Do you help a friend or family member with any of these tasks?

- Managing finances
- Providing emotional support/companionship
- Household chores
- Transportation for shopping, errands, medical appointments
- Relaying information to other family or friends
- Providing supervision for safety and/or management of challenging behaviors
- Assistance with personal care needs (e.g., dressing, bathing, bathroom help)

We can help...

AGING HELPLINE:
For aging-related information and assistance, call (919) 968-2087 or email agingtranstions@orangecountync.gov to talk to trained staff Monday – Friday, 9am – 4pm.

CAREGIVER SUPPORT GROUPS:
Groups for caregivers of those with cognitive impairments meet monthly at both Orange County senior centers. Additionally, groups for caregivers of veterans, those living with Parkinson’s and pulmonary hypertension also meet the centers.

DEMENTIA EDUCATION SERIES:
These education sessions are designed to provide information about dementia to individuals with memory concerns, caregivers, family members, friends, and interested community members.

IN-HOME CONSULTATION SERVICES:
Customized consultation services in the comfort and privacy of your home to address the challenges of everyday living in the context of dementia.

MEMORY CAFÉ:
Social gatherings for people living with dementia and their care partners occur monthly in the community. Join in for fun, entertainment and peer support.

OPTIONS COUNSELING:
Meet with a trained social worker to discuss transitions for your loved one from their current home to a new one or a higher level of care. Make a plan for these changes, looking at cost, location and personal preferences/limitations.

For more information, call the Aging Helpline today!
(919) 968-2087
Orange County Department on Aging

2019 SUPPORT GROUP SCHEDULE

Groups for caregivers of those with cognitive impairments meet monthly at both Orange County senior centers.

**Orange County Department on Aging**

**Robert & Pearl Seymour Center**
2551 Homestead Rd • Chapel Hill, NC 27516
(919) 968-2070

- 2nd and 4th Fridays (*except in December) meetings are from 10:30-12:00:
  - Friday, January 11
  - Friday, January 25
  - Friday, February 8
  - Friday, February 22
  - Friday, March 8
  - Friday, March 22
  - Friday, April 12
  - Friday, April 26
  - Friday, May 10
  - Friday, May 24
  - Friday, June 14
  - Friday, June 28

- Friday, July 12
- Friday, July 26
- Friday, August 9
- Friday, August 23
- Friday, September 13
- Friday, September 27
- Friday, October 11
- Friday, October 25
- Friday, November 8
- Friday, November 22
- Friday, December 6*
- Friday, December 20*

**Jerry M. Passmore Center**
103 Meadowlands Dr • Hillsborough, NC 27278
(919) 245-2015

- 2nd and 4th Thursdays (*except in December) meetings are from 1:00-2:30pm:
  - No meetings in January
  - Tuesday, February 5th at 4-5:30pm!
  - Thursday, March 14
  - Thursday, March 28
  - Thursday, April 11
  - Thursday, April 25
  - Thursday, May 9
  - Thursday, May 23
  - Thursday, June 13
  - Thursday, June 27
  - Thursday, July 11
  - Thursday, July 25
  - Thursday, August 8
  - Thursday, August 22
  - Thursday, September 12
  - Thursday, September 26
  - Thursday, October 10
  - Thursday, October 24
  - Thursday, November 14
  - Thursday, December 5*
  - Thursday, December 19*

For more information, call the Aging Helpline today! (919) 968-2087

Go to our website: [orangecountync.gov/CaregiverSupport](http://orangecountync.gov/CaregiverSupport) or email us: [agingtransitions@orangecountync.gov](mailto:agingtransitions@orangecountync.gov)

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