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/OrangeCountyDepartmentonAging
Aging Helpline: (919) 968-2087
DISCLAIMER
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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

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
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.

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.

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.

North Carolina Division of Health Service Regulation  
NC state-licensing agency for long-term care facilities. Licenses and regulates nursing and adult care homes.

Phone: (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

**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**

**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.piedmonthealthseniorcare.org

**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
Orange 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

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

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
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](http://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](http://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.
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, NC 27574
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

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, NC 27574
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
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
Has reliability/complaint reports on specific companies

Better Business Bureau
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

**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) 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](http://www.twinlakescomm.org)

The Village at Brookwood
- 1860 Brookwood Ave., Burlington, NC 27215
- Phone: (336) 570-8400 • Fax: (336) 570-8402
- [www.villageatbrookwood.org](http://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](http://www.carolinameadows.org)

Galloway Ridge at Fearrington
- 3000 Galloway Ridge, Pittsboro, NC 27312
- Phone: (919) 545-2215 • Fax: (919) 545-2220
- [www.gallowayridge.com](http://www.gallowayridge.com)

Pittsboro Christian Village
- 1825 East St., Pittsboro, NC 27312
- Phone: (919) 542-3151 • Fax: (919) 542-5919
- [www.pcvnc.org](http://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](http://www.croasdailevillage.com)

The Cedars
- 100 Cedar Club Circle
  Chapel Hill, NC 27517

-
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
www.cedarsofchapelhill.com

The Forest at Duke
2701 Pickett Rd., Durham, NC 27705
Phone: (919) 490-8000 • Fax: (919) 490-0887
www.forestduke.org

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](http://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](http://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](http://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](http://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

**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@arcoforange.org
- www.arcoforange.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
Orange County Department on Aging | www.orangecountync.gov/aging

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

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

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
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

Orange County Department on Aging
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

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

**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.
**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

**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.

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.

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 form 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.

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
Hwy. 54, Chapel Hill, NC

Phone: (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@ncsc.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 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
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

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
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
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.
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

106 Oakmont Ave., Durham, NC 27713
Phone: (919) 361-0346

Ruffin Home
Accepts Special Assistance.
1913 Haverford St., Durham, NC 27705
Phone: (919) 220-6257
Fax: (919) 220-0407

Elodie 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
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.drfcenter.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

**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

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**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
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 Blvd. Ste. 105. Raleigh, NC 27604
- Phone: (919) 835-1525 • Fax: (919) 835-1526
- [www.elpueblo.org](http://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](http://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

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
Email: E-mail: goodnewshomecareinc@yahoo.com
www.goodnewshomecareinc.com

Accessible Home Health Care of Mid Carolina

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.

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
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

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

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
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

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

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

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
assistive care services with 24-hour clinical support.

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

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

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

www.bayada.com
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

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

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

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

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  Chapel Hill, NC 27514

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

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

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- 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

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

HOME MODIFICATIONS & REPAIR PROGRAMS

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

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 –
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

**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

**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

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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

**RAMP INSTALLATION**

*Home evaluation to determine need for a ramp:*

**Orange County Department on Aging (Aging Transitions Team)**
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

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**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

**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@infinitehomeresource.com
- www.infinitehomeresource.com
- www.freedomfrogs.com
**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.unchealthcare.org/site/hospice](http://www.unchealthcare.org/site/hospice)

**United Hospice**
- Phone: (800) 973-3938 or (336)-749-7044
- Email: Emiedema@uhs-pruitt.com

**HOSPETING**
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

**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](http://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.communityhometrust.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.
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

**APARTMENTS FOR SENIORS - INDEPENDENT LIVING WITH SERVICES**

**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.

**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

**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
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

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

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
**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

**Whitted Forrest Apartments**  
115 Holiday Park Road, Hillsborough, NC, 27278  
Phone: (919) 732-3744

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**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.disabilityrightscnc.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
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](http://www.alamancelibraries.org)

**Memorial Library**
- 342 South Spring St., Burlington, NC 27215
- Phone: (336) 229-3588
- [www.alamancelibraries.org](http://www.alamancelibraries.org)

**Mebane Public Library**
- 101 South First St., Mebane, NC 27302
- Phone: (919) 563-6431
- [www.alamancelibraries.org](http://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

### 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
(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
Email: 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

**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.thecarolinascaritascenter.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

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

**CHATHAM COUNTY LAW ENFORCEMENT**

**Chatham County Sheriff:** (919) 542-2811

**Pittsboro Police Department:** (919) 542-3200

**Siler City Police Department:** (919) 742-5626

**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

**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
  - Phone: (919) 542-4422 - Pittsboro
- 1105 E. Cardinal St., Siler City, NC 27344
  - Phone: (919) 742-5612 - Siler City

**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

**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

**Duke Medical Center**
- 2301 Erwin Rd., Durham, NC 27710
- Phone: (919) 684-8111
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.

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
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

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
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

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**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
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

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

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.
**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

**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

**UNCG ENT**
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

**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

**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
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.unchealthcare.org/site/healthpatientcare/patient/other/financial.htm

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

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

SENIOR CENTERS

ALAMANCE COUNTY

John Robert Kerodle Senior Center
1535 South Mebane St., Burlington, NC 27215
Phone: (336) 222-5135
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.dcslnnc.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

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

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
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

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.dcslnc.org

Orange County Department on Aging
Multiple support groups available. Call for information.
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
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/classes/events/supportgroups
Duke University Medical Center
Contact for complete Information on Duke sponsored support groups.

Phone: (919) 622-8467
Email: ruthmiller@mac.com (preferred contact method)

www.dukehealth.org

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

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.
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

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
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.

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

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

OTHER

TAXES

3724 National Drive, Suite 130
Raleigh NC 27612
Phone: (919) 371-2062

www.co.orange.nc.us

Guiding lights caregiver center
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: ncdvdurham@frontier.com

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](http://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](http://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](http://www.orangecountync.gov/aging)

### 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](http://www.aarp.org)

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

- **Administration on Aging**
  - [www.aoa.gov](http://www.aoa.gov)
A clearinghouse for information on aging from the federal government.

**Aging with Dignity**  
[www.agingwithdignity.org](http://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](http://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](http://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](http://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](http://www.americanbar.org)  

**Assisted Living Federation of America**  
[www.alfa.org](http://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](http://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](http://www.caring.com)  
Easy to find specific information, to-do lists, conversations with experts.

**Caring Connections**  
[www.caringinfo.org](http://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](http://www.cchospice.org)  
Links to local Hospices, education, and resources.

**Center for Disease Control (CDC)**  
[www.cdc.gov/aging](http://www.cdc.gov/aging)  

**Center for Medicare Advocacy**  
[www.medicareadvocacy.org](http://www.medicareadvocacy.org)  
Advocacy agency for Medicare recipients and is involved in policy development.

**Centers for Medicare and Medicaid Services (CMS)**  
[www.cms.gov](http://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 provide 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.nhpco.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.