfitpt.com

Kindred Transitional Care and Rehab

 4230 N Roxboro Rd, Durham, NC 27704

 Phone: (919) 477-9805

UNC Physical Therapy

UNC Physical Therapy is also available at the Seymour Center in Chapel Hill as well as the UNC Geriatric Evaluation Clinic.

 115 Oakdale Dr. #8, Hillsborough, NC 27278
UNC Family Medicine Center:
590 Manning Dr., Chapel Hill, NC

 Phone: (919) 732-6600 - *Hillsborough*
Phone: (919) 966-0210 - *Chapel Hill*

UNC Hospitals Cardiac Rehab

Also offers a Bridge to Wellness Program teaching safe exercise.

 100 Sprunt St., Chapel Hill, NC, 27517

 Phone: (919) 966-5500 • Fax: (919) 843-2191

 www.uncwellness.com
www.uncheartandvascular.org

PRESCRIPTION ASSISTANCE AND MANAGEMENT

See also: CLINICS – LOW COST and MEDICAL INSURANCE INFORMATION

CHATHAM COUNTY

Chatham CARES Community Pharmacy

Provides access to pharmacy services for low-income, uninsured Chatham County residents.

 127 E Raleigh St., Siler City, NC 27344

 Phone: (919) 663-0177 • Fax: (919) 663-0218

 Email: info@chathamcares.com

 www.chathamcares.com

DURHAM COUNTY

Senior PHARMAssist

Pharmacists help people with low incomes, living in

Durham and/or Durham County, access prescription medications. Provides medication management and education.

 406 Rigsbee Ave, Suite 201, Durham, NC 27701

 Phone: (919) 688-4772

 www.seniorpharmassist.org

ORANGE COUNTY

Seniors' Health Insurance and Information Program (SHIIP)

Local volunteers are trained by SHIIP, a division of the NC Department of Insurance, to help people on Medicare make health insurance decisions, and/or sort out medical bills. The SHIIP office in Raleigh is professionally staffed. Call for coordinators in other counties. Free.

 Phone: (919) 968-2082 - Orange County
(800) 443-9354 or (919) 807-6900 - Raleigh

 www.ncdoi.com/Default.aspx

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.

 University of North Carolina at Chapel Hill,
Kerr Hall, Chapel Hill, NC 27599

 Phone: (919) 966-2626 • Fax: (919) 962-0644

 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 renewed annually.

 Phone (outpatient): (919) 966-5128 or 966-0937

Phone (inpatient): (919) 966-0937

 www.unhealthcare.org/site/healthpatientcare/patient/other/financial.htm

 www.hillsboroughpharmacync.com

Walgreens

 1106 Environ Way, Chapel Hill, NC 27517

 Phone: (919) 942-8737

 www.kerrdrug.com

Llyod's Pharmacy

 118 W King St., Hillsborough, NC 27278

 Phone: (919) 732-1500

Walgreens

 108 E Franklin St. Chapel Hill, NC 27517

 Phone: (919) 918-3801

 www.walgreens.com

Rite Aide

 1800 E Franklin St. Chapel Hill, 27514

 Phone: (919) 929-1178

 www.riteaid.com

PHARMACY

ORANGE COUNTY

CVS

 1724 Durham Boulevard, Rams Plaza
Chapel Hill 27517

 Phone: (919) 942-5125

 www.cvs.com

Harris Teeter

 1800 Martin Luther King Jr. Blvd
Chapel Hill, NC 27514

 Phone: (919) 968-0110

 www.harristeeter.com

Hillsborough Pharmacy & Nutrition

 110 Boone Square St. #29, Hillsborough, NC 27278

 Phone: (919) 245-1212

SENIOR CENTERS

ALAMANCE COUNTY

John Robert Kerodle Senior Center

 1535 South Mebane St., Burlington, NC 27215

 Phone: (336) 222-5135

 www.burlingtonnc.gov/index.aspx?NID=1322

CHATHAM COUNTY

Eastern Chatham Senior Center

 365 Highway 87 North, Pittsboro, NC 27312

 Phone: (919) 542-4512

 www.chathamcouncilonaging.org

Western Chatham Senior Center

 112 Village Lake Rd., Siler City, NC 27344

 Phone: (919) 742-3975

 www.chathamcouncilonaging.org

DURHAM COUNTY

Center for Senior Life

 406 Rigsbee Ave., Suite 202, Durham, NC 27701

 Phone: (919) 688-8247 • Fax: (919) 683-3406

 www.dcsln.org

ORANGE COUNTY

Specific programs for all Orange County centers are listed in The Senior Times newspaper which is available at all the senior centers, libraries, other locations, and the Orange County Department on Aging website at www.orangecountync.gov/aging.

Central Orange Senior Center

Lunch served Mon - Fri at noon. Donation accepted.

 103 Meadowland Dr., Hillsborough, NC 27278

 Phone: (919) 245-2015

Fax: (919) 732-2239

Robert and Pearl Seymour Center

Lunch served Mon - Fri at noon. Donation accepted.

 2551 Homestead Rd., Chapel Hill, NC 27516

 Phone: (919) 968-2070

Fax: (919) 968-2093

SENIOR GAMES

People age 55+ are invited to participate in a variety of competitive sporting events. Call your local county's contact person for more information or go to www.ncseniorgames.org.

Orange County Senior Games Coordinator

Dana Hughes

 Phone: 919-918-7372

 Email: dhughes@ci.carrboro.nc.us

Alamance County Senior Games Coordinator

Jane Smith

 Phone: (336) 222-5135

 Email: jesmith@ci.burlington-nc.us

Chatham County Senior Games Coordinator

Lindsay Hickling

 Phone: (919) 542-4512

 Lindsay.hickling@chathamcouncilonaging.org

Durham County Senior Games Coordinator Jonathan Embler

 Phone: (919) 354-2710

 Email: Jonathon.embler@durhamnc.gov

SHERIFF DEPARTMENT

Orange County Sheriff Department

 106 East Margaret Lane, Hillsborough, NC 27278

 Phone: (919) 644-3050

 www.ocsonc.com

SOCIAL/RECREATIONAL RESOURCES

See also: SENIOR CENTERS, SR. GAMES & WELLNESS

ORANGE COUNTY

Orange County Parks and Recreation Department

 300 West Tryon St., Hillsborough, NC 27278

 Phone: (919) 245-2660

 www.co.orange.nc.us/recparke

Town of Carrboro Recreation and Parks Department

 100 North Greensboro St., Carrboro, NC 27510

 Phone: (919) 918-7364

 www.carrbororec.org

Town of Chapel Hill

Parks and Recreation Department

 200 Plant Rd., Chapel Hill, NC 27514

 Phone: (919) 968-2784

Triangle SportsPlex

 101 Meadowlands Dr., Hillsborough, NC 27278

 Phone: (919) 644-0339

 www.trianglesportsplex.com

UNC Wellness Center at Meadowmont

Offers fitness classes, group exercise, personal training, swim lessons, nutrition and weight management, massage therapy, and health evaluations.

 100 Sprunt St., Chapel Hill, NC 27515

 Phone: (919) 966-5500

 Fax: (919) 843-3276

YMCA of Chapel Hill/Carrboro

 980 Martin Luther King Blvd.
Chapel Hill, NC 27514

 Phone: (919) 442-9622

 www.chcymca.org

SOCIAL SERVICE AGENCIES

ALAMANCE COUNTY

Department of Social Services

 319 North Graham-Hopedale Rd., Suite C
Burlington, NC 27217

 Phone: (336) 570-6532

 www.alamance.socialservice.com

CHATHAM COUNTY

Department of Social Services

 102 Camp St., Pittsboro, NC 27312

 Phone: (919) 542-2759

DURHAM COUNTY

Department of Social Services

 200 East Main St., Durham, NC 27701

 Phone: (919) 560-0300

ORANGE COUNTY

Department of Social Services

 *Southern Human Services Bldg:*
2501 Homestead Rd., Chapel Hill, NC 27516
113 Mayo Street, Hillsborough, NC 27278

 Phone: (919) 968-2000 - *Chapel Hill*

Phone: (919) 245-2800 - *Hillsborough*

SOLID WASTE

Orange County Solid Waste Management Department

 1207 Eubanks Road, Chapel Hill, NC 27516

 Phone: (919) 968-2788

 Email: recycling@co.orange.nc.us

 www.co.orange.nc.us/recycling/index.asp

SUPPORT GROUPS

See also: DEMENTIA/ALZHEIMER'S, HOSPICE, and WEBSITES

AGING

Alamance Eldercare Inc.

 2732 Ann Elizabeth Dr., Burlington, NC 27215

 Phone: (336) 538-8080 • Fax: (336) 538-8534

 www.alamanceeldercare.org

Chatham County Council on Aging

Call for information.

 365 Highway 87 North, Pittsboro, NC 27312

 Phone: (919) 542-4512

 www.chathamcouncilonaging.org

Durham Center for Senior Life

Call for information.

 406 Rigsbee Ave., Durham, NC 27701

 Phone: (919) 688-8247

 www.dcsInc.org

Orange County Department on Aging

Multiple support groups available. Call for information.

 *Robert and Pearl Seymour Center:*
2551 Homestead Rd., Chapel Hill 27516
Central Orange Senior Center:
103 Meadowland Dr., Hillsborough, NC 27278

 Phone: (919) 968-2070 - *Chapel Hill*
Phone: (919) 245-2015 - *Hillsborough*
Aging Helpline: (919) 245-2087

 www.orangecountync.gov/aging

ADDICTION

Al-anon

Fellowship of family and friends of alcoholics.
Call for meeting times and locations.

 Phone: (919) 787-1653

 www.alanonalateen6nc.org/public/meeting%20list.php

Alcoholics Anonymous

Meetings available seven days a week. Call or go to website for times and locations.

 Phone: (919) 286-9499 - *Durham County*
Phone: (919) 933-3877 or (888) 237-3235 - *Alamance, Chatham, Caswell, & Orange Counties*

 www.aanc32.org

Durham Regional Hospital (Duke Healthcare)

 3643 Roxboro Rd., Durham, NC 27704

 Phone: (919) 470-4000

Freedom House - Chapel Hill Outpatient Clinic

 104 New Stateside Dr., Bldg. 118
Chapel Hill, NC 27514

 Phone: (919) 942-2803

 www.freedomhouserecovery.org

Gamblers Anonymous

Meets every Monday at 7:30 pm.

 *Amity United Methodist Church:*
825 North Estes Dr., Chapel Hill, NC 27514

 Phone: (919) 968-8843

 www.gamblersanonymous.org

Overeaters Anonymous

Meets at various locations on different days and times.
Call for details.

 200 Park Offices Dr.
Research Triangle Pk, NC 27709

 Phone: (919) 406-9300

 www.oa.org

SMART Recovery

Self-help group for people with an alcohol or other substance abuse problem. Meets Tues at 7:30 pm at Binkley Baptist Church in Chapel Hill and Sat at 9:30 am at Caramore Bldg in Carrboro.

 *Binkley Baptist Church:*
Willow Dr., Chapel Hill, NC 27514
Caramore Bldg:
550 Smith Level Dr., Carrboro, NC 27510

 Phone: (919) 942-4964
 trianglesmartrecovery.org

UNC Hospitals Healthlink

 Phone: (919) 966-4131
 www.unchealthcare.org

ALZHEIMER'S AND DEMENTIA

Alzheimer's North Carolina, Inc.

 1305 Navaho Dr., Suite 101, Raleigh, NC 27605
 Phone: (919) 832-3732 or (800) 228-8738
 www.alznc.org

Duke Family Support Program

 *Duke Hospital South:*
200 Trent Dr., Durham, NC 27710
Box 3600/ Dumc, Room 3513/ Blue Zone
 Phone: (919) 660-7510 or (800) 646 2028
 Fax: (919) 684-8569
 www.dukefamilysupport.org

DEMENTIA CAREGIVER GROUPS - ORANGE COUNTY

Central Orange Senior Center Dementia Caregivers Group

 *Central Orange Senior Center*
103 Meadowland Dr., Hillsborough, NC 27278
 Phone: (919) 968-2087 or (919) 245-2015

Robert and Pearl Seymour Center Dementia Caregivers Group

 *Robert and Pearl Seymour Center*
2551 Homestead Rd., Chapel Hill, NC 27516
 Phone: (919) 968-2087 or (919) 268-2070

GENERAL CAREGIVER

Patient and Caregiver Support Group - Duke

Meets 4th Tuesday of the month, 10:30 am - 12 noon.
 *Grey Stone Baptist Church*
2601 Hillsborough Rd, Durham, NC 27705
 Phone: (919) 660-7510

Daughters as Caregivers

For daughters or daughters-in-law who are caregivers.
 *Duke Hospital South:*
200 Trent Dr., Durham, NC 27710
Room 3512/ Blue Zone
 Phone: (919) 660-7510 or (800) 646 2028
 Fax: (919) 684-8569
 www.dukefamilysupport.org

DISEASE SPECIFIC SUPPORT GROUPS

UNC Hospitals HealthLink

Contact for complete Information on UNC sponsored support groups.
 Phone: (919) 966-4131
 www.unchealthcare.org/site/classesevents/supportgroups

Duke University Medical Center

Contact for complete Information on Duke sponsored support groups.

 Phone: (919) 684-4497

 www.dukehealth.org

CANCER

American Cancer Society

Person will answer questions.

 Phone: (800) ACS-2345 (800-227-2345)

 www.cancer.org

Cornucopia House Cancer Support Center

Offers many groups and services. Call for details.

 5517 Durham Chapel Hill Blvd., Suite 1000
Durham, NC 27707

 Phone: (919) 401-9333

 www.cancersupport4u.org

Prostate Cancer

Meets first Wed of the month at 4:00. Call for information.

 Binkley Church, Willow Dr.
Chapel Hill, NC 27514

 Phone: (919) 843-5307

HEARING

Robert and Pearl Seymour Center

 2551 Homestead Rd., Chapel Hill, NC 27516

 Phone: (919) 622-8467

 Email: ruthmiller@mac.com (preferred contact method)

MENTAL ILLNESS

National Alliance for the Mentally Ill (NAMI) Orange County

Meets 2nd and 4th Thursday at 6:30 - 9pm

 *Robert and Pearl Seymour Center:*
2551 Homestead Road., Chapel Hill, NC 27516

 Phone: (919) 929-7822

PARKINSON'S DISEASE

Central Orange Senior Center

Meets fourth Wed. from 11:30am-1:30pm. If people would like a lunch, call to make a reservation. Meeting begins at 12:00pm.

 103 Meadowland Dr., Hillsborough, NC 27278

 Phone: (919) 245-2015

STROKE

Stroke Support Group

Call for information.

 Phone: 966-2029 (UNC Healthcare)

VISION (LOW OR BLIND)

Low Vision Support Group

 *Robert and Pearl Seymour Center:*

2551 Homestead Rd., Chapel Hill, NC 27516

 Phone: (919) 942-2571 or (919) 968-2087

OTHER

Aphasia Support Group

(Includes other speech disorders)

 *Robert and Pearl Seymour Center:*
2551 Homestead Rd., Chapel Hill, NC 27516

 Phone: (919) 968-2073 • Fax: (919) 968-2093

Widows Support Group

Sponsored by UNC Hospice. Call for information and other group locations.

 Phone: (919) 218-7995

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.

 180 Providence Rd., Suite 1-C
Chapel Hill, NC 27514

 Phone: (919) 402-1844 • Fax: (919) 402-1843

 Email: jane@project-compassion.org

 www.project-compassion.org

Guiding lights caregiver center

 3724 National Drive, Suite 130
Raleigh NC 27612

 Phone: (919) 371-2062

TAXES

PERSONAL INCOME TAX ASSISTANCE

Volunteer Income Tax Assistance (VITA)

IRS trained volunteers complete individual income tax forms between Feb. 1 and April 15. Call for locations and schedules. No cost.

 Phone: (919) 968-2070

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.

Orange County Tax Assessor's Office

 228 South Churton St., Hillsborough, NC 27278

 Phone: (919) 245-2100

 www.co.orange.nc.us

Tax Relief Programs

The North Carolina General Assembly offers three programs: the Elderly and Disabled, the Disabled Veteran, and the Circuit Breaker Homestead Exclusions. Please contact the Tax Administration to discuss eligibility or for assistance in completing the

application.

 Phone: (919) 245-2100

 www.ncdhhs.gov/aging/housing/taxreliefprograms.pdf

PHONE PROGRAMS

PHONE REASSURANCE PROGRAM FOR SENIORS

Orange County Department on Aging

Phone calls are made Monday-Friday to check on seniors' well being. Call for an in-home assessment prior to beginning Phone reassurance. Free.

 Phone: (919) 968-2087

PHONE SERVICE - SUBSIDIZED

See: SOCIAL SERVICES

People who live in subsidized housing or receive Medicaid or food stamps through the Department of Social Services (DSS) are generally eligible for a reduction in their local Phone company rate. In Orange County. Contact DSS at (919) 245-2800 or (919) 968-2000 for more information.

TRANSPORTATION

E-Z Rider/Chapel Hill Transit Authority

Provides service to people, unable to drive or walk to bus stops or unable to navigate stairs, who live

within the Chapel Hill-Carrboro city limits. Call for an application. Free, except for evenings and weekends. Reservations required.

 6900 Millhouse Rd., Chapel Hill, NC 27516

 Phone: (919) 969-4908 or (919) 968-2772

Orange Public Transportation (OPT-Orange Bus)

Serves areas in Orange County outside the Chapel Hill & Carrboro city limits. Transports people who are either disabled or elderly to medical appointments, senior centers and weekly shopping trips. Public routes are also available. Reservations required. Fee charged.

 P.O. Box 8181, Hillsborough, NC 27278

 Phone: (919) 245-2008

 www.orangecountync.gov/aging

Paratransit – Provided by Triangle Transit Authority (TTA)

Provides transportation between Chapel Hill, Durham and Raleigh for people unable to take regular buses. Must meet qualification criteria. Fee charged.

Phone: (919) 485-7433 (RIDE)

 www.triangletransit.org

Stars (Medical Escort Service)

 Phone: (800) 481-7977

 www.starsofnc.com

Triangle Travel Companion (Personal Travel Assistant)

 Phone: (919) 451-3077 - *Jim Pickeral*

Seniors on the Go

 P.O. Box 11961, Durham, NC 27703

 Phone: (800) 517-4149

 ncseniorsonthego.com

NON-EMERGENCY AMBULANCE SERVICE

Johnston Ambulance Service

Non-emergency transportation for non-ambulatory individuals. Fee charged. May accept Medicaid.

 2803 Hwy. 70W, Goldsboro, NC 27530

 Phone: (800) 625-3500 • Fax: (919) 739-5989

 www.jas-online.org

VETERAN SERVICES

See also: SOCIAL SERVICES

In other counties, contact your local Department of Social Services.

North Carolina Department of Administration, District Service Officer

Monday - Friday, 8am to 5pm

 115 Market St, Suite 205, Durham, NC

 Phone: (919)560-6672 • Fax: (919)560-6674

 Email: ncdvadam@frontier.com

The Veterans Services Office (VSO)

The Veterans Services Office (VSO) assists veterans and dependents in obtaining, retaining, or reinstating

compensation, pension, medical, education, training, loan, insurance, burial, and other applicable benefits and services.

 113 Mayo St, PO Box 8181, Hillsborough, NC 27278

 Phone: (919) 245-2800

 www.mortgageloan.com/veterans

Veterans Administration Healthcare Benefits

 Phone: (877) 222-VETS or (877) 222-8387

 www.va.gov/healtheligibility

Veterans Administration Patient Advocates

Call with questions, concerns or complaints about veterans' services. These advocates can help you navigate the VA system.

 Phone: (919) 286-0411 ext. 6971 or ext. 6414

Veterans Affairs Regional Office

 251 North Main St., Winston Salem, NC 27155

 Phone: (800) 827-1000

 www.va.gov

VOLUNTEER OPPORTUNITIES

ORANGE COUNTY

Volunteer Connect 55+ - Giving Back

The Mission of Volunteer Connect 55+ is to enrich the lives of people 55+ in Orange County by connecting them

in meaningful volunteer experiences in the community.

-  **Robert and Pearl Seymour Center:**
2551 Homestead Rd., Chapel Hill 27516
Central Orange Senior Center:
103 Meadowland Dr., Hillsborough, NC 27278
-  Phone: (919) 245-4240
-  www.orangecountync.gov/aging

Volunteers of America (Carolinas)

-  Phone: (919) 799-0398

WELLNESS

Duke Center for Living Health and Fitness Center

-  1300 Morreen Road, Durham NC, 27705
-  Phone: (919) 660-6604 • Fax: (919) 681-7467
-  www.dukehealth.org/services/health_and_fitness_center/about

Orange County Department on Aging Wellness Program

-  **Robert and Pearl Seymour Center:**
2551 Homestead Rd., Chapel Hill 27516
Central Orange Senior Center:
103 Meadowland Dr., Hillsborough, NC 27278
-  Phone: (919) 968-2070 - *Chapel Hill*
Phone: (919) 245-2015 - *Hillsborough*
Aging Helpline: (919) 245-2087
-  www.orangecountync.gov/aging

Triangle Sports Plex - Hillsborough

-  101 Meadowlands Drive, Hillsborough NC, 27278
-  Phone: (919) 644-0339 • Fax: (919) 644-2120
-  www.trianglesportsplex.com

YMCA - Chapel Hill - Carrboro

-  980 Martin Luther King Jr. Blvd.
Chapel Hill, NC 27514
-  Phone: (919) 442-9622 • Fax: (919) 942-0256
-  www.chcymca.org

UNC Meadowmont Wellness Center

-  100 Sprunt Street, Chapel Hill, NC 27517
-  Phone: (919) 966-5500
-  www.uncwellness.com/meadowmont/

WEBSITES

There are many web sites that offer information on aging issues. Many of them have links to other sites. Some web sites are listed here, but it does NOT guarantee their quality or accuracy.

AARP

www.aarp.org

Links to a wide variety of topics, including discounts for AARP members.

Administration on Aging

www.aoa.gov

A clearinghouse for information on aging from the federal government.

Aging with Dignity
www.agingwithdignity.org

Information about advanced directives and dying. Includes access to “Five Wishes,” a booklet which provides spaces to complete with pertinent personal information about a person’s wishes for the end of life. To be used in conjunction with the Health Care Power of Attorney and Living Will.

Alzheimer’s Association
www.alz.org

Inside the Brain - An interactive education for individuals with Alzheimer’s disease and their caregivers.

American Association of Geriatric Psychiatry
www.aagponline.org

Dedicated to the mental health and treatment of mental health of individuals over age 60. Education, links, and resources.

American Association of Homes and Services for the Aging
www.leadingage.org

Consumer tips on evaluating assisted living facilities, nursing homes, and Continuing Care Retirement Communities (CCRC’s).

American Bar Association Commission on Legal Problems of the Elderly
www.americanbar.org

Assisted Living Federation of America
www.alfa.org

Information on assisted living facilities. Has a tool that can help people find a facility in specific areas.

Benefits Check-Up
www.benefitscheckup.org

National Council on Aging. Federal and state assistance program for older Americans. Designed to help older adults find the right benefits programs to meet their needs.

Caregivers Education
www.caring.com

Easy to find specific information, to-do lists, conversations with experts.

Caring Connections
www.caringinfo.org

Advanced directives forms available to meet each state’s unique requirements.

Carolinas Center for Hospice and End of-Life Care
www.cchospice.org

Links to local Hospices, education, and resources

Center for Disease Control (CDC)
www.cdc.gov/aging

Center for Medicare Advocacy
www.medicareadvocacy.org

Advocacy agency for Medicare recipients and is involved in policy development.

Centers for Medicare and Medicaid Services (CMS)
www.cms.gov

Publications about Medicare and Medicaid are available in large print.

Consumer Consortium on Assisted Living
www.ccal.org

Non-profit organization that advocates for residents in assisted living facilities.

Duke HomeCare & Hospice
www.dhcc.dukehealth.org

Duke University Center for the Study of Aging and Human Development
www.centerforaging.duke.edu

Information on research, education, services, and websites for the Duke Long Term Care Resources Program and the Geriatric Evaluation & Treatment Clinic.

Dying Well
www.dyingwell.org

Practical help for families, including how to communicate with individuals at the end of life.

Eldercare Locator
www.eldercare.gov

Locate resources for seniors throughout the U.S.

Family Caregiver Alliance
www.caregiver.org

Information on a variety of issues of interest to caregivers.

First Gov
www.usa.gov

US government's official web portal. Can apply for benefits. Phone number: (800) 333-4636

Full Circle of Care (Caregivers)
Triangle J Area Agency on Aging
www.fullcirclecare.org

For family caregivers.

Geriatric Care Managers
www.caremanager.org

National Association of Geriatric Care Managers - locate a certified care manager nationwide.

Hospice Foundation of America
www.hospicefoundation.org

Educational and practical help family caregivers when death is near.

Medicare
www.medicare.gov

Official federal web site for Medicare recipients. Also has reports for nursing homes, home health agencies, and hospitals throughout the USA. Can establish a site for personal health insurance/billing information.

National Academy of Elder Law Attorneys
www.naela.org

Lists attorneys who specialize in elder law throughout the USA.

National Alliance for Caregiving
www.caregiving.org

National Alliance on Mental Illness
www.nami.org

Education, advocacy, resources, and links to local resources for family members of individuals with a mental illness.

National Alzheimer's Association

www.alz.org

National web site for the Alzheimer's Association. Educational materials on dementia and links to local support groups.

National Association of Geriatric Case Managers

www.caremanager.org

Information on locating private geriatric care managers throughout the USA.

National Center on Elder Abuse

www.ncea.aoa.gov

Educational web site with links to local agencies that investigate allegations of elder abuse, neglect and exploitation.

National Citizens' Coalition for Nursing Home Reform (NCCNHR)

www.geronurseonline.org

Advocacy, education and a consumer's guide to choosing a nursing home.

National Council on Aging

www.ncoa.org

A non-profit network of organizations and aging leaders.

National Family Caregivers Association

www.caregiveraction.org

National Institute on Health/Aging

www.nia.nih.gov

Research and educational materials on aging and health issues.

National Institute on Mental Health

www.nimh.nih.gov

Education, resources, and links about mental health and treatment.

National Mental Health Association

www.nmha.org

Offers fact sheets, pamphlets and resources on mental health.

NC Health Info

www.nchealthinfo.org

An online guide to websites of quality health and medical information and local health services throughout North Carolina. Can access information about health insurance, choosing a doctor, health conditions, pharmaceuticals, and much more.

NIHSeniorHealth.gov

www.nihseniorhealth.gov

A collaboration of the National Institute of Health and National Library of Medicine that provides authoritative information on all diseases and disorders of old age.

North Carolina Bar Association

www.ncbar.org

Board certified attorneys who practice in specialized areas, such as estate planning. Publishes Senior Citizens Handbook, which can be downloaded.

North Carolina Department of Health and Human Services

www.ncdhhs.gov

Provides up-to-date, and comprehensive, health and human services information throughout North Carolina.

North Carolina Division on Aging and Adult Services
www.ncdhhs.gov/aging

Information on community based services, housing, and long term care arrangements in North Carolina.

North Carolina Division of Medical Assistance (Medicaid)
www.ncdhhs.gov/dma

Official site for Medicaid recipients or individuals who want to apply for Medicaid in North Carolina.

North Carolina State Cooperative Extension
www.ces.ncsu.edu

Research based information for NC residents on a wide variety of topics.

Project Compassion
www.project-compassion.org

Project Compassion creates volunteer Support Teams that provides practice, 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.

Seniors' Health Insurance Information Program (SHIIP)
North Carolina Department of Insurance
www.ncshiip.com

Information on Medicare, supplemental health insurance, Medicare Advantage plans, and Medicare Part D plans.

Social Security Administration
www.socialsecurity.gov

Information on benefits, frequently asked questions,

etc. Can apply for benefits on-line.

The National Hospice and Palliative Care Organization
www.nhpc.org

Triangle J Area Agency on Aging
www.tjaaa.org

Triangle J Area Agency on Aging serves the following counties: Orange, Durham, Wake, Chatham, Moore, Johnston, and Lee.

UNC Health Sciences Library
www.hsl.lib.unc.edu

Librarians will help access information on health questions. Web site provides links to major health information web sites. Can e-mail questions to www.hsl.unc.edu/asklib.

US House of Representatives
www.house.gov

US Senate
www.senate.gov

Veterans Affairs Department
www.va.gov

The Orange County Department on Aging (OCDOA) is a one-stop resource where older adults and caregivers can meet their social, mental, physical, financial, and day-to-day practical needs. We offer integrated aging services and programs at our two senior centers including, wellness and education classes, lunches, trips, volunteer opportunities, and much more.



OUR MISSION

To provide leadership in planning and operating a system of integrated aging services through state of the art senior centers, serving as focal points for coordinated community and individualized programs designed to educate seniors and their families and maximize the health, well-being, community engagement, and independence of older adults at all functional levels.

AGING SERVICES

Aging Transitions is a division of the Department on Aging that provides a variety of services and supports for older adults and their families as they face changing health needs, relocations, and other age-related issues.

The Aging Transitions Team is available to help people determine what services they are eligible for and to make plans for the future. Contact the Aging Transitions team by calling the Aging Helpline, **919-968-2087** today.

SENIOR CENTERS

The Orange County Department on Aging's two senior centers, the Central Orange Senior Center and the Robert & Pearl Seymour Center, offer a variety of programs including classes, lunches, trips, and much more. Visit us to relax, socialize, and immerse yourself in wellness, creativity, intellectual stimulation, volunteerism, and community.

"Membership" to our senior centers is free; contact either senior center to find out how to get started: Central Orange Senior Center, **919-245-2015**; Seymour Center, **919-968-2070**.

VOLUNTEER OPPORTUNITIES

Engage with the community and make a difference by volunteering at our senior centers or in the greater Orange County through the Volunteer Connect 55+ program.

Connect with a variety of volunteer opportunities including assisting with tax preparation through VITA (Volunteer Income Tax Assistance Program), provide Medicare counseling through SHIIP (Senior Health Insurance & Information Program), or help teach computer classes at The Seymour Technology Center. Call **919-245-4240** or **919-245-4241** to get started today.