



COMMUNITY RESOURCE GUIDE

For Seniors
& Their Families



One-Stop-Shop for Aging Services & Enrichment



Aging Helpline:
(919) 968-2087



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



[facebook.com/
OrangeCountyDepartmentOnAging](https://facebook.com/OrangeCountyDepartmentOnAging)



Community Resource Guide

Table of Contents

Monday, January 12, 2026

2:15:52 PM

Abuse / Adult Protective Services	1
Abuse / Family Violence Prevention Agencies	2
Adult Day Care	4
Advocacy Groups	8
Aging Agencies / Social Service Agencies	12
Assisted Living / Adult Care Home Facilities	17
Benefits	29
Better Business Bureau	30
Care Management	31
Caregiver Respite	33
Caregiving Resources	40
Chinese Resources	48
Community Centers	49
Community Health Centers	51
Continuing Care Retirement Communities	54
Decluttering & Downsizing	56
Dementia / Alzheimer's Disease	59
Dental Care Clinics	66
Disabilities - Cognitive	69
Disabilities - Intellectual & Developmental	69
Disabilities - Physical & Sensory	72
Driving	79
Educational Opportunities	81

Community Resource Guide

Table of Contents

Monday, January 12, 2026

2:15:53 PM

Emergency Assistance	85
Employment	88
End of Life Planning (Advanced Directives)	89
Family Care homes	91
Financial Counseling	98
Geriatric Assessment	99
Grief	101
Guardianship	103
Health and Wellness	104
Health Insurance Information & Counseling	109
Hispanic / Latino Resources	112
Home Care	113
Home Delivered Meals	138
Home Delivered Medications	141
Home Health / Skilled Agencies	142
Home Modifications & Repair Programs	144
Hospice Care	147
Housing Apartments - Subsidized	151
Housing Apartments for Seniors - Independent Living With Services	155
Housing Authorities & Advocacy	157
Housing Cohousing	158
Legal	160
Libraries	163

Community Resource Guide

Table of Contents

Monday, January 12, 2026

2:15:53 PM

Medicaid	165
Medical Equipment & Supplies	166
Medical Rights	167
Mental Health Resources & Services	167
Moving Services	180
Newcomers	183
Nursing Homes	185
Ombudsmen	190
Other	192
Personal Emergency Response Systems	193
Pharmacy	196
Physical, Occupational & Speech Rehab Services	198
Prescription Assistance & Management	201
Senior Centers	205
Senior Games	207
Sheriff Department	208
Social & Recreational Resources	209
Social Service Agencies	211
Solid Waste and Recycling	213
Support Groups	213
Support Teams	223
Taxes	224
Telephone Programs	225

Community Resource Guide

Table of Contents

Monday, January 12, 2026
2:15:53 PM

Transportation	226
Veterans' Services	232
Volunteer Opportunities	235
Website Resources	237

Abuse / Adult Protective Services

See also: MENTAL HEALTH RESOURCES & 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. Call 911 if after hours, weekends & holidays, or if someone is in danger.

Departments of Social Services (DSS)

Alamance County Department of Social Services - APS

319 North Graham-Hopedale Rd., Ste. C

Burlington, NC 27217

Phone: 336-229-2908

www.alamance-nc.com/dss

Durham County Department of Social Services - APS

414 East Main St.

Durham, NC 27701

Phone: 919-560-8000

www.dconc.gov

Orange County Department of Social Services - APS

Hillsborough Commons, 113 Mayo St.

Hillsborough, NC 27278

Phone: 919-245-2800

Email: dssinfo@orangecountync.gov

www.orangecountync.gov/378/Social-Services

Law Enforcement Agencies

In a police or medical emergency, call 911. Some law enforcement agencies may offer non-police crisis assistance through specially trained crisis units. In a non-emergency, call the agency below that serves your residence.

Carrboro Police Department

100 North Greensboro St.

Carrboro, NC 27510

Phone: 919-918-7398

www.carrboropolice.com

Chapel Hill Police Department Crisis Unit

NON-police crisis assistance for Chapel Hill residents only. NOT police response. In a police or medical emergency, call 911.

Phone: 919-968-2806

www.townofchapelhill.org

Chapel Hill Police Department Crisis Unit

The Crisis Unit is a 24-hour co-response team that provides onsite emergency response with officers to persons in crisis situations. Responses are to Chapel Hill residents only. In a police or medical emergency, dial 911.

828 Martin Luther King Jr. Blvd.

Chapel Hill, NC 27514

Phone: 919-968-2806

Alt Phone: 919-968-2670

Email: policecrisisunit@townofchapelhill.org

www.townofchapelhill.org

Hillsborough Police Department

127 North Churton St.

Hillsborough, NC 27278

Phone: 919-732-9381

www.hillsboroughnc.gov

Mebane Police Department

COUNTIES SERVED: Alamance, Orange

116 W. Center St.

Mebane, NC 27302

Phone: 919-563-9031

Email: records@mebanepd.com

www.cityofmebane.com/police.asp

Orange County Sheriff Department - Crisis Unit

The Orange County Sheriff's Office Crisis Intervention Unit works with the criminal justice system and other community agencies to provide coordinated services for victims of crime. COUNTY SERVED: Orange

106 East Margaret Lane

Hillsborough, NC 27278

Phone: 919-245-2900

Alt Phone: 919-644-3050

www.ocsonc.com

Abuse / Family Violence Prevention Agencies

Compass Center for Women and Families

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. English / Spanish. Support groups for women. Free and confidential. COUNTIES SERVED: Orange

210 Henderson St.

Chapel Hill, NC 27514

Phone: 919-968-4610

Alt Phone: 919-929-7122

www.compassctr.org

Compass Center for Women and Families

24-hour crisis line offers support, information and referral, court advocacy and crisis counseling for victims of domestic violence. Helps people develop a safety plan and provides cell phones to call 911. English / Spanish. Support groups for women. Free and confidential. AREA SERVED: All, Orange County

Chapel Hill, NC

Phone: 919-929-7122

Alt Phone: 919-968-4610

www.compassctr.org

Compass Center for Women and Families

Offers a broad range of services to 6,000+ people each year, including career and financial education and individual counseling, legal resources, and support groups. We are the only Orange County resource for comprehensive domestic violence crisis services. COUNTIES SERVED: Alamance, Chatham, Durham, Orange, Wake

210 Henderson St.

Chapel Hill, NC 27514

Phone: 919-968-4610

Alt Phone: 919-929-7122

Email: clientservices@compassctr.org

www.compassctr.org

HopeLine, Inc.

HopeLine is an accredited crisis and support center whose mission is to support people's mental health through active listening and caring, and confidential conversations. To learn more visit - www.hopeline-nc.org.

101 Forest Dr.

Knightdale, North Carolina 27545

Phone: 9196348029

Alt Phone: 877-235-4525

Email: director@hopeline-nc.org

www.hopeline-nc.org

Orange County Rape Crisis Center

Free confidential counseling and group support for victims of sexual assault including their friends or loved ones. Also offers community education and therapy referrals. COUNTIES SERVED: Orange

1506 East Franklin St., Ste 302

Chapel Hill, NC 27514

Phone: 919-968-4647

Alt Phone: 866-935-4783 or 919-967-7273

Email: info@ocrcc.org

www.ocrcc.org

Reliable Health Services, Inc.

Reliable Health Services serving the community for Home care, mental health, DWI assessments, Group therapy, Therapy, Weight loss, Meditation, Addiction treatment and therapy. AREA SERVED: All

2634 Durham-Chapel Hill Blvd.

Suite 204

Durham, NC 27707

Phone: 919-596-9479

Email: sreliablecare@yahoo.com

www.reliablehealthservices.com

UNC Hospitals' Beacon Program

AREA SERVED: Statewide

101 Manning Dr.

Chapel Hill, NC 27514

Phone: 984-974-0470

www.med.unc.edu/beacon

Adult Day Care

See also: ADVOCACY and OMBUDSMENGroup programs provide supervision, meals and a variety of stimulating activities during daytime hours to functionally impaired and / or isolated adults.

Durham County

Center for Senior Life - Durham

406 Rigsbee Ave

Durham, NC 27701

Phone: 919-699-8247

www.dcsInc.org

Durham Center for Senior Life

Our mission is to enrich the lives of older adults 55+ by promoting healthy, active, and independent lifestyles. We serve over 200 older adults each day through free services, resources, classes, events, and more.

406 Rigsbee Ave

Durham, NC 27701

Phone: 9196888247

dcsInc.org

Durham Center for Senior Life - Adult Day Health

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

406 Rigsbee Ave., Ste. 202

Durham, NC 27701

Phone: 919-682-0215

www.dcsInc.org

Piedmont Health SeniorCare (PACE)

All-inclusive care program for the elderly that provides comprehensive long-term health, social, medical, dietary care and special transportation needs for eligible seniors. COUNTIES SERVED: Alamance, Caswell, Chatham, Lee, Orange

163 Chatham Business Dr.

Pittsboro, NC 27312

Phone: 919-545-7337

Alt Phone: 877-714-2100

www.piedmonthhealthseniorcare.org

Touched by Angels Home Healthcare II, Inc.

We are family owned. We treat your family with the same respect and dignity as ours. Our caregivers are screened and individually matched with our clients. Our goal is to help our clients keep their independence and remain in their homes. BBB of Central North Carolina accredited. COUNTIES SERVED: Alamance, Caswell, Durham, Orange, Person, Other

116 West Pine St.

Graham, NC 27253

Phone: 336-221-9998

Email: WeCare@TBAii.com

www.tbaii.com

Charles House - Daytime Eldercare Program

Center for Community Eldercare:

Day Program provides quality personalized care and engagement for elders.

Support for caregiving families, including counseling on resources for the caregiving journey.

7511 Sunrise Rd.

Chapel Hill, NC 27516

Phone: 919-967-7570

Email: info@charleshouse.org

www.charleshouse.org

Soltys Place (Adult Day Health Program)

Provides a safe, friendly environment; health care services; meals and snacks; socialization; stimulating activities; a focus on individualized needs; and caregiver respite. COUNTIES SERVED: Alamance, Chatham, Durham, Orange, Person, Wake, Other surrounding.

105 Meadowlands Dr.

Hillsborough, NC 27278

Phone: 919-245-2017

www.soltysplace.org

Touched by Angels Home Healthcare II, Inc.

We are family owned. We treat your family with the same respect and dignity as ours. Our caregivers are screened and individually matched with our clients. Our goal is to help our clients keep their independence and remain in their homes. BBB of Central North Carolina accredited. COUNTIES SERVED: Alamance, Caswell, Durham, Orange, Person, Other

116 West Pine St.

Graham, NC 27253

Phone: 336-221-9998

Email: WeCare@TBAii.com

www.tbaii.com

Tumaville LLC

We provide home health services for people and families in need. We cover eating, dressing, mobility, bathing and toileting. including: -Light housekeeping -Making beds, doing laundry -Running errands -Setting up physician's appointments -Meal preparation -Medication

Regus Imperial Center, 819 Emperor BLVD Ste 400

Durham, NC 27703

Phone: 919 390 2396

Alt Phone: 678 770 5352

Email: john.tuma@tumaville.com

tumaville.com

Caring Angels Home Care Services Inc.

In-home care for individuals at their place of residence to include community alternative program, private duty assistance, assistance with personal hygiene, medication reminder, housekeeping, assisting with activities of daily living, nutritional support, bathing, eating, companionship. AREA SERVED: Chatham, Durham, Orange, Other, Person and Wake Counties.

3201 Yorktown Avenue

Suite 217B

Durham, NC 27713

Phone: 919-908-6689

Alt Phone: 919-961-8666

Email: caringangels4me@yahoo.com

Friendship Adult Day Services, Inc.

Social-Model Adult Day Program open M-F, 7am-5:00 PM, serving adults 18 and over, with early-stage dementia and/or a variety of mild to moderate developmental, mental health and physical challenges. AREA SERVED: Alamance and surrounding counties

424 Rudd Street

Burlington, NC 27217

Phone: 336-222-7797

Alt Phone: 336-222-9966

www.friendshipadulthood.com

Piedmont Health SeniorCare (PACE)

All-inclusive care program for the elderly that provides comprehensive long-term health, social, medical, dietary care and special transportation needs for eligible seniors. COUNTIES SERVED: Alamance, Caswell, Chatham, Lee, Orange

1214 Vaughn Rd.

Burlington, NC 27217

Phone: 336-532-0000

Alt Phone: 877-714-2100

www.piedmonthhealthseniorcare.org

The Harbor at Twin Lakes

3810 Heritage Dr.

Burlington, NC 27215

Phone: 336-585-2393

Email: kevans@twinlakescomm.org

Touched by Angels Home Healthcare II, Inc.

We are family owned. We treat your family with the same respect and dignity as ours. Our caregivers are screened and individually matched with our clients. Our goal is to help our clients keep their independence and remain in their homes. BBB of Central North Carolina accredited. COUNTIES SERVED: Alamance, Caswell, Durham, Orange, Person, Other

116 West Pine St.

Graham, NC 27253

Phone: 336-221-9998

Email: WeCare@TBAii.com

www.tbaii.com

Twin Lakes Community

The Harbor ADC is a specialized program serving individuals with Alzheimer's disease or other memory related diseases. we are open Monday through Saturday from 9:30am-3:30pm. COUNTY SERVED: Alamance

3701 Wade Coble Dr.

Burlington, NC 27215

Phone: 336-538-1500

Alt Phone: 336 585-2393

Email: kevans@twinlakescomm.org

www.twinlakescommunity.org

Advocacy Groups

See also: OMBUDSMEN Concerns about long-term care services (both availability and quality). Long-term care facilities are defined as nursing homes and adult care homes (family care homes/assisted living). Contact the Triangle J Area Agency on Aging 800-310-9777 to find your Regional Ombudsman if not listed below; or contact one of the following specialized advocacy organizations:

AARP

Addresses the needs of persons 50+ to fight for and equip them to lead their best lives. Information, education, advocacy, policies, volunteerism, research & member discounts.

Phone: 888-687-2277

Alt Phone: TTY: 877-434-7598

www.aarp.org

Angel Advocacy, LLC

Nurse Advocate and Care Manager, caring for your health and wishes. Multiple services are offered. Visit www.angeladvocacy.com for a list of most of our services, including a financial assistance program designed to help those who need the services but can't afford an hourly rate. AREA SERVED: All

715 Greentree Dr

Hillsborough, NC 27278

Phone: 919-519-1850

Email: angeladvocacy4u@gmail.com

www.angeladvocacy.com

Disability Rights North Carolina

Provides legal representation and advocacy to protect the rights of people with disabilities and investigates allegations of abuse and neglect. STATEWIDE

3724 National Dr., Ste. 100

Raleigh, NC 27612

Phone: 919-856-2195

Email: info@disabilityrightsncc.org

www.disabilityrightsncc.org

Durham County Social Services

The Housing Opportunities for Persons with AIDS (HOPWA) program is dedicated to the housing needs of people living with HIV/AIDS. HOPWA provides housing assistance and related supportive services for low-income persons living with HIV/AIDS and their families.

414 E Main St.

Durham, NC 27702

Phone: 919-560-7280

Email: dssmcm@dconcc.gov

El Centro Hispano-Main Office

Provides help for needs ranging from tax & legal advice to health, employment assistance and more.

COUNTIES SERVED: Durham, Orange, Other

2000 Chapel Hill Rd., Ste. 26A

Durham, NC 27707

Phone: 919-687-4635

www.elcentronc.org

El Pueblo, Inc.

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

COUNTIES SERVED: Durham, Orange, Other

2321 Crabtree Blvd., Ste. 105

Raleigh, NC 27604

Phone: 919-835-1525

www.elpueblo.org

Elder Matters of the Carolinas LLC

Mediation is a thoughtful empowering approach to managing family crises or planning for the future. Our certified mediators create a safe place for all family members to voice concerns and reach consensus in a manner that best preserves crucial family relationships. AREA SERVED: Nationwide / Statewide

1007 Vickers Ave.

Durham, NC 27707

Phone: 984-444-9393

Email: info@eldermatters.org

www.eldermatters.org

Friends of Residents in Long-Term Care

Seeks to improve the lives of individuals who receive long-term care services and support through advocacy and educational activities. STATEWIDE

514 Daniels Street

Raleigh, NC 27605

Phone: 919-782-1530

www.forltc.org

LeadingAge North Carolina

LeadingAge North Carolina advances policies, promotes practices and conducts research that supports, enables and empowers people to live fully as they age. Area Served: ALL

222 N. Person St.

Suite 205

Raleigh, NC 27601

Phone: 919-571-8333

Email: info@leadingagenc.org

www.leadingagenc.org

Mesothelioma Guide

MesotheliomaGuide.com's mission is to guide mesothelioma patients and their loved ones toward answers, care options, and free health solutions that improve their lives.

496 Delaney Ave

Orlando, FL 32801

Phone: 407-613-2052

www.mesotheliomaguide.com

North Carolina Division of Health Service Regulation - Adult Care Licensure Section

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

Phone: 919-855-4500 - Complaint Line

Alt Phone: 919-855-4520 - Nursing Home Info

www2.ncdhhs.gov/dhsr

Orange County Adult Care Home & Nursing Home Community Advisory Committees

State-mandated and county-appointed citizen committees serve as advocates for long-term care residents. Promotes community involvement and cooperation with these homes to ensure quality care. Search for quarterly site visit reports on various facilities on the Orange County Department on Aging's website.
COUNTIES SERVED: Orange

Phone: 919-558-9401

www.orangecountync.gov/aging

Orange County Department of Social Services - Adult Care Home Specialist

Monitors and documents every adult care home's compliance with licensure requirements and residents' Bill of Rights. May work with ombudsmen to resolve issues and complaints. COUNTIES SERVED: Orange

Phone: 919-245-2878

Email: dssinfo@orangecountync.gov

www.orangecountync.gov/378/Social-Services

Triangle J Area Agency on Aging (TJAAA) - Ombudsmen

TJAAA Ombudsmen investigate complaints about the care of residents in long-term care facilities & serve as residents' advocates. They provide mediation & education in an effort to resolve grievances and increase understanding of long-term care residents' rights. Contact TJAAA to find your Regional Ombudsman if not listed below. COUNTIES SERVED: Chatham, Durham, Orange, Other

4307 Emperor Blvd., Ste. 110

Durham, NC 27703

Phone: 800-310-9777

www.tjaaa.org

Ombudsmen Phone Resources

PTRCAAA - Long-Term Care Ombudsman

Advocates for Residents' Rights. Work with residents in assisted living, nursing homes and family care homes to resolve concerns and complaints related to rights. COUNTIES SERVED: Alamance, Caswell

1398 Carrollton Crossing Dr.

Kernersville, NC 27284

Phone: 336-904-0302

www.ptrc.org

TJAAA - Chatham County Regional Long Term Care Ombudsman

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

4307 Emperor Blvd., Suite 110

Durham, NC 27703

Phone: 919-558-9401

www.tjaaa.org

TJAAA - Durham County Ombudsman

Phone: 919-558-2714

www.tjaaa.org

TJAAA - Orange County Regional Long Term Care Ombudsman

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

4307 Emperor Blvd., Suite 110

Durham, NC 27703

Phone: 919-558-9401

www.tjaaa.org

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.

Chatham County Council on Aging

In-home Aide, Meals on Wheels, senior center and medical transportation, exercise, wellness program, senior centers, day trips, assistive device loans, minor home repair, emergency meals. COUNTY SERVED: Chatham

365 NC HWY 87 North

P.O. Box 715

Pittsboro, NC 27312

Phone: 919-542-4512

www.chathamcouncilonaging.org

North Carolina Agencies

Alamance County Department of Social Services

319 North Graham-Hopedale Rd., Ste. C

Burlington, NC 27217

Phone: 336-570-6532

www.alamance-nc.com/dss

Alamance Eldercare, Inc.

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

3019 South Church St.

Burlington, NC 27215

Phone: 336-538-8080

www.alamanceeldercare.org

All Good Things

A nonprofit organizational representative payee program providing money management for low-income elderly and disabled community members. We work to keep our clients safely housed and financially secure while managing their Social Security benefits.

880 Martin Luther King Jr. Drive

Chapel Hill, NC 27514

Phone: 984-244-0998

Email: allgoodthingsdurham@gmail.com

Cassiopeia's Home Care Agency

We provide services to Seniors, Adolescents and Children. Services are provided within their homes or living facilities. We provide Companions, Sitters, PCA, HHA, CNA's. We specialize in dementia and alzheimer care and palliative care and clients with mental and physical disabilities.

150 Preston Executive Dr, 201

Cary, NC 27513

Phone: 9194130437

Alt Phone: 9194130437

Email: cassiopeiashomecare@gmail.com

<https://www.cassiopeiashomecareagency.com/>

Center for Senior Life - Durham

Information on benefits, long-term care, housing and more. Services: an adult day health program, congregate meal program, promotion program, information & assistance program, transportation, support groups, and counseling on caregiving and health insurance.

406 Rigsbee Ave., Ste. 202

Durham, NC 27701

Phone: 919-688-8247

www.dsclnc.org

Chatham County Council on Aging

Provides information and assistance on issues such as aging, Medicare and caregiver support.

365 NC HWY 87 North - P.O. Box 715

Pittsboro, NC 27312

Phone: 919-542-4512

www.chathamcouncilonaging.org

Chatham County Department of Social Services

Adult Services offers services for older adults and adults living with disabilities.

102 Camp Dr.

Pittsboro, NC 27312

Phone: 919-642-6988

www.chathamcountync.gov/socialservices

Chatham County Department of Social Services

Adult Services offers services for older adults and adults living with disabilities.

102 Camp Dr.

Pittsboro, NC 27312

Phone: 919-642-6988

www.chathamcountync.gov/socialservices

Durham County Department of Social Services

Provides information and assistance on food stamps, adult protective services, guardianship, home-centered care and group home monitoring. COUNTIES SERVED: Durham

414 East Main St.

Durham, NC 27701

Phone: 919-560-8000

Email: LLittle@DCONC.gov

www.dconc.gov

Durham County Department of Social Services

Provides information and assistance on food stamps, adult protective services, guardianship, home-centered care and group home monitoring. COUNTIES SERVED: Durham

414 East Main St.

Durham, NC 27701

Phone: 919-560-8000

Email: LLittle@DCONC.gov

www.dconc.gov

Durham County Social Services

The Housing Opportunities for Persons with AIDS (HOPWA) program is dedicated to the housing needs of people living with HIV/AIDS. HOPWA provides housing assistance and related supportive services for low-income persons living with HIV/AIDS and their families.

414 E Main St.

Durham, NC 27702

Phone: 919-560-7280

Email: dssmcm@dconc.gov

Eldercare Locator

Connects you to local services and resources for older adults and their families.

Phone: 800-677-1116

www.eldercare.gov

National Council on Aging (NCOA)

Partners with non-profit organizations, government and businesses to provide innovative community programs and services, online help and advocacy.

Phone: 571-527-3900

www.ncoa.org

National Institute on Aging

Federal agency that provides leadership in aging research, research training, health information and other programs related to aging and older people.

www.nia.nih.gov

NC Services for the Blind

Rehabilitation and independent living services for persons with vision impairments.

COUNTIES SERVED: Durham, Orange

414 E. Main St. Room 244J

Durham, NC 27701

Phone: 919-560-8633

Alt Phone: 919-245-2646

Email: kim.tyler@dhhs.nc.gov

www.ncdhhs.gov/assistance/vision-loss/social-workers-blind

North Carolina Division of Aging and Adult Services

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

2101 Mail Service Center

Raleigh, NC 27699

Phone: 919-855-3400

www.ncdhhs.gov/divisions/daas

Orange County Department of Social Services - Chapel Hill

Southern Human Services Center

2501 Homestead Rd.

Chapel Hill, NC 27516

Phone: 919-968-2000

Email: dssinfo@orangecountync.gov

www.orangecountync.gov/378/Social-Services

Orange County Department of Social Services - Hillsborough

Hillsborough Commons, 113 Mayo St.

Hillsborough, NC 27278

Phone: 919-245-2800

Email: dssinfo@orangecountync.gov

www.orangecountync.gov/378/Social-Services

Orange County Department on Aging - Services at Passmore Center

Resource information, consultation and referrals to aging services call 919-968-2070. For info. in Chinese, call 919-245-4275; for info. in Spanish, call 919-245-2010. Helplines are staffed Monday-Friday 9:00 am – 4:00 pm. COUNTIES SERVED: Orange

103 Meadowlands Dr.

Hillsborough, NC 27278

Phone: 919-245-2015

Alt Phone: Aging Helpline: 919-968-2087

Email: agingtransitions@orangecountync.gov

www.orangecountync.gov/aging

Orange County Department on Aging - Services at Seymour Center

Resource information, and referrals to aging services, call 919-968-2087. For Chinese, call 919-245-4275, Spanish call 919-245-2010. Aging Helpline staffed Mon-Fri 9 am – 4 pm. Other helplines checked daily. COUNTIES SERVED: Orange

2551 Homestead Rd.

Chapel Hill, NC 27516

Phone: 919-968-2070

Alt Phone: Aging Helpline: 919-968-2087

Email: agingtransitions@orangecountync.gov

www.orangecountync.gov/aging

Triangle J Area Agency on Aging

Regional public connection to aging networks, services and protective supports for older adults and caregivers. COUNTIES SERVED: Chatham, Durham, Johnston, Lee, Moore, Orange, Wake

Phone: 800-310-9777

www.tjaaa.org

Tumaville LLC

We provide home health services for people and families in need. We cover eating, dressing, mobility, bathing and toileting. including: -Light housekeeping -Making beds, doing laundry -Running errands -Setting up physician's appointments -Meal preparation -Medication

Regus Imperial Center, 819 Emperor BLVD Ste 400

Durham, NC 27703

Phone: 919 390 2396

Alt Phone: 678 770 5352

Email: john.tuma@tumaville.com

tumaville.com

Assisted Living / Adult Care Home Facilities

See also: ADVOCACY, FAMILY CARE HOMES, NURSING HOMES and OMBUDSMEN Each county Department of Social Services (DSS) works with the state to license and monitor local assisted living and adult care home facilities (excludes nursing homes). To report a complaint or for general information: call your county DSS and ask for the adult home specialist; call the North Carolina Division of Health Service Regulation; or call 800-310-9777 to find your Triangle J Area Agency on Aging (TJAAA) Regional Ombudsman. When contacting individual agencies, ask what is included in the monthly fee and for information on extra charges.

Alamance County

For information about specific facilities, contact the facilities directly; or the Alamance County Department of Social Services at 919-570-6532; or your TJAAA Regional Ombudsman at 800-310-9777.

Blakey Hall

Accepts special assistance. Has a separate dementia care unit.

501 North Manning Ave.

Elon, NC 27244

Phone: 336-506-2300

www.bhhamlet.com

Brookdale Burlington

3615 South Mebane St.

Burlington, NC 27215

Phone: 336-584-9066

www.brookdale.com

Brookdale Lawndale Park

Assisted Living and Memory care

4400 Lawndale Dr.

Greensboro, NC 27455

Phone: 336-286-3432

www.brookdaleliving.com

Burlington Care Center

Accepts special assistance.

2201 Burch Bridge Rd.

Burlington, NC 27215

Phone: 336-222-1077

Elon Village Homes

Accepts special assistance.

715 East Haggard Ave.

Elon, NC 27244

Phone: 336-584-7930

Golden Years Assisted Living

Accepts special assistance.

205 East Sixth St.

Burlington, NC 27215

Phone: 336-227-5854

Golden Years Assisted Living II

Accepts special assistance.

209-B East Sixth St.

Elon, NC 27215

Phone: 336-229-5165

Golden Years Family Care I

Accepts special assistance.

205-A East Sixth St.

Burlington, NC 27215

Phone: 336-227-5854

Golden Years Family Care II

Accepts special assistance.

207 East Sixth St.

Burlington, NC 27215

Phone: 336-229-0883

Homeplace of Burlington

118 Alamance Rd.

Burlington, NC 27215

Phone: 336-227-2328

www.homeplaceofburlington.com

Lane Street Retirement Home

Accepts special assistance.

625 Lane St.

Burlington, NC 27217

Phone: 336-229-9900

Springview - Brock Building (Administrative Office)

Accepts special assistance. Dementia care only.

1032-C North Mebane St.

Burlington, NC 27217

Phone: 336-227-3808

www.springviewassistedliving.com

Springview - Crouse Building

Accepts special assistance.

613 West Whitsett St.

Graham, NC 27253

Phone: 336-227-8913

www.springviewassistedliving.com

Springview - Phillips Family Care Home

Accepts special assistance.

414 Chapel Hill Rd.

Burlington, NC 27215

Phone: 336-222-8913

www.springviewassistedliving.com

Springview - Ross Building

Accepts special assistance. Dementia care only.

1032-B North Mebane St.

Burlington, NC 27217

Phone: 336-227-4417

www.springviewassistedliving.com

Springview - Stewart Building

Accepts special assistance.

611 West Whitsett St.

Graham, NC 27253

Phone: 336-222-1888

www.springviewassistedliving.com

The Oaks of Alamance

Accepts special assistance.

1670 Westbrook Ave.

Burlington, NC 27215

Phone: 336-584-3070

www.caring.com/oaksofalamance

Warren Care Services - Adult Care

Located in Alamance County, WCS accepts men and women 55+. Offers 24/7 personal care, meal planning, medication management, short-term respite, hospice care services & more. Limited dementia/Alzheimer care services available for individuals who do not exhibit wandering and/or behavioral conditions. COUNTIES SERVED: Alamance, Caswell, Chatham, Orange, Other

1237 Westmoreland Dr.

Burlington, NC 27217

Phone: 336-270-5259

Email: info@warrencareservices.com

www.warrencareservices.com

Chatham County

For information about specific facilities, contact the facilities directly; or the Chatham County Department of Social Services at 919-542-2759; or your TJAAA Regional Ombudsman at 800-310-9777.

Aging Family Solutions

As a Nationally certified Care Manager, I have over 30 years of experience providing families with direction and support to help them navigate the complexities of aging. This support can be given in the home if that's what is best, or in their best fit senior living community.

1124 Scholastic Circle

Durham, NC 27713-6580

Phone: 9196004908

Email: laura@AgingFamilySolutions.com

www.AgingFamilySolutions.com

Cambridge Hills Assisted Living of Pittsboro

90 bed Assisted Living Community with a licensed memory care wing;

140 Brookstone Lane

Pittsboro, NC 27312

Phone: 919-545-9573

Coventry House of Siler City

Accepts special assistance.

260 Village Lake Rd.

Siler City, NC 27344

Phone: 919-742-4052

www.coventryassistedliving.com

Oasis Senior Advisors

Senior living placement service. We assist families, free of charge, in finding the best living options for those in need of Assisted Living, Memory Care or Independent Care. COUNTIES SERVED: Chatham, Durham, Orange, Wake

4501 Sandbridge Ct.

Raleigh, NC 27612

Phone: 919-830-2215

www.trianglearea.oasisenioradvisors.com

Durham County

For information about specific facilities, contact the facilities directly; or the Durham County Department of Social Services at 919-560-8000; or your TJAAA Regional Ombudsman at 800-310-9777.

Aging Family Solutions

As a Nationally certified Care Manager, I have over 30 years of experience providing families with direction and support to help them navigate the complexities of aging. This support can be given in the home if that's what is best, or in their best fit senior living community.

1124 Scholastic Circle

Durham, NC 27713-6580

Phone: 9196004908

Email: laura@AgingFamilySolutions.com

www.AgingFamilySolutions.com

Atria Southpoint Walk

5705 Fayetteville Rd.

Durham, NC 27713

Phone: 919-401-0100

Email: lisa.ward@atriaseniorliving.com

www.atriaseniorliving.com

August Estates at Umstead Pines

August Estates provides comprehensive assisted living in a residential, family care home setting, offering 24 hour RN supervised care. AREA SERVED: Durham, Orange, Person, Wake, Statewide

2713 Green Lane Dr.

Durham, NC 27712

Phone: 919-249-8553

Alt Phone: 919-795-6612

Email: info@augustestates.com

<http://www.augustestates.com>

Brookdale Cary

Dementia care only. Private pay only.

7870 Chapel Hill Rd.

Cary, NC 27513-5428

Phone: 919-852-1355

www.brookdale.com

Brookdale Chapel Hill

Private pay. Accepts special assistance.

2220 Farmington Dr.

Chapel Hill, NC 27517

Phone: 919-933-1430

www.brookdale.com

Brookdale Chapel Hill Memory Care - Clare Bridge

Private pay. Accepts special assistance.

2230 Farmington Dr.

Chapel Hill, NC 27517

Phone: 919-929-5850

www.brookdale.com

Brookdale Durham

Has a separate dementia unit available.

4434 Ben Franklin Blvd.

Durham, NC 27704

Phone: 919-479-9966

www.brookdale.com

Camellia Gardens

Accepts special assistance.

5010 South Alston Ave.

Durham, NC 27713

Phone: 919-544-0257

Croasdaile Village Retirement Community

Croasdaile Village is a Life Plan Community with Independent Living Cottages, apartments & continuing care: Home Care, Assisted Living, and Nursing Care. Amenities include Fitness Center, Swimming Pool, Library, Game Room and Gardens, Trails and a Lake. AREA SERVED: Chatham, Durham, Orange, Nationwide

2600 Croasdaile Farm Parkway

Durham, NC 27705

Phone: 919-384-2475

Alt Phone: 919-384-2000

www.croasdailevillage.com

Durham Ridge Assisted Living Memory Care

Large, spacious secure building to enhance the comfort of our residents. Limited to memory care. Accepts special assistance. COUNTIES SERVED: Durham

3420 Wake Forest Highway

Durham, NC 27703

Phone: 919-596-9464

www.durhamridgeassistedliving.com

Eden Spring Living Center

Accepts special assistance.

3812 Booker St.

Durham, NC 27713

Phone: 919-237-3506

Eno Pointe Assisted Living

Accepts special assistance and private pay. Serves frail seniors. All-inclusive rent.

5600 North Roxboro Rd.

Durham, NC 27712

Phone: 919-479-5652

www.enopointe.com

Hillcrest Convalescent Center

Focus: Short-term, post-acute Medicare after hospital, and long-term Private pay (Skilled Nursing and Assisted Living). Medicaid on a very limited availability (8 beds stay full).

1417 West Pettigrew St.

Durham, NC 27705

Phone: 919-286-7705

www.hillcrestnc.com/

Oasis Senior Advisors

Senior living placement service. We assist families, free of charge, in finding the best living options for those in need of Assisted Living, Memory Care or Independent Care. COUNTIES SERVED: Chatham, Durham, Orange, Wake

4501 Sandbridge Ct.

Raleigh, NC 27612

Phone: 919-830-2215

www.trianglearea.oasissenioradvisors.com

Rockbridge Senior Care Home

Clean, comfortable family care home that provides personalized, quality, and compassionate care to anyone over 65 yrs of age. Assistance provided with all activities of daily living including medication administration by 24hour kind caregivers. This is a place for your love one to thrive.

2713 Green Lane Dr.

Durham, NC 27712

Phone: 9197956612

Alt Phone: 9195003556

Email: nb@rockbridge4seniors.com

Rockbridge4seniors.com

Seasons at Southpoint

Dementia care only.

1002 HWY 54 East

Durham, NC 27713

Phone: 919-484-8518

www.seasonsatsouthpoint.com

Spring Arbor of Durham

Accepts special assistance.

4523 Hope Valley Rd.

Durham, NC 27707

Phone: 919-766-9938

www.springarborliving.com

Orange County

For information about specific facilities, contact the facilities directly; or the Orange County Department of Social Services at 919-245-2800; or your TJAAA Regional Ombudsman at 800-310-9777.

Aging Family Solutions

As a Nationally certified Care Manager, I have over 30 years of experience providing families with direction and support to help them navigate the complexities of aging. This support can be given in the home if that's what is best, or in their best fit senior living community.

1124 Scholastic Circle

Durham, NC 27713-6580

Phone: 9196004908

Email: laura@AgingFamilySolutions.com

www.AgingFamilySolutions.com

All About Seniors, Inc.

Offers no-cost services to families while providing valuable in-home care and retirement community resources. We tour facilities with families and guide them to quality housing and care. We also help senior homeowners save money when selling their homes to help pay for senior living.

265 Longwood Drive

Youngsville, NC 27596

Phone: (919) 830-6478

Alt Phone: (919) 444-5319

Email: Davis@AllAboutSeniorsNC.com

<http://www.allaboutseniorsnc.com/>

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 the facilities directly; or contact your county Department of Social Services; or TJAAA Regional Ombudsman about specific facilities at 800-310-9777.

Brookdale Meadowmont

Has a dementia unit on a separate floor.

1911 Lanark Rd.

Chapel Hill, NC 27517

Phone: 919-918-7600

www.brookdaleliving.com

Carillon Assisted Living of Hillsborough

Separate dementia unit available.

1911 Orange Grove Rd.

Hillsborough, NC 27278

Phone: 919-732-9040

www.carillonassistedliving.com

Caring.com / Caring LLC

Caring.com is a leading senior living referral service and a top site for senior care reviews. Caring helps seniors and their families research and connect to the most appropriate services and support for their specific situations, including senior living communities and in-home care agencies.

127 Scaleybark Road

Charlotte, United States 28209

Phone: 6507628190

Email: community@caring.com

<https://www.caring.com/caregiving-resources>

Crescent Green Assisted Living

Accepts special assistance.

624 Jones Ferry Rd.

Carrboro, NC 27510

Phone: 919-933-9570

www.cgalc.com

Family Care Homes

Family Care Homes are assisted living/adult care homes that are state-licensed & limited to six unrelated residents. They provide lodging, meal services & assistance with daily living activities. They are also monitored by the county's Department of Social Services & the TJAAA Regional Ombudsman.

Heart 2 Home Senior Services, LLC

At Heart 2 Home we are accepting new clients. We offer a variety of Services: Meal Prep/Planning Light housekeeping Medication Reminders Transportation Respite care (Relieve Caregiver stress) Much more

500 Smith Level Rd Apt I11

Carrboro, NC 27510

Phone: 3362645767

Alt Phone: 3362701578

Email: heart2home2023@outlook.com

heart2homeseniorservices.com

Heart 2 Home Senior Services, LLC

At Heart 2 Home we are accepting new clients. We offer a variety of Services: Meal Prep/Planning Light housekeeping Medication Reminders Transportation Respite care (Relieve Caregiver stress) Much more

500 Smith Level Rd Apt III

Carrboro, United States 27510

Phone: 3362645767

Alt Phone: 3362701578

Email: heart2home2023@outlook.com

heart2homeseniorservices.com

Mary's Amazen Homecare LLC

We assist with Activities of Daily Living such as eating, bathing, dressing, walking, using the bathroom) transportation, cooking, laundry, among others. Our Hands-on services are also known as personal care or private duty. We also provide private 24-hour care or as needed.

4819 Emperor Blvd

Durham, NC 27703

Phone: 551-226-2448

Email: maryamazencare2015@gmail.com

North Carolina Division of Health Service Regulation - Adult Care Licensure Section

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

Phone: 919-855-4500 - Complaint Line

Alt Phone: 919-855-4520 - Nursing Home Info

www2.ncdhhs.gov/dhsr

Oasis Senior Advisors

Senior living placement service. We assist families, free of charge, in finding the best living options for those in need of Assisted Living, Memory Care or Independent Care. COUNTIES SERVED: Chatham, Durham, Orange, Wake

4501 Sandbridge Ct.

Raleigh, NC 27612

Phone: 919-830-2215

www.trianglearea.oasisseioradvisors.com

Oasis Senior Advisors

Senior living placement service. We assist families, free of charge, in finding the best living options for those in need of Assisted Living, Memory Care or Independent Care. COUNTIES SERVED: Chatham, Durham, Orange, Wake

4501 Sandbridge Ct.

Raleigh, NC 27612

Phone: 919-830-2215

www.trianglearea.oasisseioradvisors.com

Orange County Adult Care Home Community Advisory Committee

State-mandated and county-appointed citizens committee serve as advocates for long-term care residents. They promote community involvement and cooperation with facilities to ensure quality care. Search for quarterly site visit reports on various facilities on the Orange County/Aging web site.

Phone: Committee Questions: 919-558-9401

www.orangecountync.gov/aging

TerraBella Hillsborough - Assisted Living & Memory Care

Assisted Living & Personalized Memory Care - 3 meals a day & snacks, housekeeping, laundry services, transportation, social events & activities, and so much more.

1911 Orange Grove Road

Hillsboroug, NC 27278

Phone: 919-732-9040

Email: kkleinbrahm@terrabellahillsborough.com

<https://www.terrabellaseniorliving.com/terrabella-hillsborough/>

The Stratford

Separate dementia unit available. Accepts special assistance.

405 Smith Level Rd.

Chapel Hill, NC 27516

Phone: 919-929-7859

Tumaville LLC

We provide home health services for people and families in need. We cover eating, dressing, mobility, bathing and toileting. including: -Light housekeeping -Making beds, doing laundry -Running errands -Setting up physician's appointments -Meal preparation -Medication

Regus Imperial Center, 819 Emperor BLVD Ste 400

Durham, NC 27703

Phone: 919 390 2396

Alt Phone: 678 770 5352

Email: john.tuma@tumaville.com

tumaville.com

Villines

Accepts special assistance.

401 West Queen St.

Hillsborough, NC 27278

Phone: 919-732-4201

Wake County

For information about specific facilities, contact the facilities directly; or the Orange County Department of Social Services at 919-245-2800; or your TJAAA Regional Ombudsman at 800-310-9777.

Bayada Home Health Care Raleigh Visits

Provides adults and seniors with short-term nursing, rehabilitative, therapeutic, and assistive home health care services. This care is provided by registered nurses, physical therapists, occupational therapists, speech language pathologists, home health aides and medical social workers. COUNTIES SERVED: Durham County, Orange County, Person County, Wake County, Other

4011 Westchase Blvd., Ste. 290

Raleigh, NC 27607

Phone: 919-785-9090

www.bayada.com

Cassiopeia's Home Care Agency

We provide services to Seniors, Adolescents and Children. Services are provided within their homes or living facilities. We provide Companions, Sitters, PCA, HHA, CNA's. We specialize in dementia and alzheimer care and palliative care and clients with mental and physical disabilities.

150 Preston Executive Dr, 201

Cary, NC 27513

Phone: 9194130437

Alt Phone: 9194130437

Email: cassiopeiashomecare@gmail.com

<https://www.cassiopeiashomecareagency.com/>

Benefits

See also: AGING AGENCIES, MEDICAID, SOCIAL SERVICE AGENCIES and VETERANS

Departments of Social Services (DSS)

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

Alamance County Department of Social Services

319 North Graham-Hopedale Rd., Ste. C

Burlington, NC 27217

Phone: 336-570-6532

www.alamance-nc.com/dss

Orange County Department of Social Services - Chapel Hill

Southern Human Services Center
2501 Homestead Rd.

Chapel Hill, NC 27516

Phone: 919-968-2000

Email: dssinfo@orangecountync.gov

www.orangecountync.gov/378/Social-Services

Orange County Department of Social Services - Hillsborough

Hillsborough Commons, 113 Mayo St.

Hillsborough, NC 27278

Phone: 919-245-2800

Email: dssinfo@orangecountync.gov

www.orangecountync.gov/378/Social-Services

Other

AARP

Addresses the needs of persons 50+ to fight for and equip them to lead their best lives. Information, education, advocacy, policies, volunteerism, research & member discounts.

Phone: 888-687-2277

Alt Phone: TTY: 877-434-7598

www.aarp.org

Social Security Administration

Accepts Medicare, Social Security and Survivors' Benefits applications in person or online. Call for an appointment for a phone interview. Use the online Social Security Office Locator to find your closest local office. Brochures on a variety of subjects may be downloaded from the website.

3004 Tower Blvd.

Durham, NC 27707

Phone: 800-772-1213

Alt Phone: TTY: 800-325-0778

www.ssa.gov

Veterans Services Office (VSO) - Orange County

A State Service officer will provide coverage for this office every Wednesday from 10:00am to 2:00pm until the position is filled. For VA benefit questions, contact 1-800-827-1000. For State benefit questions contact DMVA at (844) NC4-VETS.

The Veterans Services Officer is an accredited, authorized representative who represents veterans and their dependents, provides counseling and advisement regarding qualifications, rights and entitlement to federal benefits, and assists with application preparation and presentation of claims for benefits. By appointment only. COUNTIES SERVED: Orange

Phone: 919-245-2890

www.orangecountync.gov/1829/Veteran-Services

Better Business Bureau

Better Business Bureau

Has reliability/complaint reports on specific companies and charities. AREA SERVED: Nationwide

5540 Munford Rd., Ste. 130

Raleigh, NC 27612-2655

Phone: 919-277-4222

Email: info@raleigh.bbb.org

www.bbb.org

Care Management

See also: AGING AGENCIES and SOCIAL SERVICE AGENCIES 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.

Aging Family Solutions

As a Nationally certified Care Manager, I have over 30 years of experience providing families with direction and support to help them navigate the complexities of aging. This support can be given in the home if that's what is best, or in their best fit senior living community.

1124 Scholastic Circle

Durham, NC 27713-6580

Phone: 9196004908

Email: laura@AgingFamilySolutions.com

www.AgingFamilySolutions.com

Aging Life Care Association

Offers information about care management for older adults and others facing ongoing health challenges: assessment, care planning, housing, a directory of certified professional care managers, webinars and podcasts. NATIONWIDE

3275 W Ina Rd.

Suite 130

Tucson, AZ 85741

Phone: 520-881-8008

Email: info@aginglifecare.org

www.aginglifecare.org

Aging Outreach Services

We are advocates for older adults. Families have trusted our resources, experience & solutions since 1999. We offer expertise across eight professional knowledge areas to lead families to the actions & decisions that ensure quality care & optimal life for those they love. #AgeWithSuccess

P.O. Box 2478

Southern Pines, NC 28388

Phone: 855-590-7673

Alt Phone: 910-692-0683

Email: info@AOSNC.com

www.AOSNC.com

Angel Advocacy, LLC

Nurse Advocate and Care Manager, caring for your health and wishes. Multiple services are offered. Visit www.angeladvocacy.com for a list of most of our services, including a financial assistance program designed to help those who need the services but can't afford an hourly rate. AREA SERVED: All

715 Greentree Dr

Hillsborough, NC 27278

Phone: 919-519-1850

Email: angeladvocacy4u@gmail.com

www.angeladvocacy.com

Calming Hearts Home Healthcare

Providing professional in home care for seniors and elderly persons with handicaps and disease.

9609 La Mesa Ln

Timberlake, NC 27583

Phone: 3365835699

Email: info@calmingheartshhc.com

www.calmingheartshhc.com

Dignified Living

As a Certified Geriatric Care Manager, I am a advocate in all aspects of aging well. Together we can create a plan to meet your individual needs from referrals to resources, placement or just another set of eyes and ears at a doctors appointment. COUNTIES SERVED: Chatham, Durham, Orange

106 St. Thomas Dr.

Chapel Hill, NC 27517

Phone: 919-428-3698

Email: ellen@dignifiedlivingnc.com

www.dignifiedlivingnc.com

Everybody Needs a Nurse - Patient Advocates

Our expert RNs support seniors and their families as they deal with challenging medical situations. We make home visits, go to doctor appointments and manage medications. COUNTIES SERVED: Chatham, Durham, Orange, Wake

81110 Alexander

Chapel Hill, NC 27517

Phone: 919-606-1819

Email: YourNurse@EverybodyNeedsANurse.com

www.EverybodyNeedsANurse.com

Piedmont Health SeniorCare (PACE)

All-inclusive care program for the elderly that provides comprehensive long-term health, social, medical, dietary care and special transportation needs for eligible seniors. COUNTIES SERVED: Alamance, Caswell, Chatham, Lee, Orange

163 Chatham Business Dr.

Pittsboro, NC 27312

Phone: 919-545-7337

Alt Phone: 877-714-2100

www.piedmonthealthseniorcare.org

Piedmont Health SeniorCare (PACE)

All-inclusive care program for the elderly that provides comprehensive long-term health, social, medical, dietary care and special transportation needs for eligible seniors. COUNTIES SERVED: Alamance, Caswell, Chatham, Lee, Orange

1214 Vaughn Rd.

Burlington, NC 27217

Phone: 336-532-0000

Alt Phone: 877-714-2100

www.piedmonthealthseniorcare.org

Senior Transitions of North Carolina, PLLC

Helping Seniors and their Families navigate the maze of senior care. Our professional staff are RN's and others trained in Aging. We help detone your needs, provide ongoing care management and are on-cal 24/7. COUNTIES SERVED: Chatham, Durham, Orange and Wake

1289 North Fordham Blvd., # 353

Chapel Hill, NC 27514

Phone: 919-240-7476

Email: caringforseniors@aol.com

www.seniortransitionsnc.com

Caregiver Respite

Always Best Care Senior Services

We specialize in providing personalized, non-medical care for seniors who wish to remain in the comfort of their own homes. Large team of Certified Nursing Assistants & Trained Caregivers. We quickly arrange a schedule that works for you - hourly, overnight, or live-in.

1709 Legion Road
Suite 105

Chapel Hill, NC 27703

Phone: 336-270-4352

Email: sloy@abc-seniors.com

<https://www.alwaysbestcare.com/nc/chapel-hill/>

Armstrong HomeCare

specializes in non-medical home care you can trust and Afford. Companion Care and Personal Care. Please call us for a complimentary care assessment. Distributor of LifeAid medical emergency alert systems Ask us about the RxCut discount prescription card! COUNTIES SERVED: Alamance, Chatham, Durham, Orange

1829 East Franklin St., Ste. 100-B

Chapel Hill, NC 27514

Phone: 919-942-2840

www.americareinfo.com

Atlantic Home Staffing

Atlantic Home Staffing provides non-medical home care services to include bathing, dressing, light housekeeping, light meal prep, medication reminders and companion care. COUNTIES SERVED: Chatham, Durham, Orange, Wake.

141 Technology Dr.

Garner, NC 27529

Phone: 919-639-8223

Email: ahg.aeason@gmail.com

www.atlantichomestaffing.com

Caregiver Concierge

Caregiver Concierge Caregiver and Companion Services Hospice, Overnights, Travel and more! Individualized Care-Fully Insured. Excellent references and a loving heart. COUNTIES SERVED: Chatham, Durham, Orange, Wake

413 Shakespeare Dr.

Morrisville, NC 27560

Phone: 973-945-4972

Email: eileencaregiverconcierge@yahoo.com

CareYaya

CareYaya is an online care booking service that connects families in need of affordable, quality home-based care for their loved ones with experienced pre-health college students in the community.

600 Park Offices Dr Suite 300

Durham, NC 27709

Phone: 919-346-4821

Email: support@careyaya.org

www.careyaya.org

Chatham County Council on Aging

In-home Aide, Meals on Wheels, senior center and medical transportation, exercise, wellness program, senior centers, day trips, assistive device loans, minor home repair, emergency meals. COUNTY SERVED: Chatham

365 NC HWY 87 North

P.O. Box 715

Pittsboro, NC 27312

Phone: 919-542-4512

www.chathamcouncilonaging.org

Compassionate Concierge for Seniors

Companionship. Personal care, showering,organizing,light housekeeping, meal prep,errands.

Sunglow Ct

Efland, NC 27243

Phone: 919-428-1869

Email: ageinplacenc@gmail.com

www.ageinplacenc.com

East Carolina Home Care

We go the extra mile when it comes to training our caregivers in senior specific diagnoses. They know what signs to watch for, how to prevent readmission and more. Whether you have a patient/resident discharging with high needs or a resident that just needs companionship, we have you covered.

6015 Fayetteville Rd. Suite 213

Durham, NC 27713

Phone: 9194627003

Alt Phone: 9196017810

Email: tae@eastcarolinahomecare.com

www.eastcarolinahomecare.com

First-Watch Homecare

We are licensed and insured by the state of NC to provide in home aide services. We can cater a plan to meet the needs of the individual.

3201 Yorktown Avenue
Suite 115

Durham, NC 27713

Phone: 919-425-9513

Email: firstwatchhomecarellc@gmail.com

Focused Healthcare

Home Care, Non-Emergency Medical Transportation, Restrictive Diet Meal Prep

3511 Shannon Rd Fl 3

Durham, NC 27707

Phone: 9194379302

Email: info@focused-healthcare.com

www.focused-healthcare.com

G & J's Helping Hands

Activities of daily living, personal care, incontinence care, mobility assistance, meal preparation, medication reminders, laundry, companionship, shopping/errands, light housekeeping, and companionship for hospice clients. AREA SERVED: Chatham, Durham and Orange Counties

605 West Main St.

Carrboro, NC 27510

Phone: 919-923-1694

Email: jpitts@gjhelpinghands.com

www.gjhelpinghands.com

Heart 2 Home Senior Services, LLC

At Heart 2 Home we are accepting new clients. We offer a variety of Services: Meal Prep/Planning Light housekeeping Medication Reminders Transportation Respite care (Relieve Caregiver stress) Much more

500 Smith Level Rd Apt I11

Carrboro, NC 27510

Phone: 3362645767

Alt Phone: 3362701578

Email: heart2home2023@outlook.com

heart2homeseniorservices.com

Heart 2 Home Senior Services, LLC

At Heart 2 Home we are accepting new clients. We offer a variety of Services: Meal Prep/Planning Light housekeeping Medication Reminders Transportation Respite care (Relieve Caregiver stress) Much more

500 Smith Level Rd Apt III

Carrboro, United States 27510

Phone: 3362645767

Alt Phone: 3362701578

Email: heart2home2023@outlook.com

heart2homeseniorservices.com

Homewatch Caregivers of the Triangle

Homewatch caregivers is a family owned and operated business providing in-home personal care and companionship services to residence of Chatham, Durham, Orange and Wake counties.

101 Cosgrove Ave., Ste. 120

Chapel Hill, NC 27514

Phone: 919-960-6038

Alt Phone: 919-960-8142 - After hours

Email: anzor@hwcg.com

www.homewatchcaregivers.com

Lord Is The Light Home Healthcare

Lord Is The Light Healthcare provides respite care, personal care aides, and in-home aides to elderly and disabled patients in the comfort of their homes. We also are licensed to provide CAP/DA to individuals with disabilities and or skilled nursing needs.

108 W Parker St., Apt E

Graham, NC 27253

Phone: 888-318-1652

Alt Phone: 336-542-5889

Email: lordisthelight@itservices.life

www.itservices.life

Lord's

Services for adults 65+ years & younger adults who have a temporary or ongoing need due to an accident, illness, injury or disability. Companions can provide medical transportation, help with errands, in-home assistance, and caregiver respite. Overnight services available. Call to discuss your needs. Private pay. Special discounts, volunteer services and subsidized services may be available. COUNTIES SERVED: Chatham, Durham, Orange, Other

1502 West HWY 54, Ste. 405

Durham, NC 27707

Phone: 919-403-5555

Email: info@ahelpinghandnc.org

www.ahelpinghandnc.org

Oasis Senior Advisors

Senior living placement service. We assist families, free of charge, in finding the best living options for those in need of Assisted Living, Memory Care or Independent Care. COUNTIES SERVED: Chatham, Durham, Orange, Wake

4501 Sandbridge Ct.

Raleigh, NC 27612

Phone: 919-830-2215

www.trianglearea.oasissenioradvisors.com

Orange County Department on Aging - OC CARES Care Partner Respite

Offers a weekly respite care program to support caregivers in Orange County, particularly those caring for people with Alzheimer's disease, related dementias and/or intellectual/developmental disabilities. Available at the Passmore Center in Hillsborough & the Seymour Center in Chapel Hill. COUNTIES SERVED: Orange

Phone: Aging Helpline: 919-968-2087 - Referrals

Alt Phone: OC CARES: 919-245-4253 - Office

Email: agingtransitions@orangecountync.gov

www.orangecountync.gov/aging

Senior Helpers

Our service options are flexible & customizable according to your specific needs, personalized care plans: Bathing, Cooking, Errands, Companionship and more. COUNTIES SERVED: Caswell, Chatham, Durham, Orange, Person, and Wake

5007 Southpark Dr., Ste. 200-H

Durham, NC 27713

Phone: 919-544-6848

Alt Phone: 919-410-3149

Email: lolson@seniorhelpers.com

www.seniorhelpers.com/durham

Southeastern Wake Adult Day Center

Licensed provider of short term overnight respite for one night or up to 14 consecutive nights. Guests enjoy comfortable accommodations, nutritious meals, 24-hour personalized care, medical oversight and socialization. Small, intimate facility convenient to I40 and RDU. COUNTIES SERVED: Alamance, Caswell, Chatham, Durham, Orange, Person, Wake, Other

3401 Carl Sandburg Ct.

Raleigh, NC 27610

Phone: 919-987-2798

Alt Phone: 919-212-8580

Email: jharper@sehcn.com

www.SEWake.com

Sunflower Village Homecare, LLC

We enhance the quality of life for our clients by offering a range of services tailored to meet their needs. We offer Personal care services, companionship, medication reminders, meal preparation, light housekeeping and transportation and much more.

120 Preston Executive Dr.

Suite 236

Cary, NC 27813

Phone: 434-429-5738

Email: sunflowervillagehc@gmail.com

Touched by Angels Home Healthcare II, Inc.

We are family owned. We treat your family with the same respect and dignity as ours. Our caregivers are screened and individually matched with our clients. Our goal is to help our clients keep their independence and remain in their homes. BBB of Central North Carolina accredited. COUNTIES SERVED: Alamance, Caswell, Durham, Orange, Person, Other

116 West Pine St.

Graham, NC 27253

Phone: 336-221-9998

Email: WeCare@TBAii.com

www.tbaii.com

Tumaville LLC

We provide home health services for people and families in need. We cover eating, dressing, mobility, bathing and toileting. including: -Light housekeeping -Making beds, doing laundry -Running errands -Setting up physician's appointments -Meal preparation -Medication

Regus Imperial Center, 819 Emperor BLVD Ste 400

Durham, NC 27703

Phone: 919 390 2396

Alt Phone: 678 770 5352

Email: john.tuma@tumaville.com

tumaville.com

Visiting Angels of Central North Carolina

Our comprehensive home care customized for seniors based on their individual needs and preferences. Dedicated and reliable caregivers help older adults live happily and safely in the comforts of home while providing their families with peace of mind. If you have a loved one who needs personalized in-home care, contact us today to schedule a free consultation, call/text or email us at 919-968-3724. COUNTIES SERVED: Alamance, Chatham, Durham, Orange, Person.

104 Jones Ferry Rd., Ste. A

Carrboro, NC 27510

Phone: 919-968-3724

Alt Phone: 919-321-2136

Email: Chapelhilladmin@visitingangels.com

www.visitingangels.com/chapelhill/home/

Caregiving Resources

See also: AGING AGENCIES, CARE MANAGEMENT, CAREGIVER RESPITE, DEMENTIA, SUPPORT GROUPS and WEBSITES Each County Department or Council on Aging provides 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 offices where they or their family member resides.

Local Specialty Clinics & Programs

Angel Advocacy, LLC

Nurse Advocate and Care Manager, caring for your health and wishes. Multiple services are offered. Visit www.angeladvocacy.com for a list of most of our services, including a financial assistance program designed to help those who need the services but can't afford an hourly rate. AREA SERVED: All

715 Greentree Dr

Hillsborough, NC 27278

Phone: 919-519-1850

Email: angeladvocacy4u@gmail.com

www.angeladvocacy.com

Duke Geriatric Evaluation and Treatment Clinic

Phone: 919-620-4070

centerforaging.duke.edu/services/59

Duke Neurological Disorders Clinic at Morreene Road

Specializes in memory and movement disorders like Alzheimer's, Parkinson's and Huntington's diseases. Do not need a physician's referral.

932 Morreene Rd.

Durham, NC 27705

Phone: 919-668-7600

www.dukemedicine.org

Low Vision Rehab Solutions

We serve individuals with vision loss who struggle to safely and independently complete their daily activities. Our low-vision occupational therapist meet seniors in their homes to evaluate them and carry out interventions to help them with things like reading, writing, and assistive technology use.

100 Parkway Office Court

Cary, NC 27518

Phone: (919) 239-4805

Email: elizanette@lowvisionrehabolutions.com

<https://lowvisionrehabolutions.com>

Orange County Department on Aging - Clinic for Community Living

Free multi-disciplinary assessments for Orange County residents 60+. Includes falls, strength and balance, memory function, mood and medication review. Individualized recommendations and referrals are made to additional services as needed. COUNTIES SERVED: Orange

Phone: Aging Helpline: 919-968-2087

Email: agingtransitions@orangecountync.gov

www.orangecountync.gov/aging

Project CARE

This is a state-funded program for North Carolinian care partners of someone living dementia. The program offers consultations and has limited respite funds available. To be eligible for the program, the care recipient must live at home, requires 24/7 supervision to be safe, and is not receiving in-home Medicaid services. To determine if the program is a good fit for your needs, please contact the Duke Dementia Family Support Program.

Phone: 919-660-7510

Email: DDFSP@duke.edu

Silver Linings for Seniors

Counseling services in homes, communities, or our Cary office for individuals or families. Medicare approved providers help with change, sadness, anger, stress, and much more. COUNTIES SERVED: Alamance, Chatham, Durham, Orange, Wake, Other

1250 SE Maynard Rd.

Cary, NC 27511

Phone: 919-757-6498

Alt Phone: 919-300-7943

Email: rachel@silverliningsnc.com

www.SilverLiningsNC.com

Southeastern Wake Adult Day Center

Licensed provider of short term overnight respite for one night or up to 14 consecutive nights. Guests enjoy comfortable accommodations, nutritious meals, 24-hour personalized care, medical oversight and socialization. Small, intimate facility convenient to I40 and RDU. COUNTIES SERVED: Alamance, Caswell, Chatham, Durham, Orange, Person, Wake, Other

3401 Carl Sandburg Ct.

Raleigh, NC 27610

Phone: 919-987-2798

Alt Phone: 919-212-8580

Email: jharper@sehcnc.com

www.SEWake.com

State / County Special Assistance In-Home Program for Adults

For eligible older adults or adults with disabilities, this program can help with living expenses such as food, shelter, clothing and other daily necessities. For eligible individuals living at home. Apply at your county department of social services.

www.ncdhhs.gov/document/special-assistance-home-program-adults

UNC Center for Aging & Health - Geriatric Evaluation & Management Program

Phone: 984-974-6599

www.med.unc.edu/aging/patients

UNC Memory and Cognitive Disorders Clinic

Physician's referral required. Provides clinical care, education and research into Alzheimer's and related disorders.

194 Finley Golf Course Dr., Ste. 200

Chapel Hill, NC 27517

Phone: 919-962-2685

www.med.unc.edu/neurology

Aging in Grace

We provide in-home support for older adults to live safely and independently—offering balance and stability training, home-safety assessments, nutrition guidance, and personalized wellness plans without needing a doctor's referral.

3030 Ranger Dr

Durham, NC 27703

Phone: 563-542-6815

Email: AginginGrace24@gmail.com

<https://aginginGrace.care/>

All About Seniors, Inc.

Offers no-cost services to families while providing valuable in-home care and retirement community resources. We tour facilities with families and guide them to quality housing and care. We also help senior homeowners save money when selling their homes to help pay for senior living.

265 Longwood Drive

Youngsville, NC 27596

Phone: (919) 830-6478

Alt Phone: (919) 444-5319

Email: Davis@AllAboutSeniorsNC.com

<http://www.allaboutseniorsnc.com/>

All Good Things

A nonprofit organizational representative payee program providing money management for low-income elderly and disabled community members. We work to keep our clients safely housed and financially secure while managing their Social Security benefits.

880 Martin Luther King Jr. Drive

Chapel Hill, NC 27514

Phone: 984-244-0998

Email: allgoodthingsdurham@gmail.com

CareYaya

CareYaya is an online care booking service that connects families in need of affordable, quality home-based care for their loved ones with experienced pre-health college students in the community.

600 Park Offices Dr Suite 300

Durham, NC 27709

Phone: 919-346-4821

Email: support@careyaya.org

www.careyaya.org

Caring.com / Caring LLC

Caring.com is a leading senior living referral service and a top site for senior care reviews. Caring helps seniors and their families research and connect to the most appropriate services and support for their specific situations, including senior living communities and in-home care agencies.

127 Scaleybark Road

Charlotte, United States 28209

Phone: 6507628190

Email: community@caring.com

<https://www.caring.com/caregiving-resources>

Carolina Curbside Laundry

Excellent Wash Dry Fold Service! You can choose Pick & Delivery via subsidized Door Dash Delivery OR Drop Off at Willow Creek Laundromat. Your dirty laundry must be in a bag we can wash or toss, like a white kitchen trash bag.

Willow Creek Laundromat

Carrboro, NC 27510

Phone: 984-215-8441

Email: carolinacurbsidelaundry@gmail.com

carolinacurbsidelaundry.com

Chatham County Council on Aging

Chatham County Council on Aging promotes independent living and physical and mental wellness through agency services and activities among the population over 60 years of age. AREA SERVED: Chatham

365 NC HWY 87 North - P.O. Box 715

Pittsboro, NC 27312

Phone: 919-542-4512

www.chathamcouncilonaging.org

Compassionate Concierge for Seniors

Companionship. Personal care, showering,organizing,light housekeeping, meal prep,errands.

Sunglow Ct

Efland, NC 27243

Phone: 919-428-1869

Email: ageinplacenc@gmail.com

www.ageinplacenc.com

Eastern Chatham Senior Center

365 HWY 87 North

Pittsboro, NC 27312

Phone: 919-542-4512

www.chathamcouncilonaging.org

Guiding Lights Caregiver Support Center

Assists families and professional caregivers with accessing relevant, timely and comprehensive support information, training, care plan development and vetted caregiver referral.

3727 National Drive, Suite 204

Raleigh, NC 27612

Phone: 919-371-2062

www.guidinglightsnc.org

Heart 2 Home Senior Services, LLC

At Heart 2 Home we are accepting new clients. We offer a variety of Services: Meal Prep/Planning Light housekeeping Medication Reminders Transportation Respite care (Relieve Caregiver stress) Much more

500 Smith Level Rd Apt III

Carrboro, United States 27510

Phone: 3362645767

Alt Phone: 3362701578

Email: heart2home2023@outlook.com

heart2homeseniorservices.com

Heart 2 Home Senior Services, LLC

At Heart 2 Home we are accepting new clients. We offer a variety of Services: Meal Prep/Planning Light housekeeping Medication Reminders Transportation Respite care (Relieve Caregiver stress) Much more

500 Smith Level Rd Apt III

Carrboro, United States 27510

Phone: 3362645767

Alt Phone: 3362701578

Email: heart2home2023@outlook.com

heart2homeseniorservices.com

Neat Freak Professional Organizing, LLC

We provide organizing and decluttering services to individuals and families throughout the Triangle. Our team enjoys helping people who are transitioning (moving, downsizing, rightsizing, aging in place) create a home that is safe, peaceful, and clutter free.

PO Box 351

Carrboro, NC 27510

Phone: 919-824-8196

Email: perri@neat-freak.com

<https://neat-freak.com/>

Senior Helpers

Our service options are flexible & customizable according to your specific needs, personalized care plans: Bathing, Cooking, Errands, Companionship and more. COUNTIES SERVED: Caswell, Chatham, Durham, Orange, Person, and Wake

5007 Southpark Dr., Ste. 200-H

Durham, NC 27713

Phone: 919-544-6848

Alt Phone: 919-410-3149

Email: lolson@seniorhelpers.com

www.seniorhelpers.com/durham

Southeastern Wake Adult Day Center

Licensed provider of short term overnight respite for one night or up to 14 consecutive nights. Guests enjoy comfortable accommodations, nutritious meals, 24-hour personalized care, medical oversight and socialization. Small, intimate facility convenient to I40 and RDU. COUNTIES SERVED: Alamance, Caswell, Chatham, Durham, Orange, Person, Wake, Other

3401 Carl Sandburg Ct.

Raleigh, NC 27610

Phone: 919-987-2798

Alt Phone: 919-212-8580

Email: jharper@sehcn.com

www.SEWake.com

Stronger Pathways

My practice provides person-centered therapeutic care for those with neurodegenerative diseases, such as dementia, and brain injuries that impact one's cognition, communication, and swallowing abilities. Services include ongoing cognitive wellness sessions and caregiver supports.

Durham, NC 27705

Phone: 240-863-1327

Email: daria@strongerpathways.com

www.strongerpathways.com

Transitions GuidingLights Caregiver Support Center

3739 National Drive, Suite 204

Raleigh, NC 27612

Phone: 919-371-2062

www.GuidingLightsNC.org

Telephone Resources for Caregivers

Alamance Eldercare, Inc.

Phone: 336-538-8080

Alzheimer's Association Eastern North Carolina Chapter

Phone: 919-803-8285

Alt Phone: 800-272-3900

Alzheimer's North Carolina

Phone: 800-228-8738

Alt Phone: 919-832-3732 - Raleigh

Caring.com / Caring LLC

Caring.com is a leading senior living referral service and a top site for senior care reviews. Caring helps seniors and their families research and connect to the most appropriate services and support for their specific situations, including senior living communities and in-home care agencies.

127 Scaleybark Road

Charlotte, United States 28209

Phone: 6507628190

Email: community@caring.com

<https://www.caring.com/caregiving-resources>

Center for Senior Life - Durham

406 Rigsbee Ave
Durham, NC 27701
Phone: 919-699-8247

www.dcsInc.org

Duke Family Support Program - Memory Disorders

Phone: 800-646-2028

Eldercare Locator

Phone: 800-677-1116

James J. Love, PT,DPT and Real Estate Agent

Real Estate Agent with a twenty year career of being a practicing Physical Therapist working with seniors. Realtor to assist seniors and family members decide if aging in place or transitioning from their home to an assisted facility is best. Guidance and support with great compassion.

7501 Creedmoor Rd
Suite 102
Raleigh, NC 27613
Phone: (919) 434-8658

Email: James.Love@hunterrowe.com
www.HUNTERROWE.COM/JAMESJLOVE

Kildaire Counseling, PLLC

Behavioral Therapy, Cognitive Behavioral Therapy (CBT), Acceptance and Commitment (ACT), Emotionally Focused, Motivational Interviewing, Solution Focused Brief (SFBT), Eclectic, Narrative {accepted by Medicare and many Medicare Advantage Plans}

400 Woodland Ct
Cary, NC 27511
Phone: 919-229-9012

Email: anna@kildairecounseling.com
www.kildairecounseling.com

Low Vision Rehab Solutions

We serve individuals with vision loss who struggle to safely and independently complete their daily activities. Our low-vision occupational therapist meet seniors in their homes to evaluate them and carry out interventions to help them with things like reading, writing, and assistive technology use.

100 Parkway Office Court

Cary, NC 27518

Phone: (919) 239-4805

Email: elizanette@lowvisionrehabolutions.com

<https://lowvisionrehabolutions.com>

Mary's Amazen Homecare LLC

We assist with Activities of Daily Living such as eating, bathing, dressing, walking, using the bathroom) transportation, cooking, laundry, among others. Our Hands-on services are also known as personal care or private duty. We also provide private 24-hour care or as needed.

4819 Emperor Blvd

Durham, NC 27703

Phone: 551-226-2448

Email: maryamazencare2015@gmail.com

Orange County Department on Aging - Helpline

Resource information, consultation, and referrals to aging services available Monday-Friday, 9am-4pm. For information in Chinese, call 919-245-4275. For information in Spanish, call 919-245-2010.

Phone: Aging Helpline: 919-968-2087

Transitions GuidingLights Caregiver Support Center

3739 National Drive, Suite 204

Raleigh, NC 27612

Phone: 919-371-2062

www.GuidingLightsNC.org

United Way - NC 24-HR Help & Information Line

Phone: 211

Chinese Resources

Chinese American Friendship Association of North Carolina

Provides fee-based visa services.

www.cafanc.org

Chinese Christian Mission Church

Has senior ministry. COUNTIES SERVED: Durham and Orange

4528 Bennett Memorial Rd.

Durham, NC 27705

Phone: 919-794-4743

Alt Phone: 919-413-9557 - Social Service

www.ccmnc.org/

Orange County Department on Aging - Chinese ResourcesOrange County Department on Aging - Chine

The Aging Transition team at the Orange County Department on Aging maintains a list of resources available to the Chinese community. Please call the Chinese Helpline for information in Mandarin Chinese or visit our web site. COUNTIES SERVED: Orange

Phone: 919-245-4275 - Mandarin Chinese

Email: hzhou@orangecountync.gov

www.orangecountync.gov/185/Chinese-Resources

Orange County Department on Aging - Chinese ResourcesOrange County Department on Aging - Chine

The Aging Transition team at the Orange County Department on Aging maintains a list of resources available to the Chinese community. Please call the Chinese Helpline for information in Mandarin Chinese or visit our web site. COUNTIES SERVED: Orange

Phone: 919-245-4275 - Mandarin Chinese

Email: hzhou@orangecountync.gov

www.orangecountync.gov/185/Chinese-Resources

Orange County Department on Aging - Chinese ResourcesOrange County Department on Aging - Chine

The Aging Transition team at the Orange County Department on Aging maintains a list of resources available to the Chinese community. Please call the Chinese Helpline for information in Mandarin Chinese or visit our web site. COUNTIES SERVED: Orange

Phone: 919-245-4275 - Mandarin Chinese

Email: hzhou@orangecountync.gov

www.orangecountync.gov/185/Chinese-Resources

Community Centers

See also: HEALTH AND WELLNESS, SENIOR CENTERS and SOCIAL & RECREATIONAL RESOURCES

Carrboro Century Center

100 North Greensboro St.

Carrboro, NC 27510

Phone: 919-918-7385

Email: RecParks@townofcarrboro.org

www.townofcarrboro.org/290/Century-Center

Cedar Grove Community Center

The Cedar Grove Community Center offer services to youth, students, and senior citizens in collaboration with partner organizations. Our focus on education, healthy living, exercise and tutoring as we strive to meet the needs of the community.

5800 NC HWY 86N

Hillsborough, NC 27278

Phone: 919-245-2640

Email: www.cgna4u.org

www.orangecountync.gov/Facilities/Facility/Details/Cedar-Grove-Community-Center-1

Cedar Grove Community Center

The Cedar Grove Community Center offer services to youth, students, and senior citizens in collaboration with partner organizations. Our focus on education, healthy living, exercise and tutoring as we strive to meet the needs of the community.

5800 NC HWY 86N

Hillsborough, NC 27278

Phone: 919-245-2640

Email: www.cgna4u.org

www.orangecountync.gov/Facilities/Facility/Details/Cedar-Grove-Community-Center-1

Central Recreation Center

Orange County Recreation offers a variety of affordable athletic and recreation programs. Athletic programs include basketball, soccer and girls volleyball. Recreation classes include dance, chef, creative arts, martial arts, piano lessons.

302 West Tryon St.

Hillsborough, NC 27278

Phone: 919-245-2660

www.orangecountync.gov/Facilities/Facility/Details/Central-Recreation-Center-11

Chapel Hill Community Center

The Chapel Hill Community Center an indoor pool, indoor and outdoor basketball courts, indoor climbing wall, bocce ball courts, hiking trails, rose garden and playground.

120 South Estes Dr.

Chapel Hill, NC 27514

Phone: 919-968-2790

www.townofchapelhill.org/town-hall/departments-services/parks-recreation/facilities-greenways-parks

Community Clay Studio

Explore ceramic art at The Community Clay Studio! Our instructors will foster your self-expression and inspire your artistic sensibilities as you work with a variety of techniques in both our handbuilding and wheelthrowing classes! Come create with us!

200 Plant Road

Chapel Hill, NC 27514

Phone: 919-968-2793

<http://www.communityclaystudio.com/>

Durham County Senior Games Coordinator - Bridgette Robinson

Durham Parks and Recreation offers a wide variety of programs for mature adults ranging from Senior Games, outings, trips, socials, fitness, and nutrition programs including the Farmer's Market.

Phone: 919-560-4355

Email: bridgette.robinson@durhamnc.gov

Efland Cheeks Community Center

117 Richmond Rd.

Efland, NC 27243

Phone: 919-245-2625

www.orangecountync.gov/Facilities/Facility/Details/EflandCheeks-Community-Center-12

Hargraves Community Center

216 North Roberson St.

Chapel Hill, NC 27516

Phone: 919-968-2794

www.townofchapelhill.org/town-hall/departments-services/parks-recreation/facilities-greenways-parks

Orange County Parks Online Locator

Web-based locator maps to help you find parks, facilities and recreational activities.

www.orangecountync.gov/890/Parks-Facilities

Rogers Road Community Center

101 Edgar Dr.

Chapel Hill, NC 27516

Phone: 919-918-2822

www.renacommunitycenter.com

Community Health Centers

See also: DENTAL CARE and HEALTH INSURANCE INFORMATION

Durham County Social Services

The Housing Opportunities for Persons with AIDS (HOPWA) program is dedicated to the housing needs of people living with HIV/AIDS. HOPWA provides housing assistance and related supportive services for low-income persons living with HIV/AIDS and their families.

414 E Main St.

Durham, NC 27702

Phone: 919-560-7280

Email: dssmcm@dconc.gov

Lincoln Community Health Center, Inc.

Lincoln Community Health Center provides primary health care services including: adult medicine, family medicine, pediatrics, dental, behavioral health, laboratory, radiology, and pharmacy services. AREA SERVED: Durham

1301 Fayetteville St.

Durham, NC 27707

Phone: 919-956-4000

www.lincolnchc.org

Orange County Health Department

300 West Tryon St.

Hillsborough, NC 27278

Phone: 919-245-2400

www.orangecountync.gov/204/Health-Department

Orange County Health Department

Southern Human Services Ctr., 2501 Homestead Rd.

Chapel Hill, NC 27516

Phone: 919-968-2022

www.orangecountync.gov/204/Health-Department

Piedmont Health Centers

Offers full-scope family medical and dental care, on-site lab and pharmacy, and care support services including assistance with insurance enrollment. Accepts most insurance and offers a sliding-fee scale to those who qualify. Not all services are offered at all sites. Call for more details.

Piedmont Health - Burlington Community Health Center

1214 Vaughn Rd.

Burlington, NC 27217

Phone: 336-506-5840

www.piedmonthhealth.org

Piedmont Health - Carrboro Community Health Center

301 Lloyd St.

Carrboro, NC 27510

Phone: 929-942-8741

www.piedmonthealth.org

Piedmont Health - Chapel Hill Community Health Center

1828 Martin Luther King Jr. Blvd.

Chapel Hill, NC 27514

Phone: 919-951-7600

www.piedmonthealth.org

Piedmont Health - Charles Drew Community Health Center

221 N. Graham Hopedale Rd.

Burlington, NC 27217-2971

Phone: 336-570-3739

www.piedmonthealth.org

Piedmont Health - Moncure Community Health Center

7228 Pittsboro-Moncure Rd.

Moncure, NC 27559

Phone: 919-542-4991

www.piedmonthealth.org

Piedmont Health - Prospect Hill Community Health Center

322 Main St.

Prospect Hill, NC 27314

Phone: 336-562-3311

www.piedmonthealth.org

Piedmont Health - Scott Community Health Center

5270 Union Ridge Rd.

Burlington, NC 27314

Phone: 336-421-3247

www.piedmonthealth.org

Piedmont Health - Siler City Community Health Center

224 South 10th Ave.

Siler City, NC 27344

Phone: 919-663-1744

www.piedmonthhealth.org

Piedmont Health - Sylvan Community Health Center

7718 Sylvan Rd.

Snow Camp, NC 27349

Phone: 336-506-0631

www.piedmonthhealth.org

Continuing Care Retirement Communities

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 919-807-6140 or visit www.ncdoi.com.

Chatham County

Carolina Meadows

100 Carolina Meadows

Chapel Hill, NC 27517

Phone: 800-458-6756

Alt Phone: 919-942-4014

www.carolinameadows.org

Galloway Ridge at Ferrington

3000 Galloway Ridge

Pittsboro, NC 27312

Phone: 919-545-2215

Alt Phone: 919-545-2647

Email: marketing@gallowayridge.com

www.gallowayridge.com

Pittsboro Christian Village

1825 East St.

Pittsboro, NC 27312

Phone: 919-542-3151

www.pcvnc.org

Croasdaile Village Retirement Community

Croasdaile Village is a Life Plan Community with Independent Living Cottages, apartments & continuing care: Home Care, Assisted Living, and Nursing Care. Amenities include Fitness Center, Swimming Pool, Library, Game Room and Gardens, Trails and a Lake. AREA SERVED: Chatham, Durham, Orange, Nationwide

2600 Croasdaile Farm Parkway

Durham, NC 27705

Phone: 919-384-2475

Alt Phone: 919-384-2000

www.croasdailevillage.com

The Cedars

100 Cedar Club Cir.

Chapel Hill, NC 27517

Phone: 919-259-7000

www.cedarsofchapelhill.com

The Forest at Duke

2701 Pickett Rd.

Durham, NC 27705

Phone: 919-490-8000

www.forestduke.org

LeadingAge North Carolina

LeadingAge North Carolina advances policies, promotes practices and conducts research that supports, enables and empowers people to live fully as they age. Area Served: ALL

222 N. Person St.

Suite 205

Raleigh, NC 27601

Phone: 919-571-8333

Email: info@leadingagenc.org

www.leadingagenc.org

Lord Is The Light Home Healthcare

Lord Is The Light Healthcare provides respite care, personal care aides, and in-home aides to elderly and disabled patients in the comfort of their homes. We also are licensed to provide CAP/DA to individuals with disabilities and or skilled nursing needs.

108 W Parker St., Apt E

Graham, NC 27253

Phone: 888-318-1652

Alt Phone: 336-542-5889

Email: lordisthelight@itservices.life

www.itservices.life

Orange County

Carol Woods Retirement Community

750 Weaver Dairy Rd.

Chapel Hill, NC 27514

Phone: 919-968-4511

Email: info@carolwoods.org

www.carolwoods.org

TerraBella Hillsborough - Assisted Living & Memory Care

Assisted Living & Personalized Memory Care - 3 meals a day & snacks, housekeeping, laundry services, transportation, social events & activities, and so much more.

1911 Orange Grove Road

Hillsboroug, NC 27278

Phone: 919-732-9040

Email: kkleinbrahm@terrabellahillsborough.com

<https://www.terrabelласeniorliving.com/terrabella-hillsborough/>

The Cedars

100 Cedar Club Cir.

Chapel Hill, NC 27517

Phone: 919-259-7000

www.cedarsofchapelhill.com

The Village at Brookwood

1860 Brookwood Ave.

Burlington, NC 27215

Phone: 336-570-8440

www.villageatbrookwood.org

Decluttering & Downsizing

Active At Home Senior Services

Our goal is to enrich the lives of older adults in our community through a variety of services designed to promote optimal physical & mental health, wellness, and aging in place. Whether it's companion care, therapy, home modification or transportation; come experience the Active At Home DIFFERENCE!

4711 Hope Valley Rd Suite 4F-417

Durham, NC 27707

Phone: 984-837-0991

Email: brian@aahss.com

www.aahss.com

Caring Transitions of Chapel Hill

Caring Transitions of Chapel Hill is the Professional Solution for relocation services including downsizing, decluttering & estate sales for both full and partial liquidations.

1201 Raleigh Rd

Suite 102

Chapel Hill, NC 27517

Phone: 919-338-9236

Email: aasaro@caringtransitions.com

Chapel Hill Concierge

Chapel Hill Concierge offers virtual and in person, personal and professional assistance, including organizing papers and offices, and de-cluttering and downsizing. Resume, references and letters of recommendation are available. Special rates for seniors. Virtual assistance nationwide. COUNTIES SERVED: Chatham Durham, Orange, Wake. AREA SERVED (virtual assistance): Nationwide

PO Box 3366

Chapel Hill, NC 27515

Phone: 919-309-7878

Alt Phone: 919-616-5588 - Text

Email: sharonryan@aol.com

www.chapelhillconcierge.pro

James J. Love, PT,DPT and Real Estate Agent

Real Estate Agent with a twenty year career of being a practicing Physical Therapist working with seniors. Realtor to assist seniors and family members decide if aging in place or transitioning from their home to an assisted facility is best. Guidance and support with great compassion.

7501 Creedmoor Rd

Suite 102

Raleigh, NC 27613

Phone: (919) 434-8658

Email: James.Love@hunterrowe.com

www.HUNTERROWE.COM/JAMESJLOVE

National Association of Productivity and Organizing Professionals

Organizing and productivity professionals dedicated to helping people and organizations bring order and efficiency to their lives. Are you ready to conquer clutter and chaos? Use NAPO's Professional Organizer or Productivity Search Tool to find the help you need. NATIONWIDE

1120 Route 73, Ste. 200

Mount Laurel, NJ 08054

Phone: 856-380-6828

Email: napo@napo.net

www.napo.net

Neat Freak Professional Organizing, LLC

We provide organizing and decluttering services to individuals and families throughout the Triangle. Our team enjoys helping people who are transitioning (moving, downsizing, rightsizing, aging in place) create a home that is safe, peaceful, and clutter free.

PO Box 351

Carrboro, NC 27510

Phone: 919-824-8196

Email: perri@neat-freak.com

<https://neat-freak.com/>

Organize and Downsize

Useful online tips on downsizing and organizing. To find a senior move manager in your area, contact the National Association of Senior Move Managers.

organizeanddownsize.com

Professional Relocation Options

PRO is a professional relocation resource team serving retirees since 1982. We are a full-service senior move management company that assists seniors in transition to (and within) continuing care retirement communities (CCRC's), assisted living, skilled nursing facilities. COUNTIES SERVED: Chatham County, Durham County, Orange County, Wake County

1301 Blackwood Mountain Rd.

Chapel Hill, NC 27516

Phone: 919-929-1555

Alt Phone: 919-200-8295

Email: leeglenn@bellsouth.net

www.prorelocation.net/

Professional Relocation Options/Truckin' for Seniors

PRO and Truckin' for Seniors assists seniors in transition to (and within) continuing care retirement communities (CCRC's) or Life Planned Communities that includes assisted living, skilled nursing, hospice, or 55+ active communities, and specialty training for aging in place.

1031 Harvest Street

Durham, NC 27704

Phone: 919-682-2300

Alt Phone: 919-200-8295

Email: tracy@truckinmovers.com

www.truckinmovers.com/pro

The Downsizers

Move management team specializing in seniors and individuals in transition. We help with downsizing, rightsizing, Aging in Place and managing the entire move process for our clients. COUNTIES SERVED: Alamance, Chatham, Durham, Orange, Wake

119 Morgan Bend Ct.

Chapel Hill, NC 27517

Phone: 919-636-7800

Email: info@thedownsizers.com

www.thedownsizers.com

WayForth, LLC

As the nation's largest move management provider, we eliminate the stress of moving by guiding our clients through the process step by step and delivering done-for-you moving solutions. You choose your new home, we'll do the rest. AREA SERVED: All

1859 Lindbergh St., Ste 100

Charlotte, NC 28208

Phone: 704-795-2256

Alt Phone: 919-244-9087

Email: china.rosa@wayforth.com

<https://www.wayforth.com>

Dementia / Alzheimer's Disease

See also: AGING AGENCIES, CAREGIVING RESOURCES, GERIATRIC ASSESSMENT, PERSONAL EMERGENCY RESPONSE SYSTEMS, SUPPORT GROUPS and WEBSITES

Diagnostic and Treatment Clinics for Memory Disorders

Duke Neurological Disorders Clinic at Morreene Road

Specializes in memory and movement disorders like Alzheimer's, Parkinson's and Huntington's diseases. Do not need a physician's referral.

932 Morreene Rd.

Durham, NC 27705

Phone: 919-668-7600

www.dukemedicine.org

UNC Center for Rehabilitation Care (CRC)

Helps improve function through speech, language and cognitive evaluations and treatment; swallowing assessments and treatment; and neuromuscular electrical stimulation. AREA SERVED: All

1807 North Fordham Blvd.

Chapel Hill, NC 27514

Phone: 984-974-9700

www.unccmedicalcenter.org/unccmc/hospitals-locations/profile/?id=410

UNC Memory and Cognitive Disorders Clinic

Physician's referral required. Provides clinical care, education and research into Alzheimer's and related disorders.

194 Finley Golf Course Dr., Ste. 200

Chapel Hill, NC 27517

Phone: 919-962-2685

www.med.unc.edu/neurology

Compassionate Concierge for Seniors

Companionship. Personal care, showering, organizing, light housekeeping, meal prep, errands.

Sunglow Ct

Efland, NC 27243

Phone: 919-428-1869

Email: ageinplacenc@gmail.com

www.ageinplacenc.com

Eyes on Seniors

We provide PEACE OF MIND! We provide affordable, in-home check-in's. NO MINIMUM time in the home. Transportation, We will sit with you at the procedure and get you home safely! We now offer FREE SENIOR PLACEMENT ASSISTANCE in Independent Living, Assisted Living and Memory Care!

3819 Cary Glen Blvd

Cary, NC 27519

Phone: 252-531-3810

Email: eyesonseniors@yahoo.com

Homewatch Caregivers of the Triangle

Homewatch caregivers is a family owned and operated business providing in-home personal care and companionship services to residence of Chatham, Durham, Orange and Wake counties.

101 Cosgrove Ave., Ste. 120

Chapel Hill, NC 27514

Phone: 919-960-6038

Alt Phone: 919-960-8142 - After hours

Email: anzor@hwcg.com

www.homewatchcaregivers.com

Rockbridge Senior Care Home

Clean, comfortable family care home that provides personalized, quality, and compassionate care to anyone over 65 yrs of age. Assistance provided with all activities of daily living including medication administration by 24hour kind caregivers. This is a place for your love one to thrive.

2713 Green Lane Dr.

Durham, NC 27712

Phone: 9197956612

Alt Phone: 9195003556

Email: nb@rockbridge4seniors.com

Rockbridge4seniors.com

Stronger Pathways

My practice provides person-centered therapeutic care for those with neurodegenerative diseases, such as dementia, and brain injuries that impact one's cognition, communication, and swallowing abilities. Services include ongoing cognitive wellness sessions and caregiver supports.

Durham, NC 27705

Phone: 240-863-1327

Email: daria@strongerpathways.com

www.strongerpathways.com

Sunflower Village Homecare, LLC

We enhance the quality of life for our clients by offering a range of services tailored to meet their needs. We offer Personal care services, companionship, medication reminders, meal preparation, light housekeeping and transportation and much more.

120 Preston Executive Dr.

Suite 236

Cary, NC 27813

Phone: 434-429-5738

Email: sunflowervillagehc@gmail.com

Specialty Care Units Alzheimer's

Aging Family Solutions

As a Nationally certified Care Manager, I have over 30 years of experience providing families with direction and support to help them navigate the complexities of aging. This support can be given in the home if that's what is best, or in their best fit senior living community.

1124 Scholastic Circle

Durham, NC 27713-6580

Phone: 9196004908

Email: laura@AgingFamilySolutions.com

www.AgingFamilySolutions.com

Always Best Care Senior Services

We specialize in providing personalized, non-medical care for seniors who wish to remain in the comfort of their own homes. Large team of Certified Nursing Assistants & Trained Caregivers. We quickly arrange a schedule that works for you - hourly, overnight, or live-in.

1709 Legion Road
Suite 105

Chapel Hill, NC 27703

Phone: 336-270-4352

Email: sloy@abc-seniors.com

<https://www.alwaysbestcare.com/nc/chapel-hill/>

Alzheimer's Association Eastern North Carolina Chapter

This Chapter provides programs and support services, information, referral, education and advocacy to 51 counties of Eastern North Carolina. Provides a National 24/7 Helpline at 800.272.3900. COUNTIES SERVED: Chatham, Durham, Orange, Person, Wake, Other

5171 Glenwood Ave., Ste. 101

Raleigh, NC 27612

Phone: 919-803-8285

Alt Phone: 800-272-3900

Email: encinfo@alz.org

www.alz.org

Alzheimer's North Carolina

Local offices in North Carolina provide educational programming and family support services while raising awareness and funding local research for a cause, prevention, treatment and a cure.

Phone: 800-228-8738

Alt Phone: 919-832-3732 - Office

Email: info@alznc.org

www.alznc.org

Caring.com / Caring LLC

Caring.com is a leading senior living referral service and a top site for senior care reviews. Caring helps seniors and their families research and connect to the most appropriate services and support for their specific situations, including senior living communities and in-home care agencies.

127 Scaleybark Road

Charlotte, United States 28209

Phone: 6507628190

Email: community@caring.com

<https://www.caring.com/caregiving-resources>

Duke Dementia Family Support Program

The Duke Dementia Family Support Program provides education, support and engagement for people living with dementia and their families.

Box 3600 DUMC

Durham, NC 27710

Phone: 919-660-7510

Email: dukefamilysupport@duke.edu

www.dukefamilysupport.org

Duke Health

Education, disease-specific support groups, research opportunities and memory disorders' clinic and treatment.

Phone: 855-855-6484

www.dukemedicine.org

Guiding Lights Caregiver Support Center - Dementia Resources

Offers "You Know Who I Am?," an Alzheimer's disease training program for family and professional caregivers. Interactive approach to learning how to work with individuals with dementia, especially Alzheimer's. Also support groups. COUNTIES SERVED: Durham and Other

Phone: 919-371-2062

www.guidinglightsnc.org

National Alzheimer's Association

A national association that provides online educational materials on dementia, links to local support groups and a 24/7 helpline. Has "Inside the Brain: An Interactive Tour," an educational resource for caregivers of individuals with dementia.

Phone: 800-272-3900

www.alz.org

Orange County Department on Aging - OC CARES Dementia Support

Offers support for caregivers in Orange County, caring for people with dementias or intellectual/developmental disabilities: respite care; assessment; consultation for care partners dealing with behavioral, activity or safety challenges; caregiver support groups; & training for paid caregivers. COUNTIES SERVED: Orange

Phone: Aging Helpline: 919-968-2087 - Referrals

Alt Phone: OC CARES: 919-245-4253 – Office

Email: agingtransitions@orangecountync.gov

www.orangecountync.gov/aging

Orange County Sheriff Department - Life Track

Helps locate enrolled clients with brain disorders who wander away from their caregivers. Clients may have Alzheimer's disease, Autism, Down's syndrome or dementia. Clients wear a transmitter that emits a tracking signal. If the client wanders away, the caregiver calls 911 for a search and rescue team with a mobile receiver. COUNTIES SERVED: Orange

106 East Margaret Lane

Hillsborough, NC 27278

Phone: 919-245-2900

Alt Phone: 919-644-3050

www.ocsonc.com

Piedmont Health SeniorCare (PACE)

All-inclusive care program for the elderly that provides comprehensive long-term health, social, medical, dietary care and special transportation needs for eligible seniors. COUNTIES SERVED: Alamance, Caswell, Chatham, Lee, Orange

163 Chatham Business Dr.

Pittsboro, NC 27312

Phone: 919-545-7337

Alt Phone: 877-714-2100

www.piedmonthhealthseniorcare.org

Piedmont Health SeniorCare (PACE)

All-inclusive care program for the elderly that provides comprehensive long-term health, social, medical, dietary care and special transportation needs for eligible seniors. COUNTIES SERVED: Alamance, Caswell, Chatham, Lee, Orange

1214 Vaughn Rd.

Burlington, NC 27217

Phone: 336-532-0000

Alt Phone: 877-714-2100

www.piedmonthhealthseniorcare.org

Project CARE

This is a state-funded program for North Carolinian care partners of someone living dementia. The program offers consultations and has limited respite funds available. To be eligible for the program, the care recipient must live at home, requires 24/7 supervision to be safe, and is not receiving in-home Medicaid services. To determine if the program is a good fit for your needs, please contact the Duke Dementia Family Support Program.

Phone: 919-660-7510

Email: DDFSP@duke.edu

Senior Helpers

Our service options are flexible & customizable according to your specific needs, personalized care plans: Bathing, Cooking, Errands, Companionship and more. COUNTIES SERVED: Caswell, Chatham, Durham, Orange, Person, and Wake

5007 Southpark Dr., Ste. 200-H

Durham, NC 27713

Phone: 919-544-6848

Alt Phone: 919-410-3149

Email: lolson@seniorhelpers.com

www.seniorhelpers.com/durham

Southeastern Wake Adult Day Center

Licensed provider of short term overnight respite for one night or up to 14 consecutive nights. Guests enjoy comfortable accommodations, nutritious meals, 24-hour personalized care, medical oversight and socialization. Small, intimate facility convenient to I40 and RDU. COUNTIES SERVED: Alamance, Caswell, Chatham, Durham, Orange, Person, Wake, Other

3401 Carl Sandburg Ct.

Raleigh, NC 27610

Phone: 919-987-2798

Alt Phone: 919-212-8580

Email: jharper@sehcnc.com

www.SEWake.com

TerraBella Hillsborough - Assisted Living & Memory Care

Assisted Living & Personalized Memory Care - 3 meals a day & snacks, housekeeping, laundry services, transportation, social events & activities, and so much more.

1911 Orange Grove Road

Hillsboroug, NC 27278

Phone: 919-732-9040

Email: kkleinbrahm@terrabelahillsborough.com

<https://www.terrabelseniorliving.com/terrabella-hillsborough/>

Transitions LifeCare

Nonprofit hospice and palliative care provider.

250 Hospice Circle

Raleigh, NC 27607

Phone: 919-828-0890

Email: mlucas@transitionslifecare.org

<https://transitionslifecare.org/>

Specialty Care Units Alzheimer's / Dementia**Longleaf Neuro-Medical Treatment Center**

4761 Ward Blvd.

Wilson, NC 27893

Phone: 252-399-2112

www.longleafneuromedical.ncdhhs.gov

Rockbridge Senior Care Home

Clean, comfortable family care home that provides personalized, quality, and compassionate care to anyone over 65 yrs of age. Assistance provided with all activities of daily living including medication administration by 24hour kind caregivers. This is a place for your love one to thrive.

2713 Green Lane Dr.

Durham, NC 27712

Phone: 9197956612

Alt Phone: 9195003556

Email: nb@rockbridge4seniors.com

Rockbridge4seniors.com

Twin Lakes Community

The Harbor ADC is a specialized program serving individuals with Alzheimer's disease or other memory related diseases. we are open Monday through Saturday from 9:30am-3:30pm. COUNTY SERVED: Alamance

3701 Wade Coble Dr.

Burlington, NC 27215

Phone: 336-538-1500

Alt Phone: 336 585-2393

Email: kevans@twinlakescomm.org

www.twinlakescommunity.org

Dental Care Clinics

Dental SHAC (Student Health Action Coalition) Clinic

A free, student-run clinic for screenings, cleanings, fillings, extractions and limited endo. Patients admitted by lottery only. To become part of the lottery, please register at www.tinyurl.com/dentalshac. There is not a certain timeframe/wait time for when you will be called.

UNC Adams School of Dentistry 385 S. Columbia Street
Chapel Hill, NC 27599

Email: shac_dentalclinic@dentistry.unc.edu
www.med.unc.edu/shac/clinics/dental/dental-clinic

Durham VA Medical Center

Veterans only. Call for eligibility criteria.

508 Fulton St.

Durham, NC 27705

Phone: 919-286-0411 ext: 6993

www.va.gov

Orange County Health Department

300 West Tryon St.

Hillsborough, NC 27278

Phone: 919-245-2400

www.orangecountync.gov/204/Health-Department

Orange County Health Department Dental Clinic

Our dental clinic is open Monday - Thursday and Friday half-days (call for hours). Services include dental exams, cleanings, fillings and extractions. Accepts Medicaid and most private insurance plans that cover dental services. COUNTIES SERVED: Orange

300 West Tryon St.

Hillsborough, NC 27278

Phone: 919-245-2435

www.orangecountync.gov/204/Health-Department

The Happy Tooth Orthodontics, Cosmetic and Family Dentistry

Oral health care, Orthodontics, braces, invisalign, cosmetic and family dentistry, tooth replacement options. English / Spanish. COUNTIES SERVED: All

121 South Estes Dr., Ste. 206

Chapel Hill, NC 27514

Phone: 919-933-3310

Alt Phone: 919-928-0105

Email: info@happytoothnc.com

www.happytoothnc.com

Triangle Mobile Dentistry

Professional dental team travels to patients' homes, nursing homes, senior living communities & rehabilitation centers to bring expert, compassionate care. The high-tech portable dental office comes equipped for emergency evaluation, cleaning, fillings, extraction & the repair of partials/dentures.

COUNTIES SERVED: Orange

104 North Elliott Rd. #B

Chapel Hill, NC 27514

Phone: 919-799-2770

www.TriangleMobileDentistry.com

UNC Dental Clinic

Located inside the hospital. Referrals only. Patients must have a medically compromised situation that prevents them from being seen in a dentist's office.

101 Manning Dr., CB#7600

Chapel Hill, NC 27514

Phone: 984-974-1485

Alt Phone: 984-974-0355

UNC School of Dentistry-Geriatric and Special Care Clinic

Care provided at the dental school 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. Referral required. Wait list.

Ground Floor Tarrson Hall, Room 0017

Chapel Hill, NC 27599

Phone: 919-537-3866

www.dent.unc.edu

Piedmont Health Centers – Dental Care

Our Dental Clinics are open Monday-Thursday (call for hours). Offers full-scope family dental care, on-site lab and pharmacy. Accepts most insurance. Offers a sliding-fee scale to those who qualify. English / Spanish. STATEWIDE

Piedmont Health - Carrboro Community Health Center

301 Lloyd St.

Carrboro, NC 27510

Phone: 929-942-8741

www.piedmonthhealth.org

Piedmont Health - Carrboro Community Health Center - Dental Care

301 Lloyd St.

Carrboro, NC 27510

Phone: 919-933-9087

www.piedmonthhealth.org

Piedmont Health - Moncure Community Health Center - Dental Care

7228 Pittsboro - Moncure Rd.

Moncure, NC 27559

Phone: 919-542-1641

www.piedmonthhealth.org

Piedmont Health - Prospect Hill Community Health Center - Dental Care

322 Main St.

Prospect Hill, NC 27314

Phone: 336-562-3123 - Dental Clinic

www.piedmonthhealth.org

Piedmont Health - Siler City Community Health Center - Dental Care

224 South 10th Ave.

Siler City, NC 27344

Phone: 919-633-4401

www.piedmonthhealth.org

Disabilities - Cognitive

See also: CARE MANAGEMENT, CAREGIVING RESOURCES, DEMENTIA, SHERIFF DEPARTMENT and SUPPORT GROUPS

Stronger Pathways

My practice provides person-centered therapeutic care for those with neurodegenerative diseases, such as dementia, and brain injuries that impact one's cognition, communication, and swallowing abilities. Services include ongoing cognitive wellness sessions and caregiver supports.

Durham, NC 27705

Phone: 240-863-1327

Email: daria@strongerpathways.com

www.strongerpathways.com

UNC Center for Rehabilitation Care (CRC)

Provides neurological rehab by occupational therapists. Interventions target motor recovery, cognitive impairment, return to education and work, community mobility & activities of daily living. Referral required.

1807 North Fordham Blvd.

Chapel Hill, NC 27514

Phone: 984-974-9700

www.uncrehabilitationcare.org

Disabilities - Intellectual & Developmental

See also: SUPPORT GROUPS

Advanced Health Resources

Provides residential services to adults with intellectual / developmental disabilities. COUNTIES SERVED: Durham and Others

1224 Copeland Oaks Dr.

Morrisville, NC 27560

Phone: 919-465-3277

www.ahrnc.com

Affordable Comfort Homecare, LLC

Affordable Comfort Homecare provides in home care to allow your loved one to remain in their home!

3511 Shannon Rd

Durham, NC 27707

Phone: 984-291-2080

Email: affordablecomfort25@gmail.com

Cardinal Innovations Healthcare Community Office - Alamance

24/7 call center to complement the care that members receive for intellectual & developmental disabilities, mental health or substance use disorders. Ensuring access to routine care or if experiencing a crisis. Ensuring quality care in a timely manner from appropriate providers. COUNTIES SERVED: Alamance, Caswell, Chatham, Orange and Person

2929 Crouse Lane, Ste. B

Burlington, NC 27215

Phone: 800-939-5911 - Call Center

Alt Phone: 336-513-4222 – Local Office

www.cardinalinnovations.org

Cardinal Innovations Healthcare Community Office - Orange

24/7 call center to complement the care that members receive for intellectual & developmental disabilities, mental health or substance use disorders. Ensuring access to routine care or if experiencing a crisis. Ensuring quality care in a timely manner from appropriate providers. COUNTIES SERVED: Alamance, Caswell, Chatham, Orange, Person

201 Sage Rd.

Chapel Hill, NC 27517

Phone: 800-939-5911 – Call Center

Alt Phone: 919-913-4000 – Local Office

www.cardinalinnovations.org

Cassiopeia's Home Care Agency

We provide services to Seniors, Adolescents and Children. Services are provided within their homes or living facilities. We provide Companions, Sitters, PCA, HHA, CNA's. We specialize in dementia and alzheimer care and palliative care and clients with mental and physical disabilities.

150 Preston Executive Dr, 201

Cary, NC 27513

Phone: 9194130437

Alt Phone: 9194130437

Email: cassiopeiashomecare@gmail.com

<https://www.cassiopeiashomecareagency.com/>

Disability Rights North Carolina

Provides legal representation and advocacy to protect the rights of people with disabilities and investigates allegations of abuse and neglect. STATEWIDE

3724 National Dr., Ste. 100

Raleigh, NC 27612

Phone: 919-856-2195

Email: info@disabilityrightsn.org

www.disabilityrightsn.org

First In Families of North Carolina

Provides family support to people with developmental disabilities and traumatic brain injuries by helping them become involved members of their communities; meet current goals and plan for the future; acquire needed goods and services; and find opportunities to give back to others.

3109 University Drive Suite 100

Durham, NC 27707

Phone: 919-251-8368

Email: central@fifnc.org

www.fifnc.org

Kennedy Care

Provides in-home assistance with all activities of daily living, homemaker, companionship services, respite care, and live-in services. Available 24/7. COUNTIES SERVED: Alamance, Caswell, Chatham, Durham, Orange, Person

1330 SE Maynard Rd.

Cary, NC 27511

Phone: 919-462-7003

Alt Phone: 919-841-2447

Email: krista@kennedycare.com

www.kennedycare.com/north-carolina

Lord Is The Light Home Healthcare

Lord Is The Light Healthcare provides respite care, personal care aides, and in-home aides to elderly and disabled patients in the comfort of their homes. We also are licensed to provide CAP/DA to individuals with disabilities and or skilled nursing needs.

108 W Parker St., Apt E

Graham, NC 27253

Phone: 888-318-1652

Alt Phone: 336-542-5889

Email: lordisthelight@itservices.life

www.itservices.life

ResCare Home Care

Offers professional nursing, personal care services, homemaking, companionship, respite & more. Available 24/7, including holidays. Accepts private pay, Medicaid, long-term care insurance. COUNTIES SERVED: Alamance, Chatham, Durham, Orange, Person, Other

4011 University Dr., Ste. 201

Durham, NC 27707

Phone: 919-493-7059

Alt Phone: 866-737-2273

www.rescare.com

Residential Services, Inc.

Provides group home housing for people with intellectual and developmental disabilities. Assists with building in-home skills for people living independently. COUNTIES SERVED: Orange

111 Providence Rd.

Chapel Hill, NC 27514

Phone: 919-942-7391

Email: mail@rsi-nc.org

www.rsi-nc.org

The Arc of the Triangle

Provides a variety of services to people with intellectual and developmental disabilities of all ages and their families. Sliding fee scale. Accepts Medicaid. COUNTIES SERVED: Durham, Orange, Other

5121 Hollyridge Rd., Suite 100

Raleigh, NC 27612

Phone: 919-942-5119

Email: jpfaltzgraff@arctriangle.org

www.arctriangle.org

Disabilities - Physical & Sensory

See also: SUPPORT GROUPS

Disability Resources

Alliance of Disability Advocates - Center for Independent Living

Assists people with any disability to develop steps to reach their goals for independent community-based living. Offers information, referral, life skills training, peer mentoring and support. Advocates for accessibility. COUNTIES SERVED: Durham, Orange, Other

1012 Oberlin Rd., Ste. 300

Raleigh, NC 27605

Phone: Voice/TTY: 919-833-1117

Email: alliance@alliancecil.org

www.alliancecil.org

Disability Rights North Carolina

Provides legal representation and advocacy to protect the rights of people with disabilities and investigates allegations of abuse and neglect. STATEWIDE

3724 National Dr., Ste. 100

Raleigh, NC 27612

Phone: 919-856-2195

Email: info@disabilityrightsncc.org

www.disabilityrightsncc.org

NC Dance for Parkinsons

Movement opportunities for people with Parkinson's, virtual and in-person.

6 Scotland Place

Durham, NC 27705

Phone: 919-215-2759

Email: ncdanceforparkinsons@gmail.com

North Carolina Assistive Technology Program (NCATP)

Administered by the NC Division of Vocational Rehabilitation Services. Provides assistive technology (AT) services to people of all ages and abilities. AREA SERVED: All counties

3080 Hamond Business Place

Raleigh, NC 27603

Phone: Voice/TTY: 919-664-1243

www.ncdhhs.gov/assistance/disabilityservices

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.

COUNTIES SERVED: Chatham, Durham, Orange

4312 Western Park Pl.

Durham, NC 27705

Phone: 919-560-6810

www.dvr.dhhs.state.nc.us

North Carolina Vocational Rehabilitation

Prepares people with a disability to find or keep a job. May provide financial help for eligible people who want to return to school. COUNTIES SERVED: Chatham, Durham, Orange

104 Village Lake Dr.

Siler City, NC 27344

Phone: 919-663-2544

www.dvr.dhhs.state.nc.us

Hearing Impairment

Duke Hospital Speech Pathology and Audiology Clinic

Assessments, therapy and hearing devices.

40 Duke Medicine Cir.

Durham, NC 27710

Phone: 919-684-3859

www.dukespeechandhearing.org

Hearing Loss Association of America, Wake County

Support and information provided in a group setting for individuals with hearing loss. Email steve.barber@earthlink.net to receive emailed newsletter for Wake Chapter. NATIONWIDE with local chapters

104 Sylvan Grove

Cary, NC 27518

Phone: 919-469-0924

Email: steve.barber@earthlink.net

www.hearingloss.org

International Hearing Society

Hearing aid helpline and referrals to local providers.

Phone: 800-521-5247

www.ihinfo.org

North Carolina Division of Services for the Deaf and Hard of Hearing

Statewide regional centers with programs and services to help clients achieve full participation in daily life: advocacy, communication tips and tools (sign language interpreters), referrals to community resources (legal to recreation), library resources. Free.

1100 Navaho Dr., Wood Oaks Bldg.

Raleigh, NC 27609-2301

Phone: Voice/TTY: 919-874-2212

Alt Phone: 800-851-6099

www.ncdhhs.gov/divisions/dsdhh

Relay North Carolina

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

Phone: 800-676-3777 - Customer Service

Alt Phone: Voice/TTY: 800-735-2962

www.relaync.com

UNC Hospital Audiology Department

Hearing tests, hearing aids, cochlear ear implants and programming. Bilingual. Visit our website. Click: CARE AND TREATMENT then Click: AUDIOLOGY.

2226 Nelson Highway

Chapel Hill, NC 27517

Phone: 984-974-4479

www.unccmedicalcenter.org

Healthcare Equipment, Inc.

Representatives at our Durham store and in the field can help families with selections. Therapist and family members are present when samples and choices are decided. Requires a letter of medical need and doctor's prescription. Repairs and maintains equipment that we provide.

4228 Garrett Rd.

Durham, NC 27707

Phone: 919-489-7408

Alt Phone: 800-462-6427

Email: kevinp@hcewheelchairs.com

www.healthcareequipmentinc.com

Stronger Pathways

My practice provides person-centered therapeutic care for those with neurodegenerative diseases, such as dementia, and brain injuries that impact one's cognition, communication, and swallowing abilities. Services include ongoing cognitive wellness sessions and caregiver supports.

Durham, NC 27705

Phone: 240-863-1327

Email: daria@strongerpathways.com

www.strongerpathways.com

Whole Life OT, PLLC

Provides community-based occupational therapy (OT) services to adults with neurologic conditions. Holistic wellness and lifestyle modification workshops and programs. Individual in-home service area: most of Durham and Orange counties; Fearington. Telehealth services throughout North Carolina.

4813 Butler Street

Durham, NC 27707

Phone: 919-205-9878

Email: wholelifeot@gmail.com

www.wholelifeotnc.com

Visual Impairment**Academy Eye Center**

Low vision exams, rehabilitation, aids and resources. Visit our web site and Search: LOW VISION. COUNTIES SERVED: Durham and Orange

3115 Academy Rd.

Durham, NC 27707

Phone: 919-493-7456

www.academyeye.com

American Foundation for the Blind Information Center

2 Penn Plaza, Ste. 1102

New York, NY 10121

Phone: 800-232-5463

Email: info@afb.net

www.afb.org/directory

Cassiopeia's Home Care Agency

We provide services to Seniors, Adolescents and Children. Services are provided within their homes or living facilities. We provide Companions, Sitters, PCA, HHA, CNA's. We specialize in dementia and alzheimer care and palliative care and clients with mental and physical disabilities.

150 Preston Executive Dr, 201

Cary, NC 27513

Phone: 9194130437

Alt Phone: 9194130437

Email: cassiopeiashomecare@gmail.com

<https://www.cassiopeiashomecareagency.com/>

Duke Eye Center - Low Vision Rehabilitation

Provides evaluation; helps patients set rehabilitation goals; offers disability adjustment counseling; and family support groups.

2351 Erwin Rd.

Durham, NC 27710

Phone: 800-422-1575

www.dukeeyecenter.duke.edu

Low Vision Rehab Solutions

We serve individuals with vision loss who struggle to safely and independently complete their daily activities. Our low-vision occupational therapist meet seniors in their homes to evaluate them and carry out interventions to help them with things like reading, writing, and assistive technology use.

100 Parkway Office Court

Cary, NC 27518

Phone: (919) 239-4805

Email: elizanette@lowvisionrehabolutions.com

<https://lowvisionrehabolutions.com>

National Library Service for the Blind and Physically Handicapped

Free library services to people with visual problems.

Phone: 800-424-8567

Alt Phone: 202-707-5100

Email: nls@loc.gov

www.loc.gov/nls

North Carolina Library for the Blind and Physically Handicapped

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

1841 Capital Blvd.

Raleigh, NC 27635

Phone: TDD: 984-236-1100

Alt Phone: 888-388-2460 or 984-236-1100

Email: nclbph@ncdcr.gov

<https://statelibrary.ncdcr.gov/about-us/library-blind-and-physically-handicapped>

North Carolina Services for the Blind

Rehabilitation and independent living services for persons with vision impairments.

*COUNTIES SERVED: Durham, Orange

*For services in counties other than Durham or Orange, please visit our website.

414 E. Main St. Room 244M

Durham, NC 27701

Phone: 919-560-8633

Alt Phone: 919-245-2646

www.ncdhhs.gov/divisions/dsb

North Carolina Services for the Blind

Rehabilitation and independent living services for persons with vision impairments.

*COUNTIES SERVED: Durham, Orange

*For services in counties other than Durham or Orange, please visit our website.

414 E. Main St. Room 244M

Durham, NC 27701

Phone: 919-560-8633

Alt Phone: 919-245-2646

www.ncdhhs.gov/divisions/dsb

Orange County Public Library - Carrboro Cybrary

Enjoy access to print/digital books, DVDs & music; wi-fi, computers & ancestry.com; programs for all ages; & meeting & study space. The Orange County Public Library offers free library cards to residents of Orange, Person, Chatham, Durham, Alamance & Caswell counties.

N. Greensboro St

Carrboro, NC 27510

Phone: 919-918-7387

www.OrangeCountyLibrary.org

Orange County Public Library - Main

Enjoy access to print/digital books, DVDs & music; wi-fi, computers & ancestry.com; programs for all ages; & meeting & study space. The Orange County Public Library offers free library cards to residents of Orange, Person, Chatham, Durham, Alamance & Caswell counties.

137 West Margaret Lane

Hillsborough, NC 27278

Phone: 919-245-2525

Email: library@orangecountync.gov

www.OrangeCountyLibrary.org

Social Worker for the Blind - Durham and Orange Counties

To help individuals with vision loss identify where they need help to meet their goals to be independent. Assessments, training, adjustments to vision loss. Operates through the NC Division of Services for the Blind. COUNTIES SERVED: Durham and Orange

414 East Main St., Room 244-M

Durham, NC 27701

Phone: 919-560-8633

Triangle Radio Reading Service

Connects people who are blind and print impaired by delivering news, information and entertainment using the latest audio technology. 24/7 online programming via special radio (loaned free). Listen to News and Observer, USA Today, Our State Magazine and special programs such as Tech Tips, Legal Matters and Health Issues. AREA SERVED: All

211 E. Six Forks Rd., Ste. 103

Raleigh, NC 27609

Phone: 919-832-5138

Email: may@trrsnc.org

www.trianglereadingservice.org

Driving

Driver Safety Classes

AAA (American Automobile Association)

Offers online traffic safety courses to refresh driving skills or may purchase a computer program on traffic safety. NATIONWIDE.

2301 Blue Ridge Rd.

Raleigh, NC 27607

Phone: 800-444-8691 ext: 10883

www.aaa.com/safety

AARP Driver Safety Program

Online and classroom driver safety classes for members/nonmembers. Find a location near you. STATEWIDE.

Phone: 888-227-7669

www.aarp.org/drive

Driving Evaluations

An evaluation may be needed for an aging adult with a compromised driving ability. May be done through a private company or some hospital outpatient clinics. Follow-up training may be available. Fee. Some insurance may apply.

Andes Driving School

Evaluates driving skills behind the wheel normally at the office. Written report to medical provider. English / Spanish.

5007 Southpark Dr., Ste. 120

Durham, NC 27713

Phone: 919-484-0330

www.driveandes.com

Driver Rehabilitation Services, PA

Provides clinical and behind the wheel testing of physical, visual and cognitive skills needed for safe vehicle operation. Evaluations are completed by an occupational therapist/certified driver rehabilitation specialist. Evaluations are in McLeansville office. Training, if needed, is provided at client's location.

P.O. Box 448

5417 Frieden Church Rd.

McLeansville, NC 27301

Phone: 888-888-0039

Alt Phone: 336-697-7841 - Guilford County

www.driver-rehab.com

Duke University Rehab - Duke Driving Program

Clinical evaluation of a person's driving potential. In-clinic evaluation by an occupational therapist. Financial counseling available, not covered by insurance.

3000 Erwin Rd.

Durham, NC 27705

Phone: 919-684-4543

<https://www.dukehealth.org/treatments/physical-and-occupational-therapy/fitness-to-drive>

UNC Center for Rehabilitation Care (CRC)

Only does in-clinic driving evaluations by an occupational therapist using a driving simulator. Written report sent to medical provider. If further evaluation is needed, CRC may recommend an on-the-road assessment. English / Spanish. Location: former Borders Bookstore Building. COUNTIES SERVED: Orange

1807 North Fordham Blvd.

Chapel Hill, NC 27514

Phone: 855-609-0803

www.uncrehabilitationcare.org

Visiting Angels of Central North Carolina

Our comprehensive home care customized for seniors based on their individual needs and preferences. Dedicated and reliable caregivers help older adults live happily and safely in the comforts of home while providing their families with peace of mind. If you have a loved one who needs personalized in-home care, contact us today to schedule a free consultation, call/text or email us at 919-968-3724. COUNTIES SERVED: Alamance, Chatham, Durham, Orange, Person.

104 Jones Ferry Rd., Ste. A

Carrboro, NC 27510

Phone: 919-968-3724

Alt Phone: 919-321-2136

Email: Chapelhilladmin@visitingangels.com

www.visitingangels.com/chapelhill/home/

Educational Opportunities

Carolina Public Humanities

Offers a wide variety of in-person and virtual public events, including lecture series, seminars, reading groups, music events, and more. Tuition varies. COUNTIES SERVED: Alamance, Chatham, Durham, Orange, Person, Wake, Statewide, Other

1700 Martin Luther King Jr. Blvd., CB#3425

Chapel Hill, NC 27599

Phone: 919-962-1544

Email: human@unc.edu

humanities.unc.edu

Chatham County Sheriff's Office

Law enforcement, protection orders, victim assistance, meal drives, fraud awareness & prevention presentations, permanent & mobile prescription take backs, Coffee with a Cop, Community Watch, Mobile Community Meetups, Sheriff's Training Academy for Residents (STAR), home/business checks & more. COUNTIES SERVED: Chatham

295 West St.

Pittsboro, NC 27312

Phone: 919-542-2811

www.chathamsheriff.com

Durham Technical Community College - Main Campus

Offers more than 100 associate and certificates for individuals seeking to retrain or learn new skills. Educational opportunities include a variety of personal enrichment courses like Computer Systems, Finance, English as a Second Language (ESL) classes and more. COUNTIES SERVED: Durham and Orange

1637 Lawson St.

Durham, NC 27703

Phone: 919-536-7200

www.DurhamTech.edu

Durham Technical Community College - Main Campus

Offers more than 100 associate and certificates for individuals seeking to retrain or learn new skills. Educational opportunities include a variety of personal enrichment courses like Computer Systems, Finance, English as a Second Language (ESL) classes and more. COUNTIES SERVED: Durham and Orange

1637 Lawson St.

Durham, NC 27703

Phone: 919-536-7200

www.DurhamTech.edu

Durham Technical Community College - Main Campus

Offers more than 100 associate and certificates for individuals seeking to retrain or learn new skills. Educational opportunities include a variety of personal enrichment courses like Computer Systems, Finance, English as a Second Language (ESL) classes and more. COUNTIES SERVED: Durham and Orange

1637 Lawson St.

Durham, NC 27703

Phone: 919-536-7200

www.DurhamTech.edu

Durham Technical Community College - Main Campus

Offers more than 100 associate and certificates for individuals seeking to retrain or learn new skills. Educational opportunities include a variety of personal enrichment courses like Computer Systems, Finance, English as a Second Language (ESL) classes and more. COUNTIES SERVED: Durham and Orange

1637 Lawson St.

Durham, NC 27703

Phone: 919-536-7200

www.DurhamTech.edu

Durham Technical Community College - Orange County Campus

Offers University Transfer (AA) degrees, Associate in Applied Science programs, short-term training programs, general education, High School Equivalency, English as a Second Language (ESL) and personal enrichment classes.

525 College Park Rd.

Hillsborough, NC 27278

Phone: 919-536-7238

www.DurhamTech.edu

LeadingAge North Carolina

LeadingAge North Carolina advances policies, promotes practices and conducts research that supports, enables and empowers people to live fully as they age. Area Served: ALL

222 N. Person St.
Suite 205

Raleigh, NC 27601

Phone: 919-571-8333

Email: info@leadingagenc.org

www.leadingagenc.org

Lifelong Learning Series at The UNC General Alumni Association

Expand your mind. Enrich your life. Our Lifelong Learning series engages you with programs ranging from arts and sciences to N.C. history and current events. Mornings, evenings, weekends. Tuition. GAA members enjoy discounts on these events.

General Alumni Association P.O. Box 660

Chapel Hill, NC 27514-0660

Phone: 919-962-0313

Email: enrichment@unc.edu

<https://alumni.unc.edu/things-to-do/lifelong-learning/>

Orange County Center of NC Cooperative Extension

Provides educational opportunities in the areas of agriculture, family & consumer sciences, 4-H youth development, and community & rural development. Extension & Community Association strengthens families through leadership development, volunteerism, and research-based education.

1020 US Hwy 70 W

Hillsborough, NC 27278

Phone: 919-245-2050

www.orange.ces.ncsu

Orange County Center of NC Cooperative Extension

Provides educational opportunities in the areas of agriculture, family & consumer sciences, 4-H youth development, and community & rural development. Extension & Community Association strengthens families through leadership development, volunteerism, and research-based education.

1020 US Hwy 70 W

Hillsborough, NC 27278

Phone: 919-245-2050

www.orange.ces.ncsu

Orange County Department on Aging - Education at Passmore Center

Offers a wide variety of educational opportunities for lifetime learners: lectures, classes, computer skills, health, language, financial planning, cooking, the arts and more. Visit our website or pick up a copy of the Endless Possibilities Activity guide at our senior center and other locations.

103 Meadowlands Dr.

Hillsborough, NC 27278

Phone: 919-245-2015

www.orangecountync.gov/aging

Orange County Department on Aging - Educational Seymour Center

Offers a wide variety of educational opportunities for lifetime learners: lectures, classes, computer skills, health, language, financial planning, cooking, the arts and more. Visit our website or pick up a copy of the Endless Possibilities at our senior centers and other public locations.

2551 Homestead Road

Chapel Hill, NC 27516

Phone: 919-245-2020

Alt Phone: 919-968-2070

Email: rwhitney@orangecountync.gov

www.orangecountync.gov/aging

Orange County Public Library - Carrboro Cybrary

Enjoy access to print/digital books, DVDs & music; wi-fi, computers & ancestry.com; programs for all ages; & meeting & study space. The Orange County Public Library offers free library cards to residents of Orange, Person, Chatham, Durham, Alamance & Caswell counties.

N. Greensboro St

Carrboro, NC 27510

Phone: 919-918-7387

www.OrangeCountyLibrary.org

Osher Lifelong Learning Institute at Duke (OLLI)

OLLI at Duke is a learning community of 2,400+ members, offering over 400 non-credit courses in literature, history, religion, philosophy, sciences, economics, computers, conscious aging and the performing arts. Fee. COUNTIES SERVED: Chatham, Durham and Orange

Duke University-Box 90700

Durham, NC 27708

Phone: 919-681-3476

Alt Phone: 919-684-2703

Email: Kathy.Parrish@duke.edu

www.learnmore.duke.edu/olli

Peer Learning of Chapel Hill

An educational program for seniors and retirees that provides both learning and social experiences through volunteer-led classes, guest speakers and dining at area restaurants. Fee. Meetings: Olin T. Binkley Baptist Church. COUNTIES SERVED: Alamance, Chatham, Durham, Orange

PO Box 2821

Chapel Hill, NC 27515

Email: info@peerlearningofchapelhill.com

www.peerlearningofchapelhill.com

Senior Times

Published quarterly by the Orange County Department on Aging. It lists programs and activities held countywide, along with a variety of educational opportunities. It is available at senior centers and other public locations. Visit our website for pick-up locations: www.orangecountync.gov/aging

www.orangecountync.gov/aging

Shared Learning Association of Chapel Hill

Voluntary association of adults in/near Chapel Hill who wish to continue to learn by taking non-credit classes, conducted by members. Classes meet weekday mornings in fall, spring and summer terms. Modest dues entitle members to take as many courses as they wish. Meetings held at Expand Church in Chapel Hill. COUNTIES SERVED: Chatham, Durham, Orange

114 Weaver Dairy Rd.

Chapel Hill, NC 27514

Phone: 919-642-0606

Email: amparson@uci.edu

<http://sharedlearning.us/>

UNC-Chapel Hill Friday Center

Offers non-credit courses, from morning classes that meet for 1-3 sessions to the "What's the Big Idea" evening lecture series, which consists of 4 individual lectures within one theme. Registration fees. COUNTIES SERVED: Chatham, Durham, Orange, Other

100 Friday Center Dr.

Chapel Hill, NC 27599-1020

Phone: 919-962-1134

Alt Phone: 800-962-3000

Email: fridaycenter@unc.edu

<http://fridaycenter.unc.edu/noncreditprograms/>

Emergency Assistance

See also: FINANCIAL COUNSELING, PRESCRIPTION ASSISTANCE and SOCIAL SERVICE AGENCIES Limited resources may be available for fuel, food, medicine, finances, utilities, rent, shelter or other emergencies for individuals and families in crisis. Contact the agency for their guidelines and qualifications.

American Red Cross

The American Red Cross prevents and alleviates human suffering in the face of emergencies by mobilizing the power of volunteers and the generosity of donors.

4737 University Dr., Bldg. 3

Durham, NC 27707

Phone: 919-489-6541

www.redcross.org/enc

Binkley Baptist Church

Help with gas and food gift cards only on 2nd Thursday of each month. Call beginning of month to see if funds are available. COUNTIES SERVED: Orange

1712 Willow Dr.

Chapel Hill, NC 27514

Phone: 919-942-4964

Email: info@binkleychurch.org

www.binkleychurch.org

Catholic Charities

Food pantry open on Wednesday 9:30 a.m. to 12:30 p.m. COUNTIES SERVED: Alamance, Caswell, Chatham, Durham, Orange, Person

3711 University Dr., Ste. B

Durham, NC 27707

Phone: 919-286-1964

www.catholiccharities.org

Durham County Social Services

The Housing Opportunities for Persons with AIDS (HOPWA) program is dedicated to the housing needs of people living with HIV/AIDS. HOPWA provides housing assistance and related supportive services for low-income persons living with HIV/AIDS and their families.

414 E Main St.

Durham, NC 27702

Phone: 919-560-7280

Email: dssmcm@dconc.gov

Inter-Faith Council for Social Services (IFC)

Serves local households and persons who live in Carrboro or Chapel Hill who face hardship that might lead to homelessness. May provide food, clothing, rent/utility assistance, help with IDs and referrals. AREA SERVED: Carrboro and Chapel Hill

110 West Main St.

Carrboro, NC 27510

Phone: 919-929-6380

Email: info@ifcmailbox.org

www.ifcweb.org

Jewish for Good

Jewish for Good's Helping Department (formerly known as Jewish Family Services) offers a comprehensive range of services that help people meet life's challenges. We provide counseling, case management, food assistance, social and memory programming, and limited financial assistance.

1937 West Cornwallis Rd.

Durham, NC 27707

Phone: 919-354-4922

www.jewishforgood.org

Orange Congregations in Mission-Samaritan Relief

OCIM provides emergency food, rent and utility payments, and prescription assistance for those in crisis. Food pantry is by referral only from a county agency or from member pastors of OCIM. For financial assistance, contact the agency directly.

300 Millstone Dr.

Hillsborough, NC 27278

Phone: 919-732-6194 ext. 12

Email: ocim300mill@mindspring.com

www.ocimnc.org

Salvation Army Boys and Girls Club

Provides temporary, emergency food and financial assistance, training classes, social work counseling. Call for eligibility and type of documents required. COUNTIES SERVED: Durham, Orange, Person

909 Liberty St.

Durham, NC 27701

Phone: 919-688-7306

www.salvationarmy.org

St. Thomas More

Help with rent and utility payments only. Open Monday mornings only. Call for times. COUNTIES SERVED: Orange

940 Carmichael St.

Chapel Hill, NC 27514

Phone: 919-942-1040

www.stmchapelhill.org

State / County Special Assistance In-Home Program for Adults

For eligible older adults or adults with disabilities, this program can help with living expenses such as food, shelter, clothing and other daily necessities. For eligible individuals living at home. Apply at your county department of social services.

www.ncdhhs.gov/document/special-assistance-home-program-adults

Urban Ministries

Provides short-term shelter and food to address basic emergency needs for Durham County citizens. However, anyone regardless of circumstances can come to the Community Cafe. For information and eligibility guidelines, contact UMD. COUNTIES SERVED: Durham

410 Liberty St.

Durham, NC 27701

Phone: 919-682-0538

www.umdurham.org

Employment**Compass Center for Women and Families**

Offers a broad range of services to 6,000+ people each year, including career and financial education and individual counseling, legal resources, and support groups. We are the only Orange County resource for comprehensive domestic violence crisis services. COUNTIES SERVED: Alamance, Chatham, Durham, Orange, Wake

210 Henderson St.

Chapel Hill, NC 27514

Phone: 919-968-4610

Alt Phone: 919-929-7122

Email: clientservices@compassctr.org

www.compassctr.org

North Carolina Department of Commerce Division of Work Force

State job service connects talent to jobs. COUNTIES SERVED: Orange

503 West Franklin St.

Chapel Hill, NC 27516

Phone: 919-968-2031

Email: ncws.3100@nccommerce.com

www.ncworks.gov

North Carolina Works Career Center

One-stop location that provides services to individuals, job-seekers, businesses and employers. COUNTIES SERVED: Orange

503 West Franklin St.

Chapel Hill, NC 27516

Phone: 919-245-4335

Email: sdccjoblink@co.orange.edu

www.orangecountyjoblink.org

End of Life Planning (Advanced Directives)

See also: AGING AGENCIES, GRIEF, HOSPICE, HOME CARE, LEGAL and WEBSITES It is advisable to seek an attorney to make property, financial and other legal decisions such as when making a Will, establishing a Trust or designating a Durable or Financial Power of Attorney.

Advanced Health Care Directive Registry - NC Secretary of State

Register advanced directives with the Secretary of State's office to make them available online 24/7/365. Includes Health Care Power of Attorney, Living Will, Advance Instructions for Mental Health Treatment and anatomical gifts (organ donations). Visit website for more information.

Post Office Box 29622

Raleigh, NC 27626-0622

Phone: 919-814-5363

Email: AHCDR@sosnc.gov

<http://www.sosnc.gov/health>

Angel Advocacy, LLC

Nurse Advocate and Care Manager, caring for your health and wishes. Multiple services are offered. Visit www.angeladvocacy.com for a list of most of our services, including a financial assistance program designed to help those who need the services but can't afford an hourly rate. AREA SERVED: All

715 Greentree Dr

Hillsborough, NC 27278

Phone: 919-519-1850

Email: angeladvocacy4u@gmail.com

www.angeladvocacy.com

Association for Death Education and Counseling (ADEC)

Offers conferences, courses, workshops, certification and publications on dying, death and bereavement. ADEC members include mental and medical health personnel, educators, clergy, funeral directors and volunteers. AREA SERVED: All

9462 Brownsboro Road, #164

Louisville, KY 40241

Phone: 502.931.2332

Email: adec@adec.org

www.adec.org

Association for Death Education and Counseling (ADEC)

Offers conferences, courses, workshops, certification and publications on dying, death and bereavement. ADEC members include mental and medical health personnel, educators, clergy, funeral directors and volunteers. AREA SERVED: All

9462 Brownsboro Road, #164

Louisville, KY 40241

Phone: 502.931.2332

Email: adec@adec.org

www.adec.org

CaringInfo

Provides free resources to help people make decisions about end-of-life care and services before a crisis. Includes state Advanced Directive forms, a hospice locator & resources on caregiving, hospice, grief and loss. English / Spanish.

www.caringinfo.org

Duke Center for Spirituality, Theology and Health

Located in the Center for Aging at Duke, provides opportunities for scholarly trans-disciplinary conversation and the development of collaborative research initiatives.

Phone: 919-681-6633

www.dukespiritualityandhealth.org

Dying Consciously

This Greatest Journey website is dedicated to helping people come to the end of life with grace. It offers a message of hope that it is possible to bring dignity and peace back to the dying process. Includes reading materials, DVDs, web links and training program.

www.dyingconsciously.org

Heartwood Death Doula and Bereavement Care

Heartwood Death Doula and Bereavement Care is a one-on-one service to help you make the most of your time with the people you love. Holly Lux-Sullivan has extensive training in dementia and advanced illness care as well as years of experience at the bedside.

206 Oak Forest Court

Mebane, NC 27302

Phone: 919-576-9243

Alt Phone: 336-587-4900

Email: heartwood.death.doula@gmail.com

heartwooddeathdoula.com

Hospice Foundation of America (HFA)

Educates the public and health care professionals about death, dying and the grief process. Offers information on research, health policy issues and other publications.

www.hospicefoundation.org

National Hospice and Palliative Care Organization (NHPCO)

A non-profit organization advocating for people with a serious or life-limiting illness and their families. They provide education, resources and information to improve end-of-life care and expand access to hospice care.

www.nhpco.org

Transitions LifeCare

Nonprofit hospice and palliative care provider.

250 Hospice Circle

Raleigh, NC 27607

Phone: 919-828-0890

Email: mlucas@transitionslifecare.org

<https://transitionslifecare.org/>

Family Care homes

Family Care Homes are assisted living/adult care homes that are state-licensed & limited to six unrelated residents. They provide lodging, meal services & assistance with daily living activities. They are also monitored by the county's Department of Social Services & the TJAAA Regional Ombudsman.

Alamance County

Alvarado's Family Care

Accepts special assistance.

646 Country Club Dr.

Burlington, NC 27215

Phone: 336-222-0303

C&M Adult Care Home

Three meals, snacks in between, AdL, doctors appointments, medication administration and outings

422 N MAIN ST

Burlington, NC 27217

Phone: 336-269-1926

Alt Phone: 336-227-5216

Caring Hearts Assisted Living

Accepts special assistance.

218 Adams St.

Burlington, NC 27217

Phone: 336-228-7900

Creekview Family Care Home

Accepts special assistance.

3524 Dickey Mill Rd.

Mebane, NC 27302

Phone: 336-578-8374

Alt Phone: 336-534-1416

Email: ljayrn@aol.com

Dee & G Enrichment Center

Accepts special assistance.

2822 South Mebane St.

Burlington, NC 27715

Phone: 336-570-3072

Email: Harold.Koenig@dm.duke.edu

<https://spiritualityandhealth.duke.edu/index.php>

Emmanuel Family Care II

Accepts special assistance.

2655 White Oak Dr.

Burlington, NC 27215

Phone: 336-585-2025

Golden Years Family Care Home

Accepts special assistance.

205-A East Sixth St.

Burlington, NC 27215

Phone: 336-227-5854

Golden Years Family Care Home #2

Accepts special assistance.

207 East Sixth St.

Burlington, NC 27215

Phone: 336-229-0883

Graham Drive Family Care Home

Accepts special assistance.

509 Graham Dr.

Graham, NC 27253

Phone: 336-228-1525

Guardian Angel

Accepts special assistance.

1006 Richmond Ave.

Burlington, NC 27217

Phone: 336-222-0114

Homewood Avenue Assisted Living Facility

Accepts special assistance.

301 Homewood Ave.

Burlington, NC 27217

Phone: 336-270-6140

Lane Street Retirement Home

Accepts special assistance.

625 Lane St.

Burlington, NC 27217

Phone: 336-229-9900

Sheridanville, Inc.

Accepts special assistance.

2051 Miles Chapel Rd.

Mebane, NC 27302

Phone: 336-578-5774

Springview Assisted Living - Burlington

Accepts special assistance.

1405 North Sellars Mill Rd. Ext.

Burlington, NC 27217

Phone: 336-570-9424

www.springviewassistedliving.com

Springview Assisted Living - Mebane

Accepts special assistance.

1032 North Mebane St.

Burlington, NC 27217

Phone: 336-222-8913

www.springviewassistedliving.com

Springview Assisted Living - Wilson Building

Accepts special assistance.

350 North Sellars Mill Rd.

Burlington, NC 27217

Phone: 336-513-0396

www.springviewassistedliving.com

Warren Care Services - Adult Care

Located in Alamance County, WCS accepts men and women 55+. Offers 24/7 personal care, meal planning, medication management, short-term respite, hospice care services & more. Limited dementia/Alzheimer care services available for individuals who do not exhibit wandering and/or behavioral conditions. COUNTIES SERVED: Alamance, Caswell, Chatham, Orange, Other

1237 Westmoreland Dr.

Burlington, NC 27217

Phone: 336-270-5259

Email: info@warrencareservices.com

www.warrencareservices.com

We Care Family Care

Accepts special assistance.

1718 Morgantown Rd.

Burlington, NC 27217

Phone: 336-570-0770

Chatham County

All About Seniors, Inc.

Offers no-cost services to families while providing valuable in-home care and retirement community resources. We tour facilities with families and guide them to quality housing and care. We also help senior homeowners save money when selling their homes to help pay for senior living.

265 Longwood Drive

Youngsville, NC 27596

Phone: (919) 830-6478

Alt Phone: (919) 444-5319

Email: Davis@AllAboutSeniorsNC.com

<http://www.allaboutseniorsnc.com/>

Durham County**Angelica House**

Accepts special assistance.

2007 Stadium Dr.

Durham, NC 27705

Phone: 919-477-6540

August Estates at Umstead Pines

August Estates provides comprehensive assisted living in a residential, family care home setting, offering 24 hour RN supervised care. AREA SERVED: Durham, Orange, Person, Wake, Statewide

2713 Green Lane Dr.

Durham, NC 27712

Phone: 919-249-8553

Alt Phone: 919-795-6612

Email: info@augustestates.com

<http://www.augustestates.com>

B.J.'s Family Care Home

Accepts special assistance.

716 Hugo St.

Durham, NC 27704

Phone: 919-220-5203

Begin Again Family Care Home #2

Accepts special assistance.

407 North Hyde Park Ave.

Durham, NC 27703

Phone: 919-682-6079

Jones Family Care Home

Accepts special assistance.

2122 Overland Dr.

Durham, NC 27704

Phone: 919-688-6205

Alt Phone: 919-479-6600

Rockbridge Senior Care Home

Clean, comfortable family care home that provides personalized, quality, and compassionate care to anyone over 65 yrs of age. Assistance provided with all activities of daily living including medication administration by 24hour kind caregivers. This is a place for your love one to thrive.

2713 Green Lane Dr.

Durham, NC 27712

Phone: 9197956612

Alt Phone: 9195003556

Email: nb@rockbridge4seniors.com

Rockbridge4seniors.com

The Pickett House Family Care Home

Accepts special assistance.

3811 Pickett Rd.

Durham, NC 27705

Phone: 919-403-0390

Email: Cjones1970@nc.rr.com

Tower of Blessing

Accepts special assistance.

2309 Ellington St.

Durham, NC 27704

Phone: 919-680-6360

All About Seniors, Inc.

Offers no-cost services to families while providing valuable in-home care and retirement community resources. We tour facilities with families and guide them to quality housing and care. We also help senior homeowners save money when selling their homes to help pay for senior living.

265 Longwood Drive

Youngsville, NC 27596

Phone: (919) 830-6478

Alt Phone: (919) 444-5319

Email: Davis@AllAboutSeniorsNC.com

<http://www.allaboutseniorsnc.com/>

Cedar Grove Family Care Home

Accepts special assistance.

313 Saw Mill Rd.

Cedar Grove, NC 27231

Phone: 919-732-8850

Cedar Grove Family Care Home #2

Accepts special assistance.

317 Saw Mill Rd.

Cedar Grove, NC 27231

Phone: 919-732-8850

Charles House - Winmore

Neighborhood Eldercare Home: residential care for six residents.

121 Della St.

Chapel Hill, NC 27516

Phone: 919-967-7570

Email: info@charleshouse.org

www.charleshouse.org

LiveWell @ Coker Hills

Provides concierge care for older adults in need of assisted living services. Situated in a beautiful home in a desirable neighborhood, LiveWell offers a "smaller is better" alternative to institutionalized assisted living and dementia care. Specializes in serving clients at all stages of dementia.

202 North Elliott Rd.

Chapel Hill, NC 27514

Phone: 919-230-7899

Email: livewellassistedliving@gmail.com

www.livewellassistedliving.com

Reliable Health Services, Inc.

Reliable Health Services serving the community for Home care, mental health, DWI assessments, Group therapy, Therapy, Weight loss, Meditation, Addiction treatment and therapy. AREA SERVED: All

2634 Durham-Chapel Hill Blvd.

Suite 204

Durham, NC 27707

Phone: 919-596-9479

Email: sreliablecare@yahoo.com

www.reliablehealthservices.com

Rockbridge Senior Care Home

Clean, comfortable family care home that provides personalized, quality, and compassionate care to anyone over 65 yrs of age. Assistance provided with all activities of daily living including medication administration by 24hour kind caregivers. This is a place for your love one to thrive.

2713 Green Lane Dr.

Durham, NC 27712

Phone: 9197956612

Alt Phone: 9195003556

Email: nb@rockbridge4seniors.com

Rockbridge4seniors.com

Financial Counseling

See also: EMERGENCY ASSISTANCE and PRESCRIPTION ASSISTANCE

Community Financial Counseling

All Good Things

A nonprofit organizational representative payee program providing money management for low-income elderly and disabled community members. We work to keep our clients safely housed and financially secure while managing their Social Security benefits.

880 Martin Luther King Jr. Drive

Chapel Hill, NC 27514

Phone: 984-244-0998

Email: allgoodthingsdurham@gmail.com

Compass Center for Women and Families

Offers a broad range of services to 6,000+ people each year, including career and financial education and individual counseling, legal resources, and support groups. We are the only Orange County resource for comprehensive domestic violence crisis services. COUNTIES SERVED: Alamance, Chatham, Durham, Orange, Wake

210 Henderson St.

Chapel Hill, NC 27514

Phone: 919-968-4610

Alt Phone: 919-929-7122

Email: clientservices@compassctr.org

www.compassctr.org

Consumer Education Services Inc.

Offers comprehensive financial services for those experiencing financial distress. From Credit Counseling and Debt Management to Reverse Mortgage Counseling and Representative Payee Services, we can help eliminate the financial stress of debt. STATEWIDE

3700 Barrett Dr.

Raleigh, NC 27609

Phone: 866-484-5373

Email: info@cesisolutions.org

www.cesisolutions.org

Durham Regional Financial Center

A HUD-approved housing counseling agency. Offers some fee-based services on financial budgeting, credit counseling, credit repair, debt management, rental. Homebuyer education, pre/post purchase ownership counseling, reverse mortgage counseling. COUNTIES SERVED: Alamance, Chatham, Durham, Orange, Person, Wake, Other

2634 Durham-Chapel Hill Blvd.

Durham, NC 27707

Phone: 919-688-3381

Email: info@drfcenter.org

www.drfcenter.org

Financial Advisors

The National Association of Personal Financial Advisors (NAPFA)

NAPFA is the country's leading professional association of fee-only financial advisors—highly trained professionals who are committed to working in the best interests of those they serve, in accordance with the fee-only compensation model.

8700 West Bryn Mawr Ave., Ste. 700N

Chicago, IL 60631

Phone: 888-333-6659

www.napfa.org

Geriatric Assessment

See also: **DEMENTIA** 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

Angel Advocacy, LLC

Nurse Advocate and Care Manager, caring for your health and wishes. Multiple services are offered. Visit www.angeladvocacy.com for a list of most of our services, including a financial assistance program designed to help those who need the services but can't afford an hourly rate. AREA SERVED: All

715 Greentree Dr

Hillsborough, NC 27278

Phone: 919-519-1850

Email: angeladvocacy4u@gmail.com

www.angeladvocacy.com

Duke Geriatric Evaluation and Treatment Clinic

Services and resources to help people 65+ and their families cope with the challenges of daily living and health maintenance: evaluation, treatment, counseling and research opportunities. Physician referral only.

2580-A Stead Bldg., DHS Blue Zone

200 Trent Dr.

Durham, NC 27710

Phone: 919-620-4070

centerforaging.duke.edu/services/59

UNC Hospitals Geriatrics Specialty Clinic

6011 Farrington Rd., Bldg. 100

Chapel Hill, NC 27517

Phone: 919-974-6599

www.med.unc.edu/aging/patients

Memory Clinics

Duke Neurological Disorders Clinic at Morreene Road

Specializes in memory and movement disorders like Alzheimer's, Parkinson's and Huntington's diseases. Do not need a physician's referral.

932 Morreene Rd.

Durham, NC 27705

Phone: 919-668-7600

www.dukemedicine.org

UNC Memory and Cognitive Disorders Clinic

Physician's referral required. Provides clinical care, education and research into Alzheimer's and related disorders.

194 Finley Golf Course Dr., Ste. 200

Chapel Hill, NC 27517

Phone: 919-962-2685

www.med.unc.edu/neurology

Aging Family Solutions

As a Nationally certified Care Manager, I have over 30 years of experience providing families with direction and support to help them navigate the complexities of aging. This support can be given in the home if that's what is best, or in their best fit senior living community.

1124 Scholastic Circle

Durham, NC 27713-6580

Phone: 9196004908

Email: laura@AgingFamilySolutions.com

www.AgingFamilySolutions.com

Aging in Grace

We provide in-home support for older adults to live safely and independently—offering balance and stability training, home-safety assessments, nutrition guidance, and personalized wellness plans without needing a doctor's referral.

3030 Ranger Dr

Durham, NC 27703

Phone: 563-542-6815

Email: AginginGrace24@gmail.com

<https://aginginGrace.care/>

Grief

See also: HOSPICE and WEBSITES

Amber Bishop, LCSW

I am a Clinical Social Worker specializing in addressing the unique needs of older adults as they navigate the complexities of aging and life transitions. I strive to create a safe and nurturing space where individuals can explore their emotions and find healing and resilience.

410 Millstone Dr

Hillsborough, NC 27278

Phone: 9192605926

Email: amberbishoplcsww@gmail.com

<http://www.asteptohealth.com/Amber/index.html>

Chatham County Sheriff's Office

Law enforcement, protection orders, victim assistance, meal drives, fraud awareness & prevention presentations, permanent & mobile prescription take backs, Coffee with a Cop, Community Watch, Mobile Community Meetups, Sheriff's Training Academy for Residents (STAR), home/business checks & more.

COUNTIES SERVED: Chatham

295 West St.

Pittsboro, NC 27312

Phone: 919-542-2811

www.chathamsheriff.com

Heartwood Death Doula and Bereavement Care

Heartwood Death Doula and Bereavement Care is a one-on-one service to help you make the most of your time with the people you love. Holly Lux-Sullivan has extensive training in dementia and advanced illness care as well as years of experience at the bedside.

206 Oak Forest Court

Mebane, NC 27302

Phone: 919-576-9243

Alt Phone: 336-587-4900

Email: heartwood.death.doula@gmail.com

heartwooddeathdoula.com

Holly Menard - End of Life Doula

Holistic, non-medical emotional and practical support for the dying person, primary caregiver and family at any point from the time of diagnosis, up until end of life and into bereavement. Everyone deserves to live Fully and Die Prepared, to do death differently and to die well.

1106 Village Crossing Dr.

Chapel Hill, NC 27517

Phone: 919-606-3332

Email: 1doulaholly@gmail.com

hollyeoldoula.com

Peaceful Wisdom Counseling Services, PLLC

Geriatric Counseling with a focus on addressing the unique mental health and emotional needs of older adults and caregivers.

1220 Timber Dr. E

#1021

Garner, NC 27529

Phone: 919-525-1467

<https://peacefulwisdomcounseling.com/>

Transitions LifeCare

Nonprofit hospice and palliative care provider.

250 Hospice Circle

Raleigh, NC 27607

Phone: 919-828-0890

Email: mlucas@transitionslifecare.org

<https://transitionslifecare.org/>

Transitions LifeCare

Nonprofit hospice and palliative care provider.

250 Hospice Circle

Raleigh, NC 27607

Phone: 919-828-0890

Email: mlucas@transitionslifecare.org

<https://transitionslifecare.org/>

UNC Hospice

Offers bereavement services for patient's family members for 13 months after death. Chaplain services available. COUNTIES SERVED: Chatham, Durham, Orange

287 East St., Ste. 221

Pittsboro, NC 27312

Phone: 919-542-5545

Alt Phone: 984-215-2650

www.unchealthcare.org/site/hospice

Guardianship

See also: LEGALGuardians must be appointed by the 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 your county for more information.

County Clerks of Court**Alamance County Clerk of Court**

Call and ask for Special Proceedings.

1 Court Square

Graham, NC 27253

Phone: 336-570-5206

www.alamance-nc.com/clerkofcourt

Chatham County Clerk of Court

40 East Chatham St.

Pittsboro, NC 27512

Phone: 919-545-3500

www.nccourts.com/county/chatham

Durham County Clerk of Court

510 South Dillard St.

Durham, NC 27701

Phone: 919-808-3000

<http://www.nccourts.org/County/Durham/Default.asp>

Orange County Clerk of Court

106 East Margaret Lane

Hillsborough, NC 27278

Phone: 919-644-4500

www.nccourts.com/county/orange

Health and Wellness

See also: SOCIAL & RECREATIONAL RESOURCES

Aging in Grace

We provide in-home support for older adults to live safely and independently—offering balance and stability training, home-safety assessments, nutrition guidance, and personalized wellness plans without needing a doctor’s referral.

3030 Ranger Dr

Durham, NC 27703

Phone: 563-542-6815

Email: AginginGrace24@gmail.com

<https://aginginGrace.care/>

BIONIC HEALTH, INC

Achieve your optimal health • Personalized, preventive medicine • Longevity treatment from real doctors • Analysis of your unique biomarkers • Care team support with unlimited chat

600 PARK OFFICES DRIVE

, NC 27709

Phone: (919) 425-5864

Alt Phone: 919-452-4864

Email: CONTACT@BIONICHEALTH.COM

WWW.BIONICHEALTH.COM

Chapel Hill-Carrboro YMCA

Fitness classes, clubs, wellness, swimming, sports, basketball. COUNTIES SERVED: Orange

980 Martin Luther King Jr. Blvd.

Carrboro, NC 27514

Phone: 919-442-9622

www.ymcatriangle.org/chapelhill-carrboro-ymca

Cornucopia House Cancer Support Center

Cornucopia supports the mind, body and spirit of those journeying with cancer, their families and caregivers through complementary therapies, meal and transportation assistance, individual and group support, information and resources.

PO Box 51188

Durham, NC 27717

Phone: 919-401-9333

Email: info@cancersupport4u.org

www.cancersupport4u.org

Duke Health and Fitness Center

Traditional wellness center with medically based fitness, including group fitness, nutrition, massage therapy, personal training, health coaching, and other wellness programs. Facilities include fitness equipment, pool, sauna, spa, indoor/outdoor track. AREA SERVED: Durham and surrounding counties

3475 Erwin Rd.

Durham, NC 27705

Phone: 919-660-6660

Email: dukehealthandfitnesscenter@dm.duke.edu

<https://DukeFitness.org>

Durham Center for Senior Life

Our mission is to enrich the lives of older adults 55+ by promoting healthy, active, and independent lifestyles. We serve over 200 older adults each day through free services, resources, classes, events, and more.

406 Rigsbee Ave

Durham, NC 27701

Phone: 9196888247

dcslnc.org

Durham County Senior Games Coordinator - Bridgette Robinson

Durham Parks and Recreation offers a wide variety of programs for mature adults ranging from Senior Games, outings, trips, socials, fitness, and nutrition programs including the Farmer's Market.

Phone: 919-560-4355

Email: bridgette.robinson@durhamnc.gov

ElderFit In Home Rehab

Personalized out-patient rehabilitation services in your home or in a community setting. We offer preventative screens and Otago exercise program. COUNTIES SERVED: Alamance, Durham and Orange
2002 Bartlett Cir.

Hillsborough, NC 27278

Phone: 919-614-1923

Email: info@elderfitpt.com

www.elderfitpt.com

James J. Love, PT,DPT and Real Estate Agent

Real Estate Agent with a twenty year career of being a practicing Physical Therapist working with seniors. Realtor to assist seniors and family members decide if aging in place or transitioning from their home to an assisted facility is best. Guidance and support with great compassion.

7501 Creedmoor Rd
Suite 102

Raleigh, NC 27613

Phone: (919) 434-8658

Email: James.Love@hunterrowe.com

www.HUNTERROWE.COM/JAMESJLOVE

Kildaire Counseling, PLLC

Behavioral Therapy, Cognitive Behavioral Therapy (CBT), Acceptance and Commitment (ACT), Emotionally Focused, Motivational Interviewing, Solution Focused Brief (SFBT), Eclectic, Narrative {accepted by Medicare and many Medicare Advantage Plans}

400 Woodland Ct

Cary, NC 27511

Phone: 919-229-9012

Email: anna@kildairecounseling.com

www.kildairecounseling.com

Mobile Rehab Physical Therapy

Provides in-home outpatient physical therapy in the convenience of your home. Accepts many major insurances. No rushing, no waiting and no compromise. COUNTIES SERVED: Chatham, Orange, Wake

229 Fearington Post

Pittsboro, NC 27312

Phone: 919-636-2423

Email: info@mobilerehabnc.com

www.mobilerehabnc.com

NC Dance for Parkinsons

Movement opportunities for people with Parkinson's, virtual and in-person.

6 Scotland Place

Durham, NC 27705

Phone: 919-215-2759

Email: ncdanceforparkinsons@gmail.com

NIHSeniorHealth

Provides easy-to-understand, up-to-date health information for older adults from the National Institutes of Health.

Phone: 800-222-2225

www.nihseniorhealth.gov

Orange County Department on Aging - Wellness at Passmore Center

Offers wellness screenings, educational classes, Fit Feet, indoor basketball, health education topics & massages, along with memberships to the Orange County Sportsplex. Fees vary; some are free. Check out our Wellness Special Events for people 55+. COUNTIES SERVED: Orange

103 Meadowlands Dr.

Hillsborough, NC 27278

Phone: 919-245-2015

Alt Phone: 919-245-4270

www.orangecountync.gov/aging

Orange County Department on Aging - Wellness at Seymour Center

Offers wellness screenings, educational classes, Fit Feet, indoor basketball, physical therapy, special events and massages. Fees vary; some are free. Memberships available to our on-site fitness studio & to the Orange County Sportsplex. For people 55+. COUNTIES SERVED: Orange

2551 Homestead Rd.

Chapel Hill, NC 27516

Phone: 919-968-2070

Alt Phone: 919-245-4270

www.orangecountync.gov/aging

Orange County Public Library - Main

Enjoy access to print/digital books, DVDs & music; wi-fi, computers & ancestry.com; programs for all ages; & meeting & study space. The Orange County Public Library offers free library cards to residents of Orange, Person, Chatham, Durham, Alamance & Caswell counties.

137 West Margaret Lane

Hillsborough, NC 27278

Phone: 919-245-2525

Email: library@orangecountync.gov

www.OrangeCountyLibrary.org

Orange County Sportsplex

Fitness assessments and classes, indoor pool, ice skating, hockey, massage, personal trainers, Silver Sneakers or Silver and Fit. By membership or per visit rates. If 55+ and an Orange County resident, ask about our partner membership with both the Passmore and Seymour Centers.

101 Meadowlands Dr.

Hillsborough, NC 27278

Phone: 919-644-0339

www.oc-sportsplex.com/

Silver Linings for Seniors

Counseling services in homes, communities, or our Cary office for individuals or families. Medicare approved providers help with change, sadness, anger, stress, and much more. COUNTIES SERVED: Alamance, Chatham, Durham, Orange, Wake, Other

1250 SE Maynard Rd.

Cary, NC 27511

Phone: 919-757-6498

Alt Phone: 919-300-7943

Email: rachel@silverliningsnc.com

www.SilverLiningsNC.com

Stronger Pathways

My practice provides person-centered therapeutic care for those with neurodegenerative diseases, such as dementia, and brain injuries that impact one's cognition, communication, and swallowing abilities. Services include ongoing cognitive wellness sessions and caregiver supports.

Durham, NC 27705

Phone: 240-863-1327

Email: daria@strongerpathways.com

www.strongerpathways.com

Toni's Massage

Sessions are available only at the Mebane office for massage and/or reflexology. Appointment required. Fee. COUNTIES SERVED: Alamance, Orange, Durham, Person, Wake

301 North Third St.

Mebane, NC 27302

Phone: 336-260-0101

Email: tonismassage@gmail.com

www.tonismassage.massagetherapy.com

Triangle Aphasia Project, Unlimited

Helps individuals, family members and friends improve communication after an injury to the brain from stroke, tumor or other illnesses. COUNTIES SERVED: Durham, Orange, Wake

191 High House Rd.

Cary, NC 27511

Phone: 919-650-3854

Email: info@aphasiaproject.org

www.aphasiaproject.org

UNC Hospitals Cardiac Rehab

COUNTIES SERVED: Statewide

100 Sprunt St.

Chapel Hill, NC 27517

Phone: 919-966-5500

Email: wellness@unchealth.unc.edu

www.uncwellness.com

UNC Wellness Center at Meadowmont

Membership facility with indoor pool and track, indoor basketball court, whirlpool and sauna, cardio and strength training equipment, fitness assessment, fitness classes, nutrition services and more.

100 Sprunt St.

Chapel Hill, NC 27517

Phone: 919-966-5500

Email: wellness@unch.unc.edu

www.uncwellness.com/meadowmont/

Whole Life OT, PLLC

Provides community-based occupational therapy (OT) services to adults with neurologic conditions. Holistic wellness and lifestyle modification workshops and programs. Individual in-home service area: most of Durham and Orange counties; Fearington. Telehealth services throughout North Carolina.

4813 Butler Street

Durham, NC 27707

Phone: 919-205-9878

Email: wholelifeot@gmail.com

www.wholelifeotnc.com

Health Insurance Information & Counseling

See also: COMMUNITY HEALTH CENTERS and WEBSITES Organizations provide health insurance information, counseling, applications, claims assistance and more.

Comfort Long Term Care

Long-term care insurance is our specialty. As brokers we represent multiple companies, products and planning solutions. The policy is not the plan; the policy pays for the plan. We are dedicated to helping you prepare for long-term care expenses STATEWIDE.

8311 Brier Creek Pkwy

Raleigh, NC 27617

Phone: 314-821-5001

Alt Phone: 888-507-3588

Email: Bill@ComfortLTC.com

www.ComfortLTC.com

Eastern Chatham Senior Center

365 HWY 87 North

Pittsboro, NC 27312

Phone: 919-542-4512

www.chathamcouncilonaging.org

Healthcare.gov

Information for people who need health insurance and want to apply for or enroll in the Marketplace. Available 24 hours a day, 7 days a week; closed Memorial Day, July 4th, Labor Day, Thanksgiving Day and Christmas Day. NATIONWIDE.

465 Industrial Blvd.

London, KY 40750-0001

Phone: 800-318-2596

Alt Phone: TTY: 855-889-4325

www.healthcare.gov

Medical Claims Rx, Inc.

Patient advocate service representing patients with insurance companies & providers to ensure claims are paid properly, patient balances are correct and disputed claims are resolved. We file long-term care claims; review health, Part D & LTC insurance policies and assist with enrollments. NATIONWIDE

1201 Raleigh Rd., Ste. 208

Chapel Hill, NC 27517

Phone: 919-942-7211

Email: medicalclaimsrx@mindspring.com

www.medicalclaimsrx.com

Medicare.gov

The official site for Medicare. Information and resources for people with Medicare, including plan comparison & enrollment, provider locator and benefits. NATIONWIDE.

7500 Security Blvd

Baltimore, MD 21244-1850

Phone: 800-MEDICARE (800-633-4227)

Alt Phone: TTY: 877-486-2048

www.medicare.gov

North Carolina Health Info

UNC Health Services Library guide to health & medical information and local health services statewide: health insurance, doctor selection, health conditions, pharmaceuticals & website links. "Ask a Librarian" service available via phone, text or email for help with finding related information.

www.nchealthinfo.org

North Carolina Seniors' Health Insurance Information Program (NC-SHIIP)

NC-SHIIP counselors offer free and unbiased information regarding all Medicare health care products and assist with enrollment. In addition, NC-SHIIP provides Medicare-certified staff and volunteer counselors in all 100 counties. STATEWIDE

11 South Boylan Ave.

Raleigh, NC 27603

Phone: 855-408-1212

Email: ncshqip@ncdoi.gov

www.ncshqip.com/shqip/

Orange County Seniors' Health Insurance Information Program (OC-SHIIP)

Certified SHIIP staff & volunteer counselors assist beneficiaries with Medicare, Medicare supplements, Medicare claims processing, Medicare Advantage, Medicare Part D, long-term care insurance, & provide limited Affordable Care counseling to individuals age 50-64. Call for an appointment. COUNTIES SERVED: Orange

Phone: 919-245-2015 - Hillsborough

Alt Phone: 919-968-2070 - Chapel Hill

Email: agingtransitions@orangecountync.gov

www.orangecountync.gov/aging

Piedmont Health Centers – Insurance Assistance

Coordinators below can assist with health insurance offered under the Affordable Care Act. Schedule a free appointment if you have questions or need assistance enrolling in an insurance plan. They will share strategies for choosing the best plan for you & your family. English / Spanish.

Piedmont Health - Burlington Community Health Center - Health Insurance

Phone: 336-260-2720

www.piedmonthhealth.org

Piedmont Health - Carrboro Community Health Center

301 Lloyd St.

Carrboro, NC 27510

Phone: 929-942-8741

www.piedmonthhealth.org

Piedmont Health - Carrboro Community Health Center - Health Insurance

Phone: 919-724-5227

www.piedmonthhealth.org

Piedmont Health - Charles Drew Community Health Center - Health Insurance

Phone: 336-260-2720

www.piedmonthhealth.org

Piedmont Health - Moncure Community Health Center - Health Insurance

Phone: 919-710-1554

www.piedmonthhealth.org

Piedmont Health - Prospect Hill Community Health Center - Health Insurance

Phone: 336-639-0427

www.piedmonthhealth.org

Piedmont Health - Scott Community Health Center - Health Insurance

Phone: 919-619-5457

www.piedmonthhealth.org

Piedmont Health - Siler City Community Health Center - Health Insurance

Phone: 919-357-8216

www.piedmonthhealth.org

Hispanic / Latino Resources

El Centro Hispano-Main Office

Provides help for needs ranging from tax & legal advice to health, employment assistance and more.

COUNTIES SERVED: Durham, Orange, Other

2000 Chapel Hill Rd., Ste. 26A

Durham, NC 27707

Phone: 919-687-4635

www.elcentronc.org

El Futuro

: Provides mental health & substance abuse services to Spanish-speaking individuals & families in central North Carolina. Offers Durham walk-in clinic for people not currently in treatment. Accepts Medicaid as well as serves uninsured in some counties. COUNTIES SERVED: Chatham and Durham

2020 Chapel Hill Rd., Ste. 23

Durham, NC 27707

Phone: 919-688-7101

Email: info@elfuturo-nc.org

www.elfuturo-nc.org

El Pueblo, Inc.

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

COUNTIES SERVED: Durham, Orange, Other

2321 Crabtree Blvd., Ste. 105

Raleigh, NC 27604

Phone: 919-835-1525

www.elpueblo.org

Orange County Department on Aging - Spanish Resources

Información sobre recursos, consultas y referencias para servicios de la Tercera Edad está disponible Lunes a Viernes de 9:00 am a 4:00 pm. Llamar para información y asistencia en español or inglés. Condados en los que se provee este servicio: Orange(Resource Information, consultation & referrals to aging services available Monday-Friday, 9am – 4pm. Call for information and assistance in Spanish or English. COUNTIES SERVED: Orange)

Phone: Spanish Helpline: 919-245-4279 - Español

Alt Phone: 919-968-2087 - Inglés

www.orangecountync.gov/aging

Home Care

See also: CAREGIVING RESOURCES, CAREGIVER RESPITE, HOME HEALTH / SKILLED AGENCIES and WEBSITETrained 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

Provides staff to assist with non-personal care tasks, such as companionship, transportation, meal preparation, errands and more.

Active At Home Senior Services

Our goal is to enrich the lives of older adults in our community through a variety of services designed to promote optimal physical & mental health, wellness, and aging in place. Whether it's companion care, therapy, home modification or transportation; come experience the Active At Home DIFFERENCE!

4711 Hope Valley Rd Suite 4F-417

Durham, NC 27707

Phone: 984-837-0991

Email: brian@aaahss.com

www.aaahss.com

Advantage Care In-Home Services

Provides homecare, CAP, community support, vocational, diagnostic, residential services and support, personal care services, private duty, companion and housecleaning services. COUNTIES SERVED: Durham

3600 North Duke St., Ste. 100

Durham, NC 27704

Phone: 919-471-1314

Email: advantagecare@centurylink.net

www.advantagecarenc.com

Aging Outreach Services

Aging Outreach Services is the first accredited Caregiver Registry in NC. We offer referrals to prescreened private-duty care providers who provide home care services. Referred caregivers work according to your needs and schedule. We are not a Home Care Provider.

676 NW Broad St

Southern Pines, United States 28388

Phone: 9106920683

Alt Phone: 9106903306

Email: annaw@aosnc.com

www.AOSNC.com

Always Best Care

Provides non-medical home care, senior living consulting, veteran's assistance program counseling and more. COUNTIES SERVED: Alamance, Chatham, Durham, Orange

1709 Legion Rd #105

Chapel Hill, NC 27517

Phone: 336-948-9152

<https://alwaysbestcare.com/chapel-hill>

Always Best Care Senior Services

We specialize in providing personalized, non-medical care for seniors who wish to remain in the comfort of their own homes. Large team of Certified Nursing Assistants & Trained Caregivers. We quickly arrange a schedule that works for you - hourly, overnight, or live-in.

1709 Legion Road

Suite 105

Chapel Hill, NC 27703

Phone: 336-270-4352

Email: sloy@abc-seniors.com

<https://www.alwaysbestcare.com/nc/chapel-hill/>

Always Best Care Senior Services

Always Best Care of Alamance, Chapel Hill, Durham combine national strength and standards with local accessibility and personal service. Specializing in personalized, non-medical care for seniors who wish to remain in the comfort of their own homes. COUNTIES SERVED: Alamance, Caswell, Chatham, Durham, Orange, Person

2260 South Church St., Ste. 603

Burlington, NC 27215

Phone: 336-270-4352

Alt Phone: 919-695-1151

Email: sloy@abc-seniors.com

www.abc-seniorservice.com

Armstrong HomeCare

specializes in non-medical home care you can trust and Afford. Companion Care and Personal Care. Please call us for a complimentary care assessment. Distributor of LifeAid medical emergency alert systems Ask us about the RxCut discount prescription card! COUNTIES SERVED: Alamance, Chatham, Durham, Orange

1829 East Franklin St., Ste. 100-B

Chapel Hill, NC 27514

Phone: 919-942-2840

www.americareinfo.com

Bayada Home Health Care - Assistive Care State Programs

SERVICE: Assistance with activities of daily living. SERVICE AREA: Alamance, Caswell, Chatham, Durham, Orange, Person, Wake

807 Spring Forest Rd, Suite 1100

Raleigh, NC 27609

Phone: 919-719-0955

www.bayada.com

CAAP Home Care Agency, LLC

Providing in-home services ranging from light housekeeping to personal care services. We strive to give compassionate, dependable care to the highest quality while maintaining extremely competitive rates. We accept private pay and NC Medicaid.

2550 Capitol Dr

Creedmoor, NC 27522

Phone: 919-864-8033

Alt Phone: 919-482-2052

Email: caaphomeagency@gmail.com

www.caaphomecare.com

Calming Hearts Home Healthcare

Providing professional in home care for seniors and elderly persons with handicaps and disease.

9609 La Mesa Ln

Timberlake, NC 27583

Phone: 3365835699

Email: info@calmingheartshhc.com

www.calmingheartshhc.com

Caregiver Concierge

Caregiver Concierge Caregiver and Companion Services Hospice, Overnights, Travel and more! Individualized Care-Fully Insured. Excellent references and a loving heart. COUNTIES SERVED: Chatham, Durham, Orange, Wake

413 Shakespeare Dr.

Morrisville, NC 27560

Phone: 973-945-4972

Email: eileencaregiverconcierge@yahoo.com

Comfort Keepers

Includes companionship, transportation, meal preparation, light housekeeping, laundry, personal care and more. COUNTIES SERVED: Durham and Orange

1415 West NC HWY 54, Ste. 209

Durham, NC 27707

Phone: 919-338-2044

www.durham-832.comfortkeepers.com

Compassionate Concierge for Seniors

Companionship. Personal care, showering,organizing,light housekeeping, meal prep,errands.

Sunglow Ct

Efland, NC 27243

Phone: 919-428-1869

Email: ageinplacenc@gmail.com

www.ageinplacenc.com

Cornerstone Healthcare Services

Provides nurse-supervised aides who can assist with personal care tasks, homemaking and companionship. COUNTIES SERVED: Alamance County, Chatham County, Durham County, Orange County, Wake County

3201 Yorktown Ave.

Ste 117-B

Durham, NC 27713

Phone: 919-300-0050

Email: info@cornerstonehealthcareservice.com

<http://www.cornerstonehealthcareservice.com/>

G & J's Helping Hands

Activities of daily living, personal care, incontinence care, mobility assistance, meal preparation, medication reminders, laundry, companionship, shopping/errands, light housekeeping, and companionship for hospice clients. AREA SERVED: Chatham, Durham and Orange Counties

605 West Main St.

Carrboro, NC 27510

Phone: 919-923-1694

Email: jpitts@gjhelpinghands.com

www.gjhelpinghands.com

Heart 2 Home Senior Services, LLC

At Heart 2 Home we are accepting new clients. We offer a variety of Services: Meal Prep/Planning Light housekeeping Medication Reminders Transportation Respite care (Relieve Caregiver stress) Much more

500 Smith Level Rd Apt III

Carrboro, United States 27510

Phone: 3362645767

Alt Phone: 3362701578

Email: heart2home2023@outlook.com

heart2homeseniorservices.com

Heart 2 Home Senior Services, LLC

At Heart 2 Home we are accepting new clients. We offer a variety of Services: Meal Prep/Planning Light housekeeping Medication Reminders Transportation Respite care (Relieve Caregiver stress) Much more

500 Smith Level Rd Apt I11

Carrboro, NC 27510

Phone: 3362645767

Alt Phone: 3362701578

Email: heart2home2023@outlook.com

heart2homeseniorservices.com

HomeCare Providers

Provide in home services with Certified Nursing Assistants (CNA) to assist with personal care, light housekeeping, meal preparation and medication reminders. COUNTIES SERVED: Alamance, Caswell and Orange

3025 South Church St. PO Box 205

Burlington, NC 27215

Phone: 336-538-8557

Alt Phone: 1-800-525-3550

Homewatch Caregivers of the Triangle

Homewatch caregivers is a family owned and operated business providing in-home personal care and companionship services to residence of Chatham, Durham, Orange and Wake counties.

101 Cosgrove Ave., Ste. 120

Chapel Hill, NC 27514

Phone: 919-960-6038

Alt Phone: 919-960-8142 - After hours

Email: anzor@hwcg.com

www.homewatchcaregivers.com

Kennedy Care

Provides in-home assistance with all activities of daily living, homemaker, companionship services, respite care, and live-in services. Available 24/7. COUNTIES SERVED: Alamance, Caswell, Chatham, Durham, Orange, Person

1330 SE Maynard Rd.

Cary, NC 27511

Phone: 919-462-7003

Alt Phone: 919-841-2447

Email: krista@kennedycare.com

www.kennedycare.com/north-carolina

Lilies of Hope Home Care LLC

Offers Live-in 24/7 accessibility, companionship, sitter, respite care; meal prep; monitors light exercise; light housekeeping; grocery shopping; medication reminder; escort on walks and outings; accompany to appointments. COUNTIES SERVED: Alamance, Caswell, Chatham, Durham, Orange, Person, Wake

202 Main St.

P.O. Box 73

Pembroke, NC 28372

Phone: 910-674-2244

Alt Phone: 910-674-9109

Email: liliesofhope7777@yahoo.com

www.liliesofhopehomecare.com

LiveWell Care Homes

Offers personal care, companionship, light housekeeping, meal preparation, transportation, post-operative care and hospice care. COUNTIES SERVED: Chatham, Durham, Orange

1829 East Franklin St., Ste. 1100-A

Chapel Hill, NC 27514

Phone: 919-719-9127

Alt Phone: 919-929-6444

www.livewellhomecarenc.com

Lord Is The Light Home Healthcare

Lord Is The Light Healthcare provides respite care, personal care aides, and in-home aides to elderly and disabled patients in the comfort of their homes. We also are licensed to provide CAP/DA to individuals with disabilities and or skilled nursing needs.

108 W Parker St., Apt E

Graham, NC 27253

Phone: 888-318-1652

Alt Phone: 336-542-5889

Email: lordisthelight@itservices.life

www.itservices.life

Lord's

Services for adults 65+ years & younger adults who have a temporary or ongoing need due to an accident, illness, injury or disability. Companions can provide medical transportation, help with errands, in-home assistance, and caregiver respite. Overnight services available. Call to discuss your needs. Private pay. Special discounts, volunteer services and subsidized services may be available. COUNTIES SERVED: Chatham, Durham, Orange, Other

1502 West HWY 54, Ste. 405

Durham, NC 27707

Phone: 919-403-5555

Email: info@ahelpinghandnc.org

www.ahelpinghandnc.org

Mary's Amazen Homecare LLC

We assist with Activities of Daily Living such as eating, bathing, dressing, walking, using the bathroom) transportation, cooking, laundry, among others. Our Hands-on services are also known as personal care or private duty. We also provide private 24-hour care or as needed.

4819 Emperor Blvd

Durham, NC 27703

Phone: 551-226-2448

Email: maryamazencare2015@gmail.com

Options for Senior America

Companion and personal care services including short-term respite for family caregivers, long-term live in, special care needs and veterans. Specializes in live-in care. Licensed, bonded and insured. Reasonable rates. AREA SERVED: Triangle and Triad

315 East Chatham St., Suite 201

Cary, NC 27511

Phone: 919-380-6812

Alt Phone: 919-306-2406

Email: raleighdurham@optionscorp.com

www.optionscorp.com

Premier Home Healthcare Services

Provides appointment escort service, homemaker companions, personal care, home health aides, live-in, respite, skilled nursing, IV/infusion, dementia and end-of-life care. COUNTIES SERVED: Alamance

562 Huffman Mill Rd.

Burlington, NC 27215

Phone: 336-586-1721

www.premierhomehealthcare.com

ResCare Home Care

Offers professional nursing, personal care services, homemaking, companionship, respite & more. Available 24/7, including holidays. Accepts private pay, Medicaid, long-term care insurance. COUNTIES SERVED: Alamance, Chatham, Durham, Orange, Person, Other

4011 University Dr., Ste. 201

Durham, NC 27707

Phone: 919-493-7059

Alt Phone: 866-737-2273

www.rescare.com

Sunflower Village Homecare, LLC

We enhance the quality of life for our clients by offering a range of services tailored to meet their needs. We offer Personal care services, companionship, medication reminders, meal preparation, light housekeeping and transportation and much more.

120 Preston Executive Dr.

Suite 236

Cary, NC 27813

Phone: 434-429-5738

Email: sunflowervillagehc@gmail.com

Triangle Total Homecare, LLC

We provide assistance with bathing, dressing, grooming, toileting, transportation, meal prep & housekeeping by Nursing Care Assistants & Home Health Aides. We provide sitters, companions & respite care. We offer skilled Nursing & wound care by Registered & Licensed Practical Nurses.

120 Windrush Lane

Durham, NC 27703

Phone: 919-274-0805

Alt Phone: 919-864-8005

Email: info@triangletotalhomecare.com

triangletotalhomecare.com

Home Care Agencies

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

Accessible Home Care of Mid Carolina

COUNTIES SERVED: Durham, Orange, Other

8315 Six Forks Rd., Ste. 101

Raleigh, NC 27615

Phone: 919-896-7679

Alt Phone: 919-896-7153

Email: tcallaway@ahcglobal.com

www.accessiblemidcarolina.com

Acorn

Dementia care specialists. 2014, 2016 Orange County Quality Service Award. 2014 Alzheimer's Foundation Dementia Care Professional of the Year. Founder, Dementia Friendly Orange County. COUNTIES SERVED: Chatham, Durham, Orange, Wake

141 Providence Road

Chapel Hill, NC 27514

Phone: 9192596189

Email: info@acornhcs.com

www.acornhcs.com

Active At Home Senior Services

Our goal is to enrich the lives of older adults in our community through a variety of services designed to promote optimal physical & mental health, wellness, and aging in place. Whether it's companion care, therapy, home modification or transportation; come experience the Active At Home DIFFERENCE!

4711 Hope Valley Rd Suite 4F-417

Durham, NC 27707

Phone: 984-837-0991

Email: brian@aahss.com

www.aahss.com

Advantage Care In-Home Services

Provides homecare, CAP, community support, vocational, diagnostic, residential services and support, personal care services, private duty, companion and housecleaning services. COUNTIES SERVED: Durham

3600 North Duke St., Ste. 100

Durham, NC 27704

Phone: 919-471-1314

Email: advantagecare@centurylink.net

www.advantagecarenc.com

Aegis Home Care

Eldercare for those who need help with Activities of Daily Living (Ambulation, bathing, dressing, toileting, feeding) and other assistance such as assistance with cognitive impairment and household management.

COUNTIES SERVED: Chatham, Durham, Orange and Wake

40125 Moring

Chapel Hill, NC 27517

Phone: 919-442-5252

Email: alan@aegishomecare.com

www.aegishomecare.com

Affordable Comfort Homecare, LLC

Affordable Comfort Homecare provides in home care to allow your loved one to remain in their home!

3511 Shannon Rd

Durham, NC 27707

Phone: 984-291-2080

Email: affordablecomfort25@gmail.com

Aging Family Solutions

As a Nationally certified Care Manager, I have over 30 years of experience providing families with direction and support to help them navigate the complexities of aging. This support can be given in the home if that's what is best, or in their best fit senior living community.

1124 Scholastic Circle

Durham, NC 27713-6580

Phone: 9196004908

Email: laura@AgingFamilySolutions.com

www.AgingFamilySolutions.com

Always Best Care

Provides non-medical home care, senior living consulting, veteran's assistance program counseling and more. COUNTIES SERVED: Alamance, Chatham, Durham, Orange

1709 Legion Rd #105

Chapel Hill, NC 27517

Phone: 336-948-9152

<https://alwaysbestcare.com/chapel-hill>

Always Best Care Senior Services

We specialize in providing personalized, non-medical care for seniors who wish to remain in the comfort of their own homes. Large team of Certified Nursing Assistants & Trained Caregivers. We quickly arrange a schedule that works for you - hourly, overnight, or live-in.

1709 Legion Road
Suite 105

Chapel Hill, NC 27703

Phone: 336-270-4352

Email: sloy@abc-seniors.com

<https://www.alwaysbestcare.com/nc/chapel-hill/>

Always Best Care Senior Services

Always Best Care of Alamance, Chapel Hill, Durham combine national strength and standards with local accessibility and personal service. Specializing in personalized, non-medical care for seniors who wish to remain in the comfort of their own homes. COUNTIES SERVED: Alamance, Caswell, Chatham, Durham, Orange, Person

2260 South Church St., Ste. 603

Burlington, NC 27215

Phone: 336-270-4352

Alt Phone: 919-695-1151

Email: sloy@abc-seniors.com

www.abc-seniorservice.com

Armstrong HomeCare

specializes in non-medical home care you can trust and Afford. Companion Care and Personal Care. Please call us for a complimentary care assessment. Distributor of LifeAid medical emergency alert systems Ask us about the RxCut discount prescription card! COUNTIES SERVED: Alamance, Chatham, Durham, Orange

1829 East Franklin St., Ste. 100-B

Chapel Hill, NC 27514

Phone: 919-942-2840

www.americareinfo.com

Atlantic Home Staffing

Atlantic Home Staffing provides non-medical home care services to include bathing, dressing, light housekeeping, light meal prep, medication reminders and companion care. COUNTIES SERVED: Chatham, Durham, Orange, Wake.

141 Technology Dr.

Garner, NC 27529

Phone: 919-639-8223

Email: ahg.aeason@gmail.com

www.atlantichomestaffing.com

Bayada Home Health Care

COUNTIES SERVED: Durham and Other

One Crosspointe Plaza, 5505 Creedmoor Rd., Ste. 220

Raleigh, NC 27617-6352

Phone: 919-420-0100

www.bayada.com

Beautiful Remissions Home Care, LLC

Beautiful Remissions Home Care offers customized services to meet the needs of your love ones. We help seniors and other adults who need assistance to live and thrive in the home environment they love.

3407 N. Duke Street

Durham, NC 27704

Phone: 984-219-6013

www.beautifulremissionshomecare.com

CAAP Home Care Agency, LLC

Providing in-home services ranging from light housekeeping to personal care services. We strive to give compassionate, dependable care to the highest quality while maintaining extremely competitive rates. We accept private pay and NC Medicaid.

2550 Capitol Dr

Creedmoor, NC 27522

Phone: 919-864-8033

Alt Phone: 919-482-2052

Email: caaphomeagency@gmail.com

www.caaphomecare.com

Calming Hearts Home Healthcare

Providing professional in home care for seniors and elderly persons with handicaps and disease.

9609 La Mesa Ln

Timberlake, NC 27583

Phone: 3365835699

Email: info@calmingheartshhc.com

www.calmingheartshhc.com

Caring Angels Home Care Services Inc.

In-home care for individuals at their place of residence to include community alternative program, private duty assistance, assistance with personal hygiene, medication reminder, housekeeping, assisting with activities of daily living, nutritional support, bathing, eating, companionship. AREA SERVED: Chatham, Durham, Orange, Other, Person and Wake Counties.

3201 Yorktown Avenue

Suite 217B

Durham, NC 27713

Phone: 919-908-6689

Alt Phone: 919-961-8666

Email: caringangels4me@yahoo.com

Caring Angels Home Care Services Inc.

In-home care for individuals at their place of residence to include community alternative program, private duty assistance, assistance with personal hygiene, medication reminder, housekeeping, assisting with activities of daily living, nutritional support, bathing, eating, companionship. AREA SERVED: Chatham, Durham, Orange, Other, Person and Wake Counties.

3201 Yorktown Avenue

Suite 217B

Durham, NC 27713

Phone: 919-908-6689

Alt Phone: 919-961-8666

Email: caringangels4me@yahoo.com

Caring Senior Service

COUNTIES SERVED: Chatham, Durham, Orange, Wake

5630 Six Fords Rd., Ste. 203

Raleigh, NC 27609

Phone: 919-847-0010

Alt Phone: 919-847-0012

Email: Raleigh@caringinc.com

www.raleigh.caringseniorservice.com

Carrboro Dialysis

Services offered in the dialysis center: At-home hemodialysis; At-home peritoneal dialysis; In-center hemodialysis.

105 Renee Lynn Ct

Carrboro, NC Carrboro

Phone: 919-966-4356

Cassiopeia's Home Care Agency

We provide services to Seniors, Adolescents and Children. Services are provided within their homes or living facilities. We provide Companions, Sitters, PCA, HHA, CNA's. We specialize in dementia and alzheimer care and palliative care and clients with mental and physical disabilities.

150 Preston Executive Dr, 201

Cary, NC 27513

Phone: 9194130437

Alt Phone: 9194130437

Email: cassiopeiashomecare@gmail.com

<https://www.cassiopeiashomecareagency.com/>

Comfort Keepers

Includes companionship, transportation, meal preparation, light housekeeping, laundry, personal care and more. COUNTIES SERVED: Durham and Orange

1415 West NC HWY 54, Ste. 209

Durham, NC 27707

Phone: 919-338-2044

www.durham-832.comfortkeepers.com

Cornerstone Healthcare Services

Provides nurse-supervised aides who can assist with personal care tasks, homemaking and companionship. COUNTIES SERVED: Alamance County, Chatham County, Durham County, Orange County, Wake County

3201 Yorktown Ave.

Ste 117-B

Durham, NC 27713

Phone: 919-300-0050

Email: info@cornerstonehealthcareservice.com

<http://www.cornerstonehealthcareservice.com/>

East Carolina Home Care

We go the extra mile when it comes to training our caregivers in senior specific diagnoses. They know what signs to watch for, how to prevent readmission and more. Whether you have a patient/resident discharging with high needs or a resident that just needs companionship, we have you covered.

6015 Fayetteville Rd. Suite 213

Durham, NC 27713

Phone: 9194627003

Alt Phone: 9196017810

Email: tae@eastcarolinahomecare.com

www.eastcarolinahomecare.com

First-Watch Homecare

We are licensed and insured by the state of NC to provide in home aide services. We can cater a plan to meet the needs of the individual.

3201 Yorktown Avenue
Suite 115

Durham, NC 27713

Phone: 919-425-9513

Email: firstwatchhomecarellc@gmail.com

Focused Healthcare

Home Care, Non-Emergency Medical Transportation, Restrictive Diet Meal Prep

3511 Shannon Rd Fl 3

Durham, NC 27707

Phone: 9194379302

Email: info@focused-healthcare.com

www.focused-healthcare.com

G & J's Helping Hands

Activities of daily living, personal care, incontinence care, mobility assistance, meal preparation, medication reminders, laundry, companionship, shopping/errands, light housekeeping, and companionship for hospice clients. AREA SERVED: Chatham, Durham and Orange Counties

605 West Main St.

Carrboro, NC 27510

Phone: 919-923-1694

Email: jpitts@gjhelpinghands.com

www.gjhelpinghands.com

HappyHomecare Staffing, Inc

Happy Homecare Staffing is a licensed agency that provides assistants with bathing, dressing, personal services, as well we do companion services and housekeeping.

201 Mt Willing Road

Efland, NC 27231

Phone: 9197324663

HappyHomecare Staffing, Inc.

Happy Homecare Staffing is a licensed agency that provides assistants with bathing, dressing, personal services, as well we do companion services and housekeeping.

201 Mt. Willing Road

Efland, NC 27243

Phone: 919-732-4663

Helping Hands of America

All CNA's have clean background, bonded, liability coverage. We provide 24 X 7 coverage. COUNTIES SERVED: Chatham, Durham, Hohnson, Orange, Wake, Other

3737 Glenwood Ave., Suite 100

Raleigh, NC 27612

Phone: 919-829-2505

Email: info@hhafoundation.org

www.hhamerica.com

Home Instead

COUNTIES SERVED: Chatham, Durham, Orange, Other

1829 E Franklin St

Chapel Hill, NC 27514

Phone: 919-933-3300

www.homeinstead.com/106

Home Instead - Durham

COUNTIES SERVED: Durham

2726 Croisdale Dr., Ste. 203

Durham, NC 27705

Phone: 919-479-4600

www.homeinsteadseniorcare.com/157

Homewatch Caregivers of the Triangle

Homewatch caregivers is a family owned and operated business providing in-home personal care and companionship services to residence of Chatham, Durham, Orange and Wake counties.

101 Cosgrove Ave., Ste. 120

Chapel Hill, NC 27514

Phone: 919-960-6038

Alt Phone: 919-960-8142 - After hours

Email: anzor@hwcg.com

www.homewatchcaregivers.com

Interim HealthCare

COUNTIES SERVED: Durham and Orange

3710 University Dr., Ste. 135

Durham, NC 27707

Phone: 919-493-7575

Email: lewing@interimhealthcare.com

www.interimhealthcare.com/durhamnc/home

Kennedy Care

Provides in-home assistance with all activities of daily living, homemaker, companionship services, respite care, and live-in services. Available 24/7. COUNTIES SERVED: Alamance, Caswell, Chatham, Durham, Orange, Person

1330 SE Maynard Rd.

Cary, NC 27511

Phone: 919-462-7003

Alt Phone: 919-841-2447

Email: krista@kennedycare.com

www.kennedycare.com/north-carolina

Keston Care

COUNTIES SERVED: Chatham, Durham, Orange

Chatham Crossing, 11312 HWY 15-501 North, Ste. 400

Chapel Hill, NC 27517

Phone: 919-967-0507

Lilies of Hope Home Care LLC

Offers Live-in 24/7 accessibility, companionship, sitter, respite care; meal prep; monitors light exercise; light housekeeping; grocery shopping; medication reminder; escort on walks and outings; accompany to appointments. COUNTIES SERVED: Alamance, Caswell, Chatham, Durham, Orange, Person, Wake

202 Main St.

P.O. Box 73

Pembroke, NC 28372

Phone: 910-674-2244

Alt Phone: 910-674-9109

Email: liliesofhope7777@yahoo.com

www.liliesofhopehomecare.com

LiveWell Care Homes

Offers personal care, companionship, light housekeeping, meal preparation, transportation, post-operative care and hospice care. COUNTIES SERVED: Chatham, Durham, Orange

1829 East Franklin St., Ste. 1100-A

Chapel Hill, NC 27514

Phone: 919-719-9127

Alt Phone: 919-929-6444

www.livewellhomecarenc.com

Lord Is The Light Home Healthcare

Lord Is The Light Healthcare provides respite care, personal care aides, and in-home aides to elderly and disabled patients in the comfort of their homes. We also are licensed to provide CAP/DA to individuals with disabilities and or skilled nursing needs.

108 W Parker St., Apt E

Graham, NC 27253

Phone: 888-318-1652

Alt Phone: 336-542-5889

Email: lordisthelight@itservices.life

www.itservices.life

Lord's

Services for adults 65+ years & younger adults who have a temporary or ongoing need due to an accident, illness, injury or disability. Companions can provide medical transportation, help with errands, in-home assistance, and caregiver respite. Overnight services available. Call to discuss your needs. Private pay. Special discounts, volunteer services and subsidized services may be available. COUNTIES SERVED: Chatham, Durham, Orange, Other

1502 West HWY 54, Ste. 405

Durham, NC 27707

Phone: 919-403-5555

Email: info@ahelpinghandnc.org

www.ahelpinghandnc.org

Mary's Amazen Homecare LLC

We assist with Activities of Daily Living such as eating, bathing, dressing, walking, using the bathroom) transportation, cooking, laundry, among others. Our Hands-on services are also known as personal care or private duty. We also provide private 24-hour care or as needed.

4819 Emperor Blvd

Durham, NC 27703

Phone: 551-226-2448

Email: maryamazencare2015@gmail.com

Maxim Healthcare Services

COUNTIES SERVED: Chatham, Durham, Orange

2634 Chapel Hill Blvd., Ste. 210

Durham, NC 27707

Phone: 919-419-1484

www.maxhealth.com

Nurse Care of North Carolina

COUNTIES SERVED: Chatham, Durham, Orange, and Wake

3200 Croasdaile Dr., Ste. 701

Durham, NC 27705

Phone: 919-309-4333

Email: barbara@nursecarenc.com

www.nursecarenc.com

Options for Senior America

Companion and personal care services including short-term respite for family caregivers, long-term live in, special care needs and veterans. Specializes in live-in care. Licensed, bonded and insured. Reasonable rates.

AREA SERVED: Triangle and Triad

315 East Chatham St., Suite 201

Cary, NC 27511

Phone: 919-380-6812

Alt Phone: 919-306-2406

Email: raleighdurham@optionscorp.com

www.optionscorp.com

Premier Home Healthcare Services

Provides appointment escort service, homemaker companions, personal care, home health aides, live-in, respite, skilled nursing, IV/infusion, dementia and end-of-life care. COUNTIES SERVED: Alamance

562 Huffman Mill Rd.

Burlington, NC 27215

Phone: 336-586-1721

www.premierhomehealthcare.com

Reliable Health Services, Inc.

Reliable Health Services serving the community for Home care, mental health, DWI assessments, Group therapy, Therapy, Weight loss, Meditation, Addiction treatment and therapy. AREA SERVED: All

2634 Durham-Chapel Hill Blvd.

Suite 204

Durham, NC 27707

Phone: 919-596-9479

Email: sreliablecare@yahoo.com

www.reliablehealthservices.com

ResCare Home Care

Offers professional nursing, personal care services, homemaking, companionship, respite & more. Available 24/7, including holidays. Accepts private pay, Medicaid, long-term care insurance. COUNTIES SERVED: Alamance, Chatham, Durham, Orange, Person, Other

4011 University Dr., Ste. 201

Durham, NC 27707

Phone: 919-493-7059

Alt Phone: 866-737-2273

www.rescare.com

Right At Home

COUNTIES SERVED: Alamance, Durham, Orange, Person

4905 Pine Tree Dr., Ste. 2

Durham, NC 27707

Phone: 919-241-5292

Alt Phone: 919-237-2333

Email: info@rahdch.com

www.rahdch.com

Senior Helpers

Our service options are flexible & customizable according to your specific needs, personalized care plans: Bathing, Cooking, Errands, Companionship and more. COUNTIES SERVED: Caswell, Chatham, Durham, Orange, Person, and Wake

5007 Southpark Dr., Ste. 200-H

Durham, NC 27713

Phone: 919-544-6848

Alt Phone: 919-410-3149

Email: lolson@seniorhelpers.com

www.seniorhelpers.com/durham

Sunflower Village Homecare, LLC

We enhance the quality of life for our clients by offering a range of services tailored to meet their needs. We offer Personal care services, companionship, medication reminders, meal preparation, light housekeeping and transportation and much more.

120 Preston Executive Dr.

Suite 236

Cary, NC 27813

Phone: 434-429-5738

Email: sunflowervillagehc@gmail.com

Synergy HomeCare of the Triangle

COUNTIES SERVED: Alamance, Chatham, Durham, Orange, Other

8801 Fast Park Dr., Ste. 211

Raleigh, NC 27617

Phone: 919-786-5052

Email: info@shctriangle.com

www.synergyhomecare.com

Touched by Angels Home Healthcare II, Inc.

We are family owned. We treat your family with the same respect and dignity as ours. Our caregivers are screened and individually matched with our clients. Our goal is to help our clients keep their independence and remain in their homes. BBB of Central North Carolina accredited. COUNTIES SERVED: Alamance, Caswell, Durham, Orange, Person, Other

116 West Pine St.

Graham, NC 27253

Phone: 336-221-9998

Email: WeCare@TBAii.com

www.tbaii.com

Triangle Total Homecare, LLC

We provide assistance with bathing, dressing, grooming, toileting, transportation, meal prep & housekeeping by Nursing Care Assistants & Home Health Aides. We provide sitters, companions & respite care. We offer skilled Nursing & wound care by Registered & Licensed Practical Nurses.

120 Windrush Lane

Durham, NC 27703

Phone: 919-274-0805

Alt Phone: 919-864-8005

Email: info@triangletotalhomecare.com

triangletotalhomecare.com

Visiting Angels of Central North Carolina

Our comprehensive home care customized for seniors based on their individual needs and preferences. Dedicated and reliable caregivers help older adults live happily and safely in the comforts of home while providing their families with peace of mind. If you have a loved one who needs personalized in-home care, contact us today to schedule a free consultation, call/text or email us at 919-968-3724. COUNTIES SERVED: Alamance, Chatham, Durham, Orange, Person.

104 Jones Ferry Rd., Ste. A

Carrboro, NC 27510

Phone: 919-968-3724

Alt Phone: 919-321-2136

Email: Chapelhilladmin@visitingangels.com

www.visitingangels.com/chapelhill/home/

Wisdom Senior Care

Offers bathing, dressing, meal prep, light housekeeping, medication reminders, transportation, hospice care, alzheimers & dementia care, and companionship. State licensed health care agency, open 24 hours 7 days a week. COUNTIES SERVED: Chatham, Durham, Orange, Person, Wake

3622 Shannon Rd.

Durham, NC 27707

Phone: 919-323-3693

www.wisdomseniorcare.com

Aging in Grace

We provide in-home support for older adults to live safely and independently—offering balance and stability training, home-safety assessments, nutrition guidance, and personalized wellness plans without needing a doctor's referral.

3030 Ranger Dr

Durham, NC 27703

Phone: 563-542-6815

Email: AginginGrace24@gmail.com

<https://aginginGrace.care/>

Always Best Care Senior Services

Always Best Care of Alamance, Chapel Hill, Durham combine national strength and standards with local accessibility and personal service. Specializing in personalized, non-medical care for seniors who wish to remain in the comfort of their own homes. COUNTIES SERVED: Alamance, Caswell, Chatham, Durham, Orange, Person

2260 South Church St., Ste. 603

Burlington, NC 27215

Phone: 336-270-4352

Alt Phone: 919-695-1151

Email: sloy@abc-seniors.com

www.abc-seniorservice.com

Atlantic Home Staffing

Atlantic Home Staffing provides non-medical home care services to include bathing, dressing, light housekeeping, light meal prep, medication reminders and companion care. COUNTIES SERVED: Chatham, Durham, Orange, Wake.

141 Technology Dr.

Garner, NC 27529

Phone: 919-639-8223

Email: ahg.aeason@gmail.com

www.atlantichomestaffing.com

CAAP Home Care Agency, LLC

Providing in-home services ranging from light housekeeping to personal care services. We strive to give compassionate, dependable care to the highest quality while maintaining extremely competitive rates. We accept private pay and NC Medicaid.

2550 Capitol Dr

Creedmoor, NC 27522

Phone: 919-864-8033

Alt Phone: 919-482-2052

Email: caaphomeagency@gmail.com

www.caaphomecare.com

Calming Hearts Home Healthcare

Providing professional in home care for seniors and elderly persons with handicaps and disease.

9609 La Mesa Ln

Timberlake, NC 27583

Phone: 3365835699

Email: info@calmingheartshhc.com

www.calmingheartshhc.com

CareYaya

CareYaya is an online care booking service that connects families in need of affordable, quality home-based care for their loved ones with experienced pre-health college students in the community.

600 Park Offices Dr Suite 300

Durham, NC 27709

Phone: 919-346-4821

Email: support@careyaya.org

www.careyaya.org

Companion Care

Companion care for seniors and others who need assistance.

5500 Fortunes Ridge Drive, #100A. Homeplace III

Durham, NC 27713

Phone: 9143206388

Email: brich2222@gmail.com

Compassionate Concierge for Seniors

Companionship. Personal care, showering,organizing,light housekeeping, meal prep,errands.

Sunglow Ct

Efland, NC 27243

Phone: 919-428-1869

Email: ageinplacenc@gmail.com

www.ageinplacenc.com

East Carolina Home Care

We go the extra mile when it comes to training our caregivers in senior specific diagnoses. They know what signs to watch for, how to prevent readmission and more. Whether you have a patient/resident discharging with high needs or a resident that just needs companionship, we have you covered.

6015 Fayetteville Rd. Suite 213

Durham, NC 27713

Phone: 9194627003

Alt Phone: 9196017810

Email: tae@eastcarolinahomecare.com

www.eastcarolinahomecare.com

ElderFit In Home Rehab

Personalized out-patient rehabilitation services in your home or in a community setting. We offer preventative screens and Otago exercise program. COUNTIES SERVED: Alamance, Durham and Orange

2002 Bartlett Cir.

Hillsborough, NC 27278

Phone: 919-614-1923

Email: info@elderfitpt.com

www.elderfitpt.com

Heart 2 Home Senior Services, LLC

At Heart 2 Home we are accepting new clients. We offer a variety of Services: Meal Prep/Planning Light housekeeping Medication Reminders Transportation Respite care (Relieve Caregiver stress) Much more

500 Smith Level Rd Apt III

Carrboro, United States 27510

Phone: 3362645767

Alt Phone: 3362701578

Email: heart2home2023@outlook.com

heart2homeseniorservices.com

Heart 2 Home Senior Services, LLC

At Heart 2 Home we are accepting new clients. We offer a variety of Services: Meal Prep/Planning Light housekeeping Medication Reminders Transportation Respite care (Relieve Caregiver stress) Much more

500 Smith Level Rd Apt I11

Carrboro, NC 27510

Phone: 3362645767

Alt Phone: 3362701578

Email: heart2home2023@outlook.com

heart2homeseniorservices.com

Homewatch Caregivers of the Triangle

Homewatch caregivers is a family owned and operated business providing in-home personal care and companionship services to residence of Chatham, Durham, Orange and Wake counties.

101 Cosgrove Ave., Ste. 120

Chapel Hill, NC 27514

Phone: 919-960-6038

Alt Phone: 919-960-8142 - After hours

Email: anzor@hwcg.com

www.homewatchcaregivers.com

Lord Is The Light Home Healthcare

Lord Is The Light Healthcare provides respite care, personal care aides, and in-home aides to elderly and disabled patients in the comfort of their homes. We also are licensed to provide CAP/DA to individuals with disabilities and or skilled nursing needs.

108 W Parker St., Apt E

Graham, NC 27253

Phone: 888-318-1652

Alt Phone: 336-542-5889

Email: lordisthelight@itservices.life

www.itservices.life

Piedmont Health SeniorCare (PACE)

All-inclusive care program for the elderly that provides comprehensive long-term health, social, medical, dietary care and special transportation needs for eligible seniors. COUNTIES SERVED: Alamance, Caswell, Chatham, Lee, Orange

1214 Vaughn Rd.

Burlington, NC 27217

Phone: 336-532-0000

Alt Phone: 877-714-2100

www.piedmonthhealthseniorcare.org

Transitions LifeCare

Nonprofit hospice and palliative care provider.

250 Hospice Circle

Raleigh, NC 27607

Phone: 919-828-0890

Email: mlucas@transitionslifecare.org

<https://transitionslifecare.org/>

Visiting Angels of Central North Carolina

Our comprehensive home care customized for seniors based on their individual needs and preferences. Dedicated and reliable caregivers help older adults live happily and safely in the comforts of home while providing their families with peace of mind. If you have a loved one who needs personalized in-home care, contact us today to schedule a free consultation, call/text or email us at 919-968-3724. COUNTIES SERVED: Alamance, Chatham, Durham, Orange, Person.

104 Jones Ferry Rd., Ste. A

Carrboro, NC 27510

Phone: 919-968-3724

Alt Phone: 919-321-2136

Email: Chapelhilladmin@visitingangels.com

www.visitingangels.com/chapelhill/home/

Wisdom Senior Care

Offers bathing, dressing, meal prep, light housekeeping, medication reminders, transportation, hospice care, alzheimers & dementia care, and companionship. State licensed health care agency, open 24 hours 7 days a week. COUNTIES SERVED: Chatham, Durham, Orange, Person, Wake

3622 Shannon Rd.

Durham, NC 27707

Phone: 919-323-3693

www.wisdomseniorcare.com

Home Delivered Meals

Meals on Wheels

Volunteers deliver one lunch per day to eligible homebound adults Monday-Friday. Sliding-fee scale. Contact the agency about eligibility.

Chapel Hill - Carrboro Meals on Wheels

Located in Binkley Baptist Church. Referral form available online. AREA SERVED: Chapel Hill, Carrboro and surrounding area

Olin T. Binkley Baptist Church

1712 Willow Dr.

Chapel Hill, NC 27514

Phone: 919-942-2948

www.chcmow.org

Chatham County Council on Aging

In-home Aide, Meals on Wheels, senior center and medical transportation, exercise, wellness program, senior centers, day trips, assistive device loans, minor home repair, emergency meals. COUNTY SERVED: Chatham

365 NC HWY 87 North

P.O. Box 715

Pittsboro, NC 27312

Phone: 919-542-4512

www.chathamcouncilonaging.org

Cornucopia House Cancer Support Center

Cornucopia supports the mind, body and spirit of those journeying with cancer, their families and caregivers through complementary therapies, meal and transportation assistance, individual and group support, information and resources.

PO Box 51188

Durham, NC 27717

Phone: 919-401-9333

Email: info@cancersupport4u.org

www.cancersupport4u.org

OCIM Meals on Wheels

Orange Congregations in Mission delivers a nutritious meal to frail, elderly and homebound residents of northern Orange County. OCIM also has a food pantry and thrift shop. AREA SERVED: Orange County School District

300 Millstone Dr.

Hillsborough, NC 27278

Phone: 919-732-6194 x 14

Email: ocim300mill@mindspring.com

www.ocimnc.org

Focused Healthcare

Home Care, Non-Emergency Medical Transportation, Restrictive Diet Meal Prep

3511 Shannon Rd Fl 3

Durham, NC 27707

Phone: 9194379302

Email: info@focused-healthcare.com

www.focused-healthcare.com

Lord Is The Light Home Healthcare

Lord Is The Light Healthcare provides respite care, personal care aides, and in-home aides to elderly and disabled patients in the comfort of their homes. We also are licensed to provide CAP/DA to individuals with disabilities and or skilled nursing needs.

108 W Parker St., Apt E

Graham, NC 27253

Phone: 888-318-1652

Alt Phone: 336-542-5889

Email: lordisthelight@itservices.life

www.itservices.life

Walmart Grocery

New pickup and delivery service. Huge assortment of groceries and more and save time by shopping online. Simply place an order online, choose a timeslot, and your order will be loaded directly into your car at your local store, or in some markets, you can have your order delivered!

www.walmart.com/grocery

Private Meal and Grocery Delivery Services

Produce Box

Delivers fresh, local produce and specialty products like meats, cheese, bread to homes and offices. Choose what you want to order and skip a week if you need to anytime. Help our members support over 50 local farmers. Annual membership fee plus box fees. AREA SERVED: Chapel Hill and most of state

Phone: 919-904-4722

www.theproducebox.com/

Takeout Central

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

Phone: 919-942-7678

www.takeoutcentral.com/

The Food Fairy®, Inc.

Personal chef prepares meals in private homes based on your dietary preferences - weekly, monthly or as needed. Also offers meal planning and grocery shopping. COUNTIES SERVED: Chatham, Durham, Orange, Other

P.O. Box 3184

Chapel Hill, NC 27515

Phone: 919-933-4431

Alt Phone: 919-740-5856

Email: terry@foodfairy.com

www.food-fairy.com

Walmart Grocery

New pickup and delivery service. Huge assortment of groceries and more and save time by shopping online. Simply place an order online, choose a timeslot, and your order will be loaded directly into your car at your local store, or in some markets, you can have your order delivered!

www.walmart.com/grocery

Home Delivered Medications

Carrboro Dialysis

Services offered in the dialysis center: At-home hemodialysis; At-home peritoneal dialysis; In-center hemodialysis.

105 Renee Lynn Ct

Carrboro, NC Carrboro

Phone: 919-966-4356

Carrboro Family Pharmacy

Delivery available within Carrboro city limits. Located in Carrboro Plaza.

104 NC HWY 54, STE J

Carrboro, NC 27510

Phone: 919-933-7629

Email: carrborofamilypharmacy@gmail.com

www.carrborofamilypharmacy.com

Hillsborough Pharmacy & Nutrition

Delivers within Chapel Hill and Hillsborough city limits.

110 Boone Square St., Ste. 29

Hillsborough, NC 27278

Phone: 919-245-1212

Email: info@hillsboroughpharmacync.com

www.hillsboroughpharmacync.com

Walgreens

1106 Environ Way

Chapel Hill, NC 27517

Phone: 919-942-8738

www.walgreens.com

Walgreens Store Locator

Call your local store to see what prescription delivery service they provide. All stores offer in-store pick-up. Some stores may provide delivery and/or mail service pharmacy for 90-day refills. Visit the website and use the store locator to find stores in your area.

Phone: 800-925-4733 – General

Alt Phone: 877-250-5823 – Online Mail service

www.walgreens.com

Home Health / Skilled Agencies

See also: CAREGIVING RESOURCES, CAREGIVER RESPITE, HOME CARE and WEBSITES Provides 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 - Durham

COUNTIES SERVED: Durham

1005 Slater Rd., Ste. 105

Durham, NC 27703

Phone: 919-941-5793

www.amedisys.com

Amedisys Home Health - Orange

COUNTIES SERVED: Orange

120 Providence Rd., Ste. 200

Chapel Hill, NC 27514

Phone: 919-401-3000

Alt Phone: 800-672-5905

www.amedisys.com

Bayada Home Health Care Raleigh Visits

Provides adults and seniors with short-term nursing, rehabilitative, therapeutic, and assistive home health care services. This care is provided by registered nurses, physical therapists, occupational therapists, speech language pathologists, home health aides and medical social workers. COUNTIES SERVED: Durham County, Orange County, Person County, Wake County, Other

4011 Westchase Blvd., Ste. 290

Raleigh, NC 27607

Phone: 919-785-9090

www.bayada.com

Calming Hearts Home Healthcare

Providing professional in home care for seniors and elderly persons with handicaps and disease.

9609 La Mesa Ln

Timberlake, NC 27583

Phone: 3365835699

Email: info@calmingheartshhc.com

www.calmingheartshhc.com

Duke HomeCare & Hospice

Provides home-based health services: home infusion, home health, hospice, bereavement services.

COUNTIES SERVED: Alamance, Chatham, Durham, Orange, Person, Other

4321 Medical Park Dr., Ste 101

Durham, NC 27704

Phone: 919-620-3853

Alt Phone: 800-599-9339

Email: dhchinfo@notes.duke.edu

www.dhch.duhs.duke.edu

Kennedy Care

Provides in-home assistance with all activities of daily living, homemaker, companionship services, respite care, and live-in services. Available 24/7. COUNTIES SERVED: Alamance, Caswell, Chatham, Durham, Orange, Person

1330 SE Maynard Rd.

Cary, NC 27511

Phone: 919-462-7003

Alt Phone: 919-841-2447

Email: krista@kennedycare.com

www.kennedycare.com/north-carolina

Liberty HomeCare & Hospice

STATEWIDE

Phone: 800-999-9883

www.libertyhomecare.com

Premier Home Healthcare Services

Professional team provides in-home nursing and assistive care services with 24-hour clinical support. Private insurance or private pay. COUNTIES SERVED: Alamance

562 Huffman Mill Rd.

Burlington, NC 27215

Phone: 336-586-1721

www.premierhomehealthcare.com

ProMedica Hospice

COUNTIES SERVED: Chatham, Durham, Orange, Other

4505 Falls of the Neuse, Ste. 650

Raleigh, NC 27609

Phone: 919-877-9959

Alt Phone: 919-981-6238 - referrals

www.heartlandhospice.com

UNC Home Health

COUNTIES SERVED: Alamance, Chatham, Durham, Orange

1101 Weaver Dairy Rd., Ste. 200

Chapel Hill, NC 27514

Phone: 984-974-6350

Alt Phone: 888-424-6273

Home Modifications & Repair Programs

Resources are available to help assess the need, make recommendations and correct safety hazards or accessibility problems within existing homes. Some services are fee-based; some provide loans to eligible owners.

Assessments**Active At Home Senior Services**

Our goal is to enrich the lives of older adults in our community through a variety of services designed to promote optimal physical & mental health, wellness, and aging in place. Whether it's companion care, therapy, home modification or transportation; come experience the Active At Home DIFFERENCE!

4711 Hope Valley Rd Suite 4F-417

Durham, NC 27707

Phone: 984-837-0991

Email: brian@aaahss.com

www.aaahss.com

James J. Love, PT,DPT and Real Estate Agent

Real Estate Agent with a twenty year career of being a practicing Physical Therapist working with seniors. Realtor to assist seniors and family members decide if aging in place or transitioning from their home to an assisted facility is best. Guidance and support with great compassion.

7501 Creedmoor Rd

Suite 102

Raleigh, NC 27613

Phone: (919) 434-8658

Email: James.Love@hunterrowe.com

www.HUNTERROWE.COM/JAMESJLOVE

Orange County Department on Aging - Home Assessments

Occupational therapists can be scheduled to conduct home assessments focused on the fit between your abilities and your home's set-up. Safety is also a major focus of these assessments. They are aware of common accessibility issues, standards for universal and adaptive design, and durable medical equipment that may help in certain situations. COUNTIES SERVED: Orange

Phone: Aging Helpline: 919-968-2087

Email: agingtransitions@orangecountync.gov

www.orangecountync.gov/aging

Loans

Rebuilding Together of the Triangle

Participants must own and live in their own home, and the household income must fall at or below 65% of Area Median Income. Application required. COUNTIES SERVED: Chatham, Durham, Orange, Other

324 South Wilmington St. # 118

Raleigh, NC 27601

Phone: 919-341-5980

Email: info@rebuildingtogethertriangle.org

www.rebuildingtogethertriangle.org

USDA Rural Development

Housing funds available to assist eligible very low-income families with home repairs or improvements. Homeowners only. COUNTIES SERVED: Durham and Orange

853 South Beckford Dr., Ste. A

Henderson, NC 27536

Phone: 252-438-3134 ext: 4

www.rd.usda.gov/nc

Rainbow Way Construction

Residential repairs, accessibility modifications, additions, and renovations by a licensed general contractor with over thirty years of experience, always based in Durham. Specializing in accessibility and aging-in-place modifications. COUNTIES SERVED: Chatham, Durham, Orange, Person, Wake

304 Rainbow Way

Durham, NC 27707

Phone: 919-493-9738

Alt Phone: 919-358-0642

Email: andrewimlay@gmail.com

www.rainbowwayconstruction.com

Providers

AmRamp of Eastern North Carolina

Also has portable ramps to rent or buy. COUNTIES SERVED: Chatham, Durham, Orange, Other

1545 Michelle Drive

Raleigh, North Carolina 27614

Phone: 919-850-4585

Alt Phone: 919-280-7957

Email: amrampenc@amramp.com

www.amramp.com/easternnc

JOCCA Weatherization

Weatherization Grant Program for income-eligible Chatham and Orange residents. May make certain repairs related to energy savings. Call for application. May own or rent home. COUNTIES SERVED: Chatham and Orange

P.O. Box 27, 35 Chatham St.

Pittsboro, NC 27312

Phone: 919-542-4781

Johnson Ambulance

COUNTIES SERVED: Durham and Orange

Phone: 919-890-8667

raleigh.101mobility.com

North Carolina Baptist Men

Client buys materials; agency provides labor. Mainly builds ramps. STATEWIDE

205 Convention Drive

Cary, United States 27511

Phone: 9194595596

Email: mcrawford@ncbaptist.org

www.baptistsonmission.org

North Carolina Independent Living Program

Collaborates with eligible clients on plan to address accessibility or safety issues of home or vehicle for future modifications or for repairs related to modifications. Application process. Once the plan is authorized, the client will be connected with contractor through a bidding process. No exchange of funds. COUNTIES SERVED: Chatham, Durham, Orange

Phone: 919-560-6810

www.dvr.dhhs.nc.gov

Orange County Urgent Repair Program

Program participants must be over age 65 or disabled. They must also be low income and own the home, which must be their primary residence. Urgent repairs only. COUNTIES SERVED: Orange

Orange County Housing, Human Rights & Comm. Develop.

300 West Tryon St., PO Box 8181

Hillsborough, NC 27278

Phone: 919-245-2490

Email: HousingHumanRightsCD@orangecountync.gov

www.orangecountync.gov/departments/hhrcd/index.php

Rainbow Way Construction

Residential repairs, accessibility modifications, additions, and renovations by a licensed general contractor with over thirty years of experience, always based in Durham. Specializing in accessibility and aging-in-place modifications. COUNTIES SERVED: Chatham, Durham, Orange, Person, Wake

304 Rainbow Way

Durham, NC 27707

Phone: 919-493-9738

Alt Phone: 919-358-0642

Email: andrewimlay@gmail.com

www.rainbowwayconstruction.com

Rebuilding Together of the Triangle

Assists eligible low-income homeowners with home repairs related to health and safety, allowing them to remain in their homes. No emergency repairs. No charge. Tend to have waitlist. COUNTIES SERVED: Chatham, Durham, Orange, Other

324 South Wilmington St. #118

Raleigh, NC 27601

Phone: 919-341-5980

Email: info@rebuildingtogethertriangle.org

www.rebuildingtogethertriangle.org

Stalls Medical Inc. / Adaptive Vans Inc.

STATEWIDE

7980 Chapel Hill Rd., Ste. 101

Cary, NC 27513

Phone: 800-627-0732

www.stallsmedical.com

Hospice Care

See also: END OF LIFE PLANNING, GRIEF, LEGAL and WEBSITES Provides palliative (comfort) care for terminally ill patients by an interdisciplinary 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.

Amedisys Home Health - Alamance

COUNTIES SERVED: Alamance; Caswell; Rockingham; Guilford

2929 Crouse Lane, Ste. F

Burlington, NC 27215

Phone: 336-524-0127

www.amedisys.com

Amedisys Home Health - Alamance

COUNTIES SERVED: Alamance; Caswell; Rockingham; Guilford

2929 Crouse Lane, Ste. F

Burlington, NC 27215

Phone: 336-524-0127

www.amedisys.com

Amedisys Home Health - Durham

COUNTIES SERVED: Durham

1005 Slater Rd., Ste. 105

Durham, NC 27703

Phone: 919-941-5793

www.amedisys.com

Amedisys Home Health - Orange

COUNTIES SERVED: Orange

120 Providence Rd., Ste. 200

Chapel Hill, NC 27514

Phone: 919-401-3000

Alt Phone: 800-672-5905

www.amedisys.com

Caregiver Concierge

Caregiver Concierge Caregiver and Companion Services Hospice, Overnights, Travel and more! Individualized Care-Fully Insured. Excellent references and a loving heart. COUNTIES SERVED: Chatham, Durham, Orange, Wake

413 Shakespeare Dr.

Morrisville, NC 27560

Phone: 973-945-4972

Email: eileencaregiverconcierge@yahoo.com

Community Home Care and Hospice

Hospice Services, Nursing, CNA, Chaplain, Social Work, Volunteer, and Bereavement. COUNTIES SERVED: Alamance, Caswell, Orange, Person

2730 Tucker St.

Burlington, NC 27215

Phone: 336-584-6033

www.communityhch.com

Duke HomeCare & Hospice

Provides home-based health services: home infusion, home health, hospice, bereavement services.

COUNTIES SERVED: Alamance, Chatham, Durham, Orange, Person, Other

4321 Medical Park Dr., Ste 101

Durham, NC 27704

Phone: 919-620-3853

Alt Phone: 800-599-9339

Email: dhchinfo@notes.duke.edu

www.dhch.duhs.duke.edu

First-Watch Homecare

We are licensed and insured by the state of NC to provide in home aide services. We can cater a plan to meet the needs of the individual.

3201 Yorktown Avenue

Suite 115

Durham, NC 27713

Phone: 919-425-9513

Email: firstwatchhomecarellc@gmail.com

Get Palliative Care

Learn more about palliative care: answers to frequently asked questions; fact sheets; web links; videos; resources for caregivers, clinicians & policymakers; and a directory to find hospitals nationwide that have a palliative care team.

getpalliativecare.org

Liberty HomeCare & Hospice

STATEWIDE

Phone: 800-999-9883

www.libertyhomecare.com

LiveWell Care Homes

Offers personal care, companionship, light housekeeping, meal preparation, transportation, post-operative care and hospice care. COUNTIES SERVED: Chatham, Durham, Orange

1829 East Franklin St., Ste. 1100-A

Chapel Hill, NC 27514

Phone: 919-719-9127

Alt Phone: 919-929-6444

www.livewellhomecarenc.com

ProMedica Hospice

COUNTIES SERVED: Chatham, Durham, Orange, Other

4505 Falls of the Neuse, Ste. 650

Raleigh, NC 27609

Phone: 919-877-9959

Alt Phone: 919-981-6238 - referrals

www.heartlandhospice.com

UNC Hospice

New hospice home in Pittsboro will offer inpatient and residential hospice services. COUNTIES SERVED: Chatham, Durham, Orange

287 East St., Ste. 221

Pittsboro, NC 27312

Phone: 919-542-5545

Alt Phone: 984-215-2650

www.unchealthcare.org/site/hospice

United Hospice

COUNTIES SERVED: Alamance, Durham, Orange

Phone: 800-973-3938

Alt Phone: 252-442-9126

www.pruitthealth.com

Visiting Angels of Central North Carolina

Our comprehensive home care customized for seniors based on their individual needs and preferences. Dedicated and reliable caregivers help older adults live happily and safely in the comforts of home while providing their families with peace of mind. If you have a loved one who needs personalized in-home care, contact us today to schedule a free consultation, call/text or email us at 919-968-3724. COUNTIES SERVED: Alamance, Chatham, Durham, Orange, Person.

104 Jones Ferry Rd., Ste. A

Carrboro, NC 27510

Phone: 919-968-3724

Alt Phone: 919-321-2136

Email: Chapelhilladmin@visitingangels.com

www.visitingangels.com/chapelhill/home/

Warren Care Services - Adult Care

Located in Alamance County, WCS accepts men and women 55+. Offers 24/7 personal care, meal planning, medication management, short-term respite, hospice care services & more. Limited dementia/Alzheimer care services available for individuals who do not exhibit wandering and/or behavioral conditions. COUNTIES SERVED: Alamance, Caswell, Chatham, Orange, Other

1237 Westmoreland Dr.

Burlington, NC 27217

Phone: 336-270-5259

Email: info@warrencareservices.com

www.warrencareservices.com

Housing Apartments - Subsidized

See also: EMERGENCY ASSISTANCE, FINANCIAL COUNSELING and HOUSING AUTHORITIES Multigenerational housing. Contact the individual facilities for eligibility requirements (including income maximums) and services. Some are Housing and Urban Development (HUD) properties with rents based on income. Some may accept Housing Choice Vouchers-HCV (formerly Section 8) that provide rental assistance for qualified low-income families and individuals. Information about the HCV application process may be obtained from your county Housing Authority.

Alamance County

Alamance Plaza

For people age 62+. Emergency pull cords.

111 Maple Ave.

Burlington, NC 27215

Phone: 336-226-1818

Email: alamance@beacon-nc.com

www.beacon-nc.com

Ralph Clayton Homes

For people age 62+ or younger if they 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

Email: burlha@burlingtonhousingauthority.org

www.burlingtonhousingauthority.org

The Willows

For people age 62+. Congregate meal site Monday-Friday. Includes some utilities. HUD property.

124 Tarpley St.

Burlington, NC 27215

Phone: 336-228-0597

Westhampton Apartments

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

1015 Airport Rd.

Mebane, NC 27302

Phone: 919-563-3700

Woodridge Apartments

1604-1626 Morningside Dr.

Burlington, NC 27217

Phone: 336-228-8581

www.westministercompany.com

Durham County**Carver Creek**

For people age 55+. Tax Credit apartments - not a HUD property.

531 East Carver St.

Durham, NC 27704

Phone: 919-471-6913

Email: carvercreek@mlpropgroup.com

Preiss - Steele Place

Senior community for age 55+, rent based on income through housing choice voucher program, and Tax Credit property.

500 Pickwick Trail

Durham, NC 27704

Phone: 919-479-5050

<http://www.durhamhousingauthority.org/>

Rockwood Cottages

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

14 Wood Cottage Court

Durham, NC 27707

Phone: 919-403-9051

Orange County**Adelaide Walters Apartments**

For people age 62+ (or younger if they have a physical disability). Building manager. HUD property.

603 Martin Luther King Jr. Blvd.

Chapel Hill, NC 27514

Phone: 919-968-8018

Alt Phone: 919 904-5028

Carolina Spring

For people age 55+. Accepts Section 8 subsidies. Tax Credit apartments - not a HUD property.

600 West Poplar Ave.

Carrboro, NC 27510

Phone: 919-942-9559

www.firstcentrum.com

Chase Park Apartments

Accepts any age over 18. Consists of both some property-based Section 8 housing and some non-Section 8 units. The non-Section 8 units may accept housing vouchers. Not a HUD property.

Office-106 North Elliott Rd.

Chapel Hill, NC 27514

Phone: 919-942-2197

www.inchucohousing.com

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

Accepts Section 8 subsidies. Tax Credit apartments - not a HUD property. Not a senior property. All Age Property.

1749 Dobbins Hill Dr.

Leasing Office Suite 110

Chapel Hill, NC 27514

Phone: 919-932-3100

Email: dobbinshill@wrhrealty.com

www.dobbinshillnc.com

Elliott Woods Apartments

Any age over 18. Consists of both some property-based Section 8 housing and some non-Section 8 units. The non-Section 8 units may accept housing vouchers. Not a HUD property.

106 North Elliott Rd.

Chapel Hill, NC 27514

Phone: 919-942-2197

www.inchucohousing.com

Eno Haven

For people age 55+. Accepts Section 8 subsidies. Handicapped accessible.

815 US Bus HWY 70 East

Hillsborough, NC 27278

Phone: 919-245-0700

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

63-units conveniently located in Hillsborough, NC. Handicap accessible units and Section 8 assistance available. Income restrictions-subsidized housing apply. Call 919-732-6701, 8:00 am-4:00pm, Monday-Friday, NC Relay: 800-735-2962. Equal Housing Opportunity-Managed by Multifamily Select, Inc

400 Lakeside Dr., Apt. D

Hillsborough, NC 27278

Phone: 919-732-6701

Email: gateway@msiemail.net

<https://multifamilyselect.com/>

Gateway Village Apartments

63-units conveniently located in Hillsborough, NC. Handicap accessible units and Section 8 assistance available. Income restrictions-subsidized housing apply. Call 919-732-6701, 8:00 am-4:00pm, Monday-Friday, NC Relay: 800-735-2962. Equal Housing Opportunity-Managed by Multifamily Select, Inc

400 Lakeside Dr., Apt. D

Hillsborough, NC 27278

Phone: 919-732-6701

Email: gateway@msiemail.net

<https://multifamilyselect.com/>

Housing Apartments for Seniors - Independent Living With Services

See also: EMERGENCY ASSISTANCE, FINANCIAL COUNSELING and HOUSING AUTHORITIES Services include meals, transportation and housekeeping. No personal services or help with medication is provided.

Alamance County

Oak Creek Retirement Community

For people age 65+. Emergency call alert system.

343 Baldwin Rd.

Burlington, NC 27217

Phone: 336-226-5739

www.whiteoakindependentliving.com

Durham County

Aging Family Solutions

As a Nationally certified Care Manager, I have over 30 years of experience providing families with direction and support to help them navigate the complexities of aging. This support can be given in the home if that's what is best, or in their best fit senior living community.

1124 Scholastic Circle

Durham, NC 27713-6580

Phone: 9196004908

Email: laura@AgingFamilySolutions.com

www.AgingFamilySolutions.com

Atria Southpoint Walk

5705 Fayetteville Rd.

Durham, NC 27713

Phone: 919-401-0100

Email: lisa.ward@atriaseniorliving.com

www.atriaseniorliving.com

Bartlett Reserve Independent Senior Living

ALL-INCLUSIVE senior living community, for those 55+. Offer all day dining, heated pool, full kitchens, amazing events and much, much more!

300 Meredith Dr.

Durham, NC 27713

Phone: 919-361-1234

Email: spier@bartlettreserve.com

www.bartlettreserve.com

Durham Regent

For people 55+. Managers live on the premises. May hire help privately. Emergency personal alert system. Cost calculator available online.

3007 Pickett Rd.

Durham, NC 27705

Phone: 919-490-6224

www.durhamregent.com

Emerald Pond

For people 55+. Managers live on the premises. May hire help privately. Emergency pull cords.

205 Emerald Pond Lane

Durham, NC 27705

Phone: 919-493-4713

www.emeraldpond.net

Aging Family Solutions

As a Nationally certified Care Manager, I have over 30 years of experience providing families with direction and support to help them navigate the complexities of aging. This support can be given in the home if that's what is best, or in their best fit senior living community.

1124 Scholastic Circle

Durham, NC 27713-6580

Phone: 9196004908

Email: laura@AgingFamilySolutions.com

www.AgingFamilySolutions.com

Preston Pointe

Rent one and two bedroom apartments in this upscale Independent 62+ community. Additional care and therapy services are available as you age, so you may never have to move again! AREA SERVED: All

1995 NW Cary Parkway

Morrisville, NC 27560

Phone: 919-460-8141

Email: jbiewen@prestonpointe.com

www.prestonpointe.com

Stepping Stones Real Estate

My company called Stepping Stones helps seniors looking to buy, sell, downsize, or transition into their next phase with independent/assisted living. I help guide and support seniors with knowledge, patience and compassion so that they do not feel overwhelmed and stressed.

1400 Village Market Place

Morrisville, NC 27560

Phone: 919-931-2549

Email: evelynhrehor10@gmail.com

www.steppingstonesrealestate.com

Housing Authorities & Advocacy

Promotes adequate and affordable housing, economic opportunity and a suitable living environment free from discrimination. The Housing Choice Voucher (HCV) program provides rental assistance for qualified low-income families and individuals. Information about the application process may be obtained from Housing Authorities.

Burlington Housing Authority

133 North Ireland St.

Burlington, NC 27217-2635

Phone: 336-226-8421

burlingtonhousingauthority.org/

Chatham County Housing Authority

190 Sanford Rd.

Pittsboro, NC 27513

Phone: 919-542-3742

Alt Phone: 919-742-1236

www.chathamnc.org

Durham County Housing Authority

330 East Main St.

Durham, NC 27701

Phone: 919-683-1551

www.durhamhousingauthority.org

Graham Housing Authority

Offers three housing programs: the Housing Choice Voucher program, Public Housing Program and Section 8 Project Based Apartments for Elderly/Disabled. LOCATION: Graham, NC / Alamance County

109 East Hill St.

Graham, NC 27253

Phone: 336-229-7041

www.grahamhanc.com/

Orange County Dept. Housing, Human Rights & Comm. Develop. - Chapel Hill

Offers the Housing Choice Voucher program, affordable housing program, single-family rehab, urgent repair, fair housing enforcement and more. LOCATION: Southern Human Services Center.

2501 Homestead Rd.

Chapel Hill, NC 27516

Phone: 919-968-2022

Email: HousingHumanRightsCD@orangecountync.gov

www.orangecountync.gov/departments/hhrcd/index.php

Orange County Dept. Housing, Human Rights & Comm. Develop. - Hillsborough

Offers the Housing Choice Voucher program, affordable housing program, single-family rehab, urgent repair, fair housing enforcement and more. LOCATION: Richard Whitted Human Services Bldg.

300 West Tryon St.

Hillsborough, NC 27278

Phone: 919-245-2490

Email: HousingHumanRightsCD@orangecountync.gov

www.orangecountync.gov/departments/hhrcd/index.php

Housing Cohousing

An intentional community of private homes clustered around shared space such as a common house with a shared kitchen, dining or more. Households have independent incomes, private lives and may participate in planning activities. Easy to form clubs, organize child and elder care, carpool and share resources.

Durham County

Elderberry Cohousing

Adult cohousing community of 18 townhomes in a rural setting north of Durham. Members govern using consensus. Some couples and singles are retired, others employed; but all have an active lifestyle as they maintain the property, hike, garden, exercise and contribute to the larger community. AREA SERVED: All, Nationwide

60 Elderberry Ln.

Rougemont, NC 27572

Phone: 336-364-4173

Alt Phone: 336-364-0386

Email: mbkbennett@gmail.com

www.elderberrycohousing.com

Intown Neighborhood Place

Seeking site as of 2016.

Email: nc277coho@gmail.com

Solterra

Solterra is a Cohousing Community. We: Care about our neighbors and environment; Make decisions on consensus; Welcome diversity; Do things together (cook, watch movies, read, garden, and more); Are Multi-generational (age spans from 0 to 87); and Help each other to be a strong community. COUNTIES SERVED: Orange, Durham

98 Solterra Way

Durham, NC 27705

Email: info@solterra.net

www.solterra.net

Village Hearth Cohousing

Dynamic 55+ LGBT-focused group of adults working together to build a cohousing community on 15 beautiful, wooded acres just 20 minutes from downtown Durham, NC. We are gay & straight, single & partnered, working & retired, bringing together good neighbors to "age in community." COUNTIES SERVED: Durham

Phone: 561-714-8009

Email: villagehearthcohousing@gmail.com

www.villagehearthcohousing.com

Orange County

Arcadia Cohousing

Established 1999 in Chapel Hill; completed.

Email: info@arcadiacohousing.com

www.arcadiacohousing.com

Common Ground Ecovillage

Common Ground is a forming ecovillage on 112 acres near Efland. The land is presently being farmed. Construction of a cluster of modest homes will begin in 2025. Focus of our community effort is to consciously live a more environmentally-aware and sustainable lifestyle. COUNTIES SERVED: Orange

1625 Ben Jones Dr.

Mebane, NC 27302

Phone: 919-357-7519

Email: voss@hawkweed.net

www.commonground.eco

Pacifica

Established 2006 in Carrboro.

Email: pacificaoutreachcommittee@gmail.com

pacificaonline.org

Legal

Clarity Legal Group

Estate Planning, Elder Law & Medicaid Planning, Special Needs Trusts, Adult Guardianships, Estate & Trust Administration, Probate. We service all of North Carolina. Local counties include Alamance, Caswell, Chatham, Durham, Granville, Johnston, Orange, Person, and Wake.

1414 Raleigh Road, Suite 445

Chapel Hill, NC 27517

Phone: (919) 484-0012

Email: reply@claritylegalgroup.com

www.claritylegalgroup.com

Clarity Legal Group

Estate Planning, Elder Law & Medicaid Planning, Special Needs Trusts, Adult Guardianships, Estate & Trust Administration, Probate. We service all of North Carolina. Local counties include Alamance, Caswell, Chatham, Durham, Granville, Johnston, Orange, Person, and Wake.

1414 Raleigh Road, Suite 445

Chapel Hill, NC 27517

Phone: (919) 484-0012

Email: reply@claritylegalgroup.com

www.claritylegalgroup.com

Compass Center

Helps all people navigate their journey to self-sufficiency, safety, and health. Our services include domestic violence crisis and prevention programs, career and financial education, assistance with legal resources, and youth health programs. COUNTIES SERVED: Orange

210 Henderson St.

Chapel Hill, NC 27514

Phone: 919-968-4610

Email: clientservices@compassctr.org

www.compassctr.org

Compass Center for Women and Families

Offers a broad range of services to 6,000+ people each year, including career and financial education and individual counseling, legal resources, and support groups. We are the only Orange County resource for comprehensive domestic violence crisis services. COUNTIES SERVED: Alamance, Chatham, Durham, Orange, Wake

210 Henderson St.

Chapel Hill, NC 27514

Phone: 919-968-4610

Alt Phone: 919-929-7122

Email: clientservices@compassctr.org

www.compassctr.org

Consumer Protection - North Carolina Department of Justice

Call the Attorney General's office with consumer complaints, including reports of scams against seniors. Complaints can also be filed online.

114 West Edenton St.

Raleigh, NC 27602

Phone: 919-716-6000

Alt Phone: 877-566-7226

Email: consumer@ncdoj.gov

www.ncdoj.gov

Disability Rights North Carolina

Provides legal representation and advocacy to protect the rights of people with disabilities and investigates allegations of abuse and neglect. STATEWIDE

3724 National Dr., Ste. 100

Raleigh, NC 27612

Phone: 919-856-2195

Email: info@disabilityrightsncc.org

www.disabilityrightsncc.org

Dispute Settlement Center

Provides mediation services to individuals and communities dealing with family and life issues. STATEWIDE

302 West Weaver St.

Carrboro, NC 27510

Phone: 919-929-8800

www.disputesettlement.org

Legal Aid of North Carolina

Legal Aid of North Carolina's Senior Law Project provides free civil legal help to North Carolinians who are 60 years of age or older. Priority is given to those with the greatest need. Call the toll-free Senior Legal Helpline to apply for services.

Phone: 1-877-579-7562

Alt Phone: 1-866-219-5262

www.legalaidnc.org

Legal Hand NC

Legal Hand NC provides free legal information, assistance and referrals to help you resolve issues that affect your life in areas like housing, family, consumer debt, immigration, domestic violence, public benefits, employment and many more.

PO Box 2448

Raleigh, NC 27602

Phone: 984-464-4406

Alt Phone: 984-464-4409

Email: nchelp@legalhand.org

<https://www.legalhand.org/northcarolina>

National Academy of Elder Law Attorneys

NAELA is a non-profit association that assists lawyers, bar organizations, and others. For more information, visit NAELA.org, or to locate a NAELA member attorney in your area, visit NAELA.org/FindLawyer.

NATIONWIDE

1577 Spring Hill Road

Suite 310

Vienna, VA 22182

Phone: 703-942-5711

Email: naela@naela.org

www.naela.org

North Carolina Bar Association

Has a list of certified attorneys in various specialty areas such as estate planning. Seniors can access publications online or at the library. Online pamphlet: Senior Citizens Handbook Laws and Programs Affecting Senior Citizens in North Carolina.

P.O. Box 3688

Cary, NC 27519

Phone: 919-677-0561

www.ncbar.gov

North Carolina Lawyer Referral Service

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

Phone: 919-677-8574

Alt Phone: 800-662-7660

www.ncfindalawyer.com

Libraries

In addition to traditional books, many libraries have CDs, DVDs, large print books and e-books. Some have computers available for public use. Only the main libraries are listed for Alamance, Chatham and Durham. Please call or visit their websites to find their branch libraries.

Chatham County

Chatham Community Library - Main

Adult and children's collections and programming. Reference services. Genealogy services by appointment.

197 HWY 87 North

Pittsboro, NC 27312

Phone: 919-545-8084

www.chathamlibraries.org

Goldston Public Library

Adult and children's collections and programming.

9235 Pittsboro Goldston Road

Goldston, NC 27252

Phone: 9198984522

Email: goldston.library@chathamlibraries.org

www.chathamlibraries.org

Memorial Library - May

Offers delivery of large print and audiobooks limited to homebound cardholders in immediate service area.

342 South Spring St.

Burlington, NC 27215

Phone: 336-229-3588

www.alamancelibraries.org

Durham County

Durham County Library - Main

Main Library is closed for renovation until early 2019. With the closing of Main Library for renovation on January 15, 2017, the North Carolina Collection has temporarily moved to Northgate Mall.

300 North Roxboro St.

Durham, NC 27702

Phone: 919-560-0100

www.durhamcountylibrary.org

Orange County Public Library - Carrboro Cybrary

Enjoy access to print/digital books, DVDs & music; wi-fi, computers & ancestry.com; programs for all ages; &, meeting & study space. The Orange County Public Library offers free library cards to residents of Orange, Person, Chatham, Durham, Alamance & Caswell counties.

N. Greensboro St

Carrboro, NC 27510

Phone: 919-918-7387

www.OrangeCountyLibrary.org

Orange County

Chapel Hill Public Library

100 Library Dr.

Chapel Hill, NC 27514

Phone: 919-968-2777

Email: library@townofchapelhill.org

www.chapelhillpubliclibrary.org

Orange County Public Library - Main

Enjoy access to print/digital books, DVDs & music; wi-fi, computers & ancestry.com; programs for all ages; &, meeting & study space. The Orange County Public Library offers free library cards to residents of Orange, Person, Chatham, Durham, Alamance & Caswell counties.

137 West Margaret Lane

Hillsborough, NC 27278

Phone: 919-245-2525

Email: library@orangecountync.gov

www.OrangeCountyLibrary.org

Southern Branch of the Orange County Public Library

The Southern Branch of the Orange County Public Library offers public computing, printing, copying, faxing, books and other materials for check out, and programing for youth and adults.

Drakeford Library Complex

Carrboro, NC 27510

Email: library@orangecountync.gov

www.OrangeCountyLibrary.org

Southern Branch of the Orange County Public Library

The Southern Branch of the Orange County Public Library offers public computing, printing, copying, faxing, books and other materials for check out, and programing for youth and adults.

Drakeford Library Complex

Carrboro, NC 27510

Email: library@orangecountync.gov

www.OrangeCountyLibrary.org

Medicaid

See also: BENEFITS and SOCIAL SERVICE AGENCIES Medicaid provides health coverage to eligible low-income adults. Your local Department of Social Services (DSS) in your county of residency determines your eligibility. Contact your county DSS office for more information or to apply.

Alamance County Department of Social Services

319 North Graham-Hopedale Rd., Ste. C

Burlington, NC 27217

Phone: 336-570-6532

www.alamance-nc.com/dss

Orange County Department of Social Services - Chapel Hill

Southern Human Services Center

2501 Homestead Rd.

Chapel Hill, NC 27516

Phone: 919-968-2000

Email: dssinfo@orangecountync.gov

www.orangecountync.gov/378/Social-Services

Orange County Department of Social Services - Hillsborough

Hillsborough Commons, 113 Mayo St.

Hillsborough, NC 27278

Phone: 919-245-2800

Email: dssinfo@orangecountync.gov

www.orangecountync.gov/378/Social-Services

Medical Equipment & Supplies

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

Healthcare Equipment, Inc.

Representatives at our Durham store and in the field can help families with selections. Therapist and family members are present when samples and choices are decided. Requires a letter of medical need and doctor's prescription. Repairs and maintains equipment that we provide.

4228 Garrett Rd.

Durham, NC 27707

Phone: 919-489-7408

Alt Phone: 800-462-6427

Email: kevinp@hcewheelchairs.com

www.healthcareequipmentinc.com

Medical Supply Super Store - Durham

Approved and accredited Medicare provider.

3300 North Guess Rd.

Durham, NC 27705

Phone: 919-220-0740

www.themedicalsuppliesuperstore.com

Orange County Department on Aging - DME

Limited amount of gently used medical equipment and supplies available on a loan basis. Donations accepted. COUNTIES SERVED: Orange

Phone: Aging Helpline: 919-968-2087

Email: agingtransitions@orangecountync.gov

www.orangecountync.gov/aging

Tarheel Medical Supply

Provides medical equipment for home health care. Medicare, Medicaid and most insurance accepted. Located behind Rams Plaza. COUNTIES SERVED: Alamance, Chatham, Durham, Orange

1717 Legion Rd., Ste. 102-B

Chapel Hill, NC 27517

Phone: 919-969-2669

Email: info@tarheelmedicalsupply.com

www.tarheelmedicalsupply.com

Triangle Lifeline and Medical Alert Services

COUNTIES SERVED: Durham

4220 NC HWY 55, Ste. 335

Durham, NC 27713

Phone: 919-479-6050

www.trianglelifeline.com

Medical Rights

KEPRO

Medicare Quality Improvement Organization offers beneficiary & family-centered care information for providers, patients & families. Conducts medical record reviews for mediation for Medicare beneficiaries when questions arise. Under contract with the Centers for Medicare & Medicaid Services. STATEWIDE

5201 West Kennedy Blvd., Ste. 900

Tampa, FL 33609

Phone: 844-455-8708

Alt Phone: 800-222-0771

www.keproqio.com

Mental Health Resources & Services

See also: SUPPORT GROUPS and WEBSITES

Advocacy, Support and Referral

Alliance Health

Operates a 24/7 call center to help people in a mental health or substance use crisis find care that they need. Online handbook to help residents in service area find local resources, understand their rights or voice a grievance. In Spanish and other formats. COUNTIES SERVED: Durham and Other

Phone: 800-510-9132

www.alliancebhc.org

Cardinal Innovations Healthcare Community Office - Alamance

24/7 call center to complement the care that members receive for intellectual & developmental disabilities, mental health or substance use disorders. Ensuring access to routine care or if experiencing a crisis. Ensuring quality care in a timely manner from appropriate providers. COUNTIES SERVED: Alamance, Caswell, Chatham, Orange and Person

2929 Crouse Lane, Ste. B

Burlington, NC 27215

Phone: 800-939-5911 - Call Center

Alt Phone: 336-513-4222 – Local Office

www.cardinalinnovations.org

Cardinal Innovations Healthcare Community Office - Orange

24/7 call center to complement the care that members receive for intellectual & developmental disabilities, mental health or substance use disorders. Ensuring access to routine care or if experiencing a crisis. Ensuring quality care in a timely manner from appropriate providers. COUNTIES SERVED: Alamance, Caswell, Chatham, Orange, Person

201 Sage Rd.

Chapel Hill, NC 27517

Phone: 800-939-5911 – Call Center

Alt Phone: 919-913-4000 – Local Office

www.cardinalinnovations.org

Club Nova

Provides opportunities for people living with severe mental illness to lead meaningful, productive lives of their choice in the community. Club Nova focuses on members strengths rather than their illness, with support around social skills, housing, employment, and benefits.

103 West Main St.

Carrboro, NC 27510

Phone: 919-968-6682

Email: membership@clubnova.org

www.clubnova.org

Cornucopia House Cancer Support Center

Cornucopia supports the mind, body and spirit of those journeying with cancer, their families and caregivers through complementary therapies, meal and transportation assistance, individual and group support, information and resources.

PO Box 51188

Durham, NC 27717

Phone: 919-401-9333

Email: info@cancersupport4u.org

www.cancersupport4u.org

Disability Rights North Carolina

Provides legal representation and advocacy to protect the rights of people with disabilities and investigates allegations of abuse and neglect. STATEWIDE

3724 National Dr., Ste. 100

Raleigh, NC 27612

Phone: 919-856-2195

Email: info@disabilityrightsn.org

www.disabilityrightsn.org

Mental Health America of the Triangle

Non-clinical services include education, advocacy, information and referral, and peer support. Teaches Mental Health First Aid. Offers an online mental health service directory for Orange, Chatham and Person (includes services for Spanish-speaking individuals & refugees). COUNTIES SERVED: Chatham, Durham, Orange, Person

3729 Murphy School Rd.

Durham, NC 27705

Phone: 919-942-8083

Email: info@mhatriangle.org

www.mhatriangle.org

MentalHealth.gov

Provides one-stop access to US government mental health resources and information, in addition to local information.

Phone: 877-726-4727

www.mentalhealth.gov

National Alliance on Mental Illness (NAMI) - North Carolina

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

Phone: 800-451-9682 - Limited Hours

Email: gharrison@naminc.org

<http://naminc.org/>

National Alliance on Mental Illness (NAMI) - Orange County

Advocacy, referral and support groups for people with mental illness and their family members.

Phone: 919-929-7822

www.namiorangenc.org

Orange County Department on Aging - Aging Transitions

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. Available to help people determine what services they are eligible for and to make plans for the future. COUNTIES SERVED: Orange

Phone: Aging Helpline: 919-968-2087

Email: agingtransitions@orangecountync.gov

www.orangecountync.gov/aging

Silver Linings for Seniors

Counseling services in homes, communities, or our Cary office for individuals or families. Medicare approved providers help with change, sadness, anger, stress, and much more. COUNTIES SERVED: Alamance, Chatham, Durham, Orange, Wake, Other

1250 SE Maynard Rd.

Cary, NC 27511

Phone: 919-757-6498

Alt Phone: 919-300-7943

Email: rachel@silverliningsnc.com

www.SilverLiningsNC.com

Crisis Services

In a police or medical emergency, always call 911. For NON-police crisis assistance, NOT police response, refer to the LAW ENFORCEMENT AGENCIES subhead under this MENTAL HEALTH category. To find help for a mental health or substance use crisis near you, call the 24/7 CALL CENTER in your county (listings below); or visit <http://crisissolutionsnc.org/> to find crisis assistance resources in your county.

Alliance Health

Operates a 24/7 call center to help people in a mental health or substance use crisis find care that they need. Online handbook to help residents in service area find local resources, understand their rights or voice a grievance. In Spanish and other formats. COUNTIES SERVED: Durham and Other

Phone: 800-510-9132

www.alliancebhc.org

Cardinal Innovations Healthcare Community Office - Alamance

24/7 call center to complement the care that members receive for intellectual & developmental disabilities, mental health or substance use disorders. Ensuring access to routine care or if experiencing a crisis. Ensuring quality care in a timely manner from appropriate providers. COUNTIES SERVED: Alamance, Caswell, Chatham, Orange and Person

2929 Crouse Lane, Ste. B

Burlington, NC 27215

Phone: 800-939-5911 - Call Center

Alt Phone: 336-513-4222 – Local Office

www.cardinalinnovations.org

Cardinal Innovations Healthcare Community Office - Orange

24/7 call center to complement the care that members receive for intellectual & developmental disabilities, mental health or substance use disorders. Ensuring access to routine care or if experiencing a crisis. Ensuring quality care in a timely manner from appropriate providers. COUNTIES SERVED: Alamance, Caswell, Chatham, Orange, Person

201 Sage Rd.

Chapel Hill, NC 27517

Phone: 800-939-5911 – Call Center

Alt Phone: 919-913-4000 – Local Office

www.cardinalinnovations.org

Chapel Hill Police Department Crisis Unit

NON-police crisis assistance for Chapel Hill residents only. NOT police response. In a police or medical emergency, call 911.

Phone: 919-968-2806

www.townofchapelhill.org

Crisis Solutions North Carolina

Coalition responsible for finding resources to address the challenges of crisis intervention and treatment in addition to helping those challenged return to recovery after a crisis. Online tool to find help for a mental health or substance use crisis in your county.

Phone: 988

<http://crisissolutionsnc.org/>

Freedom House Recovery Center - Crisis and Detoxification Services

Facility-based crisis unit offers short-term observation, stabilization, and detoxification.

110 New Stateside Drive

Chapel Hill, NC 27516

Phone: 919-967-8844

Alt Phone: 833-800-1505

Email: administrator@freedomhouserecovery.org

www.freedomhouserecovery.org

Freedom House Recovery Center - Mobile Crisis

Mobile Crisis Team provides integrated, short-term crisis response, stabilization and intervention for adults and children experiencing a mental health or chemical dependency crisis. 24 hours a day, Every day.

COUNTY SERVED: Durham

104 NEW STATESIDE DR

Chapel Hill, NC 27516-1163

Phone: 866-275-9552

Alt Phone: 919-967-8844

Email: administrator@freedomhouserecovery.org

www.freedomhouserecovery.org

Freedom House Recovery Center - Mobile Crisis

Mobile Crisis Team provides integrated, short-term crisis response, stabilization and intervention for adults and children experiencing a mental health or chemical dependency crisis. 24 hours a day, Every day.

COUNTIES SERVED: Orange, Person

104 New Stateside Dr.

Chapel Hill, NC 27516

Phone: 1-877-967-8844

www.freedomhouserecovery.org

National Suicide Prevention Hotline

Will connect call to a local resource provider. NATIONWIDE

Phone: 800-SUICIDE

Alt Phone: 800-784-2433

<https://suicidepreventionlifeline.org/>

Orange County Sheriff Department Crisis Unit

NON-police crisis assistance for Orange County residents only. NOT police response. In a police or medical emergency, call 911. COUNTY SERVED: Orange

106 East Margaret Ln.

Hillsborough, NC 27278

Phone: 919-245-2900

Alt Phone: 919-644-3050

www.ocsonc.com

Veterans Crisis Line

If you have a medical emergency, please dial 911. Connects Veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text 838255 to receive confidential support 24/7.

Phone: 800-273-8255 ext: 1

Alt Phone: TTY: 800-799-4889

www.veteranscrisisline.net

Daytime Counseling Services**Amber Bishop, LCSW**

I am a Clinical Social Worker specializing in addressing the unique needs of older adults as they navigate the complexities of aging and life transitions. I strive to create a safe and nurturing space where individuals can explore their emotions and find healing and resilience.

410 Millstone Dr

Hillsborough, NC 27278

Phone: 9192605926

Email: amberbishoplcsw@gmail.com

<http://www.asteptohealth.com/Amber/index.html>

Art Therapy Institute

Licensed mental health professionals provide arts-based counseling to diverse populations. Individual counseling services and community support groups for refugee women & adults living with severe & persistent mental illness. Accepts Medicaid, some insurance & private pay. Sliding scale available.

COUNTIES SERVED: Orange, Durham

200 North Greensboro St., Ste. D6

Carrboro, NC 27510

Phone: 919-381-6068

Email: info@ncati.org

www.ncati.org

Duke Outpatient Psychiatry Clinic

No referral needed. Search the website for Psychiatry Providers. COUNTIES SERVED: Durham

2213 Elba St.

Durham, NC 27705

Phone: 919-684-0100

www.dukemedicine.org

Durham VA Medical Center

Provides health care services to veterans in central and eastern North Carolina.

508 Fulton St.

Durham, NC 27705

Phone: 919-286-0411

Alt Phone: 24/7 Call Line: 888-878-6890

www.durham.va.gov/index.asp

El Futuro

: Provides mental health & substance abuse services to Spanish-speaking individuals & families in central North Carolina. Offers Durham walk-in clinic for people not currently in treatment. Accepts Medicaid as well as serves uninsured in some counties. COUNTIES SERVED: Chatham and Durham

2020 Chapel Hill Rd., Ste. 23

Durham, NC 27707

Phone: 919-688-7101

Email: info@elfuturo-nc.org

www.elfuturo-nc.org

Freedom House Recovery Center - Person Counseling Center

Provides support and treatment for people with behavioral disorders or mental illness. Also specializes in recovery treatment for those struggling with substance abuse.

355-C1 South Madison Blvd.

Roxboro, NC 27573

Phone: 833-800-1505

Alt Phone: 336-599-8366

Email: administrator@freedomhousetreatment.org

www.freedomhousetreatment.org

LGBT Center of Raleigh

Provides a list of mental health providers who have submitted a written statement that they are LGBT-affirming therapists and have agreed to practice in ways that support the LGBT community. STATEWIDE DIRECTORY

324 South Harrington St.

Raleigh, NC 27603

Phone: 919-832-4484

www.lgbtcenterofraleigh.com/resources/mental-health-resources.html

Mental Health America of the Triangle

Offers free counseling to people who are uninsured or underinsured. Online comprehensive service directory for Orange, Chatham and Person (includes services for Spanish-speaking individuals, refugees, LGBT). COUNTIES SERVED: Chatham, Durham, Orange, Person

3729 Murphy School Rd.

Durham, NC 27705

Phone: 919-942-8083

Email: info@mhatriangle.org

www.mhatriangle.org

Orange County Department on Aging - Counseling

Short-term counseling regarding geriatric mood disorders & caregiving issues only. By appointment.

Phone: Aging Helpline: 919-968-2087

Email: agingtransitions@orangecountync.gov

www.orangecountync.gov/aging

Peaceful Wisdom Counseling Services, PLLC

Geriatric Counseling with a focus on addressing the unique mental health and emotional needs of older adults and caregivers.

1220 Timber Dr. E
#1021

Garner, NC 27529

Phone: 919-525-1467

<https://peacefulwisdomcounseling.com/>

Reflective Counseling Services, PLLC

Reflective Counseling offers teletherapy to adults 55 and older and caregivers. AREA SERVED: All, North Carolina (statewide)

8410 Six Forks Rd
Suite 203

Raleigh, NC 27615

Phone: 910-830-0704

Email: imlistening@reflectivecounsel.com

www.reflectivecounsel.com

Silver Linings for Seniors

Counseling services in homes, communities, or our Cary office for individuals or families. Medicare approved providers help with change, sadness, anger, stress, and much more. COUNTIES SERVED: Alamance, Chatham, Durham, Orange, Wake, Other

1250 SE Maynard Rd.

Cary, NC 27511

Phone: 919-757-6498

Alt Phone: 919-300-7943

Email: rachel@silverliningsnc.com

www.SilverLiningsNC.com

UNC Dept. of Psychiatry Walk-In Clinic

For emergencies only: 9 am - 3 pm. LOCATION: Neurosciences Hospital - 1st Floor

101 Manning Dr.

Chapel Hill, NC 27514

Phone: 984-974-5217

Alt Phone: 24 Hr Crisis Line: 984-974-3950

www.uncmmentalhealthspecialist.com

Hospitals

Alamance Regional Medical Center (Cone Health)

1240 Huffman Mill Rd.
Burlington, NC 27215-8700
Phone: 336-538-7000

www.armc.com

Central Regional Hospital

AREA SERVED: Regional area includes Alamance, Chatham, Durham, Orange
300 Veazey Rd.
Butner, NC 27509
Phone: 919-764-2000

www2.ncdhhs.gov/dsohf/services/crh/index.htm

Chatham Hospital - UNC Healthcare

475 Progress Blvd.
Siler City, NC 27344
Phone: 919-799-4000

www.chathamhospital.org

Duke Health

2301 Erwin Rd.
Durham, NC 27710
Phone: 855-855-6484

www.dukemedicine.org

North Carolina Division of State-Operated Healthcare Facilities

3006 Mail Service Center
Raleigh, NC 27699-3006
Phone: 919-855-4700

www.ncdhhs.gov/divisions/dsohf/

North Carolina Hospital and Healthcare Guide 2016-17

Lists hospitals by location, nursing homes, adult care homes-assisted living, local health departments, state and federal health contacts & medical societies. Also found at www.orangecountync.gov/departments/aging. Go to Aging in Place Supports.

www.nc-hospitals.com

UNC Hospitals

101 Manning Dr.

Chapel Hill, NC 27514

Phone: 984-974-1000

www.unomedicalcenter.org

Law Enforcement Agencies

In a police or medical emergency, call 911. Use the numbers below for NON-police crisis assistance. NOT police response.

Carrboro Police Department

Phone: 919-918-7398

www.carrboropolice.com

Chapel Hill Police Department

Phone: 919-968-2760

www.townofchapelhill.org

Chatham County Sheriff's Office

Law enforcement, protection orders, victim assistance, meal drives, fraud awareness & prevention presentations, permanent & mobile prescription take backs, Coffee with a Cop, Community Watch, Mobile Community Meetups, Sheriff's Training Academy for Residents (STAR), home/business checks & more.

COUNTIES SERVED: Chatham

295 West St.

Pittsboro, NC 27312

Phone: 919-542-2811

www.chathamsheriff.com

Hillsborough Police Department

Phone: 919-732-9381

www.hillsboroughnc.gov

Mebane Police Department

Phone: 919-563-9031

www.cityofmebane.com/police.asp

Orange County Sheriff Department

The Community Services Division sponsors many programs that are aimed at educating residents on matters of home security, safety, self-protection, drug prevention and awareness. COUNTY SERVED: Orange

106 East Margaret Ln.

Hillsborough, NC 27278

Phone: 919-245-2900

Alt Phone: 919-644-3050

www.ocsonc.com

Pittsboro Police Department

635 East Street

Pittsboro, NC 27312

Phone: 919-542-3200

www.pittsboronc.gov

Siler City Police Department

Local Police Department.

PO Box 769

312 N Chatham Ave.

Siler City, NC 27344

Phone: 919-742-5626

www.silercity.org

Amber Bishop, LCSW

I am a Clinical Social Worker specializing in addressing the unique needs of older adults as they navigate the complexities of aging and life transitions. I strive to create a safe and nurturing space where individuals can explore their emotions and find healing and resilience.

410 Millstone Dr

Hillsborough, NC 27278

Phone: 9192605926

Email: amberbishoplcsw@gmail.com

<http://www.asteptohealth.com/Amber/index.html>

Heartwood Death Doula and Bereavement Care

Heartwood Death Doula and Bereavement Care is a one-on-one service to help you make the most of your time with the people you love. Holly Lux-Sullivan has extensive training in dementia and advanced illness care as well as years of experience at the bedside.

206 Oak Forest Court

Mebane, NC 27302

Phone: 919-576-9243

Alt Phone: 336-587-4900

Email: heartwood.death.doula@gmail.com

heartwooddeathdoula.com

National Institute on Mental Health

Mental health education, resources, information and help for people and their loved ones struggling with mental illness. AREA SERVED: All

6001 Executive Blvd., Room 6200, MSC 9663

Bethesda, MD 20892-9663

Phone: 866-615-6464

Email: nimhinfo@nih.gov

www.nimh.nih.gov

Peaceful Wisdom Counseling Services, PLLC

Geriatric Counseling with a focus on addressing the unique mental health and emotional needs of older adults and caregivers.

1220 Timber Dr. E
#1021

Garner, NC 27529

Phone: 919-525-1467

<https://peacefulwisdomcounseling.com/>

Treatment Centers

Freedom House Recovery Center - Durham Outpatient Clinic

Assists in managing severe mental disorders, resolving shorter term difficulties, achieving recovery from substance use disorders & maintaining sobriety. Comprehensive Clinical Assessment, Therapy, SACOT & SAIOP, Peer Support, Psychiatric Evaluation, Medication Management. COUNTIES SERVED: Durham

400 Crutchfield St., Ste. D

Durham, NC 27704

Phone: 833-800-1505

Alt Phone: 919-251-8806

Email: administrator@freedomhouserecovery.org

www.freedomhouserecovery.org

Freedom House Recovery Center Orange County Outpatient Clinic

Provides treatment of mental health and substance use disorders to children and adults in an outpatient setting.

104 NEW STATESIDE DR

Chapel Hill, North Carolina 27516

Phone: 833-800-1505

Alt Phone: 919-942-2803

Email: administrator@freedomhouserecovery.org

www.freedomhouserecovery.org

North Carolina Division of Mental Health, Developmental Disabilities and Substance Abuse Services

Offers professional treatment services in facility-based crisis programs across the state. Admissions of persons with intellectual/developmental disabilities to any of these programs depends on the acuity of the individual.

Phone: 919-733-7011

www.ncdhhs.gov/divisions/mhddsas

R.J. Blackley Alcohol and Drug Abuse Treatment Center

100 H St.

Butner, NC 27509

Phone: 919-575-7800

www.ncdhhs.gov/divisions/dsohf/

Reliable Health Services, Inc.

Reliable Health Services serving the community for Home care, mental health, DWI assessments, Group therapy, Therapy, Weight loss, Meditation, Addiction treatment and therapy. AREA SERVED: All

2634 Durham-Chapel Hill Blvd.

Suite 204

Durham, NC 27707

Phone: 919-596-9479

Email: sreliablecare@yahoo.com

www.reliablehealthservices.com

TROSA - Triangle Residential Options for Substance Abusers

Long-term residential substance abuse recovery program that offers education, leadership training, peer counseling, continuing care and vocational training. AREA SERVED: North Carolina

1820 James St.

Durham, NC 27707

Phone: 919-419-1059

www.trosainc.org

Moving Services

Aspire Transitions

COUNTIES SERVED: Chatham, Durham, Orange, Other

1660 Mt. Olive Church Rd.

Pittsboro, NC 27312

Phone: 919-533-6610

Alt Phone: 919-636-1636

Email: aspiretransitions@live.com

www.aspiretransitions.vpweb.com

Caring Transitions of Chapel Hill

Caring Transitions of Chapel Hill is the Professional Solution for relocation services including downsizing, decluttering & estate sales for both full and partial liquidations.

1201 Raleigh Rd

Suite 102

Chapel Hill, NC 27517

Phone: 919-338-9236

Email: aasaro@caringtransitions.com

Carolina Relocation & Transition Specialists

AREA SERVED: Triangle & Triad regions of NC

P.O. Box 1338

Pittsboro, NC 27312

Phone: 919-610-1888

Email: beth@carolina-rts.com

www.carolina-rts.com/

Here to Home

Our senior moving staff take the stress away. Weâ€™ll schedule the move, sort through items, simplify possessions, and focus on keeping those items that matter. Our secret? Good planning, good timing, and good attitudes. We do whatever it takes to get you moved with ease.

716 Ferris Rd.

Durham, NC 27704

Phone: 919-627-1442

Email: jennie@here2home.com

www.here2home.com

Moves For Seniors

Moves for Seniors will guide you and your family through the move process. From planning services to downsizing efforts to managing the logistics of the move itself, we can handle as much or as little as you'd like.

999 Old Eagle School Road
Suite 114

Wayne, PA 19987

Phone: 984-270-4232

Alt Phone: 919-638-1508

Email: sydneeyemovesforseniors.com

<https://www.movesforseniors.com/>

Neat Freak Professional Organizing, LLC

We provide organizing and decluttering services to individuals and families throughout the Triangle. Our team enjoys helping people who are transitioning (moving, downsizing, rightsizing, aging in place) create a home that is safe, peaceful, and clutter free.

PO Box 351

Carrboro, NC 27510

Phone: 919-824-8196

Email: perri@neat-freak.com

<https://neat-freak.com/>

Professional Relocation Options

PRO is a professional relocation resource team serving retirees since 1982. We are a full-service senior move management company that assists seniors in transition to (and within) continuing care retirement communities (CCRC's), assisted living, skilled nursing facilities. COUNTIES SERVED: Chatham County, Durham County, Orange County, Wake County

1301 Blackwood Mountain Rd.

Chapel Hill, NC 27516

Phone: 919-929-1555

Alt Phone: 919-200-8295

Email: leeglenn@bellsouth.net

www.prorelocation.net/

Professional Relocation Options/Truckin' for Seniors

PRO and Truckin' for Seniors assists seniors in transition to (and within) continuing care retirement communities (CCRC's) or Life Planned Communities that includes assisted living, skilled nursing, hospice, or 55+ active communities, and specialty training for aging in place.

1031 Harvest Street

Durham, NC 27704

Phone: 919-682-2300

Alt Phone: 919-200-8295

Email: tracy@truckinmovers.com

www.truckinmovers.com/pro

The Downsizers

Move management team specializing in seniors and individuals in transition. We help with downsizing, rightsizing, Aging in Place and managing the entire move process for our clients. COUNTIES SERVED: Alamance, Chatham, Durham, Orange, Wake

119 Morgan Bend Ct.

Chapel Hill, NC 27517

Phone: 919-636-7800

Email: info@thedownsizers.com

www.thedownsizers.com

The Right Moves

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

STATEWIDE

P.O. Box 17104

Chapel Hill, NC 27516

Phone: 919-942-5993

Alt Phone: 941-232-2732

www.therightmoves.net

TROSA Moving

Moving, packing and storage services available. NATIONWIDE

1820 James St.

Durham, NC 27707

Phone: 919-489-3941

Alt Phone: 919-419-1059

Email: moving@trosainc.org

trosamoving.com

WayForth, LLC

As the nation's largest move management provider, we eliminate the stress of moving by guiding our clients through the process step by step and delivering done-for-you moving solutions. You choose your new home, we'll do the rest. AREA SERVED: All

1859 Lindbergh St., Ste 100

Charlotte, NC 28208

Phone: 704-795-2256

Alt Phone: 919-244-9087

Email: china.rosa@wayforth.com

<https://www.wayforth.com>

Newcomers

Chapel Hill - Orange County Visitors Bureau

COUNTIES SERVED: Orange

Provide tourism information: visitor guide, maps, restaurant map, and directions as needed.

308 West Franklin St.

Chapel Hill, NC 27516

Phone: 919-245-4320

Alt Phone: 888-968-2060

Email: info@visitchapelhill.org

www.visitchapelhill.org

Hillsborough Visitors Center

Provide information to visitors coming to Hillsborough. AREA SERVED: All

150 East King St.

Hillsborough, NC 27278

Phone: 919-732-7741

www.visithillsborough.org

Orange County Department on Aging - Newcomers

COUNTIES SERVED: Orange

Phone: Passmore Center: 919-245-2015; Seymour Center: 919-968-2070

Email: maustin@orangecountync.gov

www.orangecountync.gov/aging

The Chamber For a Greater Chapel Hill-Carrboro

The Chamber connects with people and information businesses need to succeed, advocates for local business interest, drives progress and builds community.

104 South Estes Dr.

Chapel Hill, NC 27514

Phone: 919-967-7075

Email: info@carolinachamber.org

www.carolinachamber.org

UNC Visitors Center

Experience an innovative institution of higher learning, a global research university committed to accessibility and impact, a place with a legacy as old as the United States – and a boundless future. We can recommend a guided tour, self-directed stroll or other ways to discover Carolina. COUNTIES SERVED: Orange

250 East Franklin St.

Chapel Hill, NC 27599

Phone: 919-962-1630

www.unc.edu/visitors

Websites

Orange County North Carolina

www.orangecountync.gov

Town of Carrboro

301 W Main St

Carrboro, United States 27510

Phone: 9199428541

Email: jeckenrode@townofcarrboro.org

www.townofcarrboro.org

Town of Chapel Hill

www.townofchapelhill.org

Town of Hillsborough

Hillsborough is located in Orange County and provides water and sewer service within town limits and to some surrounding properties. See the Jurisdiction and Service Areas page of the town website to determine service providers. Some Hillsborough mailing addresses are not within town.

101 E. Orange St.

Hillsborough, NC 27278

Phone: 919-732-1270

www.hillsboroughnc.gov

University of North Carolina

Phone: 919-962-2211

www.unc.edu

Nursing Homes

See also: [ADVOCACY](#) and [HOME HEALTH / SKILLED AGENCIES](#) Nursing home facilities, also known as skilled nursing and rehab centers, provide skilled nursing care, personal care, as well as physical, occupational and speech therapy for people who need long-term care or rehabilitation. Skilled nursing care is provided 24/7. Facilities accept Medicare, Medicare Advantage, Medicaid, private insurance, long-term care insurance and/or private pay depending on the facility and patient's need. All Medicare-approved facilities accept Medicare payment, if the patient meets its medical criteria. The same applies to Medicaid-approved facilities. Check with individual facilities to find out if a particular plan or payment method is accepted. Additional information, reports, ratings and resources may be found at: www.nursinghomeinfo.com, www.orangecountync.gov/departments/aging and www.medicare.gov/nursinghomecompare.

Alamance County

Alamance Health Care Center

Accepts Medicaid.

1987 Hilton Rd.

Burlington, NC 27217

Phone: 336-226-0848

www.alamancerehab.com/center/

Liberty Commons Nursing & Rehab Center of Alamance County

Accepts Medicaid.

791 Boone Station Dr.

Burlington, NC 27215

Phone: 336-586-9850

www.libertyhealthcare.com

Peak Resources Alamance

Accepts Medicaid.

779 Woody Dr.

Graham, NC 27253

Phone: 336-228-8394

www.peakresourcesinc.com

The Presbyterian Home of Hawfields

Accepts Medicaid.

2502 South NC HWY 119

Mebane, NC 27302

Phone: 336-578-4701

www.hawfields.org/

White Oak Manor - Burlington

Accepts Medicaid.

323 Baldwin Rd.

Burlington, NC 27217

Phone: 336-229-5571

www.whiteoakmanor.com/

Chatham County

Siler City Center

Accepts Medicaid.

900 West Dolphin St.

Siler City, NC 27344

Phone: 919-663-3431

www.geneshcc.com/silercity

The Laurels of Chatham

Dementia unit available. Accepts Medicaid. Trachs, Life Vest and LVADS. AREA SERVED: Statewide

72 Chatham Business Dr.

Pittsboro, NC 27312

Phone: 919-542-6677

www.laurelsofchatham.com

Durham County**Brian Center Health & Rehabilitation**

Accepts Medicaid.

6000 Fayetteville Rd.

Durham, NC 27713

Phone: 919-544-9021

www.briancenterofdurham.com

Carver Living Center

Dementia unit available. Accepts Medicaid.

303 East Carver St.

Durham, NC 27704

Phone: 919-471-3558

Croasdaile Village Retirement Community

Croasdaile Village is a Life Plan Community with Independent Living Cottages, apartments & continuing care: Home Care, Assisted Living, and Nursing Care. Amenities include Fitness Center, Swimming Pool, Library, Game Room and Gardens, Trails and a Lake. AREA SERVED: Chatham, Durham, Orange, Nationwide

2600 Croasdaile Farm Parkway

Durham, NC 27705

Phone: 919-384-2475

Alt Phone: 919-384-2000

www.croasdailevillage.com

Durham Nursing & Rehabilitation Center

Accepts Medicaid.

411 South LaSalle St.

Durham, NC 27705

Phone: 919-383-5521

www.durhamnursingrehab.com

Hillcrest Convalescent Center

Focus: Short-term, post-acute Medicare after hospital, and long-term Private pay (Skilled Nursing and Assisted Living). Medicaid on a very limited availability (8 beds stay full).

1417 West Pettigrew St.

Durham, NC 27705

Phone: 919-286-7705

www.hillcrestnc.com/

Office Health at Rose Manor

Dementia care. Accepts Medicaid.

4230 North Roxboro St.

Durham, NC 27704

Phone: 919-477-9805

www.rosemanorhc.com

Peak Resources Treyburn

Accepts Medicaid.

2059 Torredge Rd.

Durham, NC 27712

Phone: 919-477-4474

www.peakresourcesinc.com

Pettigrew Rehabilitation & Health Care Center

Accepts Medicaid.

1515 West Pettigrew St.

Durham, NC 27705

Phone: 919-286-0751

www.pettigrewrehab.com/

PruittHealth - Durham

Private pay.

3100 Erwin Rd.

Durham, NC 27705

Phone: 919-383-1546

www.pruitthealth.com

Tumaville LLC

We provide home health services for people and families in need. We cover eating, dressing, mobility, bathing and toileting. including: -Light housekeeping -Making beds, doing laundry -Running errands -Setting up physician's appointments -Meal preparation -Medication

Regus Imperial Center, 819 Emperor BLVD Ste 400

Durham, NC 27703

Phone: 919 390 2396

Alt Phone: 678 770 5352

Email: john.tuma@tumaville.com

tumaville.com

Orange County**Brookshire Senior Living**

Accepts Medicaid.

300 Meadowlands Dr.

Hillsborough, NC 27278

Phone: 919-644-6714

www.brookshirenc.com/

Orange County Adult Care Home & Nursing Home Community Advisory Committees

State-mandated and county-appointed citizen committees serve as advocates for long-term care residents. Promotes community involvement and cooperation with these homes to ensure quality care. Search for quarterly site visit reports on various facilities on the Orange County Department on Aging's website.
COUNTIES SERVED: Orange

Phone: 919-558-9401

www.orangecountync.gov/aging

PruittHealth - Carolina Point

Private pay. Accepts Medicaid.

5935 Mt. Sinai Rd.

Durham, NC 27705

Phone: 919-402-2450

www.pruitthealth.com

Signature Healthcare of Chapel Hill

Accepts Medicaid.

1602 East Franklin St.

Chapel Hill, NC 27514

Phone: 919-967-1418

<http://shcofchapelhill.com/>

Ombudsmen

See also: ADVOCACY Concerns about long-term care services (both availability and quality). Long-term care facilities are defined as nursing homes and adult care homes (family care homes/assisted living). Contact the Triangle J Area Agency on Aging 800-310-9777 to find your Regional Ombudsman if not listed below; or contact one of the following specialized advocacy organizations:

Orange County Adult Care Home & Nursing Home Community Advisory Committees

State-mandated and county-appointed citizen committees serve as advocates for long-term care residents. Promotes community involvement and cooperation with these homes to ensure quality care. Search for quarterly site visit reports on various facilities on the Orange County Department on Aging's website.

COUNTIES SERVED: Orange

Phone: 919-558-9401

www.orangecountync.gov/aging

TJAAA - Chatham County Regional Long Term Care Ombudsman

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

4307 Emperor Blvd., Suite 110

Durham, NC 27703

Phone: 919-558-9401

www.tjaaa.org

TJAAA - Orange County Regional Long Term Care Ombudsman

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

4307 Emperor Blvd., Suite 110

Durham, NC 27703

Phone: 919-558-9401

www.tjaaa.org

Triangle J Area Agency on Aging (TJAAA) - Ombudsmen

TJAAA Ombudsmen investigate complaints about the care of residents in long-term care facilities & serve as residents' advocates. They provide mediation & education in an effort to resolve grievances and increase understanding of long-term care residents' rights. Contact TJAAA to find your Regional Ombudsman if not listed below. COUNTIES SERVED: Chatham, Durham, Orange, Other

4307 Emperor Blvd., Ste. 110

Durham, NC 27703

Phone: 800-310-9777

www.tjaaa.org

Ombudsman Phone Resources

PTRCAAA - Long-Term Care Ombudsman

Advocates for Residents' Rights. Work with residents in assisted living, nursing homes and family care homes to resolve concerns and complaints related to rights. COUNTIES SERVED: Alamance, Caswell

1398 Carrollton Crossing Dr.

Kernersville, NC 27284

Phone: 336-904-0302

www.ptrc.org

TJAAA - Chatham County Regional Long Term Care Ombudsman

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

4307 Emperor Blvd., Suite 110

Durham, NC 27703

Phone: 919-558-9401

www.tjaaa.org

TJAAA - Durham County Ombudsman

Phone: 919-558-2714

www.tjaaa.org

TJAAA - Orange County Regional Long Term Care Ombudsman

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

4307 Emperor Blvd., Suite 110

Durham, NC 27703

Phone: 919-558-9401

www.tjaaa.org

Other

Other community resources for seniors and their families.

BeaBea & Pip Pet Sitting

Offering overnight boarding for dogs in my home in Chapel Hill, and visits to take care of dogs in their own homes in the nearby Chapel Hill area. Boarding only one dog family at a time in my home. Fenced in front yard. Experienced with puppies and senior dogs. References on website. COUNTIES SERVED: Chatham, Durham, Orange, Wake

PO Box 3366

Chapel Hill, NC 27515

Phone: 919-309-7878

Alt Phone: 919-616-5588 - Text

Email: sharonryan@aol.com

www.rover.com/sit/sharonchnc

Chapel Hill Concierge

Chapel Hill Concierge offers virtual and in person, personal and professional assistance, including organizing papers and offices, and de-cluttering and downsizing. Resume, references and letters of recommendation are available. Special rates for seniors. Virtual assistance nationwide. COUNTIES SERVED: Chatham Durham, Orange, Wake. AREA SERVED (virtual assistance): Nationwide

PO Box 3366

Chapel Hill, NC 27515

Phone: 919-309-7878

Alt Phone: 919-616-5588 - Text

Email: sharonryan@aol.com

www.chapelhillconcierge.pro

Heartwood Death Doula and Bereavement Care

Heartwood Death Doula and Bereavement Care is a one-on-one service to help you make the most of your time with the people you love. Holly Lux-Sullivan has extensive training in dementia and advanced illness care as well as years of experience at the bedside.

206 Oak Forest Court

Mebane, NC 27302

Phone: 919-576-9243

Alt Phone: 336-587-4900

Email: heartwood.death.doula@gmail.com

heartwooddeathdoula.com

Quinn Consulting

We specialize in providing tech support and personalized services for retirees and seniors in assisted living facilities and/or their own homes. With over [30] years of experience, we help seniors embrace technology, stay connected with loved ones, protect them from scammers.

3311 Grady Lane

Durham, NC 27705

Phone: 919-491-5831

Email: quinncon1@gmail.com

www.quinnconsulting.net

The Downsizers

Move management team specializing in seniors and individuals in transition. We help with downsizing, rightsizing, Aging in Place and managing the entire move process for our clients. COUNTIES SERVED: Alamance, Chatham, Durham, Orange, Wake

119 Morgan Bend Ct.

Chapel Hill, NC 27517

Phone: 919-636-7800

Email: info@thedownsizers.com

www.thedownsizers.com

WayForth, LLC

As the nation's largest move management provider, we eliminate the stress of moving by guiding our clients through the process step by step and delivering done-for-you moving solutions. You choose your new home, we'll do the rest. AREA SERVED: All

1859 Lindbergh St., Ste 100

Charlotte, NC 28208

Phone: 704-795-2256

Alt Phone: 919-244-9087

Email: china.rosa@wayforth.com

<https://www.wayforth.com>

Personal Emergency Response Systems

Pendants, bracelets or anklets worn by individuals use phone lines to alert a central monitoring facility in an emergency such as a fall, or they may use a tracking transmitter to signal a search and rescue team.

Alert 1

NATIONWIDE

Phone: 888-981-9825

www.alert-1.com

Armstrong HomeCare

specializes in non-medical home care you can trust and Afford. Companion Care and Personal Care. Please call us for a complimentary care assessment. Distributor of LifeAid medical emergency alert systems Ask us about the RxCut discount prescription card! COUNTIES SERVED: Alamance, Chatham, Durham, Orange

1829 East Franklin St., Ste. 100-B

Chapel Hill, NC 27514

Phone: 919-942-2840

www.americareinfo.com

Bay Alarm Medical

NATIONWIDE

1140 Galaxy Way, Suite #150

Concord, CA 94520

Phone: 877-522-9633

www.bayalarmmedical.com

Freedom Alert

NATIONWIDE

Phone: 800-953-5211

www.freedomalert-911.com

Help - Personal Response Systems

COUNTIES SERVED: Durham, Orange, Other

171-B Monroe Lane

Lexington, SC 29072

Phone: 866-672-4852

Email: healthinfo@msa-corp.com

helpforyou.com

Life Alert

Life Alert can help seniors stay living in their own homes safely and independently. With a push of button, Life Alert sends help fast, 24/7. We also offer Help-on-the-go with GPS for emergencies away from home. Stay safe inside and out of your home with Life Alert. Call now for a free brochure. AREA SERVED: All

Phone: 800-360-0329

www.lifealert.org

LifeStation

NATIONWIDE

6201 Fairview Road

Charlotte, NC 28210

Phone: 800-446-3300 X3971

Email: partnercare@lifestation.comwww.lifestation.com**Medical Guardian**

NATIONWIDE

Phone: 800-310-5400

www.medicalguardian.com**MobileHelp**

Nationwide Medical Alert System Coverage. Get a Personal Emergency Response System for every need.

1818 Market St

Philadelphia, PA 19103

Phone: 800-992-0616

Email: sales@mobilehelp.comwww.mobilehelp.com**MSS Electronics Inc., dba LifeFone**

Provides state-of-the-art medical alert systems that work at home and on-the-go with optional fall detection. Caregiver tools are also available, such as medication reminders, daily check-in service and location service. LifeFone saves lives - 24/7 - when seconds count. AREA SERVED: All

16 Yellowstone Ave.

White Plains, NY 10607

Phone: 800-882-2280

www.lifefone.com**Orange County Sheriff Department - Life Track**

Helps locate enrolled clients with brain disorders who wander away from their caregivers. Clients may have Alzheimer's disease, Autism, Down's syndrome or dementia. Clients wear a transmitter that emits a tracking signal. If the client wanders away, the caregiver calls 911 for a search and rescue team with a mobile receiver. COUNTIES SERVED: Orange

106 East Margaret Lane

Hillsborough, NC 27278

Phone: 919-245-2900

Alt Phone: 919-644-3050

www.ocsonc.com

Rescue Alert

Phone:

Email: info@rescuealert.com

www.rescuealert.com

Safe Return

Identifying information is provided to a national registry for people with dementia who wander. Can select either a medical alert pendent or bracelet to wear. Fee.

Phone: 888-572-8566

www.medicalert.org/safereturn

Triangle Lifeline Carolina Medical Alert Services

COUNTIES SERVED: Alamance, Chatham, Durham, Orange, Other

4220 NC HWY 55, Ste. 335

Durham, NC 27713

Phone: 919-479-6050

Visiting Angels

NATIONWIDE

Phone: 866-359-5606

www.greatcall.com

Walgreens Ready Response

Phone: 866-310-9061

www.walgreenreadyresponse.com

Pharmacy

See also: PRESCRIPTION ASSISTANCE

Durham County Social Services

The Housing Opportunities for Persons with AIDS (HOPWA) program is dedicated to the housing needs of people living with HIV/AIDS. HOPWA provides housing assistance and related supportive services for low-income persons living with HIV/AIDS and their families.

414 E Main St.

Durham, NC 27702

Phone: 919-560-7280

Email: dssmcm@dconc.gov

Orange County

CVS

1724 Durham Blvd., Rams Plaza

Chapel Hill, NC 27514

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

Delivers within Chapel Hill and Hillsborough city limits.

110 Boone Square St., Ste. 29

Hillsborough, NC 27278

Phone: 919-245-1212

Email: info@hillsboroughpharmacync.com

www.hillsboroughpharmacync.com

Lloyd's Pharmacy

118 West King St.

Hillsborough, NC 27278

Phone: 919-732-1500

www.pharmacyhillsborough.com

Rite Aid Pharmacy

1800 East Franklin St.

Chapel Hill, NC 27514

Phone: 919-929-1178

www.riteaid.com

Walgreens

1106 Environ Way

Chapel Hill, NC 27517

Phone: 919-942-8738

www.walgreens.com

Walgreens Store Locator

Call your local store to see what prescription delivery service they provide. All stores offer in-store pick-up. Some stores may provide delivery and/or mail service pharmacy for 90-day refills. Visit the website and use the store locator to find stores in your area.

Phone: 800-925-4733 – General

Alt Phone: 877-250-5823 – Online Mail service

www.walgreens.com

Physical, Occupational & Speech Rehab Services

See also: DISABILITIES and DRIVINGPhysical 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.

Active At Home Senior Services

Our goal is to enrich the lives of older adults in our community through a variety of services designed to promote optimal physical & mental health, wellness, and aging in place. Whether it's companion care, therapy, home modification or transportation; come experience the Active At Home DIFFERENCE!

4711 Hope Valley Rd Suite 4F-417

Durham, NC 27707

Phone: 984-837-0991

Email: brian@aahss.com

www.aahss.com

Aging in Grace

We provide in-home support for older adults to live safely and independently—offering balance and stability training, home-safety assessments, nutrition guidance, and personalized wellness plans without needing a doctor's referral.

3030 Ranger Dr

Durham, NC 27703

Phone: 563-542-6815

Email: AginginGrace24@gmail.com

<https://aginginGrace.care/>

ATI Physical Therapy

Provides physical therapy and rehabilitation services for evaluation and treatment to help maintain and restore maximum movement and function, especially after surgery. COUNTIES SERVED: Orange

304 West Weaver St., Ste. 103

Carrboro, NC 27510

Phone: 919-942-0240

www.atipt.com

Bayada Home Health Care Raleigh Visits

Provides adults and seniors with short-term nursing, rehabilitative, therapeutic, and assistive home health care services. This care is provided by registered nurses, physical therapists, occupational therapists, speech language pathologists, home health aides and medical social workers. COUNTIES SERVED: Durham County, Orange County, Person County, Wake County, Other

4011 Westchase Blvd., Ste. 290

Raleigh, NC 27607

Phone: 919-785-9090

www.bayada.com

Croasdaile Village Retirement Community

Croasdaile Village is a Life Plan Community with Independent Living Cottages, apartments & continuing care: Home Care, Assisted Living, and Nursing Care. Amenities include Fitness Center, Swimming Pool, Library, Game Room and Gardens, Trails and a Lake. AREA SERVED: Chatham, Durham, Orange, Nationwide

2600 Croasdaile Farm Parkway

Durham, NC 27705

Phone: 919-384-2475

Alt Phone: 919-384-2000

www.croasdailevillage.com

ElderFit In Home Rehab

Personalized out-patient rehabilitation services in your home or in a community setting. We offer preventative screens and Otago exercise program. COUNTIES SERVED: Alamance, Durham and Orange

2002 Bartlett Cir.

Hillsborough, NC 27278

Phone: 919-614-1923

Email: info@elderfitpt.com

www.elderfitpt.com

James J. Love, PT,DPT and Real Estate Agent

Real Estate Agent with a twenty year career of being a practicing Physical Therapist working with seniors. Realtor to assist seniors and family members decide if aging in place or transitioning from their home to an assisted facility is best. Guidance and support with great compassion.

7501 Creedmoor Rd

Suite 102

Raleigh, NC 27613

Phone: (919) 434-8658

Email: James.Love@hunterrowe.com

www.HUNTERROWE.COM/JAMESJLOVE

Kindred Transitional Care & Rehabilitation - Rose Manor

Our wide array of services enables our patients and residents to receive the medical care they need, the restorative therapy they require, and the support they and their families deserve. Our services address their needs for short-term rehabilitation to traditional long-term care. COUNTIES SERVED: Alamance, Chatham, Durham, Orange, Person, Other

4230 North Roxboro Rd.

Durham, NC 27704

Phone: 919-477-9805

www.rosemanorhc.com

Low Vision Rehab Solutions

We serve individuals with vision loss who struggle to safely and independently complete their daily activities. Our low-vision occupational therapist meet seniors in their homes to evaluate them and carry out interventions to help them with things like reading, writing, and assistive technology use.

100 Parkway Office Court

Cary, NC 27518

Phone: (919) 239-4805

Email: elizanette@lowvisionrehabolutions.com

<https://lowvisionrehabolutions.com>

Mobile Rehab Physical Therapy

Provides in-home outpatient physical therapy in the convenience of your home. Accepts many major insurances. No rushing, no waiting and no compromise. COUNTIES SERVED: Chatham, Orange, Wake

229 Ferrington Post

Pittsboro, NC 27312

Phone: 919-636-2423

Email: info@mobilerehabnc.com

www.mobilerehabnc.com

Move Free Physical Therapy at Home

We provide outpatient physical therapy in our clients' homes in Durham and Chapel Hill, or through virtual visits statewide. We also provide wellness and consulting services.

5501 Welkin Ct

Durham, NC 27713

Phone: 919-886-4163

Email: info@movefreeptandwellness.com

www.movefreeptnc.com

UNC Center for Rehabilitation Care (CRC)

Helps improve function through speech, language and cognitive evaluations and treatment; swallowing assessments and treatment; and neuromuscular electrical stimulation. AREA SERVED: All

1807 North Fordham Blvd.

Chapel Hill, NC 27514

Phone: 984-974-9700

www.uncmedicalcenter.org/uncmc/hospitals-locations/profile/?id=410

UNC Physical & Occupational Therapy - Chapel Hill

This service is also available at the Orange County Sportsplex in Hillsborough and at the Seymour Center and the UNC Geriatric Evaluation Clinic in Chapel Hill. COUNTIES SERVED: Orange

590 Manning Dr., UNC Family Medical Center

Chapel Hill, NC 27514

Phone: 919-966-0210

www.med.unc/ahs/physical/university-pt

UNC Physical & Occupational Therapy - Hillsborough

This service is also available at the Orange County Sportsplex in Hillsborough and at the Seymour Center and the UNC Geriatric Evaluation Clinic in Chapel Hill. COUNTIES SERVED: Orange

115 Oakdale Dr. #8

Hillsborough, NC 27278

Phone: 919-732-6600

www.med.unc/ahs/physical/university-pt

Whole Life OT, PLLC

Provides community-based occupational therapy (OT) services to adults with neurologic conditions. Holistic wellness and lifestyle modification workshops and programs. Individual in-home service area: most of Durham and Orange counties; Fearington. Telehealth services throughout North Carolina.

4813 Butler Street

Durham, NC 27707

Phone: 919-205-9878

Email: wholelifeot@gmail.com

www.wholelifeotnc.com

Prescription Assistance & Management

See also: COMMUNITY HEALTH CENTERS, EMERGENCY ASSISTANCE and HEALTH INSURANCE INFORMATION

Chatham County

Chatham CARES Community Pharmacy

Our mission is to reduce health disparities in Chatham County through free prescriptions for qualifying low income, un- and underinsured residents who meet 200% of the Federal Poverty Level. Our clients live with chronic health concerns like high blood pressure, diabetes and mental health disorders.

127 East Raleigh St.

Siler City, NC 27344

Phone: 919-663-0177

Email: chathamcares@embarqmail.com

www.chathamcares.com

Durham County

Low Vision Rehab Solutions

We serve individuals with vision loss who struggle to safely and independently complete their daily activities. Our low-vision occupational therapist meet seniors in their homes to evaluate them and carry out interventions to help them with things like reading, writing, and assistive technology use.

100 Parkway Office Court

Cary, NC 27518

Phone: (919) 239-4805

Email: elizanette@lowvisionrehabolutions.com

<https://lowvisionrehabolutions.com>

Senior PharmAssist

Provides direct financial assistance for needed medications to DURHAM residents 60+ with limited incomes who are Medicare-eligible. Other services: medication management, health education, Medicare counseling (SHIIP site for Durham County), community referral & advocacy. COUNTIES SERVED: Durham

406 Rigsbee Ave., Ste. 201

Durham, NC 27701-2186

Phone: 919-688-4772

Email: info@seniorpharassist.org

www.seniorpharmassist.org

Orange County

Orange County Seniors' Health Insurance Information Program (OC-SHIIP)

Medicare beneficiaries with limited income and assets may qualify for Extra Help with Medicare prescription drug plan costs. For more information about Extra Help or for help completing an Extra Help application, contact us for an appointment.

Phone: 919-245-2015 - Hillsborough

Alt Phone: 919-968-2070 - Chapel Hill

Email: agingtransitions@orangecountync.gov

www.orangecountync.gov/aging

Walgreens Store Locator

Call your local store to see what prescription delivery service they provide. All stores offer in-store pick-up. Some stores may provide delivery and/or mail service pharmacy for 90-day refills. Visit the website and use the store locator to find stores in your area.

Phone: 800-925-4733 – General

Alt Phone: 877-250-5823 – Online Mail service

www.walgreens.com

Other

Medicare Limited Income Newly Eligible Transition Program (LI-NET)

Helps those with Medicare’s “extra help,” but not yet enrolled in a Part D prescription drug plan obtain immediate prescription drug coverage. Retroactive coverage for those newly eligible for both Medicare & Medicaid, or Medicare & SSI. Call or visit the website below (search LI-NET).

Phone: 800-783-1307

www.cms.gov/Medicare/Eligibility-and-Enrollment/LowIncSubMedicarePresCov/MedicareLimitedIncomeNET.html

NC Drug Card

All NC residents are eligible to get pharmacy discounts through this program. Can be used to supplement most health insurance plans including Health Savings Accounts (HAS) and High Deductible Plans. It can also be used as a Medicare Part D supplement by providing discounts on non-covered drugs. STATEWIDE

www.northcarolinadrugcard.com

NC MedAssist

The Free Pharmacy program provides free prescription medication to NC residents who are low-income, uninsured and fall at or below 200% of the Federal Poverty Level. This program is the answer for those who do not have the means to obtain lifesaving prescription medication. STATEWIDE

4428 Taggart Creek Rd., Ste. 101

Charlotte, NC 28208

Phone: 704-536-1790 - Main

Alt Phone: 866-331-1348

Email: info@medassist.org

<http://medassist.org/free-pharmacy-program/>

NeedyMeds, Inc.

NeedyMeds is a national non-profit organization whose mission is to educate and empower those seeking affordable healthcare. Our drug discount card can save users up to 80% off the cash price of prescriptions.

50 Whittemore St.

Gloucester, United States 01930

Phone: 978-281-6666

Alt Phone: 978-281-6666

Email: info@needymeds.org

www.needymeds.org

North Carolina Seniors' Health Insurance Information Program (NC-SHIIP)

Medicare beneficiaries with limited income and assets may qualify for Extra Help with Medicare prescription drug plan costs. For more information about Extra Help or for help completing an Extra Help application, contact NC-SHIIP or your local SHIIP office. STATEWIDE

11 South Boylan Ave.

Raleigh, NC 27603

Phone: 855-408-1212

Email: ncshiip@ncdoi.gov

www.ncshiip.com/shiip/

Partnership for Prescription Assistance (PPA)

Free information resource to help people locate medication assistance programs. General information only. Get prescription help and find a low-cost clinic near you.

Phone: 888-477-2669

www.pparx.org

RxAssist

A resource center and comprehensive database of patient assistance programs, Medicare Part D, programs for low-cost medications and any other issue related to pharmaceutical access. RxAssist does not operate medication programs. Contact the company directly to apply for assistance. AREA SERVED: All

Email: info@rxassist.org

www.rxassist.org

Social Security Administration - Extra Help

Medicare beneficiaries may qualify for Extra Help with their Medicare prescription drug plan costs, such as premiums, deductibles and coinsurance. The application is easy to complete over the phone, on the Internet or by hand. Call or visit the website for more information and for application help. NATIONWIDE

3004 Tower Blvd.

Durham, NC 27707

Phone: 800-772-1213

Alt Phone: TTY: 800-325-0778

www.ssa.gov/medicare/prescriptionhelp/

Teva Cares Foundation

Offers Patient Assistance Programs to improve patient access to medication. Provides certain Teva medications at no cost to patients in the United States who meet insurance and income criteria. Eligibility is based on a patient's income and prescription insurance status. NATIONWIDE

Phone: 877-237-4881

Alt Phone: 888-838-2872

www.tevacares.org

UNC Geriatrics Specialty Clinic (UNC GSC)

Through the interdisciplinary services offered at UNC Geriatrics Specialty Clinic, a clinical pharmacist helps to screen patients for prescription assistance options and resources. One-on-one medication evaluation and education with the clinical pharmacist are available through provider referral. AREA SERVED: Any UNC GSC patient

6011 Farrington Rd., Bldg 100, Ste. 101

Chapel Hill, NC 27517

Phone: 919-957-6599

www.med.unc.edu/aging/patients

UNC Hospitals - Prescription Assistance

Income-based, sliding fee prescription assistance program limited to NC residents. Must have a UNC physician(s) and meet with a financial counselor to see if you qualify. Note: this is not "UNC Charity Care," which is a different assistance program. AREA SERVED: NC residents with UNC Physician(s)

101 Manning Dr.

Chapel Hill, NC 27514

Phone: 919-966-7690

<http://www.unccmedicalcenter.org/unccmc/patients-visitors/amenities/pharmacies/medication-assistance/>

Senior Centers

See also: HEALTH AND WELLNESS and SENIOR GAMES

Chatham County

Chatham County Council on Aging

In-home Aide, Meals on Wheels, senior center and medical transportation, exercise, wellness program, senior centers, day trips, assistive device loans, minor home repair, emergency meals. COUNTY SERVED: Chatham

365 NC HWY 87 North

P.O. Box 715

Pittsboro, NC 27312

Phone: 919-542-4512

www.chathamcouncilonaging.org

Eastern Chatham Senior Center

365 HWY 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 - Durham

406 Rigsbee Ave., Ste. 202

Durham, NC 27701

Phone: 919-688-8247

www.dcsInc.org

Center for Senior Life - Durham

406 Rigsbee Ave

Durham, NC 27701

Phone: 919-699-8247

www.dcsInc.org

Durham Center for Senior Life

Our mission is to enrich the lives of older adults 55+ by promoting healthy, active, and independent lifestyles. We serve over 200 older adults each day through free services, resources, classes, events, and more.

406 Rigsbee Ave

Durham, NC 27701

Phone: 9196888247

dcsInc.org

Kernodle Senior Center

Trips, outdoor programs, Fitness programs, classes in computer, tablets, smart phone, crochet, knitting, tating, ukulele, auto harp, duplicate bridge, and Quilting, seminars, health screening, clubs, card games and special events. COUNTY SERVED: Alamance

1535 South Mebane St.

Burlington, NC 27215

Phone: 336-222-5135

www.ci.burlington.nc.us/1322/Seniors/

Orange County

Passmore Center

Orange County Department on Aging's Passmore Center offers a variety of programs including classes, lunches, trips and more. Visit us to relax, socialize and immerse yourself in wellness, creativity, intellectual stimulation, volunteerism and community. COUNTIES SERVED: Orange

103 Meadowlands Dr.

Hillsborough, NC 27278

Phone: 919-245-2015

Alt Phone: Aging Helpline: 919-968-2087

www.orangecountync.gov/aging

Seymour Center

Orange County Department on Aging's Seymour Center offers a variety of programs including classes, lunches, trips and more. Visit us to relax, socialize and immerse yourself in wellness, creativity, intellectual stimulation, volunteerism and community. COUNTIES SERVED: Orange

2551 Homestead Rd.

Chapel Hill, NC 27516

Phone: 919-968-2070

Alt Phone: Aging Helpline: 919-968-2087

www.orangecountync.gov/aging

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/

Alamance County Senior Games Coordinator - Jane Smith

Phone: 336-222-5135

Chatham County Senior Games Coordinator - Liz Lahti

Phone: 919-542-4512

Email: jimmy.lewis@chathamcountync.gov

Durham County Senior Games Coordinator - Bridgette Robinson

Durham Parks and Recreation offers a wide variety of programs for mature adults ranging from Senior Games, outings, trips, socials, fitness, and nutrition programs including the Farmer's Market.

Phone: 919-560-4355

Email: bridgette.robinson@durhamnc.gov

Kernodle Senior Center

Trips, outdoor programs, Fitness programs, classes in computer, tablets, smart phone, crochet, knitting, tatting, ukulele, auto harp, duplicate bridge, and Quilting, seminars, health screening, clubs, card games and special events. COUNTY SERVED: Alamance

1535 South Mebane St.

Burlington, NC 27215

Phone: 336-222-5135

www.ci.burlington.nc.us/1322/Seniors/

Orange County Senior Games

Orange County Senior Games (OCSG) is friendly competition in athletics and arts. Participate, stay active, renew old skills, learn new ones and exercise. You can choose from numerous athletic events or Silver Arts.

PO Box 8181

Hillsborough, United States 27278

Phone: 919-918-7372

Email: dhughes@townofcarrboro.org

<https://www.orangecountync.gov/198/Senior-Games>

Sheriff Department

See also: ABUSE / ADULT PROTECTIVE SERVICES, PERSONAL EMERGENCY RESPONSE SYSTEMS and SUPPORT TEAMS

Chatham County Sheriff's Office

Law enforcement, protection orders, victim assistance, meal drives, fraud awareness & prevention presentations, permanent & mobile prescription take backs, Coffee with a Cop, Community Watch, Mobile Community Meetups, Sheriff's Training Academy for Residents (STAR), home/business checks & more.

COUNTIES SERVED: Chatham

295 West St.

Pittsboro, NC 27312

Phone: 919-542-2811

www.chathamsheriff.com

Orange County Sheriff Department - Life Track

Helps locate enrolled clients with brain disorders who wander away from their caregivers. Clients may have Alzheimer's disease, Autism, Down's syndrome or dementia. Clients wear a transmitter that emits a tracking signal. If the client wanders away, the caregiver calls 911 for a search and rescue team with a mobile receiver. COUNTIES SERVED: Orange

106 East Margaret Lane

Hillsborough, NC 27278

Phone: 919-245-2900

Alt Phone: 919-644-3050

www.ocsonc.com

Orange County Sheriff Department - Main

Fair, responsive, accountable and professional law enforcement services to our residents and those who visit and travel through this great County. COUNTIES SERVED: Orange

106 East Margaret Ln.

Hillsborough, NC 27278

Phone: 919-245-2900

Alt Phone: 919-644-3050

www.ocsonc.com

Orange County Sheriff Department - Seniors And Law Enforcement Together (SALT)

Aims to reduce crime and fear of crime affecting older adults. Deputies routinely check older residents to see if they need assistance, resource information or a friend to talk to. SALT provides them a secure home feeling while enhancing law enforcement services throughout the community. COUNTIES SERVED: Orange

106 East Margaret Lane

Hillsborough, NC 27278

Phone: 919-245-2900

Alt Phone: 919-644-3050

www.ocsonc.com

Social & Recreational Resources

Carolina Public Humanities

Offers a wide variety of in-person and virtual public events, including lecture series, seminars, reading groups, music events, and more. Tuition varies. COUNTIES SERVED: Alamance, Chatham, Durham, Orange, Person, Wake, Statewide, Other

1700 Martin Luther King Jr. Blvd., CB#3425

Chapel Hill, NC 27599

Phone: 919-962-1544

Email: human@unc.edu

humanities.unc.edu

Orange County

Orange County Department on Aging - Recreation at Passmore Center

Offers a variety of social and recreational programs. Visit us to relax, socialize and immerse yourself in a friendly community atmosphere. COUNTIES SERVED: Orange

103 Meadowlands Dr.

Hillsborough, NC 27278

Phone: 919-245-2015

www.orangecountync.gov/aging

Orange County Department on Aging - Recreation at Passmore Center

Offers a variety of social and recreational programs. Visit us to relax, socialize and immerse yourself in a friendly community atmosphere. COUNTIES SERVED: Orange

103 Meadowlands Dr.

Hillsborough, NC 27278

Phone: 919-245-2015

www.orangecountync.gov/aging

Orange County Parks & Recreation

302 West Tryon St.

Hillsborough, NC 27278

Phone: 919-245-2660

www.orangecountync.gov/459/Dept-of-Environment-Agriculture-Parks-Re

Orange County Parks Online Locator

Web-based locator maps to help you find parks, facilities and recreational activities.

www.orangecountync.gov/890/Parks-Facilities

Orange County Sportsplex

Fitness assessments and classes, indoor pool, ice skating, hockey, massage, personal trainers, Silver Sneakers or Silver and Fit. By membership or per visit rates. If 55+ and an Orange County resident, ask about our partner membership with both the Passmore and Seymour Centers.

101 Meadowlands Dr.

Hillsborough, NC 27278

Phone: 919-644-0339

www.oc-sportsplex.com/

Robert and Pearl Seymour Center

Offers a variety of social and recreational programs. Visit us to relax, socialize and immerse yourself in a friendly community atmosphere. COUNTIES SERVED: Orange

2551 Homestead Road

Chapel Hill, United States 27516

Phone: 919-245-2020

Alt Phone: 919-968-2070

Email: rwhitney@orangecountync.gov

www.orangecountync.gov/aging

Town of Carrboro Recreation & Parks

100 North Greensboro St.

Carrboro, NC 27510

Phone: 919-918-7364

www.carrbororec.org/

Town of Chapel Hill Parks & Recreation

200 Plant Rd.

Chapel Hill, NC 27514

Phone: 919-968-2784

www.chapelhillparks.org

Town of Hillsborough Parks & Recreation

The Town of Hillsborough offers community parks and greenways, including Riverwalk. Volunteer opportunities are available related to parks and recreation, including on the Parks and Recreation Board and for the pollinator gardens at town parks.

P.O. Box 429

Hillsborough, NC 27278

Phone: 919-732-1270

www.hillsboroughnc.gov/community/park-facilities

Social Service Agencies

Alamance County

Alamance County Department of Social Services

319 North Graham-Hopedale Rd., Ste. C

Burlington, NC 27217

Phone: 336-570-6532

www.alamance-nc.com/dss

Durham County

All Good Things

A nonprofit organizational representative payee program providing money management for low-income elderly and disabled community members. We work to keep our clients safely housed and financially secure while managing their Social Security benefits.

880 Martin Luther King Jr. Drive

Chapel Hill, NC 27514

Phone: 984-244-0998

Email: allgoodthingsdurham@gmail.com

Orange County**All Good Things**

A nonprofit organizational representative payee program providing money management for low-income elderly and disabled community members. We work to keep our clients safely housed and financially secure while managing their Social Security benefits.

880 Martin Luther King Jr. Drive

Chapel Hill, NC 27514

Phone: 984-244-0998

Email: allgoodthingsdurham@gmail.com

El Centro Hispano-Carrboro Branch

Provides help for needs ranging from tax & legal advice to health, employment assistance and more.

COUNTIES SERVED: Durham, Orange, Other

201 West Weaver St.

Carrboro, NC 27510

Phone: 919-945-0132

www.elcentronc.org

Orange County Department of Social Services - Chapel Hill

Southern Human Services Center

2501 Homestead Rd.

Chapel Hill, NC 27516

Phone: 919-968-2000

Email: dssinfo@orangecountync.gov

www.orangecountync.gov/378/Social-Services

Orange County Department of Social Services - Hillsborough

Hillsborough Commons, 113 Mayo St.

Hillsborough, NC 27278

Phone: 919-245-2800

Email: dssinfo@orangecountync.gov

www.orangecountync.gov/378/Social-Services

Solid Waste and Recycling

Orange County Solid Waste Management

1207 Eubanks Rd.

Chapel Hill, NC 27516

Phone: 919-968-2788

Email: recycling@orangecountync.gov

www.orangecountync.gov/795/Solid-Waste-Management

Support Groups

See also: CAREGIVING RESOURCES, DEMENTIA, HOSPICE and WEBSITES For times and locations, please visit the agency's website or call.

Addiction

Alanon / Alateen Service Office

Friends and family members of problem drinkers can share experiences, find they have choices that lead to a greater peace of mind and learn to apply the Al-Anon principles to their situations.

3509 Haworth Dr STE 200

Raleigh, United States 27609-7235

Phone: 919-787-1653

Email: aso_ldc@bellsouth.net

alanonbooks.com

Alcoholics Anonymous - Chatham and Orange

Provides fellowship for men and women to share their experiences and hope with each other that they may solve their common problem and help others recover from alcoholism. No dues or fees.

Phone: 888-237-3235 – Chatham and Orange

www.aanc33.org

Alcoholics Anonymous – Durham

Phone: Hotline 24/7: 919-286-9499 – Durham

www.aanc32.org

Duke Health

Phone: 855-855-6484

www.dukemedicine.org

Gamblers Anonymous

Phone: 919-460-9039

gamblersanonymous.org

Overeaters Anonymous

12-step meetings for compulsive eaters across eastern NC from the Triangle to the coast, both Zoom and in person. There is hope!

P.O. Box 12525

Durham, NC 27709

Email: chair@triangleoa.org

www.triangleoa.org

Aging

Alamance Eldercare, Inc.

Phone: 336-538-8080

www.alamanceeldercare.org

Center for Senior Life - Durham

Phone: 919-688-8247

www.dcsInc.org

Chatham County Council on Aging

In-home Aide, Meals on Wheels, senior center and medical transportation, exercise, wellness program, senior centers, day trips, assistive device loans, minor home repair, emergency meals. COUNTY SERVED: Chatham

365 NC HWY 87 North

P.O. Box 715

Pittsboro, NC 27312

Phone: 919-542-4512

www.chathamcouncilonaging.org

Elder Matters of the Carolinas LLC

Mediation is a thoughtful empowering approach to managing family crises or planning for the future. Our certified mediators create a safe place for all family members to voice concerns and reach consensus in a manner that best preserves crucial family relationships. AREA SERVED: Nationwide / Statewide

1007 Vickers Ave.

Durham, NC 27707

Phone: 984-444-9393

Email: info@eldermatters.org

www.eldermatters.org

Orange County Department on Aging - Support Groups

Multiple support groups unaffiliated with the Orange County Department on Aging meet at one or both of our senior centers. Call for information or pick up an Endless Possibilities activity guide at a public location.
COUNTIES SERVED: Orange

Phone: Aging Helpline: 919-968-2087

Email: agingtransitions@orangecountync.gov

www.orangecountync.gov/aging

Alzheimer's and Dementia

Alzheimer's Association Eastern North Carolina Chapter

This Chapter provides programs and support services, information, referral, education and advocacy to 51 counties of Eastern North Carolina. Provides a National 24/7 Helpline at 800.272.3900. COUNTIES SERVED: Chatham, Durham, Orange, Person, Wake, Other

5171 Glenwood Ave., Ste. 101

Raleigh, NC 27612

Phone: 919-803-8285

Alt Phone: 800-272-3900

Email: encinfo@alz.org

www.alz.org

Alzheimer's North Carolina

Local offices in North Carolina provide educational programming and family support services while raising awareness and funding local research for a cause, prevention, treatment and a cure.

Phone: 800-228-8738

Alt Phone: 919-832-3732 - Office

Email: info@alznc.org

www.alznc.org

Dementia Support Services

Free consultation service by appointment in order for family members who are caring for a loved one with dementia to speak with a dementia care specialist.

Phone: 336-532-7207

Email: info@dementiasupport.org

www.hospiceac.org/dementia-support-services/

National Alzheimer's Association

A national association that provides online educational materials on dementia, links to local support groups and a 24/7 helpline. Has "Inside the Brain: An Interactive Tour," an educational resource for caregivers of individuals with dementia.

Phone: 800-272-3900

www.alz.org

Project CARE

This is a state-funded program for North Carolinian care partners of someone living dementia. The program offers consultations and has limited respite funds available. To be eligible for the program, the care recipient must live at home, requires 24/7 supervision to be safe, and is not receiving in-home Medicaid services. To determine if the program is a good fit for your needs, please contact the Duke Dementia Family Support Program.

Phone: 919-660-7510

Email: DDFSP@duke.edu

Senior Helpers

Our service options are flexible & customizable according to your specific needs, personalized care plans: Bathing, Cooking, Errands, Companionship and more. COUNTIES SERVED: Caswell, Chatham, Durham, Orange, Person, and Wake

5007 Southpark Dr., Ste. 200-H

Durham, NC 27713

Phone: 919-544-6848

Alt Phone: 919-410-3149

Email: lolson@seniorhelpers.com

www.seniorhelpers.com/durham

Aphasia

Triangle Aphasia Project, Unlimited

Helps individuals, family members and friends improve communication after an injury to the brain from stroke, tumor or other illnesses. COUNTIES SERVED: Durham, Orange, Wake

191 High House Rd.

Cary, NC 27511

Phone: 919-650-3854

Email: info@aphasiaproject.org

www.aphasiaproject.org

Cancer

Affordable Comfort Homecare, LLC

Affordable Comfort Homecare provides in home care to allow your loved one to remain in their home!

3511 Shannon Rd

Durham, NC 27707

Phone: 984-291-2080

Email: affordablecomfort25@gmail.com

American Cancer Society

Phone: 800-227-2345

www.cancer.org

Cornucopia House Cancer Support Center

Cornucopia supports the mind, body and spirit of those journeying with cancer, their families and caregivers through complementary therapies, meal and transportation assistance, individual and group support, information and resources.

PO Box 51188

Durham, NC 27717

Phone: 919-401-9333

Email: info@cancersupport4u.org

www.cancersupport4u.org

UNC Lineberger Comprehensive Cancer Support Program

Helps patients, caregivers and families with cancer treatment, recovery & survivorship. Includes counseling & mental health services, integrative medicine, supportive care, exercise & nutrition support, survivorship programs and a Patient & Family Resource Center offering patient-centered support.

Phone: 866-869-1856

Alt Phone: 984-974-2277

Email: ccsp@med.unc.edu

www.unclineberger.org

Caregiver

Charles House - UNC Caregiver Support Group

Monthly support group for family caregivers, meets virtually on the third Wednesday of the month.

7511 Sunrise Road

Chapel Hill, NC 27514

Phone: 919-967-7570

Email: info@charleshouse.org

www.charleshouse.org

Daughters Concerned for Aging Relatives Support Group

For daughters, daughters-in-laws, or granddaughters who are caregivers. The group meets on the first and third Wednesdays of the month at noon via Zoom. Contact Natalie Leary at natalie.leary@duke.edu to be added to group.

Phone: 919-660-7510

Email: DDFSP@duke.edu

dukefamilysupport.org

Daughters Concerned for Aging Relatives Support Group

For daughters, daughters-in-laws, or granddaughters who are caregivers. The group meets on the first and third Wednesdays of the month at noon via Zoom. Contact Natalie Leary at natalie.leary@duke.edu to be added to group.

Phone: 919-660-7510

Email: DDFSP@duke.edu

dukefamilysupport.org

Kildaire Counseling, PLLC

Behavioral Therapy, Cognitive Behavioral Therapy (CBT), Acceptance and Commitment (ACT), Emotionally Focused, Motivational Interviewing, Solution Focused Brief (SFBT), Eclectic, Narrative {accepted by Medicare and many Medicare Advantage Plans}

400 Woodland Ct

Cary, NC 27511

Phone: 919-229-9012

Email: anna@kildairecounseling.com

www.kildairecounseling.com

Orange County Department on Aging - Caregiver Support Groups

Meet with other caregivers to share experiences, learn new skills and get answers to questions about long-term disabilities. Friendly and informal. Supervised activities may be available for loved ones during group time with a reservation 24 hours in advance. Groups meet at both senior centers. COUNTIES SERVED: Orange

Phone: Aging Helpline: 919-968-2087

Email: agingtransitions@orangecountync.gov

www.orangecountync.gov/aging

Twin Lakes Community

The Harbor ADC is a specialized program serving individuals with Alzheimer's disease or other memory related diseases. we are open Monday through Saturday from 9:30am-3:30pm. COUNTY SERVED: Alamance

3701 Wade Coble Dr.

Burlington, NC 27215

Phone: 336-538-1500

Alt Phone: 336 585-2393

Email: kevans@twinlakescomm.org

www.twinlakescommunity.org

Dementia Caregiver Groups - Orange County

Center for Senior Life - Durham

406 Rigsbee Ave

Durham, NC 27701

Phone: 919-699-8247

www.dcsInc.org

Orange County Department on Aging - OC CARES Support Groups

Offers a variety of support groups for those caring for people with cognitive dysfunction due to dementia or intellectual/developmental disabilities. Available at the Passmore Center in Hillsborough & the Seymour Center in Chapel Hill. Limited to Orange County residents.

Phone: Aging Helpline: 919-968-2087 – Referrals

Alt Phone: OC CARES: 919-245-4253 – Office

Email: agingtransitions@orangecountync.gov

www.orangecountync.gov/aging

Disease Specific Support Groups

Duke Health

Phone: 855-855-6484

www.dukemedicine.org

Guiding Lights Caregiver Support Center - Support Groups

ALS, arthritis, amputee, brain injury, dementia, diabetes, caregiver, grief, Parkinson's, stroke. COUNTIES SERVED: Durham and Other

Phone: 919-371-2062

www.guidinglightsnc.org

Triangle Aphasia Project, Unlimited

Helps individuals, family members and friends improve communication after an injury to the brain from stroke, tumor or other illnesses. COUNTIES SERVED: Durham, Orange, Wake

191 High House Rd.

Cary, NC 27511

Phone: 919-650-3854

Email: info@aphasiaproject.org

www.aphasiaproject.org

Domestic Violence

Compass Center for Women and Families

24-hour crisis line offers support, information and referral, court advocacy and crisis counseling for victims of domestic violence. Helps people develop a safety plan and provides cell phones to call 911. English / Spanish. Support groups for women. Free and confidential. AREA SERVED: All, Orange County

Chapel Hill, NC

Phone: 919-929-7122

Alt Phone: 919-968-4610

www.compassctr.org

Compass Center for Women and Families

Offers a broad range of services to 6,000+ people each year, including career and financial education and individual counseling, legal resources, and support groups. We are the only Orange County resource for comprehensive domestic violence crisis services. COUNTIES SERVED: Alamance, Chatham, Durham, Orange, Wake

210 Henderson St.

Chapel Hill, NC 27514

Phone: 919-968-4610

Alt Phone: 919-929-7122

Email: clientservices@compassctr.org

www.compassctr.org

Grief

AuthoraCare Collective

AuthoraCare Collective offers a continuum of care services curated to support patients wherever they are on their health care journey. Services include palliative care and hospice care, specialized dementia services, counseling, and grief support.

914 Chapel Hill Road

Burlington, NC 272156715

Phone: 3365320100

Alt Phone: 800-588-8879

authoracare.org

AuthoraCare Collective

AuthoraCare Collective offers a continuum of care services curated to support patients wherever they are on their health care journey. Services include palliative care and hospice care, specialized dementia services, counseling, and grief support.

914 Chapel Hill Road

Burlington, NC 272156715

Phone: 3365320100

Alt Phone: 800-588-8879

authoracare.org

Heartwood Death Doula and Bereavement Care

Heartwood Death Doula and Bereavement Care is a one-on-one service to help you make the most of your time with the people you love. Holly Lux-Sullivan has extensive training in dementia and advanced illness care as well as years of experience at the bedside.

206 Oak Forest Court

Mebane, NC 27302

Phone: 919-576-9243

Alt Phone: 336-587-4900

Email: heartwood.death.doula@gmail.com

heartwooddeathdoula.com

Kildaire Counseling, PLLC

Behavioral Therapy, Cognitive Behavioral Therapy (CBT), Acceptance and Commitment (ACT), Emotionally Focused, Motivational Interviewing, Solution Focused Brief (SFBT), Eclectic, Narrative {accepted by Medicare and many Medicare Advantage Plans}

400 Woodland Ct

Cary, NC 27511

Phone: 919-229-9012

Email: anna@kildairecounseling.com

www.kildairecounseling.com

UNC Hospice Support Groups

Offers Grief and Widows' Support Groups.

Phone: 919-542-5545

Alt Phone: 984-215-2650

www.unchealthcare.org/site/hospice

Mental Health

National Alliance on Mental Illness (NAMI) - Orange County

Advocacy, referral and support groups for people with mental illness and their family members.

Phone: 919-929-7822

www.namiorangenc.org

Amber Bishop, LCSW

I am a Clinical Social Worker specializing in addressing the unique needs of older adults as they navigate the complexities of aging and life transitions. I strive to create a safe and nurturing space where individuals can explore their emotions and find healing and resilience.

410 Millstone Dr

Hillsborough, NC 27278

Phone: 9192605926

Email: amberbishoplcsw@gmail.com

<http://www.asteptohealth.com/Amber/index.html>

Reliable Health Services, Inc.

Reliable Health Services serving the community for Home care, mental health, DWI assessments, Group therapy, Therapy, Weight loss, Meditation, Addiction treatment and therapy. AREA SERVED: All

2634 Durham-Chapel Hill Blvd.

Suite 204

Durham, NC 27707

Phone: 919-596-9479

Email: sreliablecare@yahoo.com

www.reliablehealthservices.com

Parkinson's Disease

Chapel Hill Parkinson's Disease Support Group

Support group online and in-person at St. Thomas More (940 Carmichael Street, Chapel Hill, NC) 1:30-3:00 for open discussions in separate rooms for carepartners and people with PD on the first Tuesday of every other month (Jan, Mar, May, Sept, & Nov).

Phone: 919-843-2777

Chapel Hill Parkinson's Disease Support Group

Support group online and in-person at St. Thomas More (940 Carmichael Street, Chapel Hill, NC) 1:30-3:00 for open discussions in separate rooms for carepartners and people with PD on the first Tuesday of every other month (Jan, Mar, May, Sept, & Nov).

Phone: 919-843-2777

NC Dance for Parkinsons

Movement opportunities for people with Parkinson's, virtual and in-person.

6 Scotland Place

Durham, NC 27705

Phone: 919-215-2759

Email: ncdanceforparkinsons@gmail.com

Stroke

UNC Stroke Support Group (Chapel Hill)

The UNC Stroke Support Group (Chapel Hill) meets the second Wednesday of every month at 1pm at the Center for Rehabilitation Care in Chapel Hill.

The Center for Rehabilitation Care
1807 Fordham Blvd.

Chapel Hill, NC 27514

Phone: 919-966-2029 - UNC Healthcare

<https://www.med.unc.edu/neurology/divisions/stroke/stroke-support-groups>

Vision (Low or Blind)

Kildaire Counseling, PLLC

Behavioral Therapy, Cognitive Behavioral Therapy (CBT), Acceptance and Commitment (ACT), Emotionally Focused, Motivational Interviewing, Solution Focused Brief (SFBT), Eclectic, Narrative {accepted by Medicare and many Medicare Advantage Plans}

400 Woodland Ct

Cary, NC 27511

Phone: 919-229-9012

Email: anna@kildairecounseling.com

www.kildairecounseling.com

Low Vision Support Group

Phone: 919-968-2070

www.orangecountync.gov/aging

Support Teams

Guiding Lights Caregiver Support Center - Support Teams

Assists families and professional caregivers with accessing relevant, timely and comprehensive support information, training, care plan development and vetted caregiver referral.

3724 National Dr., Ste. 130

Raleigh, NC 27612

Phone: 919-371-2062

www.guidinglightsnc.org

Orange County Department on Aging - OC CARES Support Team

Orange County Caregiver Awareness, Respite, Education & Support offers resources to support caregivers in Orange County, caring for people with Alzheimer's, related dementias and/or intellectual/developmental disabilities: assessment, consultation, training, support groups, referral & respite. COUNTIES SERVED: Orange

Phone: Aging Helpline: 919-968-2087 – Referrals

Alt Phone: OC CARES: 919-245-4253 – Office

Email: agingtransitions@orangecountync.gov

www.orangecountync.gov/aging

Orange County Sheriff Department - Seniors And Law Enforcement Together (SALT)

Aims to reduce crime and fear of crime affecting older adults. Deputies routinely check older residents to see if they need assistance, resource information or a friend to talk to. SALT provides them a secure home feeling while enhancing law enforcement services throughout the community. COUNTIES SERVED: Orange

106 East Margaret Lane

Hillsborough, NC 27278

Phone: 919-245-2900

Alt Phone: 919-644-3050

www.ocsonc.com

Taxes

Assistance Programs

Under certain circumstances, individuals may be eligible for reduced taxes or participation in other special programs if they meet the requirements specified in the North Carolina General Statutes. Please contact your county's tax administration office for assistance.

Eastern Chatham Senior Center

365 HWY 87 North

Pittsboro, NC 27312

Phone: 919-542-4512

www.chathamcouncilonaging.org

Kernodle Senior Center

Trips, outdoor programs, Fitness programs, classes in computer, tablets, smart phone, crochet, knitting, tatting, ukulele, auto harp, duplicate bridge, and Quilting, seminars, health screening, clubs, card games and special events. COUNTY SERVED: Alamance

1535 South Mebane St.

Burlington, NC 27215

Phone: 336-222-5135

www.ci.burlington.nc.us/1322/Seniors/

Orange County Tax Administration

P.O. Box 8181

Hillsborough, NC 27278

Phone: 919-245-2100

Email: tax@orangecountync.gov

www.orangecountync.gov/1787/Assistance-Programs

Personal Income Tax Assistance

Volunteer Income Tax Assistance (VITA)

National program provides FREE federal & state income tax preparation to eligible individuals with low to middle income regardless of age or resident county. IRS-trained volunteers complete individual income tax forms during tax season. For locations & schedules, visit www.irs.gov. For Orange County NC VITA, see below.

Phone: 919-245-4242 – Orange County

www.orangecountync.gov/254/Tax-Assistance

Real Estate Tax Relief

The NC Homestead Exemption Act applies to low-income people age 65+ and individuals with disabilities. Contact your county tax assessor's office directly for eligibility, information regarding tax relief programs or assistance completing the application.

Chatham County Tax Assessor

12 East St. (Courthouse Annex)

Pittsboro, NC 27312

Phone: 919-542-8211

www.chathamcountync.gov

Durham County Tax Assessor

COUNTY SERVED: Durham

201 East Main St.

3rd Floor

Durham, NC 27701

Phone: 919-560-0300

Email: tax_assessor@dconc.gov

<http://www.dconc.gov/government/departments-f-z/tax-administration>

Orange County Tax Assessor

Gateway Center, 228 South Churton St.

Hillsborough, NC 27278

Phone: 919-942-2100

Email: tax@orangecountync.gov

<https://www.orangecountync.gov/1795/Elderly-and-Permanently-Disabled-Assista>

Telephone Programs

Cell Phone Program - Subsidized

People may qualify for a wireless cell phone if they participate in one of the following programs: Medicaid, Food Stamps, Section 8 housing or Low-income Energy Assistance Program (LIEAP). Contact your local Department of Social Services (DSS) office to find out when a representative is scheduled to receive appointments in your area. STATEWIDE

Phone: 919-245-2800 - Orange DSS

Alt Phone: 888-850-3155 – Other Information

www.safelinkwireless.com

Telephone Reassurance Programs for Seniors

Telephone reassurance programs provide calls to senior citizens who may not have a family member living locally who can check on their well-being.

Orange County Department on Aging - Telephone Reassurance

Morning safety calls are made Monday-Friday by volunteers to those who live alone. Call for an assessment. Free. COUNTIES SERVED: Orange

Phone: Aging Helpline: 919-968-2087

Email: agingtransitions@orangecountync.gov

www.orangecountync.gov/aging

Town of Hillsborough Police Department - Are You OK? Program

Police officers will personally call or visit the resident once a week. Free. AREA SERVED: Hillsborough Town Limits

127 North Churton St.

Hillsborough, NC 27278

Phone: 919-732-2441

Transportation

See also: HOME CARE In addition to private and volunteer transportation options, there are two kinds of public transportation in Orange County: buses on fixed routes and smaller buses or vans that pick up at the home and deliver passengers to their destination. This door-to-door service is sometimes called paratransit. Receipt of paratransit services requires a form filled out by a health professional.

Alliance of Disability Advocates - Center for Independent Living

Individualized travel training to older adults (such as how to pay or how to use schedules) who, due to physical or cognitive disabilities, find it difficult to access public transportation options. COUNTIES SERVED: Durham, Orange, Other

1012 Oberlin Rd., Ste. 300

Raleigh, NC 27605

Phone: Voice/TTY: 919-833-1117

Email: alliance@alliancecil.org

www.alliancecil.org

Armstrong HomeCare

specializes in non-medical home care you can trust and Afford. Companion Care and Personal Care. Please call us for a complimentary care assessment. Distributor of LifeAid medical emergency alert systems Ask us about the RxCut discount prescription card! COUNTIES SERVED: Alamance, Chatham, Durham, Orange

1829 East Franklin St., Ste. 100-B

Chapel Hill, NC 27514

Phone: 919-942-2840

www.americareinfo.com

Caregiver Concierge

Caregiver Concierge Caregiver and Companion Services Hospice, Overnights, Travel and more! Individualized Care-Fully Insured. Excellent references and a loving heart. COUNTIES SERVED: Chatham, Durham, Orange, Wake

413 Shakespeare Dr.

Morrisville, NC 27560

Phone: 973-945-4972

Email: eileencaregiverconcierge@yahoo.com

Chapel Hill Transit Authority (CHT)

Free buses on fixed routes for people of all ages. The CHT "A" Route bus stops at the Seymour Center. AREAS SERVED: Orange County - Limited to Chapel Hill and Carrboro; contracted for the Go Triangle 420 route to Hillsborough.

6900 Millhouse Rd.

Chapel Hill, NC 27516

Phone: 919-969-4900

Alt Phone: 919-485-7433

www.townofchapelhill.org/transit

Compassionate Transport Inc.

Compassionate Transport services those who have active Medicaid and need transportation to medical appointments in Johnston, Durham and Wake Counties.

2010 S Main St Ste 400

Wake Forrest, 27587

Phone: 3362529602

Email: dispatch@compassionatetransportinc.com

www.compassionatetransportinc.com

Compassionate Transport, Inc.

Compassionate Transport offers quality service in nationwide long-distance and non-emergency, medical transportation (NEMT), ground services.

8601 Six Forks Road Ste 410

Raleigh, NC 27615

Phone: 919-882-2081

Alt Phone: 919-867-8224

Email: dispatch@compassionatetransportinc.com

www.compassionatetransportinc.com

Durham Medicaid Transportation

For Durham County residents who have active Medicaid and need transportation to medical appointments in Durham County and UNC Hospital. If you don't qualify, we can refer you to another resource. Call for eligibility and screening. A Durham County Social Services program. COUNTIES SERVED: Durham

Phone: 919-560-8607

E-Z Rider - Chapel Hill Transit Authority

Provides paratransit curb-to-curb service to eligible riders to destinations within the city limits of Chapel Hill/Carrboro. Call for application. Reservations required. Free. AREA SERVED: Residents within the Chapel Hill and Carrboro city limits

6900 Millhouse Rd.

Chapel Hill, NC 27516

Phone: 919-969-5544 - Dispatch

Alt Phone: 919-969-4920 – Eligibility & Applications

www.townofchapelhill.org/town-hall/departments-services/transit/ez-rider

Focused Healthcare

Home Care, Non-Emergency Medical Transportation, Restrictive Diet Meal Prep

3511 Shannon Rd Fl 3

Durham, NC 27707

Phone: 9194379302

Email: info@focused-healthcare.com

www.focused-healthcare.com

GFC&S Transportation, LLC

GFC&S Transportation LLC provides safe reliable non-emergency medical transportation service to clients. We can provide transportation for last minutes errands for clients also.

2500 Regency Pkwy

Cary, NC 27518

Phone: 919-589-8600

Email: kcollins@gfcscares.com

<http://www.gfcscares.com/>

GoTriangle

Fixed-route public buses between 3 counties. Use the Call Center or go online for help planning a bus trip. GoAccess, para transit service, available to people with disabilities. Qualify through your local public bus service. Reservations required. Fee. AREA SERVED: Raleigh, Durham, Chapel Hill

4600 Emperor Blvd., Ste. 100

Durham, NC 27703

Phone: 919-485-7433

Alt Phone: 919-485-7468 – GoLinx application

www.gotriangle.org

Lord's

Services for adults 65+ years & younger adults who have a temporary or ongoing need due to an accident, illness, injury or disability. Companions can provide medical transportation, help with errands, in-home assistance, and caregiver respite. Overnight services available. Call to discuss your needs. Private pay. Special discounts, volunteer services and subsidized services may be available. COUNTIES SERVED: Chatham, Durham, Orange, Other

1502 West HWY 54, Ste. 405

Durham, NC 27707

Phone: 919-403-5555

Email: info@ahelpinghandnc.org

www.ahelpinghandnc.org

OPT-Orange Bus (Orange County Public Transportation)

Offers bus and van services outside the Chapel Hill/Carrboro city limits including planning and coordinating for county residents with transportation needs. Call or visit our website for routes, schedules and fees. Paratransit available based on eligibility. AREA SERVED: Orange County outside Chapel Hill-Carrboro city limits with routes between Cedar Grove, Hillsborough and Chapel Hill

P.O. Box 8181

Hillsborough, NC 27278

Phone: 919-245-2008

www.orangecountync.gov/778/Orange-County-Public-Transportation

Orange County Department on Aging - Transportation Options

Advocates for the transportation needs of non-driving older adults. Helps them identify options provided by public bus operators. Visit our website or call the Transportation Specialist to find specific routes to senior centers or medical appointments, travel tips and the Orange County Transportation Guide for Older Adults. COUNTIES SERVED: Orange

Phone: Transportation Helpline: 919-717-1853

Email: lberley@orangecountync.gov

www.orangecountync.gov/aging

Orange County Department on Aging - Volunteer Driver Program

Volunteer drivers needed for a special program that fills the gaps in the existing public transportation system. For information about this program or to register for a ride, call the Transportation Helpline.

COUNTIES SERVED: Orange

Phone: Transportation Helpline: 919-717-1853

Email: iberley@orangecountync.gov

www.orangecountync.gov/aging

Orange County Medicaid Transportation Line (MTL)

Medicaid transportation for approved medical appointments only is provided to Orange County residents who currently receive Medicaid & and have been determined eligible. Allow 4 business days prior to appointment for eligibility to be determined. Call for eligibility or appointment. COUNTIES SERVED: Orange

Phone: 919-245-2774

Piedmont Health SeniorCare (PACE)

All-inclusive care program for the elderly that provides comprehensive long-term health, social, medical, dietary care and special transportation needs for eligible seniors. COUNTIES SERVED: Alamance, Caswell, Chatham, Lee, Orange

163 Chatham Business Dr.

Pittsboro, NC 27312

Phone: 919-545-7337

Alt Phone: 877-714-2100

www.piedmonthhealthseniorcare.org

Piedmont Health SeniorCare (PACE)

All-inclusive care program for the elderly that provides comprehensive long-term health, social, medical, dietary care and special transportation needs for eligible seniors. COUNTIES SERVED: Alamance, Caswell, Chatham, Lee, Orange

1214 Vaughn Rd.

Burlington, NC 27217

Phone: 336-532-0000

Alt Phone: 877-714-2100

www.piedmonthhealthseniorcare.org

Premier Home Healthcare Services

Provides appointment escort service. Fee based. COUNTIES SERVED: Alamance

562 Huffman Mill Rd.

Burlington, NC 27215

Phone: 336-586-1721

www.premierhomehealthcare.com

RTP Errand and Delivery Services, LLC

We offer transportation, errand and delivery services to seniors, or anyone needing assistance to complete their day to day tasks.

2850 Courtney Creek Blvd

Durham, NC 27713

Phone: 984-837-3585

Email: rtperandservice1@gmail.com

<http://www.rtperrandservice.com/>

Seniors On The Go

Medical Companion, Airport Escort, Travel Companion, Personal Errand and Mobile Notary Services for seniors, veterans and people with disabilities. Reservations required. Fee charged. COUNTIES SERVED:

Durham, Orange, Wake, Other

P.O. Box 11961

Durham, NC 27703

Phone: 800-517-4149

Alt Phone: 919-521-8092

Email: sotgo@ncseniorsonthego.com

www.ncseniorsonthego.com

Seniors On the Go - Transportation

Provides escorted door through door transportation services to seniors 60+ and people of all ages with any disability or temporary medical condition that prevents driving. Additional services: medical or airport companion, errands, grocery delivery and mobile notary services. Reservations required. Fee. AREA SERVED: Durham, Orange, Other

Phone: 800-517-4149

Email: sotgo@ncseniorsonthego.com

www.ncseniorsonthego.com

Triangle Travel Companion

Personal travel assistant providing door-to-door transportation. Fee. COUNTIES SERVED: Chatham, Durham, Orange

Phone: 919-451-3077 – Jim Pickeral

Trusted Rides For Seniors LLC

We are currently offering ambulatory sedan services. Wheelchair assessable sedan coming soon to broader serve our clients.

2910 Holbrook St

Durham, NC 27704

Phone: 984-710-1735

Alt Phone: 919-207-8813

Email: Trustedrides22@gmail.com

www.Trustedridesllc.com

UNC Parking and Hospital Shuttle

Short- and long-term parking at UNC Hospital's campus includes valet service, parking decks & lots. Free shuttles 24/7 based on location, day & time: all campus medical centers, parking areas & Ronald McDonald House. Evening/Overnight Shuttles (984-974-3686) also serve Chapel Hill Park and Ride Lots.

Phone: 984-974-1031 - Parking

Alt Phone: 984-974-0460 - Day Shuttle

www.unccmedicalcenter.org/uncmc/patients-visitors/parking-and-transportation

Wheelchair Getaways/Van Products

Assists with wheelchair-accessible vehicle rental needs for daily or long-term use. Provides pick up and delivery as well as 24-hour emergency assistance for our rentals. Visit our website and click on Rental for current rates and information. AREA SERVED: Regional near Raleigh

2521 Noblin Road

Raleigh, NC 27604

Phone: 800-662-7572

Alt Phone: 919-878-7110 - Raleigh

www.vanproducts.com

Veterans' Services

See also: BENEFITS, FINANCIAL COUNSELING and SOCIAL SERVICE AGENCIES

All About Seniors, Inc.

Offers no-cost services to families while providing valuable in-home care and retirement community resources. We tour facilities with families and guide them to quality housing and care. We also help senior homeowners save money when selling their homes to help pay for senior living.

265 Longwood Drive

Youngsville, NC 27596

Phone: (919) 830-6478

Alt Phone: (919) 444-5319

Email: Davis@AllAboutSeniorsNC.com

<http://www.allaboutseniornc.com/>

Always Best Care Senior Services

We specialize in providing personalized, non-medical care for seniors who wish to remain in the comfort of their own homes. Large team of Certified Nursing Assistants & Trained Caregivers. We quickly arrange a schedule that works for you - hourly, overnight, or live-in.

1709 Legion Road

Suite 105

Chapel Hill, NC 27703

Phone: 336-270-4352

Email: sloy@abc-seniors.com

<https://www.alwaysbestcare.com/nc/chapel-hill/>

Atlantic Home Staffing

Atlantic Home Staffing provides non-medical home care services to include bathing, dressing, light housekeeping, light meal prep, medication reminders and companion care. COUNTIES SERVED: Chatham, Durham, Orange, Wake.

141 Technology Dr.

Garner, NC 27529

Phone: 919-639-8223

Email: ahg.aeason@gmail.com

www.atlantichomestaffing.com

Department of Veterans Affairs

Evidence Intake Center

P.O. Box 444

Janesville, WI 53547-4444

<https://iris.custhelp.com/>

Durham VA Medical Center

Provides health care services to veterans in central and eastern North Carolina.

508 Fulton St.

Durham, NC 27705

Phone: 919-286-0411

Alt Phone: 24/7 Call Line: 888-878-6890

www.durham.va.gov/index.asp

NC4VETS

Comprehensive resource for veterans, their dependents and survivors. Includes Federal, State, local and non-profit veterans' services, employment, VA benefits, healthcare, education, housing, personal services, 24/7 Veterans Helpline, Veterans Services locator tool and a downloadable resource guide.

Phone: 844-NC4-VETS (844-624-8387)

www.nc4vets.com

Seniors On The Go

Medical Companion, Airport Escort, Travel Companion, Personal Errand and Mobile Notary Services for seniors, veterans and people with disabilities. Reservations required. Fee charged. COUNTIES SERVED: Durham, Orange, Wake, Other

P.O. Box 11961

Durham, NC 27703

Phone: 800-517-4149

Alt Phone: 919-521-8092

Email: sotgo@ncseniorsonthego.com

www.ncseniorsonthego.com

TRICARE for Life

Veterans' insurance

Phone: 877-874-2273

www.tricare.mil

VA National Call Center (NCC)

Call or email the NCC for general VA benefits information and claims assistance with the full range of federal veterans' benefits: compensation and pension, education, vocational rehabilitation and employment, home loans and insurance benefits.

Phone: 800-827-1000

Alt Phone: TDD: Dial 711

<https://iris.custhelp.com/>

Veterans Administration Healthcare Benefits

You may qualify for VA health care benefits. To enroll in VA Health, please call 877-222-VETS or contact the Durham VA Medical Center at 919-286-0411 to enroll in VA Health at the Durham VA. The Durham VA Medical Center is located at: 508 Fulton Street, Durham NC 27705.

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

www.va.gov/HEALTHBENEFITS/index.asp

Veterans Administration Patient Advocates

The Patient Advocacy Program is for all veterans and their families who receive care at Veterans Health Administration (VHA) facilities and clinics. If you need help getting care or getting your problems resolved, talk to the Patient Advocate at your VA Medical Center.

Phone: 919-286-0411 ext: 6906

www.durham.va.gov/patients/customerservice.asp

Veterans Crisis Line

If you have a medical emergency, please dial 911. Connects Veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text 838255 to receive confidential support 24/7.

Phone: 800-273-8255 ext: 1

Alt Phone: TTY: 800-799-4889

www.veteranscrisisline.net

Veterans Services Office (VSO) - Durham County

Accredited, authorized representative who represents veterans and their dependents, provides counseling and advisement regarding qualifications, rights and entitlement to federal benefits, and assists with application preparation and presentation of claims for benefits. COUNTIES SERVED: Durham

414 East Main St., 1st Floor

Durham, NC 27701

Phone: 919-560-8387

Alt Phone: 919-596-7960

Email: veteranservices@dconc.gov

Veterans Services Office (VSO) - Orange County

A State Service officer will provide coverage for this office every Wednesday from 10:00am to 2:00pm until the position is filled. For VA benefit questions, contact 1-800-827-1000. For State benefit questions contact DMVA at (844) NC4-VETS.

The Veterans Services Officer is an accredited, authorized representative who represents veterans and their dependents, provides counseling and advisement regarding qualifications, rights and entitlement to federal benefits, and assists with application preparation and presentation of claims for benefits. By appointment only. COUNTIES SERVED: Orange

Phone: 919-245-2890

www.orangecountync.gov/1829/Veteran-Services

VHA National Call Center - Health Resource Center (NCC-HRC)

Serves as the Veterans Health Administration's national call center. NCC-HRC provides customer service and support to veterans, caregivers, other government agencies and the general public regarding VA health benefits, eligibility and billing questions.

Phone: 877-222-8387

www.va.gov/HEALTHRESOURCECENTER/index.asp

Volunteers of America Carolinas (VOA)

Volunteers support VOA programs that provide health care in the home and community so older adults can live more independently; that help veterans with challenges of employment & housing; and that provide housing through affordable living communities for seniors, families and those with disabilities. COUNTIES SERVED: Varies with program but includes Durham and Orange

207 Commons Blvd.

Durham, NC 27704

Phone: 919-477-9005 - Veterans Programs

Alt Phone: 864-246-6734 – Housing Inquiries

Email: infocarolinas@voa.org

www.voacarolinas.org

Volunteer Opportunities

American Red Cross of Central NC

We have many volunteer opportunities available, such as assisting donors at blood drives and greeting visitors to the building. We can be flexible with scheduling and their even tasks that can be done from home! COUNTIES SERVED: Durham, Orange, Person

4737 University Drive

Durham, NC 27707

Phone: 919-489-6541

Email: Jeffrey.isaacson@redcross.org

www.redcross.org

Center for Senior Life - Durham

406 Rigsbee Ave

Durham, NC 27701

Phone: 919-699-8247

www.dcsInc.org

Eastern Chatham Senior Center

365 HWY 87 North

Pittsboro, NC 27312

Phone: 919-542-4512

www.chathamcouncilonaging.org

Orange County Department on Aging - Volunteer Connect 55+

Seeks to enrich the lives of Orange County residents by recruiting volunteers of any age or county to serve Orange County residents 55+. Also our peer-to-peer engagement model encourages connections between community members through both senior center & community-based volunteer opportunities.

2551 Homestead Rd

Chapel Hill / Hillsborough, North Carolina 27516 / 27278

Phone: 919-245-4243

www.orangecountync.gov/266/Volunteer

The Triangle Nonprofit & Volunteer Leadership Center

The Triangle Nonprofit & Volunteer Leadership Center works with more than 1,200 nonprofits and coordinates the largest volunteer database in the Triangle. We have specialized opportunities for adults 55 and up with AmeriCorps Seniors.

PO Box 3374

Durham, NC 27702

Phone: 919-321-6924

Email: kim@thevolunteercenter.org

www.thevolunteercenter.org

Volunteers of America Carolinas (VOA)

Volunteers support VOA programs that provide health care in the home and community so older adults can live more independently; that help veterans with challenges of employment & housing; and that provide housing through affordable living communities for seniors, families and those with disabilities. COUNTIES SERVED: Varies with program but includes Durham and Orange

207 Commons Blvd.

Durham, NC 27704

Phone: 919-477-9005 - Veterans Programs

Alt Phone: 864-246-6734 – Housing Inquiries

Email: infocarolinas@voa.org

www.voacarolinas.org

Website Resources

Many websites offer information on aging issues and links to other websites. Listing the sites here is NOT a guarantee of their quality or accuracy.

AARP

Addresses the needs of persons 50+ to fight for and equip them to lead their best lives. Information, education, advocacy, policies, volunteerism, research & member discounts. "Prepare to Care: planning guide for family caregivers."

www.aarp.org

Administration on Aging

Information on aging from the federal government. Offers a nationwide searchable directory of national and local agencies, health associations and organizations. Also provides general and statistical materials.

www.acl.gov

Adult Care Home and Nursing Home Community Advisory Committee - Orange County

Quarterly site visit reports on various long-term care facilities conducted by state-mandated and county-appointed citizen committees. Visit our website to learn more.

<https://www.orangecountync.gov/269/ACH-NH-CAC>

Alzheimer's Association Eastern North Carolina Chapter

This Chapter provides programs and support services, information, referral, education and advocacy to 51 counties of Eastern North Carolina. Provides a National 24/7 Helpline at 800.272.3900.

Email: encinfo@alz.org

www.alz.org

Alzheimer's North Carolina

Local offices in North Carolina provide educational programming and family support services while raising awareness and funding local research for a cause, prevention, treatment and a cure.

www.alznc.org

American Association for Geriatric Psychiatry

Dedicated to the mental health research and treatment of older adults through professional education and advocacy. Education, links and resources for professionals.

www.aagponline.org

American Bar Association

Professional organization of attorneys dedicated to improving the legal profession, eliminating bias and advancing the rule of law. Search for articles, resources on elder abuse, elder law, legal problems and the Commission on Legal Problems of the Elderly.

www.americanbar.org

Association for Death Education and Counseling (ADEC)

Offers conferences, courses, workshops, certification and publications on dying, death and bereavement. ADEC members include mental and medical health personnel, educators, clergy, funeral directors and volunteers. AREA SERVED: All

9462 Brownsboro Road, #164

Louisville, KY 40241

Phone: 502.931.2332

Email: adec@adec.org

www.adec.org

BenefitsCheckUp

A service of the National Council on Aging. Designed to help adults over 55 find the right benefits programs that may pay for some of their medical care and / or prescription costs. AREA SERVED: All

251 18th St South
Suite 500

Arlington, VA 22202

Phone: 571-527-3900

Email: support@benefitscheckup.org

www.benefitscheckup.org

Caregiver Action Network

CAN (National Family Caregivers Association) provides education, peer support, and resources to family caregivers across the country free of charge.

www.caregiveraction.org

Caregivers Home Companion

Committed to helping caregivers balance their family life and career with elder care responsibilities by delivering education, support and access to important resources.

www.caregivershomecompanion.com

Caring.com / Caring LLC

Caring.com is a leading senior living referral service and a top site for senior care reviews. Caring helps seniors and their families research and connect to the most appropriate services and support for their specific situations, including senior living communities and in-home care agencies.

127 Scaleybark Road

Charlotte, United States 28209

Phone: 6507628190

Email: community@caring.com

<https://www.caring.com/caregiving-resources>

CaringInfo

Provides free resources to help people make decisions about end-of-life care and services before a crisis. Includes state Advanced Directive forms, a hospice locator & resources on caregiving, hospice, grief and loss. English / Spanish.

www.caringinfo.org

Center for Disease Control and Prevention (CDC)

Promotes healthy and safe behaviors of communities and its people through research, health monitoring and response, and prevention. Has a general information section for older adults.

Phone: 800-232-4636

www.cdc.gov/aging

Center for Medicare Advocacy

A national, non-profit law organization that works to advance access to comprehensive Medicare coverage, health equity, and quality health care. The Center provides legal assistance, education, and advocacy, focusing on the concerns of people with longer-term and chronic conditions.

www.medicareadvocacy.org

Centers for Medicare and Medicaid Services (CMS)

Publications about Medicare and Medicaid available in large print.

Phone: 1-800-633-4377

www.cms.gov

Chatham County Sheriff's Office

Law enforcement, protection orders, victim assistance, meal drives, fraud awareness & prevention presentations, permanent & mobile prescription take backs, Coffee with a Cop, Community Watch, Mobile Community Meetups, Sheriff's Training Academy for Residents (STAR), home/business checks & more.
COUNTIES SERVED: Chatham

295 West St.

Pittsboro, NC 27312

Phone: 919-542-2811

www.chathamsheriff.com

Cornucopia House Cancer Support Center

Cornucopia supports the mind, body and spirit of those journeying with cancer, their families and caregivers through complementary therapies, meal and transportation assistance, individual and group support, information and resources.

PO Box 51188

Durham, NC 27717

Phone: 919-401-9333

Email: info@cancersupport4u.org

www.cancersupport4u.org

Eldercare Locator

A public service of the U.S. Administration on Aging, connecting you to local services and resources for older adults and their families.

Phone: 800-677-1116

www.eldercare.gov

Family Caregiver Alliance

Easy-to-search topics with practical suggestions for new and established family caregivers. We also offer CareNavSM, a simple, user-friendly tool designed to help families navigate the complexities of the caregiving journey.

235 Montgomery Street, Suite 930

San Francisco, California 94104

Phone: 800-445-8106

Alt Phone: 415-434-3388

Email: info@caregiver.org

www.caregiver.org

Find Federal Agencies & Elected Officials

US government's official web portal. Can apply for benefits, review common questions on buying and using medications, see tips on communicating with your health care provider, learn about low-cost services and more. Toll-free: 844-872-4681.

www.usa.gov

Fitness for Older Adults

Promotes fitness for older adults.

www.nia.nih.gov/Go4Life

Five Wishes

National non-profit agency affirms and safeguards the human dignity of individuals as they age. "Five Wishes" can be used as a helpful guide and documentation of your wishes. Meets the legal requirements for an advance directive in 42 states including NC. Multi-lingual resource. AREA SERVED: All

PO Box 1661

Tallahassee, FL 32302

Phone: 850-681-2010

Email: info@fivewishes.org

www.FiveWishes.org

Five Wishes

National non-profit agency affirms and safeguards the human dignity of individuals as they age. "Five Wishes" can be used as a helpful guide and documentation of your wishes. Meets the legal requirements for an advance directive in 42 states including NC. Multi-lingual resource. AREA SERVED: All

PO Box 1661

Tallahassee, FL 32302

Phone: 850-681-2010

Email: info@fivewishes.org

www.FiveWishes.org

Get Palliative Care

Learn more about palliative care: answers to frequently asked questions; fact sheets; web links; videos; resources for caregivers, clinicians & policymakers; and a directory to find hospitals nationwide that have a palliative care team.

getpalliativecare.org

Guiding Lights Caregiver Support Center

Assists families and professional caregivers with accessing relevant, timely and comprehensive support information, training, care plan development and vetted caregiver referral.

3727 National Drive, Suite 204

Raleigh, NC 27612

Phone: 919-371-2062

www.guidinglightsn.org

Healthfinder.gov

Guide to a searchable database and clearinghouse on health topics A - Z.

www.healthfinder.gov

Home Care and Hospice Locator

National association offers basic information to help select a provider; explain accreditation, billing and services; and locate a facility.

www.nahc.org/consumer-information/

Hospice Foundation of America (HFA)

Educates the public and health care professionals about death, dying and the grief process. Offers information on research, health policy issues and other publications.

www.hospicefoundation.org

Medicare

The official US Government site for all aspects of Medicare.

www.medicare.gov

Medline Plus

Information on health topics available in English, Spanish and Vietnamese for seniors and others.

www.nlm.nih.gov/medlineplus/languages/seniorshealth.html

Mental Health America - National Office

Promotes mental health as a critical part of overall wellness, including prevention, early identification, intervention, integrated health, behavioral health and other services.

Alexandria, Virginia

Email: info@mhanational.org

mhanational.org

MentalHealth.gov

Provides one-stop access to US government mental health resources and information, in addition to local information.

Phone: 877-726-4727

www.mentalhealth.gov

National Academy of Elder Law Attorneys

NAELA is a non-profit association that assists lawyers, bar organizations, and others. For more information, visit NAELA.org, or to locate a NAELA member attorney in your area, visit NAELA.org/FindLawyer.

NATIONWIDE

1577 Spring Hill Road
Suite 310

Vienna, VA 22182

Phone: 703-942-5711

Email: naela@naela.org

www.naela.org

National Alliance for Caregiving

A non-profit coalition of national organizations focused on improving the lives of family caregivers.

Phone: 202-918-1013

www.caregiving.org

National Alliance on Mental Illness (NAMI) - North Carolina

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

www.naminc.org

National Alzheimer's Association

A national association that provides online educational materials on dementia, links to local support groups and a 24/7 helpline. Has "Inside the Brain: An Interactive Tour," an educational resource for caregivers of individuals with dementia.

Phone: 800-272-3900

www.alz.org

National Center on Elder Abuse (NCEA)

makes news and resources available on-line and an easy-to-use format; collaborates on research; provides training; identifies and provides information about promising practices and interventions; provides subject matter expertise on program development. Operates a listserv forum for professionals;

1000 South Fremont Avenue

Alhambra, United States 91803

Phone: 1-855-500-3537

www.ncea.acl.gov

National Citizens' Coalition for Nursing Home Reform (NCCNHR)

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

www.geronurseonline.org

National Coalition for Hospice and Palliative Care (NCHPC)

Presents a united voice to the public on behalf of providers who care for patients & families living with chronic & life-limiting illnesses. Aims to enhance member organization cooperation & coordination, to improve care and public policy, and to advocate on behalf of patients & families.

www.nationalcoalitionhpc.org

National Council on Aging (NCOA)

Partners with non-profit organizations, government and businesses to provide innovative community programs and services, online help and advocacy.

Phone: 571-527-3900

www.ncoa.org

National Hospice and Palliative Care Organization (NHPCO)

A non-profit organization advocating for people with a serious or life-limiting illness and their families. They provide education, resources and information to improve end-of-life care and expand access to hospice care.

www.nhpco.org

National Institute on Aging

Federal agency that provides leadership in aging research, research training, health information and other programs related to aging and older people.

www.nia.nih.gov

National Institute on Mental Health

Mental health education, resources, information and help for people and their loved ones struggling with mental illness. AREA SERVED: All

6001 Executive Blvd., Room 6200, MSC 9663

Bethesda, MD 20892-9663

Phone: 866-615-6464

Email: nimhinfo@nih.gov

www.nimh.nih.gov

NIHSeniorHealth

Provides easy-to-understand, up-to-date health information for older adults from the National Institutes of Health.

Phone: 800-222-2225

www.nihseniorhealth.gov

North Carolina Bar Association - Websites

Has a list of certified attorneys in various specialty areas including estate planning. Seniors can access publications online or at the library such as "Senior Citizens Handbook, Laws and Programs Affecting Senior Citizens in North Carolina."

www.ncbar.org

North Carolina Cooperative Extension

Provides resources for help with horticulture, gardening, healthy eating, 4-H, crops and livestock. COUNTY SERVED: Orange

P.O. Box 8181

306-E Revere Rd.

Hillsborough, NC 27278

Phone: 919-245-2050

Email: kay_evans@ncsu.edu

www.orange.ces.ncsu.edu

North Carolina Department of Health and Human Services (NCDHHS)

Provides comprehensive health and human-related services for all North Carolinians, especially the most vulnerable citizens: children, the elderly, disabled and low-income families.

www.ncdhhs.gov

North Carolina Division of Medical Assistance (Medicaid)

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

www.ncdhhs.gov/dma

North Carolina Division on Aging and Adult Services

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

Phone: 919-855-3400

www.ncdhhs.gov/divisions/daas

North Carolina Health Care Personnel Registry

A free online tool that screens for individuals with findings of abuse or pending cases of abuse against them. Also verifies individuals who have completed the NC state-approved Home Care Aide Specialty Training Course.

www.ncnar.org/verify_listings1.jsp#dataprov

North Carolina Health Info

UNC Health Services Library guide to health & medical information and local health services statewide: health insurance, doctor selection, health conditions, pharmaceuticals & website links. "Ask a Librarian" service available via phone, text or email for help with finding related information.

www.nchealthinfo.org

North Carolina Hospital and Healthcare Guide 2016-17

Lists hospitals by location, nursing homes, adult care homes-assisted living, local health departments, state and federal health contacts & medical societies. Also found at www.orangecountync.gov/departments/aging. Go to Aging in Place Supports.

www.nc-hospitals.com

North Carolina House of Representatives

Phone: 919-733-4111

www.ncleg.net/House/House.html

North Carolina Senate

Phone: 919-733-4111

www.ncleg.net/Senate/Senate.html

North Carolina Seniors' Health Insurance Information Program (NC-SHIIP)

SHIIP, a program of the NC Department of Insurance, provides free, unbiased information and counseling about Medicare, Medicare supplements, Medicare Advantage, Medicare Part D and long-term care insurance.

www.ncshiip.com

Nursing Home Compare

Offers detailed information about every Medicare- and Medicaid-certified nursing home in the country.

www.medicare.gov/nursinghomecompare

Nursing Home Info

Information and resources on nursing homes.

www.nursinghomeinfo.com

Orange County Department on Aging - Online

A one-stop resource where older adults and caregivers can meet their social, mental, physical, financial and day-to-day practical needs. Offers integrated aging services and programs at our two senior centers, including wellness and education classes, lunches, trips, volunteer opportunities and more.

www.orangecountync.gov/aging

Orange County Public Library - Carrboro Cybrary

Enjoy access to print/digital books, DVDs & music; wi-fi, computers & ancestry.com; programs for all ages; &, meeting & study space. The Orange County Public Library offers free library cards to residents of Orange, Person, Chatham, Durham, Alamance & Caswell counties.

N. Greensboro St

Carrboro, NC 27510

Phone: 919-918-7387

www.OrangeCountyLibrary.org

Orange County Public Library - Main

Enjoy access to print/digital books, DVDs & music; wi-fi, computers & ancestry.com; programs for all ages; &, meeting & study space. The Orange County Public Library offers free library cards to residents of Orange, Person, Chatham, Durham, Alamance & Caswell counties.

137 West Margaret Lane

Hillsborough, NC 27278

Phone: 919-245-2525

Email: library@orangecountync.gov

www.OrangeCountyLibrary.org

Partnership for Prescription Assistance (PPA)

Free information resource to help people locate medication assistance programs. General information only. Get prescription help and find a low-cost clinic near you.

www.pparx.org

Social Bridging NC

We believe that everyone deserves to feel connected, supported, and valued. Join our vibrant virtual community and discover a world of connection, resources, enrichment, and joy. Developed by: North Carolina Department of Health and Human Services: Division of Aging and the NC Center for Health & Wellness at UNC Asheville.

Phone: (828) 250-2399

Email: socialbridge@unca.edu

www.socialbridgingnc.org

Social Security Administration

Information on benefits, frequently asked questions and more. Can apply for benefits online.

www.socialsecurity.gov/

State / County Special Assistance In-Home Program for Adults

For eligible older adults or adults with disabilities, this program can help with living expenses such as food, shelter, clothing and other daily necessities. For eligible individuals living at home. Apply at your county department of social services.

www.ncdhhs.gov/document/special-assistance-home-program-adults

The Chamber For a Greater Chapel Hill-Carrboro

The Chamber connects with people and information businesses need to succeed, advocates for local business interest, drives progress and builds community.

104 South Estes Dr.

Chapel Hill, NC 27514

Phone: 919-967-7075

Email: info@carolinachamber.org

www.carolinachamber.org

Triangle J Area Agency on Aging

Regional public connection to aging networks, services and protective supports for older adults and caregivers. COUNTIES SERVED: Chatham, Durham, Orange, Other, Wake

www.tjaaa.org

US Department of Veterans Affairs

Phone: 1-800-698-2411

www.va.gov

US House of Representatives

Phone: 202-224-3123

www.house.gov

US Senate

Phone: 202-224-3121

www.senate.gov

Resource Guide Index

AAA (American Automobile Association)

AARP

AARP

AARP Driver Safety Program

Academy Eye Center

Accessible Home Care of Mid Carolina

Acorn

Active At Home Senior Services

Adelaide Walters Apartments

Administration on Aging

Adult Care Home and Nursing Home Community Advisory Committee - Orange County

Advanced Health Care Directive Registry - NC Secretary of State

Advanced Health Resources

Advantage Care In-Home Services

Aegis Home Care

Affordable Comfort Homecare, LLC

Aging Family Solutions

Aging in Grace

Aging Life Care Association

Aging Outreach Services

Aging Outreach Services

Alamance County Clerk of Court

Alamance County Department of Social Services

Alamance County Department of Social Services - APS

Alamance County Senior Games Coordinator - Jane Smith

Alamance County Tax Assessor

Alamance Eldercare, Inc.

Alamance Eldercare, Inc.

Alamance Eldercare, Inc.

Alamance Health Care Center

Alamance Plaza

Alamance Regional Medical Center (Cone Health)

Alanon / Alateen Service Office

Alcoholics Anonymous - Chatham and Orange

Alcoholics Anonymous – Durham

Alert 1

All About Seniors, Inc.

All Good Things

Alliance Health

Alliance Health

Alliance of Disability Advocates - Center for Independent Living

Alliance of Disability Advocates - Center for Independent Living

Alvarado's Family Care

Always Best Care

Always Best Care Senior Services

Always Best Care Senior Services

Alzheimer's Association Eastern North Carolina Chapter

Alzheimer's Association Eastern North Carolina Chapter

Alzheimer's Association Eastern North Carolina Chapter

Alzheimer's North Carolina

Alzheimer's North Carolina

Alzheimer's North Carolina

Amber Bishop, LCSW

Amedisys Home Health - Alamance

Amedisys Home Health - Durham

Amedisys Home Health - Orange

American Association for Geriatric Psychiatry

American Bar Association

American Cancer Society

American Foundation for the Blind Information Center

American Red Cross

American Red Cross of Central NC

AmRamp of Eastern North Carolina

Andes Driving School

Angel Advocacy, LLC

Angelica House

Arcadia Cohousing

Armstrong HomeCare

Art Therapy Institute

Aspire Transitions

Assisted Living / Adult Care Homes

Association for Death Education and Counseling (ADEC)

ATI Physical Therapy

Atlantic Home Staffing

Atria Southpoint Walk

August Estates at Umstead Pines

AuthoraCare Collective

B.J.'s Family Care Home

Bartlett Reserve Independent Senior Living

Bay Alarm Medical

Bayada Home Health Care

Bayada Home Health Care - Assistive Care State Programs

Bayada Home Health Care Raleigh Visits

BeaBea & Pip Pet Sitting

Beautiful Remissions Home Care, LLC

Begin Again Family Care Home #2

BenefitsCheckUp

Better Business Bureau

Binkley Baptist Church

BIONIC HEALTH, INC

Blakey Hall

Brian Center Health & Rehabilitation

Brookdale Burlington

Brookdale Cary

Brookdale Chapel Hill

Brookdale Chapel Hill Memory Care - Clare Bridge

Brookdale Durham

Brookdale Lawndale Park

Brookdale Meadowmont

Brookshire Senior Living

Burlington Care Center

Burlington Housing Authority

C & M Adult Care Home

C&M Adult Care Home

CAAP Home Care Agency, LLC

Calming Hearts Home Healthcare

Cambridge Hills Assisted Living of Pittsboro

Camellia Gardens

Cardinal Innovations Healthcare Community Office - Alamance

Cardinal Innovations Healthcare Community Office - Orange

Caregiver Action Network

Caregiver Concierge

Caregivers Home Companion

CareYaya

Carillon Assisted Living of Hillsborough

Caring Angels Home Care Services Inc.

Caring Hearts Assisted Living

Caring Senior Service

Caring Transitions of Chapel Hill

Caring.com / Caring LLC

CaringInfo

Carol Woods Retirement Community

Carolina Curbside Laundry

Carolina Meadows

Carolina Public Humanities

Carolina Relocation & Transition Specialists

Carolina Spring

Carrboro Century Center

Carrboro Dialysis

Carrboro Family Pharmacy

Carrboro Police Department

Carrboro Police Department

Carver Creek

Carver Living Center

Cassiopeia's Home Care Agency

Catholic Charities

Cedar Grove Community Center

Cedar Grove Family Care Home

Cedar Grove Family Care Home #2

Cell Phone Program - Subsidized

Center for Disease Control and Prevention (CDC)

Center for Medicare Advocacy

Center for Senior Life - Durham

Centers for Medicare and Medicaid Services (CMS)

Central Recreation Center

Central Regional Hospital

Chapel Hill - Carrboro Meals on Wheels

Chapel Hill - Orange County Visitors Bureau

Chapel Hill Community Center

Chapel Hill Concierge

Chapel Hill Parkinson's Disease Support Group

Chapel Hill Police Department

Chapel Hill Police Department Crisis Unit

Chapel Hill Police Department Crisis Unit

Chapel Hill Public Library

Chapel Hill Transit Authority (CHT)

Chapel Hill-Carrboro YMCA

Charles House - Daytime Eldercare Program

Charles House - UNC Caregiver Support Group

Charles House - Winmore

Chase Park Apartments

Chatham CARES Community Pharmacy

Chatham Community Library - Main

Chatham County Clerk of Court

Chatham County Council on Aging

Chatham County Council on Aging

Chatham County Council on Aging

Chatham County Department of Social Services

Chatham County Housing Authority

Chatham County Senior Games Coordinator - Liz Lahti

Chatham County Sheriff's Office

Chatham County Tax Assessor

Chatham Hospital - UNC Healthcare

Chinese American Friendship Association of North Carolina

Chinese Christian Mission Church

Clarity Legal Group

Club Nova

Comfort Keepers

Comfort Long Term Care

Common Ground Ecovillage

Community Clay Studio

Community Home Care and Hospice

Companion Care

Compass Center

Compass Center for Women and Families

Compass Center for Women and Families

Compass Center for Women and Families

Compassionate Concierge for Seniors

Compassionate Transport Inc.

Compassionate Transport, Inc.

Consumer Education Services Inc.

Consumer Protection - North Carolina Department of Justice

Cornerstone Healthcare Services

Cornucopia House Cancer Support Center

Covenant Place

Coventry House of Siler City

Creekview Family Care Home

Crescent Green Assisted Living

Crisis Solutions North Carolina

Croasdaile Village Retirement Community

CVS

Daughters Concerned for Aging Relatives Support Group

Dee & G Enrichment Center

Dementia Support Services

Dental SHAC (Student Health Action Coalition) Clinic

Department of Veterans Affairs

Dignified Living

Disability Rights North Carolina

Dispute Settlement Center

Dobbins Hill Apartments

Driver Rehabilitation Services, PA

Duke Center for Spirituality, Theology and Health

Duke Dementia Family Support Program

Duke Eye Center - Low Vision Rehabilitation

Duke Family Support Program - Memory Disorders

Duke Geriatric Evaluation and Treatment Clinic

Duke Geriatric Evaluation and Treatment Clinic

Duke Health

Duke Health

Duke Health

Duke Health and Fitness Center

Duke HomeCare & Hospice

Duke Hospital Speech Pathology and Audiology Clinic

Duke Neurological Disorders Clinic at Morreene Road

Duke Outpatient Psychiatry Clinic

Duke University Rehab - Duke Driving Program

Durham Center for Senior Life

Durham Center for Senior Life - Adult Day Health

Durham County Clerk of Court

Durham County Department of Social Services

Durham County Department of Social Services - APS

Durham County Housing Authority

Durham County Library - Main

Durham County Senior Games Coordinator - Bridgette Robinson

Durham County Social Services

Durham County Tax Assessor

Durham Medicaid Transportation

Durham Nursing & Rehabilitation Center

Durham Regent

Durham Regional Financial Center

Durham Ridge Assisted Living Memory Care

Durham Technical Community College - Main Campus

Durham Technical Community College - Orange County Campus

Durham VA Medical Center

Durham VA Medical Center

Dying Consciously

East Carolina Home Care

Eastern Chatham Senior Center

Eden Spring Living Center

Efland Cheeks Community Center

El Centro Hispano-Carrboro Branch

El Centro Hispano-Main Office

El Futuro

El Pueblo, Inc.

Elder Matters of the Carolinas LLC

Elderberry Cohousing

Eldercare Locator

Eldercare Locator

Eldercare Locator

ElderFit In Home Rehab

Elliott Woods Apartments

Elon Village Homes

Emerald Pond

Emmanuel Family Care II

Eno Haven

Eno Pointe Assisted Living

Everybody Needs a Nurse - Patient Advocates

Eyes on Seniors

E-Z Rider - Chapel Hill Transit Authority

Family Care Homes

Family Caregiver Alliance

Find Federal Agencies & Elected Officials

First Baptist and Manley Estates

First In Families of North Carolina

First-Watch Homecare

Fitness for Older Adults

Five Wishes

Focused Healthcare

Freedom Alert

Freedom House Recovery Center - Crisis and Detoxification Services

Freedom House Recovery Center - Durham Outpatient Clinic

Freedom House Recovery Center - Mobile Crisis

Freedom House Recovery Center - Mobile Crisis

Freedom House Recovery Center - Person Counseling Center

Freedom House Recovery Center Orange County Outpatient Clinic

Friends of Residents in Long-Term Care

Friendship Adult Day Services, Inc.

G & J's Helping Hands

Galloway Ridge at Ferrington

Gamblers Anonymous

Gateway Village Apartments

Get Palliative Care

GFC&S Transportation, LLC

Golden Years Assisted Living

Golden Years Assisted Living II

Golden Years Family Care Home

Golden Years Family Care Home #2

Golden Years Family Care I

Golden Years Family Care II

Goldston Public Library

GoTriangle

Graham Drive Family Care Home

Graham Housing Authority

Greater HomeCare Staffing, LLC

Guardian Angel

Guiding Lights Caregiver Support Center

Guiding Lights Caregiver Support Center - Dementia Resources

Guiding Lights Caregiver Support Center - Support Groups

Guiding Lights Caregiver Support Center - Support Teams

HappyHomecare Staffing, Inc

HappyHomecare Staffing, Inc.

Hargraves Community Center

Harris Teeter

Healthcare Equipment, Inc.

Healthcare.gov

Healthfinder.gov

Hearing Loss Association of America, Wake County

Heart 2 Home Senior Services, LLC

Heart 2 Home Senior Services, LLC

Heartwood Death Doula and Bereavement Care

Help - Personal Response Systems

Helping Hands of America

Here to Home

Hillcrest Convalescent Center

Hillsborough Pharmacy & Nutrition

Hillsborough Police Department

Hillsborough Police Department

Hillsborough Visitors Center

Holly Menard - End of Life Doula

Home Care and Hospice Locator

Home Instead

Home Instead - Durham

HomeCare Providers

Homeplace of Burlington

Homewatch Caregivers of the Triangle

Homewood Avenue Assisted Living Facility

HopeLine, Inc.

Hospice Foundation of America (HFA)

Inter-Faith Council for Social Services (IFC)

Interim HealthCare

International Hearing Society

Intown Neighborhood Place

James J. Love, PT,DPT and Real Estate Agent

Jewish for Good

JOCCA Weatherization

Johnson Ambulance

Jones Family Care Home

Kennedy Care

KEPRO

Kernodle Senior Center

Keston Care

Kildaire Counseling, PLLC

Kindred Transitional Care & Rehabilitation - Rose Manor

Lane Street Retirement Home

Lane Street Retirement Home

LeadingAge North Carolina

Legal Aid of North Carolina

Legal Hand NC

LGBT Center of Raleigh

Liberty Commons Nursing & Rehab Center of Alamance County

Liberty HomeCare & Hospice

Life Alert

Lifelong Learning Series at The UNC General Alumni Association

LifeStation

Lilies of Hope Home Care LLC

Lincoln Community Health Center, Inc.

LiveWell

LiveWell @ Coker Hills

LiveWell Care Homes

Lloyd's Pharmacy

Longleaf Neuro-Medical Treatment Center

Lord Is The Light Home Healthcare

Lord's

Low Vision Rehab Solutions

Low Vision Support Group

Mary's Amazen Homecare LLC

Maxim Healthcare Services

Mebane Police Department

Mebane Police Department

Medical Claims Rx, Inc.

Medical Guardian

Medical Supply Super Store - Durham

Medicare

Medicare Limited Income Newly Eligible Transition Program (LI-NET)

Medicare.gov

Medline Plus

Memorial Library - May

Mental Health America - National Office

Mental Health America of the Triangle

Mental Health America of the Triangle

MentalHealth.gov

Mesothelioma Guide

Mobile Rehab Physical Therapy

MobileHelp

Move Free Physical Therapy at Home

Moves For Seniors

MSS Electronics Inc., dba LifeFone

National Academy of Elder Law Attorneys

National Alliance for Caregiving

National Alliance on Mental Illness (NAMI) - North Carolina

National Alliance on Mental Illness (NAMI) - North Carolina

National Alliance on Mental Illness (NAMI) - Orange County

National Alzheimer's Association

National Association of Productivity and Organizing Professionals

National Center on Elder Abuse (NCEA)

National Citizens' Coalition for Nursing Home Reform (NCCNHR)

National Coalition for Hospice and Palliative Care (NCHPC)

National Council on Aging (NCOA)

National Hospice and Palliative Care Organization (NHPCO)

National Institute on Aging

National Institute on Mental Health

National Library Service for the Blind and Physically Handicapped

National Suicide Prevention Hotline

NC Dance for Parkinsons

NC Drug Card

NC MedAssist

NC Services for the Blind

NC4VETS

Neat Freak Professional Organizing, LLC

NeedyMeds, Inc.

Newcomers Club of Greater Chapel Hill, Inc.

NIHSeniorHealth

North Carolina Assistive Technology Program (NCATP)

North Carolina Baptist Men

North Carolina Bar Association

North Carolina Bar Association - Websites

North Carolina Cooperative Extension

North Carolina Department of Commerce Division of Work Force

North Carolina Department of Health and Human Services (NCDHHS)

North Carolina Division of Aging and Adult Services

North Carolina Division of Health Service Regulation - Adult Care Licensure Section

North Carolina Division of Medical Assistance (Medicaid)

North Carolina Division of Mental Health, Developmental Disabilities and Substance Abuse Services

North Carolina Division of Services for the Deaf and Hard of Hearing

North Carolina Division of State-Operated Healthcare Facilities

North Carolina Division on Aging and Adult Services

North Carolina Health Care Personnel Registry

North Carolina Health Info

North Carolina Hospital and Healthcare Guide 2016-17

North Carolina Hospital and Healthcare Guide 2016-17

North Carolina House of Representatives

North Carolina Independent Living Program

North Carolina Independent Living Program

North Carolina Lawyer Referral Service

North Carolina Library for the Blind and Physically Handicapped

North Carolina Senate

North Carolina Seniors' Health Insurance Information Program (NC-SHIIP)

North Carolina Seniors' Health Insurance Information Program (NC-SHIIP)

North Carolina Seniors' Health Insurance Information Program (NC-SHIIP)

North Carolina Services for the Blind

North Carolina Vocational Rehabilitation

North Carolina Works Career Center

Nurse Care of North Carolina

Nursing Home Compare

Nursing Home Info

O

Oak Creek Retirement Community

Oasis Senior Advisors

OCIM Meals on Wheels

Office Health at Rose Manor

Options for Senior America

OPT-Orange Bus (Orange County Public Transportation)

Orange Congregations in Mission-Samaritan Relief

Orange County Adult Care Home & Nursing Home Community Advisory Committees

Orange County Adult Care Home Community Advisory Committee

Orange County Center of NC Cooperative Extension

Orange County Clerk of Court

Orange County Department of Social Services - Adult Care Home Specialist

Orange County Department of Social Services - APS

Orange County Department of Social Services - Chapel Hill

Orange County Department of Social Services - Hillsborough

Orange County Department on Aging - Aging Transitions

Orange County Department on Aging - Caregiver Support Groups

Orange County Department on Aging - Chinese ResourcesOrange County Department on Aging - Chinese

Orange County Department on Aging - Clinic for Community Living

Orange County Department on Aging - Counseling

Orange County Department on Aging - DME

Orange County Department on Aging - Education at Passmore Center

Orange County Department on Aging - Educational Seymour Center

Orange County Department on Aging - Helpline

Orange County Department on Aging - Home Assessments

Orange County Department on Aging - Newcomers

Orange County Department on Aging - OC CARES Care Partner Respite

Orange County Department on Aging - OC CARES Dementia Support

Orange County Department on Aging - OC CARES Support Groups

Orange County Department on Aging - OC CARES Support Team

Orange County Department on Aging - Online

Orange County Department on Aging - Recreation at Passmore Center

Orange County Department on Aging - Services at Passmore Center

Orange County Department on Aging - Services at Seymour Center

Orange County Department on Aging - Spanish Resources

Orange County Department on Aging - Support Groups

Orange County Department on Aging - Telephone Reassurance

Orange County Department on Aging - Transportation Options

Orange County Department on Aging - Volunteer Connect 55+

Orange County Department on Aging - Volunteer Driver Program

Orange County Department on Aging - Wellness at Passmore Center

Orange County Department on Aging - Wellness at Seymour Center

Orange County Dept. Housing, Human Rights & Comm. Develop. - Chapel Hill

Orange County Dept. Housing, Human Rights & Comm. Develop. - Hillsborough

Orange County Health Department

Orange County Health Department

Orange County Health Department Dental Clinic

Orange County Medicaid Transportation Line (MTL)

Orange County North Carolina

Orange County Parks & Recreation

Orange County Parks Online Locator

Orange County Public Library - Carrboro Cybrary

Orange County Public Library - Main

Orange County Rape Crisis Center

Orange County Senior Games

Orange County Seniors' Health Insurance Information Program (OC-SHIIP)

Orange County Seniors' Health Insurance Information Program (OC-SHIIP)

Orange County Sheriff Department

Orange County Sheriff Department - Crisis Unit

Orange County Sheriff Department - Life Track

Orange County Sheriff Department - Main

Orange County Sheriff Department - Seniors And Law Enforcement Together (SALT)

Orange County Sheriff Department Crisis Unit

Orange County Solid Waste Management

Orange County Sportsplex

Orange County Tax Administration

Orange County Tax Assessor

Orange County Urgent Repair Program

Organize and Downsize

Osher Lifelong Learning Institute at Duke (OLLI)

Overeaters Anonymous

Pacifica

Partnership for Prescription Assistance (PPA)

Partnership for Prescription Assistance (PPA)

Passmore Center

Peaceful Wisdom Counseling Services, PLLC

Peak Resources Alamance

Peak Resources Treyburn

Peer Learning of Chapel Hill

Pettigrew Rehabilitation & Health Care Center

Piedmont Health - Burlington Community Health Center

Piedmont Health - Burlington Community Health Center - Health Insurance

Piedmont Health - Carrboro Community Health Center

Piedmont Health - Carrboro Community Health Center - Dental Care

Piedmont Health - Carrboro Community Health Center - Health Insurance

Piedmont Health - Chapel Hill Community Health Center

Piedmont Health - Charles Drew Community Health Center

Piedmont Health - Charles Drew Community Health Center - Health Insurance

Piedmont Health - Moncure Community Health Center

Piedmont Health - Moncure Community Health Center - Dental Care

Piedmont Health - Moncure Community Health Center - Health Insurance

Piedmont Health - Prospect Hill Community Health Center

Piedmont Health - Prospect Hill Community Health Center - Dental Care

Piedmont Health - Prospect Hill Community Health Center - Health Insurance

Piedmont Health - Scott Community Health Center

Piedmont Health - Scott Community Health Center - Health Insurance

Piedmont Health - Siler City Community Health Center

Piedmont Health - Siler City Community Health Center - Dental Care

Piedmont Health - Siler City Community Health Center - Health Insurance

Piedmont Health - Sylvan Community Health Center

Piedmont Health SeniorCare (PACE)

Piedmont Health SeniorCare (PACE)

Pittsboro Christian Village

Pittsboro Police Department

Preiss - Steele Place

Premier Home Healthcare Services

Premier Home Healthcare Services

Premier Home Healthcare Services

Preston Pointe

Produce Box

Professional Relocation Options

Professional Relocation Options/Truckin' for Seniors

Project CARE

ProMedica Hospice

PruittHealth - Carolina Point

PruittHealth - Durham

PTRCAAA - Long-Term Care Ombudsman

Quinn Consulting

R.J. Blackley Alcohol and Drug Abuse Treatment Center

Rainbow Way Construction

Ralph Clayton Homes

Rebuilding Together of the Triangle

Rebuilding Together of the Triangle

Reflective Counseling Services, PLLC

Relay North Carolina

Reliable Health Services, Inc.

ResCare Home Care

Rescue Alert

Residential Services, Inc.

Right At Home

Rite Aid Pharmacy

Robert and Pearl Seymour Center

Rockbridge Senior Care Home

Rockwood Cottages

Rogers Road Community Center

RTP Errand and Delivery Services, LLC

RxAssist

Safe Return

Salvation Army Boys and Girls Club

Seasons at Southpoint

Senior Helpers

Senior PharmAssist

Senior Times

Senior Transitions of North Carolina, PLLC

Seniors On The Go

Seniors On the Go - Transportation

Seymour Center

Shared Learning Association of Chapel Hill

Sheridanville, Inc.

Signature Healthcare of Chapel Hill

Siler City Center

Siler City Police Department

Silver Linings for Seniors

Social Bridging NC

Social Security Administration

Social Security Administration

Social Security Administration - Extra Help

Social Worker for the Blind - Durham and Orange Counties

Solterra

Soltys Place (Adult Day Health Program)

Southeastern Wake Adult Day Center

Southern Branch of the Orange County Public Library

Spencer Brown Thomas Homes

Spring Arbor of Durham

Springview - Brock Building (Administrative Office)

Springview - Crouse Building

Springview - Phillips Family Care Home

Springview - Ross Building

Springview - Stewart Building

Springview Assisted Living - Burlington

Springview Assisted Living - Mebane

Springview Assisted Living - Wilson Building

St. Thomas More

Stalls Medical Inc. / Adaptive Vans Inc.

State / County Special Assistance In-Home Program for Adults

Stepping Stones Real Estate

Stronger Pathways

Sunflower Village Homecare, LLC

Synergy HomeCare of the Triangle

Takeout Central

Tarheel Medical Supply

TEACCHÂ® Autism Program

TerraBella Hillsborough - Assisted Living & Memory Care

Teva Cares Foundation

The Arc of the Triangle

The Cedars

The Chamber For a Greater Chapel Hill-Carrboro

The Downsizers

The Food Fairy®, Inc.

The Forest at Duke

The Happy Tooth Orthodontics, Cosmetic and Family Dentistry

The Harbor at Twin Lakes

The Laurels of Chatham

The National Association of Personal Financial Advisors (NAPFA)

The Oaks of Alamance

The Pickett House Family Care Home

The Presbyterian Home of Hawfields

The Right Moves

The Stratford

The Triangle Nonprofit & Volunteer Leadership Center

The Village at Brookwood

The Willows

TJAAA - Chatham County Regional Long Term Care Ombudsman

TJAAA - Durham County Ombudsman

TJAAA - Orange County Regional Long Term Care Ombudsman

Toni's Massage

Touched by Angels Home Healthcare II, Inc.

Tower of Blessing

Town of Carrboro

Town of Carrboro Recreation & Parks

Town of Chapel Hill

Town of Chapel Hill Parks & Recreation

Town of Hillsborough

Town of Hillsborough Parks & Recreation

Town of Hillsborough Police Department - Are You OK? Program

Transitions GuidingLights Caregiver Support Center

Transitions LifeCare

Triangle Aphasia Project, Unlimited

Triangle J Area Agency on Aging

Triangle J Area Agency on Aging

Triangle J Area Agency on Aging (TJAAA) - Ombudsmen

Triangle Lifeline and Medical Alert Services

Triangle Lifeline Carolina Medical Alert Services

Triangle Mobile Dentistry

Triangle Radio Reading Service

Triangle Total Homecare, LLC

Triangle Travel Companion

TRICARE for Life

TROSA - Triangle Residential Options for Substance Abusers

TROSA Moving

Trusted Rides For Seniors LLC

Tumaville LLC

Twin Lakes Community

UNC Center for Aging & Health - Geriatric Evaluation & Management Program

UNC Center for Rehabilitation Care (CRC)

UNC Center for Rehabilitation Care (CRC)

UNC Center for Rehabilitation Care (CRC)

UNC Dental Clinic

UNC Dept. of Psychiatry Walk-In Clinic

UNC Geriatrics Specialty Clinic (UNC GSC)

UNC Home Health

UNC Hospice

UNC Hospice

UNC Hospice Support Groups

UNC Hospital Audiology Department

UNC Hospitals

UNC Hospitals - Prescription Assistance

UNC Hospitals' Beacon Program

UNC Hospitals Cardiac Rehab

UNC Hospitals Geriatrics Specialty Clinic

UNC Lineberger Comprehensive Cancer Support Program

UNC Memory and Cognitive Disorders Clinic

UNC Parking and Hospital Shuttle

UNC Physical & Occupational Therapy - Chapel Hill

UNC Physical & Occupational Therapy - Hillsborough

UNC School of Dentistry-Geriatric and Special Care Clinic

UNC Stroke Support Group (Chapel Hill)

UNC Visitors Center

UNC Wellness Center at Meadowmont

UNC-Chapel Hill Friday Center

United Hospice

United Way - NC 24-HR Help & Information Line

University of North Carolina

Urban Ministries

US Department of Veterans Affairs

US House of Representatives

US Senate

USDA Rural Development

VA National Call Center (NCC)

Veterans Administration Healthcare Benefits

Veterans Administration Patient Advocates

Veterans Crisis Line

Veterans Services Office (VSO) - Durham County

Veterans Services Office (VSO) - Orange County

VHA National Call Center - Health Resource Center (NCC-HRC)

Village Hearth Cohousing

Villines

Visiting Angels

Visiting Angels of Central North Carolina

Volunteer Income Tax Assistance (VITA)

Volunteers of America Carolinas (VOA)

Walgreens

Walgreens Ready Response

Walgreens Store Locator

Walmart Grocery

Warren Care Services - Adult Care

WayForth, LLC

We Care Family Care

Western Chatham Senior Center

Westhampton Apartments

Wheelchair Getaways/Van Products

White Oak Manor - Burlington

Whole Life OT, PLLC

Wisdom Senior Care

Woodridge Apartments