



Orange County  
Department on Aging

# One-Stop-Shop Clinic for Community Living

at  
Seymour Center and  
Central Orange Senior Center



## Clinic's Purpose:

The purpose of this free wellness clinic is to support older adults' (age 60+) abilities to live independently in the community. By providing early identification of risk factors and referral to appropriate services, we hope to increase the likelihood of success in safe independent living, health, and happiness.

## Assessments, Recommendation, Referrals, and Resources for:

- ◆ Mood and Memory
- ◆ Mobility and Fitness
- ◆ Prescribed and over-the-counter medicine use
- ◆ Home Safety
- ◆ Falls Prevention
- ◆ Nutrition and diet

## What will a visit to the One Stop Clinic include?

- ◆ Multidisciplinary assessments (Physical Therapy, Pharmacy, Occupational Therapy, Social Work)
- ◆ Expect to spend 1-2 hours meeting with the team members.
- ◆ Individualized recommendations regarding medications, exercise, home modifications, falls prevention, diet, and more.

**What if I already have a doctor?** Our team will not replace a person's regular doctor visit. However, we will provide you an overview of the clinic results that can be shared with your primary care physician and other specialists.

**When are the Clinics?** From 9am – 12 noon on the 2<sup>nd</sup> Thursday of the month at the **Central Orange Senior Center**, 103 Meadowlands Dr., Hillsborough and on the 4<sup>th</sup> Thursday of the month at the **Seymour Center**, 2551 Homestead Rd., Chapel Hill.

**How do I make an appointment?** Call Central Orange Senior Center at 919-245-2015 or Seymour Center at 919-968-2070 to schedule an appointment.

