# Community Resource Guide
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COMMUNITY RESOURCE GUIDE
For Seniors & Their Families

One-Stop-Shop for Aging Services & Enrichment

Aging Helpline:
(919) 968-2087

www.orangecountync.gov/departments/aging

facebook.com/OrangeCountyDepartmentOnAging
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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

**Chatham County Department of Social Services - APS**

102 Camp Dr.
Pittsboro, NC 27312
Phone: 919-542-2759
www.chathamnc.org

**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
828 Martin Luther King Jr. Blvd.
Chapel Hill, NC 27514
Phone: 919-968-2760
www.townofchapelhill.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

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
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

Compass Center for Women and Families
Helps all people navigate their journey to self-sufficiency, safety, and health. Our services include career and financial education, domestic violence crisis and prevention programs, assistance with legal resources, and youth health programs. COUNTIES SERVED: Orange
210 Henderson St.
Chapel Hill, NC 27514
Phone: 919-968-4610
Email: programsdirector@compassctr.org
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
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
HopeLine
HopeLine supports people and saves lives during times of crisis through caring, confidential conversations. Programs include a crisis phone line, text, and reassurance program. For more information on all our programs and how to get involved, please visit www.hopeline-nc.org. NATIONWIDE
P.O. Box 10490
Raleigh, NC 27605
Phone: 919-231-4525
Alt Phone: 877-235-4525
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.

Alamance County
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<td>Friendship Adult Day Services, Inc.</td>
<td>1946-B Martin St. Burlington, NC 27217</td>
<td>Phone: 336-222-7797 Alt Phone: 336-222-9966</td>
<td>Email: <a href="mailto:cmorse@friendshipadultday.com">cmorse@friendshipadultday.com</a> <a href="http://www.friendshipadultday.com">www.friendshipadultday.com</a></td>
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<td>Piedmont Health SeniorCare (PACE)</td>
<td>1214 Vaughn Rd. Burlington, NC 27217</td>
<td>Phone: 336-532-0000 Alt Phone: 877-714-2100</td>
<td><a href="http://www.piedmonthealthseniorcare.org">www.piedmonthealthseniorcare.org</a></td>
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<td>The Harbor at Twin Lakes</td>
<td>3810 Heritage Dr. Burlington, NC 27215</td>
<td>Phone: 336-585-2393</td>
<td>Email: <a href="mailto:kevans@twinlakescomm.org">kevans@twinlakescomm.org</a></td>
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<td>Touched by Angels Home Healthcare II, Inc.</td>
<td>116 West Pine St. Graham, NC 27253</td>
<td>Phone: 336-221-9998</td>
<td>Email: <a href="mailto:WeCare@TBAii.com">WeCare@TBAii.com</a> <a href="http://www.tbaii.com">www.tbaii.com</a></td>
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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

Chatham County

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

Durham County

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.dcsln.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.tbaai.com

Orange County
Charles House - Sunrise Adult Day Health
Daytime eldercare program provides quality personalized care to elders, experiential learning programs, and caregiver respite and resources.
7511 Sunrise Rd.
Chapel Hill, NC 27516
Phone: 919-967-7570
Email: info@charleshouse.org
www.charleshouse.org

Florence Gray Soltys 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
105 Meadowlands Dr.
Hillsborough, NC 27278
Phone: 919-245-2017
https://soltysadultday.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

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
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@disabilityrightsnc.org
www.disabilityrightsnc.org

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
6300 Creedmoor Rd., Ste. 170 #326
Raleigh, NC 27612
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

PTRCAA - 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.

County 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

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
102 Camp Dr.
Pittsboro, NC 27312
Phone: 919-542-2759
www.chathamnc.org/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

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. For information in Chinese, call 919-245-4275. For information in Spanish, call 919-245-4279x1. 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, consultation and referrals to aging services. For information in Chinese, call 919-245-4275. Information in Spanish, call 919-245-4279. Helplines are staffed Monday-Friday 9:00 am – 4:00 pm.

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

Federal Agencies

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.

www.ncoa.org

National Institute on Aging
Provides leadership in aging research, training, health information and other programs related to aging and older people.

www.nia.nih.gov

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
**All Good Things Durham**
A nonprofit organizational representative payee program providing money management for low-income elderly and disabled Durham and Orange County community members. We work to keep our clients safely housed and financially secure while managing their Social Security benefits. COUNTIES SERVED: Durham, Orange
207 Melville Loop, Unit 13
Chapel Hill, NC 27514
Phone: 984-244-0998
Email: allgoodthingsdurham@gmail.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

**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

**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

**Assisted Living / Adult Care Home Facilities**
See also: ADVOCACY, FAMILY CARE HOMES, NURSING HOMES and OMBUDSMENEach 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.

**Adult Care Home / Assisted Living Resources**
**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.

**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.

**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
Email: bcollett@youroasisadvisor.com
www.trianglearea.oasissenioradvisors.com

**Orange County Adult Care Home Community Advisory Committee**
State-mandated and county-appointed citizen committees serve as advocates for long-term care residents. They promote 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 web site below.  COUNTIES SERVED: Orange

Phone: 919-558-2711 - Committee Questions
www.orangecountync.gov/aging

**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.
A Vision Come True
Accepts special assistance.
220 Hatch St.
Burlington, NC 27217
Phone: 336-227-4960

Blakey Hall
Accepts special assistance. Has a separate dementia care unit.
501 North Manning Ave.
Elon, NC 27244
Phone: 336-506-2300
www.bhhamlet.com

Brookdale Burlington
3615 South Mebane St.
Burlington, NC 27215
Phone: 336-584-9066
www.brookdale.com

Brookdale Burlington at Clare Bridge
Dementia care only.
3619 South Mebane St.
Burlington, NC 27215
Phone: 336-538-0367
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
<table>
<thead>
<tr>
<th>Facility</th>
<th>Address</th>
<th>Phone</th>
<th>Additional Info</th>
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<tbody>
<tr>
<td>Golden Years Assisted Living</td>
<td>205 East Sixth St.</td>
<td>336-227-5854</td>
<td>Accepts special assistance.</td>
</tr>
<tr>
<td>Golden Years Assisted Living II</td>
<td>209-B East Sixth St.</td>
<td>336-229-5165</td>
<td>Accepts special assistance.</td>
</tr>
<tr>
<td>Golden Years Family Care I</td>
<td>205-A East Sixth St.</td>
<td>336-227-5854</td>
<td>Accepts special assistance.</td>
</tr>
<tr>
<td>Golden Years Family Care II</td>
<td>207 East Sixth St.</td>
<td>336-229-0883</td>
<td>Accepts special assistance.</td>
</tr>
<tr>
<td>Homeplace of Burlington</td>
<td>118 Alamance Rd.</td>
<td>336-227-2328</td>
<td>Has a separate dementia care unit.</td>
</tr>
<tr>
<td>Lane Street Retirement Home</td>
<td>625 Lane St.</td>
<td>336-229-9900</td>
<td>Accepts special assistance.</td>
</tr>
</tbody>
</table>
### Pleasant Grove Retirement Home
Accepts special assistance.
4516 HWY 49 North
Burlington, NC 27217
Phone: 336-578-0441

### 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.

Cambridge Hills Assisted Living of Pittsboro
Accepts special assistance. Has a locked unit.
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
Email: bcollett@youroasisadvisor.com
www.trianglearea.oasissenioradvisors.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.

**Atria Southpoint Walk**
5705 Fayetteville Rd.
Durham, NC 27713
Phone: 919-401-0100
Email: teresa.seate@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: Durha, Orange, Person, Wake, Statewide
2713 Green Lane Dr.
Durham, NC 27712
Phone: 919-249-8553
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.croesdailevillage.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.
5600 North Roxboro Rd.
Durham, NC 27712
Phone: 919-471-6306
www.enopointe.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
Email: bcollett@youroasisadvisor.com
www.trianglearea.oasissenioradvisors.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

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

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.

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

Crescent Green Assisted Living
Accepts special assistance.
624 Jones Ferry Rd.
Carrboro, NC 27510
Phone: 919-933-9570
www.cgalc.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
Email: bcollett@youroasisadvisor.com
www.trianglearea.oasissenioradvisors.com

The Stratford
Separate dementia unit available. Accepts special assistance.
405 Smith Level Rd.
Chapel Hill, NC 27516
Phone: 919-929-7859

Villines
Accepts special assistance.
401 West Queen St.
Hillsborough, NC 27278
Phone: 919-732-4201

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

Chatham County Department of Social Services
102 Camp Dr.
Pittsboro, NC 27312
Phone: 919-542-2759
www.chathamnc.org/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

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 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. Our resources, experience & solutions enable you to age the way you choose. The expertise of Aging Life Care™ Professionals helps navigate health & disability, housing, local resources, crisis intervention, private-duty caregivers and much more. **COUNTIES SERVED:** Chatham, Durham, Orange, Other

P.O. Box 2478
Southern Pines, NC 28388
Phone: 855-590-7673
Alt Phone: 910-692-0683
Email: info@AOSNC.com
www.AOSNC.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: Ellenbeechhold@gmail.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

**Hannah's Home Health & Care Consulting**
Privately owned company that assists adults, seniors and families in providing care for their loved one. We are a leader in the private duty home care industry. We provide nursing, infusion nursing, companion, sitter and respite services. **COUNTIES SERVED:** Chatham, Durham, Orange, Wake

1314 Oak Forest Dr.
Hillsborough, NC 27278
Phone: 919-998-6452
Email: hshanafelt@hannahcares.com
www.hannahcares.com
<table>
<thead>
<tr>
<th>Company Name</th>
<th>Address</th>
<th>Phone</th>
<th>Website</th>
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<tbody>
<tr>
<td>Piedmont Health SeniorCare (PACE)</td>
<td>1214 Vaughn Rd.</td>
<td>336-532-0000</td>
<td><a href="http://www.piedmonthealthseniorcare.org">www.piedmonthealthseniorcare.org</a></td>
</tr>
<tr>
<td>Piedmont Health SeniorCare (PACE)</td>
<td>163 Chatham Business Dr.</td>
<td>919-545-7337</td>
<td><a href="http://www.piedmonthealthseniorcare.org">www.piedmonthealthseniorcare.org</a></td>
</tr>
<tr>
<td>Senior Care Management Associates LLC</td>
<td>4711 Hope Valley Rd., Ste. 4F-519</td>
<td>919-794-1888</td>
<td><a href="http://www.SeniorCM.com">www.SeniorCM.com</a></td>
</tr>
<tr>
<td>Senior Transitions of North Carolina, PLLC</td>
<td>1289 North Fordham Blvd., # 353</td>
<td>919-240-7476</td>
<td><a href="http://www.seniortransitionsnc.com">www.seniortransitionsnc.com</a></td>
</tr>
</tbody>
</table>

**Caregiver Respite**
A Helping Hand
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

AmeriCare 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
Email: earmstrong@americare-homecare.com
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

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
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: Ellenbeechhold@gmail.com
www.dignifiedlivingnc.com

Hannah's Home Health & Care Consulting
Privately owned company that assists adults, seniors and families in providing care for their loved one. We are a leader in the private duty home care industry. We provide nursing, infusion nursing, companion, sitter and respite services. COUNTIES SERVED: Chatham, Durham, Orange, Wake
1314 Oak Forest Dr.
Hillsborough, NC 27278
Phone: 919-998-6452
Email: hshanafelt@hannahcares.com
www.hannahcares.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

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
Email: bcollett@youroasisadvisor.com
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@sehcnc.com
www.SEWake.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
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

**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

**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**

For North Carolina caregivers who are caring for someone with dementia in their homes. Provides services, resources and information through an expert family consultant.

Phone: 800-646-2028 – Central Region

Email: mark.hensley@dhhs.nc.gov

www.ncdhhs.gov/assistance/adult-services/project-care
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
All Good Things Durham
A nonprofit organizational representative payee program providing money management for low-income elderly and disabled Durham and Orange County community members. We work to keep our clients safely housed and financially secure while managing their Social Security benefits. COUNTIES SERVED: Durham, Orange
207 Melville Loop, Unit 13
Chapel Hill, NC 27514
Phone: 984-244-0998
Email: allgoodthingsdurham@gmail.com

Caring.Com
Caring.com is a leading senior care resource for family caregivers seeking information and support as they care for aging parents, spouses and other loved ones. Founded by caregivers, our site provides expert articles, support groups and a national senior care directory. AREA SERVED: All
Phone: 800-973-1540
https://www.caring.com/caregiving-resources

Carolina Curbside Laundry
Offers a FREE pick up an delivery of WASH, DRY and FOLD laundry service. AREA SERVED: Durham and Orange Counties
602 Jones Ferry Rd., Suite N
Carrboro, NC 27510
Phone: 984-215-8441
Alt Phone: 919-942-0606
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
Dignified Living
As a Certified Geriatric Care Manager, I am an 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: Ellenbeechhold@gmail.com
www.dignifiedlivingnc.com

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

Senior Care Management Associates LLC
Care managers and aging life care professionals assisting aging people and their families by "Putting the Pieces Together". Staff have training in aging issues, knowledge of costs, quality & availability of local services. COUNTIES SERVED: Chatham, Durham, Orange, Wake
4711 Hope Valley Rd., Ste. 4F-519
Durham, NC 27707
Phone: 919-794-1888
Email: Caryn@SeniorCM.com
www.SeniorCM.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@sehcnc.com
www.SEWake.com

Transitions GuidingLights Caregiver Support Center
3739 National Drive, Suite 204
Raleigh, NC 27612
Phone: 919-371-2062

www.GuidingLightsNC.org

Transitions LifeCare
Services include caregiver support, hospice, and grief counseling. COUNTIES SERVED: Chatham, Durham, Orange, Wake, Johnston, Harnett, Franklin

250 Hospice Cir.
Raleigh, NC 27607
Phone: 919-828-0890

https://transitionslifecare.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.com is a leading senior care resource for family caregivers seeking information and support as they care for aging parents, spouses and other loved ones. Founded by caregivers, our site provides expert articles, support groups and a national senior care directory. **AREA SERVED: All**

Phone: 800-973-1540

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

### Center for Senior Life - Durham

Phone: 919-699-8247

### Duke Family Support Program - Memory Disorders

Phone: 800-646-2028

### ElderCare Locator

Phone: 800-677-1116

### 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 919-245-4279 x 1.

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.ccmcnc.org/

**Orange County Department on Aging - Chinese Resources**
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: 919-259-0232 - Mandarin Chinese

Email: zyu@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**
5800 NC HWY 86N
Hillsborough, NC 27278
Phone: 919-245-2660

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

**Central Recreation Center**
COUNTIES SERVED: Orange
302 West Tryon St.
Hillsborough, NC 27278
Phone: 919-245-2660
Alt Phone: 919-644-3042

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.communityclaystdio.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 Park & Community Center
117 Richmond Rd.
Efland, NC 27243
Phone: 919-245-2660
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
<table>
<thead>
<tr>
<th>Community Health Centers</th>
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<tbody>
<tr>
<td>See also: DENTAL CARE and HEALTH INSURANCE INFORMATION</td>
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<table>
<thead>
<tr>
<th>Lincoln Community Health Center, Inc.</th>
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<tbody>
<tr>
<td>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</td>
</tr>
<tr>
<td>1301 Fayetteville St.</td>
</tr>
<tr>
<td>Durham, NC 27707</td>
</tr>
<tr>
<td>Phone: 919-956-4000</td>
</tr>
<tr>
<td><a href="http://www.lincolncchc.org">www.lincolncchc.org</a></td>
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<tr>
<th>Orange County Health Department</th>
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<tbody>
<tr>
<td>Southern Human Services Ctr., 2501 Homestead Rd.</td>
</tr>
<tr>
<td>Chapel Hill, NC 27516</td>
</tr>
<tr>
<td>Phone: 919-968-2022</td>
</tr>
<tr>
<td><a href="http://www.orangecountync.gov/204/Health-Department">www.orangecountync.gov/204/Health-Department</a></td>
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<tr>
<th>Orange County Health Department</th>
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<tr>
<td>300 West Tryon St.</td>
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<tr>
<td>Hillsborough, NC 27278</td>
</tr>
<tr>
<td>Phone: 919-245-2400</td>
</tr>
<tr>
<td><a href="http://www.orangecountync.gov/204/Health-Department">www.orangecountync.gov/204/Health-Department</a></td>
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<tr>
<th>Piedmont Health Centers</th>
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<tr>
<td>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.</td>
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<tr>
<th>Piedmont Health - Burlington Community Health Center</th>
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<tbody>
<tr>
<td>1214 Vaughn Rd.</td>
</tr>
<tr>
<td>Burlington, NC 27217</td>
</tr>
<tr>
<td>Phone: 336-506-5840</td>
</tr>
<tr>
<td><a href="http://www.piedmonthealth.org">www.piedmonthealth.org</a></td>
</tr>
<tr>
<td>Piedmont Health - Carrboro Community Health Center</td>
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<tr>
<td>----------------------------------------------------</td>
</tr>
<tr>
<td>301 Lloyd St.</td>
</tr>
<tr>
<td>Carrboro, NC 27510</td>
</tr>
<tr>
<td>Phone: 929-942-8741</td>
</tr>
<tr>
<td><a href="http://www.piedmonthealth.org">www.piedmonthealth.org</a></td>
</tr>
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<tr>
<th>Piedmont Health - Chapel Hill Community Health Center</th>
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<tbody>
<tr>
<td>1828 Martin Luther King Jr. Blvd.</td>
</tr>
<tr>
<td>Chapel Hill, NC 27514</td>
</tr>
<tr>
<td>Phone: 919-951-7600</td>
</tr>
<tr>
<td><a href="http://www.piedmonthealth.org">www.piedmonthealth.org</a></td>
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<tr>
<th>Piedmont Health - Charles Drew Community Health Center</th>
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<tbody>
<tr>
<td>221 N. Graham Hopedale Rd.</td>
</tr>
<tr>
<td>Burlington, NC 27217-2971</td>
</tr>
<tr>
<td>Phone: 336-570-3739</td>
</tr>
<tr>
<td><a href="http://www.piedmonthealth.org">www.piedmonthealth.org</a></td>
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<tr>
<th>Piedmont Health - Moncure Community Health Center</th>
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<tbody>
<tr>
<td>7228 Pittsboro-Moncure Rd.</td>
</tr>
<tr>
<td>Moncure, NC 27559</td>
</tr>
<tr>
<td>Phone: 919-542-4991</td>
</tr>
<tr>
<td><a href="http://www.piedmonthealth.org">www.piedmonthealth.org</a></td>
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<tr>
<th>Piedmont Health - Prospect Hill Community Health Center</th>
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<tbody>
<tr>
<td>322 Main St.</td>
</tr>
<tr>
<td>Prospect Hill, NC 27314</td>
</tr>
<tr>
<td>Phone: 336-562-3311</td>
</tr>
<tr>
<td><a href="http://www.piedmonthealth.org">www.piedmonthealth.org</a></td>
</tr>
</tbody>
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<tr>
<th>Piedmont Health - Scott Community Health Center</th>
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<tbody>
<tr>
<td>5270 Union Ridge Rd.</td>
</tr>
<tr>
<td>Burlington, NC 27314</td>
</tr>
<tr>
<td>Phone: 336-421-3247</td>
</tr>
<tr>
<td><a href="http://www.piedmonthealth.org">www.piedmonthealth.org</a></td>
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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.

Alamance County

The Village at Brookwood

1860 Brookwood Ave.
Burlington, NC 27215
Phone: 336-570-8440

www.villageatbrookwood.org

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 Fearrington
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

Durham County

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

Orange County

Carol Woods Retirement Community
750 Weaver Dairy Rd.
Chapel Hill, NC 27514
Phone: 919-968-4511
www.carolwoods.org

The Cedars
100 Cedar Club Cir.
Chapel Hill, NC 27517
Phone: 919-259-7000
www.cedarsofchapelhill.com

Decluttering & Downsizing

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
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

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/

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

Dementia / Alzheimer's Disease

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

Alzheimer’s Disease Resources
### 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

### Duke Family Support Program
Offers support to North Carolina families and caregivers concerned about or caring for persons with all stages of memory disorders.
Phone: 800-646-2028
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
**Hannah's Home Health & Care Consulting**
Privately owned company that assists adults, seniors and families in providing care for their loved one. We are a leader in the private duty home care industry. We provide nursing, infusion nursing, companion, sitter and respite services. COUNTIES SERVED: Chatham, Durham, Orange, Wake

1314 Oak Forest Dr.
Hillsborough, NC 27278
Phone: 919-998-6452
Email: hshanafelt@hannahcares.com
www.hannahcares.com

**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.

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.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

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Phone: 800-646-2028 – Central Region
Email: mark.hensley@dhhs.nc.gov
www.ncdhhs.gov/assistance/adult-services/project-care

**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

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.uncmedicalcenter.org/uncmc/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
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

Specialty Care Units Alzheimer’s / Dementia

Black Mountain Neuro-Medical Center
932 Old US HWY 70
Black Mountain, NC 28711
Phone: 828-259-6700
Alt Phone: 828-259-6945 - Admissions
www.bmcnc.org

Longleaf Neuro-Medical Treatment Center
4761 Ward Blvd.
Wilson, NC 27893
Phone: 252-399-2112
www.longleafneuromedical.ncdhhs.gov

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)
A free, student-run clinic for screenings, cleanings, fillings & extractions. Patients admitted by lottery only, not first-come first-serve. It’s possible that some patients may not be seen. To become part of the lottery, you have to be present at the clinic by 6 pm on lottery dates listed online. AREA SERVED: All
UNC School of Dentistry
Ground Floor Tarrson Hall
101 Manning Dr.
Chapel Hill, NC 27599
Email: shacdental@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. Hillsborough location only. 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.piedmonthealth.org

**Piedmont Health - Carrboro Community Health Center - Dental Care**

301 Lloyd St.
Carrboro, NC 27510
Phone: 919-933-9087

www.piedmonthealth.org
Disabilities - Cognitive

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

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
**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
1709 Legion Rd., Ste. 100
Chapel Hill, NC 27517
Phone: 919-942-5119
Email: rbaker@arctriangle.org
www.arctriangle.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

**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@disabilityrightsnc.org
www.disabilityrightsnc.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. AREA SERVED: Statewide
3109 University Drive
Suite 100
Durham, NC 27707
Phone: 919-251-8368
Email: centralcarolina@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: krisat@kennedycare.com
www.kennedycare.com/north-carolina

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 Chapel Hill
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
TEACCH® Autism Program
Provides clinical services that are tailored to meet the unique needs of each individual with autism spectrum disorder (ASD) and their family. Includes evaluation, support services/groups, family and community education. Works with individuals of all ages and skill levels. STATEWIDE

100 Renee Lynne Ct.
Carrboro, NC 27510
Phone: 919-966-2174
Email: TEACCH@unc.edu
www.teach.com

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@disabilityrightsnc.org
www.disabilityrightsnc.org

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

4900 Waters Edge Dr.
Raleigh, NC 27606
Phone: Voice/TTY: 919-859-8360
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

Hear Now
Provides hearing aids at no cost to eligible individuals. Application fee required but may be refunded if application is denied. Accepts hearing aids as taxable donation. NATIONWIDE
6801 Washington Ave S #2
Minneapolis, MN
Phone: 800-328-8602
Email: hearnow@starkey.com
www.starkeyhearingfoundation.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.ihsinfo.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.uncmedicalcenter.org

**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

Community Low Vision Center
Provides low vision services at no charge to enable people with any level of vision change to live as independently as possible. Provides information and resource referral, support in learning about vision changes and using visual aids, on-site store with assistive devices such as text and speech machines. STATEWIDE
2226 Nelson Highway, Ste. 200
Chapel Hill, NC 27517
Phone: 984-974-2058

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

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: 919-733-1462
Alt Phone: 888-388-2460 or 919-733-4376
Email: nclbph@ncdcr.gov
www.statelibrary.ncdcr.gov/lbph

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
www.ncdhhs.gov/divisions/dsb

Orange County Public Library - Carrboro Branch Library
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.
900 Old Fayetteville Rd.
Chapel Hill, NC 27516
Phone: 919-918-7387
www.OrangeCountyLibrary.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 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

Andes Driving School
Offers instruction including AAA Driver Improvement Program for Seniors. English / Spanish.
5007 Southpark Dr., Ste. 120
Durham, NC 27713
Phone: 919-484-0330
www.driveandes.com

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
Evaluates a person’s driving potential or enables a person to return to safe driving. In-clinic evaluation by an occupational therapist. Financial counseling available.
3000 Erwin Rd.
Durham, NC 27705
Phone: 919-668-3988
http://sites.duke.edu/ptot/outpatient-services/driving-evaluations
**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

**Educational Opportunities**

**Carolina College for Lifelong Learning**
Offers comprehensive enrichment opportunities sponsored by the UNC General Alumni Association. Classes are taught primarily by UNC faculty and graduate teaching fellows and are usually held on the UNC Campus or at Flyleaf Books in Chapel Hill. Mornings, evenings, weekends. Tuition.

General Alumni Association
P.O. Box 660
Chapel Hill, NC 27514-0660
Phone: 919-962-3574
Email: ccll@unc.edu
www.alumni.unc.edu

**Carolina Public Humanities**
Offers a wide variety of one-day sessions in various locations. Provides weekend seminars, scholarships and tuition reduction benefits. 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 career and university transfer programs in Health, Public Service, Early Childhood Education, Engineering/Technology, and Computer and Information Systems. Also offers general education (GED) classes, English as a Second Language (ESL) classes and personal enrichment courses. 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 a two-year Associate in Arts degree, also general education (GED) classes, English as a Second Language (ESL) classes and personal enrichment courses. Targeted classes for older workers include Job Search Strategies for Mature Professionals and LinkedIn workshops.
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

North Carolina Cooperative Extension in Orange County
Provides educational opportunities in four major program areas: Agricultural and Natural Resources, Family and Consumer Sciences, 4-H and Youth Development, and Community and Rural Development. COUNTIES SERVED: Orange
306-E Revere Rd.
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 Senior Times at our senior centers and other public locations.
103 Meadowlands Dr.
Hillsborough, NC 27278
Phone: 919-245-2015
www.orangecountync.gov/aging

Orange County Department on Aging - Education at 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 Senior Times at our senior centers and other public locations.
2551 Homestead Rd.
Chapel Hill, NC 27516
Phone: 919-968-2070
www.orangecountync.gov/aging

Orange County Public Library - Carrboro Branch Library
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.
900 Old Fayetteville Rd.
Chapel Hill, NC 27516
Phone: 919-918-7387
www.OrangeCountyLibrary.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
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. Disaster Services, Preparedness Health and Safety Services, Biomedical Services, Service to the Armed Services and International Services. COUNTIES SERVED: Chatham, Durham, Orange, Person
4737 University Dr., Bldg. 3
Durham, NC 27707
Phone: 919-489-6541
Email: stan.morris@redcross.org
www.redcross.org/enc

Binkley Baptist Church
Help with payment of rent or bills only. Call Thursday AM to see if funds are available. Open Friday mornings only. COUNTIES SERVED: Orange
1712 Willow Dr.
Chapel Hill, NC 27514
Phone: 919-942-4964
Email: office@binkleychurch.org
www.binkleychurch.org
Catholic Charities
Must call 2nd Monday of month to request appointment for help with rent or utility bills. 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

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

Inter-Faith Council for Social Services (IFC)
Serves local households and persons who live or work in Carrboro or Chapel Hill who face an illness, economic or other hardship that might lead to homelessness. May provide food, clothing, rent/utility assistance, help with IDs, transportation 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 Federation of Durham-Chapel Hill
Serves the Jewish community. COUNTIES SERVED: Chatham, Durham, Orange
1937 West Cornwallis Rd.
Durham, NC 27707
Phone: 919-354-4922
www.shalomdch.org
OCIM Samaritan Relief
Orange Congregations in Mission provides emergency food, clothes, rent and utility payments, prescription assistance and shelter to those in crisis. By referral only from a county agency or from member pastors of OCIM. AREA SERVED: Orange County School District area
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.ncdhs.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: sdcjoblink@co.orange.edu
www.orangecountyjoblink.org

End of Life Planning (Advanced Directives)
See also: AGING AGENCIES, GRIEF, HOSPICE, HOME CARE, LEGAL and WEBSITESIt 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. Includes Health Care Power of Attorney, Living Will, advance instructions for mental health treatment and anatomical gifts (organ donations). Provides multi-language service online.

Phone: 919-807-2215
Email: AHCDR@sosnc.gov
www.secretary.state.nc.us/ahcdr/
**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
400 S 4th St., Ste.745E
Minneapolis, MN 55415
Phone: 612-337-1808
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

**Clarity Legal Group**
Estate Planning, Elder Law Planning, Estate & Trust Administration. COUNTIES SERVED: Alamance, Chatham, Durham, Orange, Person, Wake
1414 Raleigh Rd.
Suite 445
Chapel Hill, NC 27517
Phone: 919-484-0012
Email: reply@claritylegalgroup.com
www.claritylegalgroup.com/

**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.

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
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: Joanne@FiveWishes.org
www.FiveWishes.org

Hospice & Palliative Care Center of Alamance and Caswell, Inc.
As a not-for-profit hospice provider, our mission centers upon providing individuals with serious, life-limiting illnesses, and their families, with the care and support they need to live as fully and comfortably as possible.
914 Chapel Hill Road
Burlington, NC 27215
Phone: 336-532-0100
Alt Phone: 800-588-8879
www.hospiceac.org

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 the terminally ill and their families. They provide education, resources and information to improve end-of-life care and expand access to hospice care.

www.nhpco.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

A Touch of Country Family Care
4159 Brandon Lane
Burlington, NC 27217
Phone: 336-570-1748
Email: atocfc@yahoo.com
<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>Phone</th>
<th>Special Assistance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Above and Beyond Adult Care Home</td>
<td>1616 East Webb Ave. Burlington, NC 27217</td>
<td>336-270-4454</td>
<td>Accepts special assistance.</td>
</tr>
<tr>
<td>Alvarado's Family Care</td>
<td>646 Country Club Dr. Burlington, NC 27215</td>
<td>336-222-0303</td>
<td>Accepts special assistance.</td>
</tr>
<tr>
<td>Bethany Tender Love and Care</td>
<td>532 Greenwood Dr. Burlington, NC 27215</td>
<td>336-584-2763</td>
<td>Accepts special assistance.</td>
</tr>
<tr>
<td>C &amp; M Adult Care Home</td>
<td>422 North Main St. Burlington, NC 27217</td>
<td>336-227-5216</td>
<td>Accepts special assistance.</td>
</tr>
<tr>
<td>Caring Hearts Assisted Living</td>
<td>218 Adams St. Burlington, NC 27217</td>
<td>336-228-7900</td>
<td>Accepts special assistance.</td>
</tr>
<tr>
<td>Cham-Net Family Care Home</td>
<td>1010 Richmond Ave. Burlington, NC 27217</td>
<td>336-226-5060</td>
<td>Accepts special assistance. COUNTIES SERVED: Alamance, Chatham, Orange</td>
</tr>
<tr>
<td>Facility Name</td>
<td>Address</td>
<td>Phone</td>
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<td>---------------------------------------------------</td>
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</tr>
<tr>
<td>Creekview Family Care Home</td>
<td>3524 Dickey Mill Rd.</td>
<td>336-578-8374</td>
<td></td>
</tr>
<tr>
<td>Dee &amp; G Enrichment Center</td>
<td>2822 South Mebane St.</td>
<td>336-570-3072</td>
<td></td>
</tr>
<tr>
<td>Emmanuel Family Care II</td>
<td>2655 White Oak Dr.</td>
<td>336-585-2025</td>
<td></td>
</tr>
<tr>
<td>Evans Forever Young Family Care Home, LLC</td>
<td>3746 Danieley-Water Wheel Rd.</td>
<td>336-584-4500</td>
<td></td>
</tr>
<tr>
<td>Golden Years Family Care Home</td>
<td>205-A East Sixth St.</td>
<td>336-227-5854</td>
<td></td>
</tr>
<tr>
<td>Golden Years Family Care Home #2</td>
<td>207 East Sixth St.</td>
<td>336-229-0883</td>
<td></td>
</tr>
</tbody>
</table>

[https://spiritualityandhealth.duke.edu/index.php](https://spiritualityandhealth.duke.edu/index.php)
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

Gwen's Family Care Home II
Accepts special assistance.
7964-A County Line Rd.
Liberty, NC 27298
Phone: 336-622-1842

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
<table>
<thead>
<tr>
<th>Care Home</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Liselotte Care Home</td>
<td>3035 Silk Hope Gum Springs Rd.</td>
<td>919-542-3089</td>
</tr>
<tr>
<td></td>
<td>Pittsboro, NC 27312</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Phone: 919-542-3089</td>
<td></td>
</tr>
<tr>
<td>Durham County</td>
<td></td>
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</tr>
<tr>
<td>Angelica House</td>
<td>2007 Stadium Dr.</td>
<td>919-477-6540</td>
</tr>
<tr>
<td></td>
<td>Durham, NC 27705</td>
<td></td>
</tr>
<tr>
<td>August Estates at Umstead Pines</td>
<td>2713 Green Lane Dr.</td>
<td>919-249-8553</td>
</tr>
<tr>
<td></td>
<td>Durham, NC 27712</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Phone: 919-249-8553</td>
<td></td>
</tr>
<tr>
<td>B.J.'s Family Care Home</td>
<td>716 Hugo St.</td>
<td>919-220-5203</td>
</tr>
<tr>
<td></td>
<td>Durham, NC 27704</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Phone: 919-220-5203</td>
<td></td>
</tr>
<tr>
<td>Begin Again Family Care Home</td>
<td>407 North Hyde Park Ave.</td>
<td>919-682-6079</td>
</tr>
<tr>
<td>#2</td>
<td>Durham, NC 27703</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Phone: 919-682-6079</td>
<td></td>
</tr>
<tr>
<td>Central Family Care Home #1</td>
<td>206 East Murray Ave.</td>
<td>919-620-8662</td>
</tr>
<tr>
<td></td>
<td>Durham, NC 27704</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Phone: 919-620-8662</td>
<td></td>
</tr>
</tbody>
</table>
**Central Family Care Home #2**
Accepts special assistance.
3714 Cole Mill Rd.
Durham, NC 27701
Phone: 919-383-5724

**Central Home Health Service**
811 9th St., Ste. 120-137
Durham, NC 27705
Phone: 919-682-6877
Alt Phone: 800-672-5905

**Circle of Daughters**
Accepts special assistance.
106 Oakmont Ave.
Durham, NC 27713
Phone: 919-361-0346

**Jones Family Care Home**
Accepts special assistance.
2122 Overland Dr.
Durham, NC 27704
Phone: 919-688-6205
Alt Phone: 919-479-6600

**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
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

Orange County

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: Durha, Orange, Person, Wake, Statewide
2713 Green Lane Dr.
Durham, NC 27712
Phone: 919-249-8553
Email: info@augustestates.com
http://www.augustestates.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
121 Della St.
Chapel Hill, NC 27516
Phone: 919-537-8396
Email: info@charleshouse.org
www.charleshouse.org
LiveWell
The only elder care service provider in NC offering both in home care and assisted living services. Home care services range from companion care to care management. Our beautiful six resident care homes are "senior friendly" and situated in distinguished neighborhoods. AREA SERVED: Orange, All
6720 Pauline Dr.
Chapel Hill, NC 27514
Phone: 919-719-9127
Alt Phone: 919-403-6718
Email: diane@lwcares.com
www.lwcares.com

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

Financial Counseling
See also: EMERGENCY ASSISTANCE and PRESCRIPTION ASSISTANCE

Community Financial Counseling

All Good Things Durham
A nonprofit organizational representative payee program providing money management for low-income elderly and disabled Durham and Orange County community members. We work to keep our clients safely housed and financially secure while managing their Social Security benefits. COUNTIES SERVED: Durham, Orange
207 Melville Loop, Unit 13
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

Compass Center for Women and Families
Helps all people navigate their journey to self-sufficiency, safety, and health. Our services include career and financial education, domestic violence crisis and prevention programs, assistance with legal resources, and youth health programs. COUNTIES SERVED: Orange
210 Henderson St.
Chapel Hill, NC 27514
Phone: 919-968-4610
Email: programsdirector@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
**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**

4905 Pine Cone Dr., Ste. 3  
Durham, NC 27707  
Phone: 888-507-3588  
Email: Bill@ComfortLTC.com  
www.ComfortLTC.com

**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**

**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

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, Durham, Orange, Wake
229 Fearrington Post
Pittsboro, NC 27312
Phone: 919-636-2423
Email: info@mobilerehabnc.com
www.mobilerehabnc.com

Senior Care Management Associates LLC
Care mangers and aging life care professionals assisting aging people and their families by "Putting the Pieces Together". Staff have training in aging issues, knowledge of costs, quality & availability of local services. COUNTIES SERVED: Chatham, Durham, Orange, Wake
4711 Hope Valley Rd., Ste. 4F-519
Durham, NC 27707
Phone: 919-794-1888
Email: Caryn@SeniorCM.com
www.SeniorCM.com

Grief
See also: HOSPICE and WEBSITES
<table>
<thead>
<tr>
<th><strong>Chatham County Sheriff’s Office</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Law enforcement, protection orders, victim assistance, meal drives, fraud awareness &amp; prevention presentations, permanent &amp; mobile prescription take backs, Coffee with a Cop, Community Watch, Mobile Community Meetups, Sheriff’s Training Academy for Residents (STAR), home/business checks &amp; more. COUNTIES SERVED: Chatham</td>
</tr>
</tbody>
</table>
295 West St.
Pittsboro, NC 27312
Phone: 919-542-2811
www.chathamsheriff.com

<table>
<thead>
<tr>
<th><strong>HopeLine</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>HopeLine supports people and saves lives during times of crisis through caring, confidential conversations. Programs include a crisis phone line, text, and reassurance program. For more information on all our programs and how to get involved, please visit <a href="http://www.hopeline-nc.org">www.hopeline-nc.org</a>. NATIONWIDE</td>
</tr>
</tbody>
</table>
P.O. Box 10490
Raleigh, NC 27605
Phone: 919-231-4525
Alt Phone: 877-235-4525
www.hopeline-nc.org

<table>
<thead>
<tr>
<th><strong>Transitions LifeCare</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Services include caregiver support, hospice, and grief counseling. COUNTIES SERVED: Chatham, Durham, Orange, Wake, Johnston, Harnett, Franklin</td>
</tr>
</tbody>
</table>
250 Hospice Cir.
Raleigh, NC 27607
Phone: 919-828-0890
https://transitionslifecare.org/

<table>
<thead>
<tr>
<th><strong>UNC Hospice</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Offers bereavement services for patient’s family members for 13 months after death. Chaplain services available. COUNTIES SERVED: Chatham, Durham, Orange</td>
</tr>
</tbody>
</table>
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: LEGAL Guardians 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

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
## 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.

**Address:** PO Box 51188  
**City:** Durham, NC 27717  
**Phone:** 919-401-9333  
**Email:** info@cancersupport4u.org  
**Website:** www.cancersupport4u.org

## Duke Health and Fitness Center
Medically Based Fitness, Clinical & nonclinical Nutrition, Medical & relaxation massage therapy, Mind & Body programs (tai chi meditative yoga), wellness lectures, group exercise, personal training, pool, sauna, spa, indoor/outdoor track. AREA SERVED: Durham

**Address:** 3475 Erwin Rd.  
**City:** Durham, NC 27705  
**Phone:** 919-660-6660  
**Email:** dukehealthandfitnesscenter@dm.duke.edu  
**Website:** www.dukefitness.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, Orange, Other

**Address:** 2002 Bartlett Cir.  
**City:** Hillsborough, NC 27278  
**Phone:** 919-614-1923  
**Email:** info@elderfitpt.com  
**Website:** www.elderfitpt.com
HopeLine supports people and saves lives during times of crisis through caring, confidential conversations. Programs include a crisis phone line, text, and reassurance program. For more information on all our programs and how to get involved, please visit www.hopeline-nc.org. NATIONWIDE

P.O. Box 10490
Raleigh, NC 27605
Phone: 919-231-4525
Alt Phone: 877-235-4525
www.hopeline-nc.org

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, Durham, Orange, Wake

229 Fearrington Post
Pittsboro, NC 27312
Phone: 919-636-2423
Email: info@mobilerehabnc.com
www.mobilerehabnc.com

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

www.nihseniorhealth.gov

Orange County Department on Aging - Wellness at Passmore Center
Offers wellness screenings, fitness assessments & 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 special events and Senior Striders. For people 55+. COUNTIES SERVED: Orange

103 Meadowlands Dr.
Hillsborough, NC 27278
Phone: 919-245-2015
www.orangecountync.gov/aging

Orange County Department on Aging - Wellness at Seymour Center
Offers wellness screenings, fitness assessments & educational classes, Fit Feet, indoor basketball, physical therapy, special events, Senior Striders 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
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

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/

**YMCA of Chapel Hill - Carrboro**
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

**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
4905 Pine Cone Dr., Ste. 3
Durham, NC 27707
Phone: 888-507-3588
Email: Bill@ComfortLTC.com
www.ComfortLTC.com

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
Health Insurance Marketplace
Attn: Coverage Processing
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
Centers for Medicare & Medicaid Services
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: ncshiip@ncdoi.gov
www.ncshiip.com/shiip/

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.piedmonthealth.org

Piedmont Health - Carrboro Community Health Center
301 Lloyd St.
Carrboro, NC 27510
Phone: 929-942-8741
www.piedmonthealth.org
Piedmont Health - Carrboro Community Health Center - Health Insurance
Phone: 919-724-5227
www.piedmonthealth.org

Piedmont Health - Charles Drew Community Health Center - Health Insurance
Phone: 336-260-2720
www.piedmonthealth.org

Piedmont Health - Moncure Community Health Center - Health Insurance
Phone: 919-710-1554
www.piedmonthealth.org

Piedmont Health - Prospect Hill Community Health Center - Health Insurance
Phone: 336-639-0427
www.piedmonthealth.org

Piedmont Health - Scott Community Health Center - Health Insurance
Phone: 919-619-5457
www.piedmonthealth.org

Piedmont Health - Siler City Community Health Center - Health Insurance
Phone: 919-357-8216
www.piedmonthealth.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 o 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 WEBSITES Trained professionals and paraprofessionals provide a range of services to enable a functionally impaired person to remain at home with contracted services. For a list of independent caregivers, not employed through an agency, call the Orange County Department on Aging at 919-968-2087.

Companionship Agencies

Provides staff to assist with non-personal care tasks, such as companionship, transportation, meal preparation, errands and more.
A Bridge for Independence Home Care, Inc.
Provides non-medical care to seniors and others needing assistance at home. Includes companionship, in-home aide assistance, transportation, and other services. Available 24/7. COUNTIES SERVED: Chatham, Durham, Orange, Person, Wake, Other
10911 Raven Ridge Rd.
Raleigh, NC 27614
Phone: 919-624-9606
Email: cboynton@abfihomecare.com
www.abfiregistry.com

A Helping Hand
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

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 (AOS) offers referrals to pre-screened care providers. We are not a Home Care Provider, but we do refer to those independent caregivers who provide home care services. We are a caregiver registry that offers referrals. AOS is the only accredited Caregiver Registry in NC. AREA SERVED: Statewide, other
P.O. Box 2478
Southern Pines, NC 28388
Phone: 855-590-7673
Alt Phone: 910-692-0683
Email: info@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
1340 Environ Way
Chapel Hill, NC 27517
Phone: 919-357-1440
Email: TPalmer@abc-seniors.com
www.alwaysbestcarechapelhill-durham.com

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: jpizzuto@abc-seniors.com
www.abc-seniorservice.com

AmeriCare 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
Email: earmstrong@americare-homecare.com
www.americareinfo.com

Bayada Home Health Durham State Programs
Offers assistive care. COUNTIES SERVED: Caswell, Chatham, Durham, Orange, Person
3790 Guess Rd.
Durham, NC 27705
Phone: 336-322-3200
www.bayada.com
<table>
<thead>
<tr>
<th>Service Provider</th>
<th>Address</th>
<th>Phone</th>
<th>Website</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Caregiver Concierge</td>
<td>413 Shakespeare Dr.</td>
<td>973-945-4972</td>
<td><a href="mailto:eileencaregiverconcierge@yahoo.com">eileencaregiverconcierge@yahoo.com</a></td>
<td></td>
</tr>
<tr>
<td>Carolina Villages (CV) - Companionship</td>
<td>P.O. Box 4622</td>
<td>919-960-1941</td>
<td><a href="http://www.carolinavillages.org">www.carolinavillages.org</a></td>
<td></td>
</tr>
<tr>
<td>Comfort Keepers</td>
<td>1415 West NC HWY 54, Ste. 209</td>
<td>919-338-2044</td>
<td><a href="mailto:comfortkeeperschapelhill@gmail.com">comfortkeeperschapelhill@gmail.com</a></td>
<td><a href="http://www.durham-832.comfortkeepers.com">www.durham-832.comfortkeepers.com</a></td>
</tr>
<tr>
<td>Cornerstone Healthcare Services</td>
<td>3201 Yorktown Ave.</td>
<td>919-300-0050</td>
<td><a href="mailto:info@cornerstonehealthcareservice.com">info@cornerstonehealthcareservice.com</a></td>
<td><a href="http://www.cornerstonehealthcareservice.com/">http://www.cornerstonehealthcareservice.com/</a></td>
</tr>
</tbody>
</table>
Hannah's Home Health & Care Consulting
Privately owned company that assists adults, seniors and families in providing care for their loved one. We are a leader in the private duty home care industry. We provide nursing, infusion nursing, companion, sitter and respite services. COUNTIES SERVED: Chatham, Durham, Orange, Wake

1314 Oak Forest Dr.
Hillsborough, NC 27278
Phone: 919-998-6452
Email:   hshanafelt@hannahcares.com
www.hannahcares.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

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
<table>
<thead>
<tr>
<th>Home Care Agencies</th>
</tr>
</thead>
<tbody>
<tr>
<td>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.</td>
</tr>
<tr>
<td>LiveWell Care Homes</td>
</tr>
<tr>
<td>Offers personal care, companionship, light housekeeping, meal preparation, transportation, post-operative care and hospice care. COUNTIES SERVED: Chatham, Durham, Orange</td>
</tr>
<tr>
<td>1829 East Franklin St., Ste. 1100-A</td>
</tr>
<tr>
<td>Chapel Hill, NC 27514</td>
</tr>
<tr>
<td>Phone: 919-719-9127</td>
</tr>
<tr>
<td>Alt Phone: 919-929-6444</td>
</tr>
<tr>
<td><a href="http://www.livewellhomecarenc.com">www.livewellhomecarenc.com</a></td>
</tr>
<tr>
<td>Options for Senior America</td>
</tr>
<tr>
<td>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</td>
</tr>
<tr>
<td>315 East Chatham St., Suite 201</td>
</tr>
<tr>
<td>Cary, NC 27511</td>
</tr>
<tr>
<td>Phone: 919-380-6812</td>
</tr>
<tr>
<td>Alt Phone: 919-306-2406</td>
</tr>
<tr>
<td>Email: <a href="mailto:raleighdurham@optionscorp.com">raleighdurham@optionscorp.com</a></td>
</tr>
<tr>
<td><a href="http://www.optionscorp.com">www.optionscorp.com</a></td>
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<tr>
<td>Premier Home Healthcare Services</td>
</tr>
<tr>
<td>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</td>
</tr>
<tr>
<td>562 Huffman Mill Rd.</td>
</tr>
<tr>
<td>Burlington, NC 27215</td>
</tr>
<tr>
<td>Phone: 336-586-1721</td>
</tr>
<tr>
<td><a href="http://www.premierhomehealthcare.com">www.premierhomehealthcare.com</a></td>
</tr>
<tr>
<td>ResCare Home Care</td>
</tr>
<tr>
<td>Offers professional nursing, personal care services, homemaking, companionship, respite &amp; more. Available 24/7, including holidays. Accepts private pay, Medicaid, long-term care insurance. COUNTIES SERVED: Alamance, Chatham, Durham, Orange, Person, Other</td>
</tr>
<tr>
<td>4011 University Dr., Ste. 201</td>
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<tr>
<td>Durham, NC 27707</td>
</tr>
<tr>
<td>Phone: 919-493-7059</td>
</tr>
<tr>
<td>Alt Phone: 866-737-2273</td>
</tr>
<tr>
<td><a href="http://www.rescare.com">www.rescare.com</a></td>
</tr>
</tbody>
</table>
A Bridge for Independence Home Care, Inc.
Provides non-medical care to seniors and others needing assistance at home. Includes companionship, in-home aide assistance, transportation, and other services. Available 24/7. COUNTIES SERVED: Chatham, Durham, Orange, Person, Wake, Other
10911 Raven Ridge Rd.
Raleigh, NC 27614
Phone: 919-624-9606
Email: cboynton@abfihomecare.com
www.abfiregistry.com

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
209 Lloyd St. - Office 260
Carrboro, NC 27510
Phone: 800-481-7977 ext: 1
Email: info@acornhcs.com
www.acornhcs.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

Always Best Care
Provides non-medical home care, senior living consulting, veteran's assistance program counseling and more. COUNTIES SERVED: Alamance, Chatham, Durham, Orange
1340 Environ Way
Chapel Hill, NC 27517
Phone: 919-357-1440
Email: TPalmer@abc-seniors.com
www.alwaysbestcarechapelhill-durham.com

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: jpizzuto@abc-seniors.com
www.abc-seniorservice.com

AmeriCare 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
Email: earmstrong@americare-homecare.com
www.americareinfo.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

Bayada Home Health Durham State Programs
Offers assistive care. COUNTIES SERVED: Caswell, Chatham, Durham, Orange, Person
3790 Guess Rd.
Durham, NC 27705
Phone: 336-322-3200
www.bayada.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

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
Email: comfortkeeperschapelhill@gmail.com
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/
<table>
<thead>
<tr>
<th>Company Name</th>
<th>Address</th>
<th>Phone Numbers</th>
<th>Website</th>
<th>Counties Served</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Hannah's Home Health &amp; Care Consulting</strong></td>
<td>1314 Oak Forest Dr., Hillsborough, NC 27278</td>
<td>919-998-6452, <a href="mailto:hshanafelt@hannahcares.com">hshanafelt@hannahcares.com</a>, <a href="http://www.hannahcares.com">www.hannahcares.com</a></td>
<td>Privately owned company that assists adults, seniors and families in providing care for their loved one. We are a leader in the private duty home care industry. We provide nursing, infusion nursing, companion, sitter and respite services. COUNTIES SERVED: Chatham, Durham, Orange, Wake</td>
<td></td>
</tr>
<tr>
<td><strong>Happy Home Care Staffing</strong></td>
<td>224-D Orange Grove St., Hillsborough, NC 27278</td>
<td>919-732-4663, 919-563-0129, <a href="http://www.hhomecarestaffing.com">www.hhomecarestaffing.com</a></td>
<td>All certified nursing aides have clear criminal background checks. Mailing: 6720 Pentecost Rd., Cedar Grove, NC 27231. COUNTIES SERVED: Alamance, Durham, Orange, Person</td>
<td></td>
</tr>
<tr>
<td><strong>Helping Hands of America</strong></td>
<td>3737 Glenwood Ave., Suite 100, Raleigh, NC 27612</td>
<td>919-829-2505, <a href="mailto:ccowling@hhamerica.com">ccowling@hhamerica.com</a>, <a href="http://www.hhamerica.com">www.hhamerica.com</a></td>
<td>All CNA's have clean background, bonded, liability coverage. We provide 24 X 7 coverage. COUNTIES SERVED: Chatham, Durham, Hohnson, Orange, Wake, Other</td>
<td></td>
</tr>
<tr>
<td><strong>Home Instead Senior Care - Durham</strong></td>
<td>2726 Croisdale Dr., Ste. 203, Durham, NC 27705</td>
<td>919-479-4600, <a href="http://www.homeinsteadseniorcare.com/157">www.homeinsteadseniorcare.com/157</a></td>
<td>COUNTIES SERVED: Chatham, Durham, Orange, Other</td>
<td></td>
</tr>
<tr>
<td><strong>Home Instead Senior Care - Orange</strong></td>
<td>1289 Fordham Blvd., Ste. E-5, Chapel Hill, NC 27514</td>
<td>919-928-5433, <a href="http://www.homeinstead.com/106">www.homeinstead.com/106</a></td>
<td>COUNTIES SERVED: Chatham, Durham, Orange, Other</td>
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</tbody>
</table>
### 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

### 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**
The only elder care service provider in NC offering both in home care and assisted living services. Home care services range from companion care to care management. Our beautiful six resident care homes are "senior friendly" and situated in distinguished neighborhoods. AREA SERVED: Orange, All
6720 Pauline Dr.
Chapel Hill, NC 27514
Phone: 919-719-9127
Alt Phone: 919-403-6718
Email: diane@lwcares.com
www.lwcares.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
Maxim Healthcare Services
COUNTIES SERVED: Chatham, Durham, Orange
2634 Chapel Hill Blvd., Ste. 210
Durham, NC 27707
Phone: 919-419-1484
www.maxhealth.com

Medi Home Health
COUNTIES SERVED: Durham and Orange
9131 Anson Way, Ste. 204
Raleigh, NC 27615
Phone: 919-870-6733
www.msa-corp.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
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

Visiting Angels of Central North Carolina
COUNTIES SERVED: Alamance, Chatham, Durham, Orange
104 Jones Ferry Rd., Ste. A
Carrboro, NC 27510
Phone: 919-968-3724
Email: visitingangelscnc@hotmail.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
A Bridge for Independence Home Care, Inc.
Provides non-medical care to seniors and others needing assistance at home. Includes companionship, in-home aide assistance, transportation, and other services. Available 24/7. COUNTIES SERVED: Chatham, Durham, Orange, Person, Wake, Other
10911 Raven Ridge Rd.
Raleigh, NC 27614
Phone: 919-624-9606
Email: cboynton@abfihomecare.com
www.abfiregistry.com

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: jpizzuto@abc-seniors.com
www.abc-seniorservice.com

Carolina Curbside Laundry
Offers a FREE pick up an delivery of WASH, DRY and FOLD laundry service. AREA SERVED: Durham and Orange Counties
602 Jones Ferry Rd., Suite N
Carrboro, NC 27510
Phone: 984-215-8441
Alt Phone: 919-942-0606
Email: carolinacurbsidelaundry@gmail.com
carolinacurbsidelaundry.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, Orange, Other
2002 Bartlett Cir.
Hillsborough, NC 27278
Phone: 919-614-1923
Email: info@elderfitpt.com
www.elderfitpt.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

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

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
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

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 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

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
Carolina Villages (CV) - Home Meals
Provides network of resources including grocery shopping that address practical needs to help CV members 62+ remain in their home as they age. Annual Membership fee. Free referrals to vetted vendors (bills directly) or trained CV volunteers. COUNTIES SERVED: Chatham, Durham, Orange
P.O. Box 4622
Chapel Hill, NC 27515
Phone: 919-960-1941
www.carolinavillages.org

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 Family Pharmacy
Delivers within Chapel Hill-Carrboro city limits. Located in Carrboro Plaza.
104-J NC HWY 54
Carrboro, NC 27510
Phone: 919-933-7629
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 WEBSITESProvides 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 - Alamance
COUNTIES SERVED: Alamance
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

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

Central Home Health Service
811 9th St., Ste. 120-137
Durham, NC 27705
Phone: 919-682-6877
Alt Phone: 800-672-5905

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
Heartland Hospice Care
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

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

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, Durham, Orange, Wake
229 Fearrington Post
Pittsboro, NC 27312
Phone: 919-636-2423
Email: info@mobilerehabnc.com
www.mobilerehabnc.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
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

**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

3208 Wellington Ct., Ste. 114  
Raleigh, NC 27615  
Phone: 888-715-7598  
Alt Phone: 919-850-4585 - local  
www.amramp.com/easternnc

**Carolina Villages (CV) - Home Repairs**

Provides network of resources including home maintenance that address practical needs to help CV members 62+ remain in their home as they age. Annual Membership fee. Free referrals to vetted vendors (bills directly) or trained CV volunteers. COUNTIES SERVED: Chatham, Durham, Orange

P.O. Box 4622  
Chapel Hill, NC 27515  
Phone: 919-960-1941  
www.carolinavillages.org

**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's Association
Client buys materials; agency provides labor. Mainly builds ramps. STATEWIDE
Phone: 800-395-5102 ext: 5596
Email: mlandis@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
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

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.

gotpalliativecare.org
Heartland Hospice Care
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

Hospice & Palliative Care Center of Alamance and Caswell, Inc.
As a not-for-profit hospice provider, our mission centers upon providing individuals with serious, life-limiting illnesses, and their families, with the care and support they need to live as fully and comfortably as possible.
914 Chapel Hill Road
Burlington, NC 27215
Phone: 336-532-0100
Alt Phone: 800-588-8879
www.hospiceac.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

Transitions LifeCare
Services include caregiver support, hospice, and grief counseling. COUNTIES SERVED: Chatham, Durham, Orange, Wake, Johnston, Harnett, Franklin
250 Hospice Cir.
Raleigh, NC 27607
Phone: 919-828-0890
https://transitionslifecare.org/
**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

**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 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**
Atria Southpoint Walk
5705 Fayetteville Rd.
Durham, NC 27713
Phone: 919-401-0100
Email: teresa.seate@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: lmartin@bartlettreserve.com
www.bartlettreserve.com

Durham Regent
3007 Pickett Rd.
Durham, NC 27705
Phone: 919-490-6224
www.durhamregent.com

Emerald Pond
205 Emerald Pond Lane
Durham, NC 27705
Phone: 919-493-4713
www.emeraldpond.net

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
Housing Apartments for Seniors - Subsidized

See also: EMERGENCY ASSISTANCE, FINANCIAL COUNSELING and HOUSING AUTHORITIES. These are apartment buildings for senior adults. None of them provide meals or housekeeping. Some have part-time staff that help people access community services. Contact the individual facilities for 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

Graham Housing Authority
109 East Hill St.
Graham, NC 27253
Phone: 336-229-7041
www.grahamhanc.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
<table>
<thead>
<tr>
<th><strong>The Willows</strong></th>
<th>Congregate meal site Monday-Friday. Includes some utilities. HUD property.</th>
<th>124 Tarpley St.</th>
<th>Burlington, NC 27215</th>
<th>Phone: 336-228-0597</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Westhampton Apartments</strong></td>
<td>For people age 62+ or younger if they have a physical disability.</td>
<td>1015 Airport Rd.</td>
<td>Mebane, NC 27302</td>
<td>Phone: 919-563-3700</td>
</tr>
<tr>
<td><strong>Woodridge Apartments</strong></td>
<td>1604-1626 Morningside Dr.</td>
<td>Burlington, NC 27217</td>
<td>Phone: 336-228-8581</td>
<td><a href="http://www.westminstercompany.com">www.westminstercompany.com</a></td>
</tr>
<tr>
<td><strong>Durham County</strong></td>
<td>531 East Carver St.</td>
<td>Durham, NC 27704</td>
<td>Phone: 919-471-6913</td>
<td>Email: <a href="mailto:carvercreek@wellingtonadvisors.com">carvercreek@wellingtonadvisors.com</a></td>
</tr>
<tr>
<td><strong>Carver Creek</strong></td>
<td>For people age 55+. Tax Credit apartments - not a HUD property.</td>
<td>500 Pickwick Trail</td>
<td>Durham, NC 27704</td>
<td>Phone: 919-479-5050</td>
</tr>
<tr>
<td><strong>Preiss - Steele Place</strong></td>
<td>Senior community for age 55+, rent based on income through housing choice voucher program, and Tax Credit property.</td>
<td>14 Wood Cottage Court</td>
<td>Durham, NC 27707</td>
<td>Phone: 919-403-9051</td>
</tr>
</tbody>
</table>
### 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 Community Management Corporation. COUNTY SERVED: Orange

400 Lakeside Dr., Apt. D  
Hillsborough, NC 27278  
Phone: 919-732-6701  
Email: gateway-village@cmc-nc.com  
https://www.cmc-nc.com/

### 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

#### 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.
1749 Dobbins Hill Dr.
Chapel Hill, NC 27514
Phone: 919-932-3100

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
Email: firstbaptist@nc.rr.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 Community Management Corporation. COUNTY SERVED: Orange
400 Lakeside Dr., Apt. D
Hillsborough, NC 27278
Phone: 919-732-6701
Email: gateway-village@cmc-nc.com
https://www.cmc-nc.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
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.

Chatham County

Blue Heron Farm

Established in Pittsboro; building in process

Phone: 919-542-2151
Email: roy@bhfarm.org

Durham County

Durham Central Park Cohousing Community

Established 2014 in Durham; project completed.

Phone: 919-451-5217
Email: durham.coho@gmail.com
durhamcoho.com

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
Eno Commons
Established 2000 in Durham; project completed.

Email: info@enocommons.org
www.enocommons.org

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

The Cohousing Association of the United States
National association helps raise awareness of cohousing benefits and supports the development of cohousing communities nationwide.
130 Hunt St. #405
Durham, NC 27701
Phone: 812-618-2646
www.cohousing.org

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
### Elder Commons

Coming 2020 to Chapel Hill.

Phone: 919-903-7405

Email: tskeys@eldercommons.com

[cohousing.org/Elder%20Commons](http://cohousing.org/Elder%20Commons)

### Hart’s Mill Village and Farm

Hart’s Mill 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 2019. 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.hartsmill.org](http://www.hartsmill.org)

### Pacifica

Established 2006 in Carrboro.

Email: pacificaoutreachcommittee@gmail.com

[www.pacificaonline.org](http://www.pacificaonline.org)

### Legal

#### Advanced Health Care Directive Registry - NC Secretary of State

Register advanced directives with the Secretary of State’s office to make them available online. Includes Health Care Power of Attorney, Living Will, advance instructions for mental health treatment and anatomical gifts (organ donations). Provides multi-language service online.

Phone: 919-807-2215

Email: AHCDR@sosnc.gov

[www.secretary.state.nc.us/ahcdr/](http://www.secretary.state.nc.us/ahcdr/)

#### Clarity Legal Group

Estate Planning, Elder Law Planning, Estate & Trust Administration. **COUNTIES SERVED:** Alamance, Chatham, Durham, Orange, Person, Wake

1414 Raleigh Rd.

Suite 445

Chapel Hill, NC 27517

Phone: 919-484-0012

Email: reply@claritylegalgroup.com

[www.claritylegalgroup.com/](http://www.claritylegalgroup.com/)
Compass Center for Women and Families
Helps all people navigate their journey to self-sufficiency, safety, and health. Our services include career and financial education, domestic violence crisis and prevention programs, assistance with legal resources, and youth health programs. COUNTIES SERVED: Orange
210 Henderson St.
Chapel Hill, NC 27514
Phone: 919-968-4610
Email: programsdirector@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@disabilityrightsnc.org
www.disabilityrightsnc.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 for free legal help. AREA SERVED: All, Statewide
Phone: 866-219-5262
www.legalaidnc.org

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.

Alamance County

**Memorial Library - Main**
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

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

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 Branch Library
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.
900 Old Fayetteville Rd.
Chapel Hill, NC 27516
Phone: 919-918-7387
www.OrangeCountyLibrary.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

Carrboro Branch Library

900 Old Fayetteville Rd.
Carrboro, NC 27510
Phone: 919-969-3006

Email: library@orangecountync.gov
www.OrangeCountyLibrary.org

Chapel Hill Public Library

100 Library Dr.
Chapel Hill, NC 27514
Phone: 919-968-2777

Email: library@townofchapelhill.org
www.chapelhillpubliclibrary.org

Cybrary

Branch library of the Orange County Public Library with computers, books, audiobooks, DVDs, newspapers, magazines, faxing, and computer classes.

100 North Greensboro St.
Carrboro, NC 27510
Phone: 919-918-7387

Email: library@orangecountync.gov
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
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

Chatham County Department of Social Services

102 Camp Dr.
Pittsboro, NC 27312
Phone: 919-542-2759

www.chathamnc.org/socialservices

Clarity Legal Group

Estate Planning, Elder Law Planning, Estate & Trust Administration. COUNTIES SERVED: Alamance, Chatham, Durham, Orange, Person, Wake

1414 Raleigh Rd.
Suite 445
Chapel Hill, NC 27517
Phone: 919-484-0012
Email: reply@claritylegalgroup.com
www.claritylegalgroup.com/

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
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. Various payment options.

STATEWIDE

4228 Garrett Rd.
Durham, NC 27707
Phone: 919-489-7408
Alt Phone: 800-462-6427
Email: lfields2112@yahoo.com
www.healthcareequipmentinc.com

Medical Supply Super Store - Chatham

Approved and accredited Medicare provider. LOCATION: Chatham Crossing. COUNTIES SERVED: Durham and Orange

11312 HWY 15-501 North, Ste. 306
Chapel Hill, NC 27517
Phone: 919-960-8100 - Chapel Hill
Medical Supply Super Store - Durham
Approved and accredited Medicare provider.
3300 North Guess Rd.
Durham, NC 27705
Phone: 919-220-0740
www.themedicałużupplysuperstore.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 Behavioral HealthCare**
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 and productive lives of their choice in the community. Club Nova focuses on members’ strengths and potential rather than their illness, with support around social skills, housing, employment, and benefits. COUNTIES SERVED: Orange

103-D 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@disabilityrightsnc.org
www.disabilityrightsnc.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.
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
Email: namilistserve@gmail.org
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 Behavioral HealthCare
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.

http://crisissolutionsnc.org/

Freedom House Recovery Center - Crisis and Detoxification Services
Facility-based crisis unit offers short-term observation, stabilization, and detoxification. COUNTIES SERVED: Orange and Person
110 Stateside Dr.
Chapel Hill, NC 27516
Phone: 919-967-8844
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

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
Phone: 919-428-0819
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
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 - Chatham Counseling Center
Provides DWI and Recovery Support Services. COUNTIES SERVED: Chatham
288 East St., Ste. 1004
Pittsboro, NC 27312
Phone: 919-602-5438
www.freedomhousercovery.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. COUNTIES SERVED: Person
355-C1 South Madison Blvd.
Roxboro, NC  27573
Phone: 336-599-8366
Alt Phone: 877-987-8844 - Mobile Crisis
www.freedomhouserecovery.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
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.uncmentalhealthspecialist.com

Hospitals

Alamance Regional Medical Center
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
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.uncmedicalcenter.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
HopeLine
HopeLine supports people and saves lives during times of crisis through caring, confidential conversations. Programs include a crisis phone line, text, and reassurance program. For more information on all our programs and how to get involved, please visit www.hopeline-nc.org. NATIONWIDE
P.O. Box 10490
Raleigh, NC 27605
Phone: 919-231-4525
Alt Phone: 877-235-4525
www.hopeline-nc.org

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
Alt Phone: 301-443-4513
Email: nimhinfo@nih.gov
www.nimh.nih.gov

Treatment Centers

Freedom House Recovery Center - Chapel Hill Outpatient Clinic
Provides treatment of mental health and substance use disorders to children and adults in an outpatient setting.
Phone: 919-942-2803
www.freedomhouserecovery.org

Freedom House Recovery Center - Durham Outpatient Clinic
400 Crutchfield St., Ste. D
Durham, NC 27704
Phone: 919-251-8806
Alt Phone: 919-428-0819 - Durham Mobile Unit
www.freedomhouserecovery.org
Freedom House Recovery Center - Residential Rehabilitation Services
Offers 3-6 month halfway housing to men and women recovering from substance use disorder. COUNTIES SERVED: Durham, Orange, Warren
104 New Stateside Dr.
Chapel Hill, NC 27516-1165
Phone: 919-942-2803
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

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 and our move management experience take the stress away. We’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

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/
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

Newcomers
Chapel Hill - Carrboro Chamber of Commerce
COUNTIES SERVED: Orange
104 South Estes Dr.
Chapel Hill, NC 27514
Phone: 919-967-7075
www.carolinachamber.org
Chapel Hill - Orange County Visitors Bureau
COUNTIES SERVED: Orange
501 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

Newcomers Club of Greater Chapel Hill, Inc.
Moving to a new area means leaving old friends. Newcomers Club of Greater Chapel Hill (Chapel Hill, Durham, Carrboro, Pittsboro, Hillsborough) helps you find new friends via a variety of social activities and interest groups.
P.O Box 4032
Chapel Hill, NC 27514
Phone: 919-907-0589
Email: newcomersclubofchapelhill@gmail.com
www.newcomersclubofchapelhill.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

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
Newcomers Club of Greater Chapel Hill, Inc.

Moving to a new area means leaving old friends. Newcomers Club of Greater Chapel Hill (Chapel Hill, Durham, Carrboro, Pittsboro, Hillsborough) helps you find new friends via a variety of social activities and interest groups.

P.O Box 4032
Chapel Hill, NC 27514
Phone: 919-907-0589
Email: newcomersclubofchapelhill@gmail.com
www.newcomersofchapelhill.org

Orange County North Carolina

www.orangecountync.gov

Town of Carrboro

www.ci.carrboro.nc.us

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

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.
<table>
<thead>
<tr>
<th>Center Name</th>
<th>Address</th>
<th>Phone Number</th>
<th>Website</th>
<th>Accepts Medicaid</th>
</tr>
</thead>
<tbody>
<tr>
<td>Liberty Commons Nursing &amp; Rehab Center of Alamance County</td>
<td>791 Boone Station Dr.</td>
<td>336-586-9850</td>
<td><a href="http://www.libertyhealthcare.com">www.libertyhealthcare.com</a></td>
<td>Yes</td>
</tr>
<tr>
<td>Peak Resources Alamance</td>
<td>779 Woody Dr.</td>
<td>336-228-8394</td>
<td><a href="http://www.peakresourcesinc.com">www.peakresourcesinc.com</a></td>
<td>Yes</td>
</tr>
<tr>
<td>The Presbyterian Home of Hawfields</td>
<td>2502 South NC HWY 119</td>
<td>336-578-4701</td>
<td><a href="http://www.hawfields.org/">www.hawfields.org/</a></td>
<td>Yes</td>
</tr>
</tbody>
</table>

**Chatham County**
Siler City Center
Accepts Medicaid.
900 West Dolphin St.
Siler City, NC 27344
Phone: 919-663-3431
www.genesishcc.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.healthtiquegroup.com

Hillcrest Convalescent Center
Private pay. Accepts Medicaid on a very limited basis (6 beds). Dementia unit available.
1417 West Pettigrew St.
Durham, NC 27705
Phone: 919-286-7705
www.hillcrestnc.com/

Kindred Transitional Care & Rehabilitation - 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
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
PTCAAA - 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

Carolina Curbside Laundry
Offers a FREE pick up an delivery of WASH, DRY and FOLD laundry service. AREA SERVED: Durham and Orange Counties
602 Jones Ferry Rd., Suite N
Carrboro, NC 27510
Phone: 984-215-8441
Alt Phone: 919-942-0606
Email: carolinacurbsidelaundery@gmail.com
carinacurbsidelaundery.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

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
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.

5 Star Urgent Response
NATIONWIDE
Phone: 866-359-5606
www.greatcall.com

Alert 1
NATIONWIDE
Phone: 888-981-9825
www.alert-1.com

AmeriCare 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
Email: earmstrong@americare-homecare.com
www.americareinfo.com

Bay Alarm Medical
NATIONWIDE
Phone: 877-522-9633
www.bayalarmmedical.com

Care Innovations
NATIONWIDE
Phone: 888-227-3301
www.linkmedicalalert.com

Carolina Medical Alert Services
COUNTIES SERVED: Alamance, Chatham, Durham, Orange, Other
4220 NC HWY 55, Ste. 335
Durham, NC 27713
Phone: 919-479-6050
carinamedicalalerts.com
<table>
<thead>
<tr>
<th>Company</th>
<th>Address</th>
<th>Phone</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Freedom Alert</td>
<td></td>
<td>800-953-5211</td>
<td><a href="http://www.freedomalert-911.com">www.freedomalert-911.com</a></td>
</tr>
<tr>
<td>Hasten Systems LLC</td>
<td>P.O. Box 11224</td>
<td>800-582-3073</td>
<td><a href="http://www.hastensystems.com">www.hastensystems.com</a></td>
</tr>
<tr>
<td>Help - Personal Response Systems</td>
<td>171-B Monroe Lane</td>
<td>866-672-4852</td>
<td><a href="http://helpforyou.com">helpforyou.com</a></td>
</tr>
<tr>
<td>Life Alert</td>
<td>171-B Monroe Lane</td>
<td>800-360-0329</td>
<td><a href="http://www.lifealert.org">www.lifealert.org</a></td>
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<tr>
<td>LifeStation</td>
<td></td>
<td>866-286-5518</td>
<td><a href="http://www.lifestation.com">www.lifestation.com</a></td>
</tr>
<tr>
<td>Medical Guardian</td>
<td></td>
<td>800-310-5400</td>
<td><a href="http://www.medicalguardian.com">www.medicalguardian.com</a></td>
</tr>
</tbody>
</table>

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
Mobile Help
NATIONWIDE
Phone: 800-992-0616
www.mobilehelpnow.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

Walgreens Ready Response
Phone: 866-310-9061
www.walgreenreadyresponse.com

Pharmacy
See also: PRESCRIPTION ASSISTANCE
### Orange County

#### Carrboro Family Pharmacy
Delivers within Chapel Hill-Carrboro city limits. Located in Carrboro Plaza.
104-J NC HWY 54
Carrboro, NC 27510
Phone: 919-933-7629

www.carrborofamilypharmacy.com

#### 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 - Eastgate
108 East Franklin St.
Chapel Hill, NC 27514
Phone: 919-918-3801
Email: rxm11423@store.walgreens.com
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 DRIVING
Physical therapy and rehabilitation services provide evaluation and treatment to help individuals develop, maintain and restore maximum movement, strength and function, especially after a surgery or other health event.

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, Orange, Other
2002 Bartlett Cir.
Hillsborough, NC 27278
Phone: 919-614-1923
Email: info@elderfitpt.com
www.elderfitpt.com

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
**LifePath Home Health**

Provides physical therapy and rehabilitation services along with evaluation and treatment to help maintain and restore function, especially after surgery. **COUNTIES SERVED:** Orange

914 Chapel Hill Rd.
Burlington, NC 27215
Phone: 336-532-0100

www.hospiceac.org

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**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, Durham, Orange, Wake

229 Fearrington Post
Pittsboro, NC 27312
Phone: 919-636-2423

Email: info@mobilerehabnc.com
www.mobilerehabnc.com

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**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

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**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

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**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
## Prescription Assistance & Management

See also: COMMUNITY HEALTH CENTERS, EMERGENCY ASSISTANCE and HEALTH INSURANCE INFORMATION

### Chatham County

**Chatham CARES Community Pharmacy**

Provides access to quality pharmacy services for low-income, uninsured and underinsured residents of Chatham County.

127 East Raleigh St.
Siler City, NC 27344
Phone: 919-663-0177
Email: chathamcares@embarqmail.com
www.chathamcares.com

### Durham County

**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@seniorpharmassist.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
### 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](http://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](http://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/](http://medassist.org/free-pharmacy-program/)

### NeedyMeds

NeedyMeds is a national non-profit organization that maintains a website of free information on programs that help people who can't afford medications and healthcare costs. NeedyMeds provides a free drug discount card that offers a discount of up to 80% at more than 63,000 pharmacies nationwide.

P.O. Box 219
Gloucester, MA 01931
**Phone:** 800-503-6897
**Email:** info@needymeds.org
[www.needymeds.org](http://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.uncmedicalcenter.org/uncmc/patients-visitors/amenities/pharmacies/medication-assistance/

Senior Centers
See also: HEALTH AND WELLNESS and SENIOR GAMES

Alamance County

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/

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
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

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.dcsln.org

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
Email: jesmith@ci.burlingtonnc.us

Chatham County Senior Games Coordinator - Lindsay Hickling
Phone: 919-542-4512
Email: lindsay.hickling@chathamcouncilonaging.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: bridgett.e.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 Coordinator - Latonya Brown
Phone: 919-245-4270
Email: lbrown@orangecountync.gov
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
## 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](http://www.orangecountync.gov/aging)

### Orange County Department on Aging - Recreation at 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 Rd.
Chapel Hill, NC 27516
Phone: 919-968-2070

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

### Orange County Parks & Recreation

302 West Tryon St.
Hillsborough, NC 27278
Phone: 919-245-2660


### Orange County Parks Online Locator
Web-based locator maps to help you find parks, facilities and recreational activities.

[www.orangecountync.gov/890/Parks-Facilities](http://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](http://www.oc-sportsplex.com/)
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

Chatham County
Chatham County Department of Social Services
102 Camp Dr.
Pittsboro, NC 27312
Phone: 919-542-2759
www.chathamnc.org/socialservices

Durham County
All Good Things Durham
A nonprofit organizational representative payee program providing money management for low-income elderly and disabled Durham and Orange County community members. We work to keep our clients safely housed and financially secure while managing their Social Security benefits. COUNTIES SERVED: Durham, Orange
207 Melville Loop, Unit 13
Chapel Hill, NC 27514
Phone: 984-244-0998
Email: allgoodthingsdurham@gmail.com

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

Orange County

All Good Things Durham
A nonprofit organizational representative payee program providing money management for low-income elderly and disabled Durham and Orange County community members. We work to keep our clients safely housed and financially secure while managing their Social Security benefits. COUNTIES SERVED: Durham, Orange
207 Melville Loop, Unit 13
Chapel Hill, NC 27514
Phone: 984-244-0998
Email: allgoodthingsdurham@gmail.com

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
Support Groups
See also: CAREGIVING RESOURCES, DEMENTIA, HOSPICE and WEBSITES For times and locations, please visit the agency’s website or call.

Addiction

Al-Anon Family Groups
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. Call or visit the website below to find out about group, telephone or online meetings in your area. AREA SERVED: All

Phone: 919-787-1653
Email: aso ldc@bellsouth.net
www.alanonalateenserviceofficeraleigh.org

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
<table>
<thead>
<tr>
<th><strong>Duke Health</strong></th>
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<tbody>
<tr>
<td>Phone: 855-855-6484</td>
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<tr>
<td><a href="http://www.dukemedicine.org">www.dukemedicine.org</a></td>
</tr>
<tr>
<td><strong>Gamblers Anonymous</strong></td>
</tr>
<tr>
<td>Phone: 919-460-9039</td>
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<tr>
<td>gamblersanonymous.org</td>
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<tr>
<td><strong>Overeaters Anonymous</strong></td>
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<tr>
<td>Phone: 919-406-9300</td>
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<tr>
<td><a href="http://www.triangleoa.org">www.triangleoa.org</a></td>
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**Aging**

<table>
<thead>
<tr>
<th><strong>Alamance Eldercare, Inc.</strong></th>
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<tr>
<td>Phone: 336-538-8080</td>
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<tr>
<td><a href="http://www.alamanceeldercare.org">www.alamanceeldercare.org</a></td>
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<tr>
<th><strong>Center for Senior Life - Durham</strong></th>
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<tr>
<td>Phone: 919-688-8247</td>
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<tr>
<td><a href="http://www.dcsInc.org">www.dcsInc.org</a></td>
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<thead>
<tr>
<th><strong>Chatham County Council on Aging</strong></th>
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<tbody>
<tr>
<td>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</td>
</tr>
<tr>
<td>365 NC HWY 87 North</td>
</tr>
<tr>
<td>P.O. Box 715</td>
</tr>
<tr>
<td>Pittsboro, NC 27312</td>
</tr>
<tr>
<td>Phone: 919-542-4512</td>
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<tr>
<td><a href="http://www.chathamcouncilonaging.org">www.chathamcouncilonaging.org</a></td>
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<tr>
<th><strong>Elder Matters of the Carolinas LLC</strong></th>
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<tr>
<td>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</td>
</tr>
<tr>
<td>1007 Vickers Ave.</td>
</tr>
<tr>
<td>Durham, NC 27707</td>
</tr>
<tr>
<td>Phone: 984-444-9393</td>
</tr>
<tr>
<td>Email: <a href="mailto:info@eldermatters.org">info@eldermatters.org</a></td>
</tr>
<tr>
<td><a href="http://www.eldermatters.org">www.eldermatters.org</a></td>
</tr>
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</table>
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 a Senior Times 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/

Duke Family Support Program
Offers support to North Carolina families and caregivers concerned about or caring for persons with all stages of memory disorders.

Phone: 800-646-2028
Email: dukefamilysupport@duke.edu
www.dukefamilysupport.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.

www.alz.org

Project CARE
For North Carolina caregivers who are caring for someone with dementia in their homes. Provides services, resources and information through an expert family consultant.

Phone: 800-646-2028 – Central Region

Email: mark.hensley@dhhs.nc.gov

www.ncdhhs.gov/assistance/adult-services/project-care

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

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
Phone: 919-967-7570
Email: paul@charleshouse.org
www.charleshouse.org

Daughters Concerned for Aging Relatives Support Group
For daughters or daughters-in-law who are caregivers. The group meets one Wednesday a month at noon in the Duke Clinic Building in Durham.

Phone: 919-660-7510
Alt Phone: 800-646-2028
www.dukefamilysupport.org

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
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**

**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

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

210 Henderson St.
Chapel Hill, NC 27514
Phone: 919-968-4610
Email: programsdirector@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

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

Grief

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

As a not-for-profit hospice provider, our mission centers upon providing individuals with serious, life-limiting illnesses, and their families, with the care and support they need to live as fully and comfortably as possible.

914 Chapel Hill Road
Burlington, NC 27215
Phone: 336-532-0100
Alt Phone: 800-588-8879
www.hospiceac.org
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
Email: namilistserve@gmail.org
www.namiorangenc.org

Compass Center for Women and Families
Helps all people navigate their journey to self-sufficiency, safety, and health. Our services include career and financial education, domestic violence crisis and prevention programs, assistance with legal resources, and youth health programs. COUNTIES SERVED: Orange
210 Henderson St.
Chapel Hill, NC 27514
Phone: 919-968-4610
Email: programsdirector@compassctr.org
www.compassctr.org

HopeLine
HopeLine supports people and saves lives during times of crisis through caring, confidential conversations. Programs include a crisis phone line, text, and reassurance program. For more information on all our programs and how to get involved, please visit www.hopeline-nc.org. NATIONWIDE
P.O. Box 10490
Raleigh, NC 27605
Phone: 919-231-4525
Alt Phone: 877-235-4525
www.hopeline-nc.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

Parkinson's Disease

Chapel Hill Parkinson's Disease Support Group
Support and education group for people affected by Parkinson's. 12:30-1:30pm is a split group for open discussion (carepartners and people with PD in separate rooms) and 1:30-3:00pm is the full group for a presentation or a discussion on a specific topic - you may attend either or both parts. COUNTIES SERVED: Orange
Phone: 919-843-1657
www.chapelhillparkinsons.weebly.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)

Duke Eye Center - Low Vision Support
Phone: 800-422-1575
www.dukeeyecenter.duke.edu

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.

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.

**Alamance County Tax Assessor**
124 West Elm St.
Graham, NC 27253
Phone: 336-228-1312

www.alamance-nc.com

**Chatham County Tax Assessor**
12 East St. (Courthouse Annex)
Pittsboro, NC 27312
Phone: 919-542-8261

www.chathamnc.org

**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
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.

Carolina Villages (CV) - Telephone Calls
Provides a network of resources including comfort calls that address practical needs to help CV members 62+ remain in their home as they age. Annual Membership fee. Free referrals to vetted vendors (bills directly) or trained CV volunteers. COUNTIES SERVED: Chatham, Durham, Orange

P.O. Box 4622
Chapel Hill, NC 27515
Phone: 919-960-1941

www.carolinavillages.org

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.

A Helping Hand
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

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

AmeriCare 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
Email: earmstrong@americare-homecare.com
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

Carolina Villages (CV) - Transportation
Provides network of resources including transportation that address practical needs to help CV members 62+ remain in their home as they age. Annual Membership fee. Free referrals to vetted vendors (bills directly) or trained CV volunteers. COUNTIES SERVED: Chatham, Durham, Orange

P.O. Box 4622
Chapel Hill, NC 27515
Phone: 919-960-1941

www.carolinavillages.org

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

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
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

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: lberley@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.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

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

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

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.uncmedicalcenter.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
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. Disaster Services, Preparedness Health and Safety Services, Biomedical Services, Service to the Armed Services and International Services. COUNTIES SERVED: Chatham, Durham, Orange, Person
4737 University Dr., Bldg. 3
Durham, NC 27707
Phone: 919-489-6541
Email: stan.morris@redcross.org
www.redcross.org/enc

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
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. Disaster Services, Preparedness Health and Safety Services, Biomedical Services, Service to the Armed Services and International Services. COUNTIES SERVED: Chatham, Durham, Orange, Person
4737 University Dr., Bldg. 3
Durham, NC 27707
Phone: 919-489-6541
Email: stan.morris@redcross.org
www.redcross.org/enc

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

Hospice & Palliative Care Center of Alamance and Caswell, Inc.
As a not-for-profit hospice provider, our mission centers upon providing individuals with serious, life-limiting illnesses, and their families, with the care and support they need to live as fully and comfortably as possible.
914 Chapel Hill Road
Burlington, NC 27215
Phone: 336-532-0100
Alt Phone: 800-588-8879
www.hospiceac.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. COUNTIES SERVED: Orange
Phone: 919-245-4241
www.orangecountync.gov/266/Volunteer
The Triangle Nonprofit & Volunteer Leadership Center (HandsOnTriangle)
Supporting nonprofits in the area since 1972 by inspiring volunteers to get involved in short- or long-term community service projects. Searchable website to locate volunteer opportunities for individuals or groups.
AREA SERVED: Greater Triangle
PO Box 3374
Durham, NC 27702
Phone: 919-613-5101
Email: volunteer@thevolunteercenter.org
www.handsontriangle.org

Transitions LifeCare
Services include caregiver support, hospice, and grief counseling. COUNTIES SERVED: Chatham, Durham, Orange, Wake, Johnston, Harnett, Franklin
250 Hospice Cir.
Raleigh, NC 27607
Phone: 919-828-0890
https://transitionslifecare.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

Advanced Person - Centered Living
Advocates for residents in assisted living facilities by promoting person-centered practices that treat relationships with dignity and foster personal choice and responsibility to optimize health and well-being.

www.ccal.org

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

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
<table>
<thead>
<tr>
<th><strong>Caregiver Action Network</strong></th>
<th>CAN (National Family Caregivers Association) provides education, peer support, and resources to family caregivers across the country free of charge.</th>
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<tr>
<td><a href="http://www.caregiveraction.org">www.caregiveraction.org</a></td>
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<tr>
<th><strong>Caregivers Home Companion</strong></th>
<th>Committed to helping caregivers balance their family life and career with elder care responsibilities by delivering education, support and access to important resources.</th>
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<tbody>
<tr>
<td><a href="http://www.caregivershomecompanion.com">www.caregivershomecompanion.com</a></td>
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<tr>
<th><strong>Caring.Com</strong></th>
<th>Caring.com is a leading senior care resource for family caregivers seeking information and support as they care for aging parents, spouses and other loved ones. Founded by caregivers, our site provides expert articles, support groups and a national senior care directory. AREA SERVED: All</th>
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<tbody>
<tr>
<td>Phone: 800-973-1540</td>
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<tr>
<td><a href="https://www.caring.com/caregiving-resources">https://www.caring.com/caregiving-resources</a></td>
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<tr>
<th><strong>CaringInfo</strong></th>
<th>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 &amp; resources on caregiving, hospice, grief and loss. English / Spanish.</th>
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<tr>
<td><a href="http://www.caringinfo.org">www.caringinfo.org</a></td>
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<tr>
<th><strong>Carolina Curbside Laundry</strong></th>
<th>Offers a FREE pick up an delivery of WASH, DRY and FOLD laundry service. AREA SERVED: Durham and Orange Counties</th>
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<tbody>
<tr>
<td>602 Jones Ferry Rd., Suite N</td>
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<tr>
<td>Carrboro, NC 27510</td>
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<tr>
<td>Phone: 984-215-8441</td>
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<tr>
<td>Alt Phone: 919-942-0606</td>
<td></td>
</tr>
<tr>
<td>Email: <a href="mailto:carolinacurbsidelaundry@gmail.com">carolinacurbsidelaundry@gmail.com</a></td>
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<td>carolinacurbsidelaundry.com</td>
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<tr>
<th><strong>Center for Disease Control and Prevention (CDC)</strong></th>
<th>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.</th>
</tr>
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<tr>
<td><a href="http://www.cdc.gov/aging">www.cdc.gov/aging</a></td>
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</table>
Center for Medicare Advocacy
National nonprofit, nonpartisan law organization that provides education, advocacy and legal assistance to help older people and people with disabilities obtain access to Medicare and quality health care.

www.medicareadvocacy.org

Center to Advance Palliative Care (CAPC)
Hub for palliative care innovations, development, training and tools for professional members. Families and caregivers refer to https://getpalliativecare.org.

www.capc.org/

Centers for Medicare and Medicaid Services (CMS)
Publications about Medicare and Medicaid available in large print.

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

Duke University Center for the Study of Aging and Human Development
One of the nation’s oldest research and teaching programs on geriatrics. Information on research, education, services and websites for medical professionals and faculty. Includes the Duke Family Support Program and the Geriatric Evaluation & Treatment Clinic.

https://sites.duke.edu/centerforaging/
**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.

www.eldercare.gov

**Family Caregiver Alliance**
Easy-to-search topics with practical suggestions for new and established caregivers. Tool to connect with local programs.

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: Joanne@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.guidinglightscnc.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

Long-term Care Facility Reports - Orange County
Quarterly site visit reports on various long-term care facilities conducted by state-mandated and county-appointed citizen committees.
www.orangecountync.gov/aging

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
Promotes mental health as a critical part of overall wellness, including prevention, early identification, intervention, integrated health, behavioral health and other services.
www.nmha.org
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<tr>
<th>Organization</th>
<th>Description</th>
<th>Website</th>
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<tr>
<td>MentalHealth.gov</td>
<td>Provides one-stop access to US government mental health resources and information, in addition to local information.</td>
<td><a href="http://www.mentalhealth.gov">www.mentalhealth.gov</a></td>
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<tr>
<td>National Academy of Elder Law Attorneys</td>
<td>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</td>
<td>1577 Spring Hill Road; Suite 310; Vienna, VA 22182; Phone: 703-942-5711; Email: <a href="mailto:naela@naela.org">naela@naela.org</a>; <a href="http://www.naela.org">www.naela.org</a></td>
</tr>
<tr>
<td>National Alliance for Caregiving</td>
<td>A non-profit coalition of national organizations focused on improving the lives of family caregivers.</td>
<td><a href="http://www.caregiving.org">www.caregiving.org</a></td>
</tr>
<tr>
<td>National Alliance on Mental Illness (NAMI) - North Carolina</td>
<td>Education, advocacy, resources and links to local resources for family members of individuals with a mental illness.</td>
<td><a href="http://www.naminc.org">www.naminc.org</a></td>
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<tr>
<td>National Alzheimer's Association</td>
<td>A national association that provides online educational materials on dementia, links to local support groups and a 24/7 helpline. Has &quot;Inside the Brain: An Interactive Tour,&quot; an educational resource for caregivers of individuals with dementia.</td>
<td><a href="http://www.alz.org">www.alz.org</a></td>
</tr>
<tr>
<td>National Center on Elder Abuse (NCEA)</td>
<td>Provides up-to-date information regarding research, training, best practices, news and resources on elder abuse, neglect and exploitation.</td>
<td><a href="http://www.ncea.aoa.gov">www.ncea.aoa.gov</a></td>
</tr>
<tr>
<td>National Citizens’ Coalition for Nursing Home Reform (NCCNHR)</td>
<td>Advocacy, education and a consumer’s guide to choosing a nursing home.</td>
<td><a href="http://www.geronurseonline.org">www.geronurseonline.org</a></td>
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<tr>
<td><strong>National Coalition for Hospice and Palliative Care (NCHPC)</strong></td>
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<td>Presents a united voice to the public on behalf of providers who care for patients &amp; families living with chronic &amp; life-limiting illnesses. Aims to enhance member organization cooperation &amp; coordination, to improve care and public policy, and to advocate on behalf of patients &amp; families.</td>
<td></td>
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<tr>
<td><a href="http://www.nationalcoalitionhpc.org">www.nationalcoalitionhpc.org</a></td>
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<tr>
<th><strong>National Council on Aging (NCOA)</strong></th>
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<tr>
<td>Partners with non-profit organizations, government and businesses to provide innovative community programs and services, online help and advocacy.</td>
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<tr>
<td><a href="http://www.ncoa.org">www.ncoa.org</a></td>
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<tr>
<th><strong>National Hospice and Palliative Care Organization (NHPCO)</strong></th>
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<tr>
<td>A non-profit organization advocating for the terminally ill and their families. They provide education, resources and information to improve end-of-life care and expand access to hospice care.</td>
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<td><a href="http://www.nhpco.org">www.nhpco.org</a></td>
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<tr>
<th><strong>National Institute on Aging</strong></th>
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<tr>
<td>Provides leadership in aging research, training, health information and other programs related to aging and older people.</td>
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<tr>
<td><a href="http://www.nia.nih.gov">www.nia.nih.gov</a></td>
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<tr>
<th><strong>National Institute on Mental Health</strong></th>
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| 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 
Alt Phone: 301-443-4513 
Email: nimhinfo@nih.gov 
www.nimh.nih.gov |

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<th><strong>NIHSeniorHealth</strong></th>
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<tr>
<td>Provides easy-to-understand, up-to-date health information for older adults from the National Institutes of Health.</td>
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<td><a href="http://www.nihseniorhealth.gov">www.nihseniorhealth.gov</a></td>
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<tr>
<th><strong>North Carolina Bar Association - Websites</strong></th>
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| 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.
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
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<tr>
<th><strong>North Carolina House of Representatives</strong></th>
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<tr>
<td><a href="http://www.ncleg.net/House/House.html">www.ncleg.net/House/House.html</a></td>
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<tr>
<th><strong>North Carolina Senate</strong></th>
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<tr>
<td><a href="http://www.ncleg.net/Senate/Senate.html">www.ncleg.net/Senate/Senate.html</a></td>
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<tr>
<th><strong>North Carolina Seniors’ Health Insurance Information Program (NC-SHIIP)</strong></th>
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<tr>
<td>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.</td>
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<tr>
<td><a href="http://www.ncshiip.com">www.ncshiip.com</a></td>
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<th><strong>Nursing Home Compare</strong></th>
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<td>Offers detailed information about every Medicare- and Medicaid-certified nursing home in the country.</td>
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<td><a href="http://www.medicare.gov/nursinghomecompare">www.medicare.gov/nursinghomecompare</a></td>
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<tr>
<td>Information and resources on nursing homes.</td>
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<td><a href="http://www.nursinghomeinfo.com">www.nursinghomeinfo.com</a></td>
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<tr>
<th><strong>Orange County Department on Aging - Online</strong></th>
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<tr>
<td>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.</td>
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<td><a href="http://www.orangecountync.gov/aging">www.orangecountync.gov/aging</a></td>
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<tr>
<th><strong>Orange County Public Library - Carrboro Branch Library</strong></th>
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<td>Enjoy access to print/digital books, DVDs &amp; music; wi-fi, computers &amp; ancestry.com; programs for all ages; &amp; meeting &amp; study space. The Orange County Public Library offers free library cards to residents of Orange, Person, Chatham, Durham, Alamance &amp; Caswell counties.</td>
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<tr>
<td>900 Old Fayetteville Rd.</td>
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<tr>
<td>Chapel Hill, NC 27516</td>
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<tr>
<td>Phone: 919-918-7387</td>
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<tr>
<td><a href="http://www.OrangeCountyLibrary.org">www.OrangeCountyLibrary.org</a></td>
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Orange County Public Library - Carrboro Cybrary
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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

Senior Care Management Associates LLC
Care managers and aging life care professionals assisting aging people and their families by "Putting the Pieces Together". Staff have training in aging issues, knowledge of costs, quality & availability of local services. COUNTIES SERVED: Chatham, Durham, Orange, Wake

4711 Hope Valley Rd., Ste. 4F-519
Durham, NC 27707
Phone: 919-794-1888
Email: Caryn@SeniorCM.com
www.SeniorCM.com

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

Transitions LifeCare
Services include caregiver support, hospice, and grief counseling. COUNTIES SERVED: Chatham, Durham, Orange, Wake, Johnston, Harnett, Franklin
250 Hospice Cir.
Raleigh, NC 27607
Phone: 919-828-0890
https://transitionslifecare.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

www.va.gov

US House of Representatives

www.house.gov

US Senate

www.senate.gov
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Oasis Senior Advisors
OCIM Meals on Wheels
OCIM Samaritan Relief
Options for Senior America
OPT-Orange Bus (Orange County Public Transportation)
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<tr>
<td>UNC Lineberger Comprehensive Cancer Support Program</td>
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<tr>
<td>UNC Memory and Cognitive Disorders Clinic</td>
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<tr>
<td>UNC Parking and Hospital Shuttle</td>
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<tr>
<td>UNC Physical &amp; Occupational Therapy - Chapel Hill</td>
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<tr>
<td>UNC Physical &amp; Occupational Therapy - Hillsborough</td>
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<tr>
<td>UNC School of Dentistry-Geriatric and Special Care Clinic</td>
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<tr>
<td>UNC Stroke Support Group (Chapel Hill)</td>
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<tr>
<td>UNC Visitors Center</td>
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<td>UNC Wellness Center at Meadowmont</td>
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<tr>
<td>UNC-Chapel Hill Friday Center</td>
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<tr>
<td>Wisdom Senior Care</td>
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<tr>
<td>Woodridge Apartments</td>
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<tr>
<td>YMCA of Chapel Hill - Carrboro</td>
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