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
# Community Resource Guide

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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

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.carrboropolicie.com
Chapel Hill Police Department Crisis Unit
NON-police crisis assistance for Chapel Hill residents only. NOT police response. In a police or medical emergency, call 911.

Phone: 919-968-2806

www.townofchapelhill.org

Chapel Hill Police Department Crisis Unit
The Crisis Unit is a 24-hour co-response team that provides onsite emergency response with officers to persons in crisis situations. Responses are to Chapel Hill residents only. In a police or medical emergency, dial 911.
828 Martin Luther King Jr. Blvd.
Chapel Hill, NC 27514
Phone: 919-968-2806
Alt Phone: 919-968-2670
Email: policecrisisunit@townofchapelhill.org
www.townofchapelhill.org

Hillsborough Police Department
127 North Churton St.
Hillsborough, NC 27278
Phone: 919-732-9381

www.hillsboroughnc.gov

Mebane Police Department
COUNTIES SERVED: Alamance, Orange
116 W. Center St.
Mebane, NC 27302
Phone: 919-563-9031
Email: records@mebanepd.com
www.cityofmebane.com/police.asp

Orange County Sheriff Department - Crisis Unit
The Orange County Sheriff’s Office Crisis Intervention Unit works with the criminal justice system and other community agencies to provide coordinated services for victims of crime. COUNTY SERVED: Orange
106 East Margaret Lane
Hillsborough, NC 27278
Phone: 919-245-2900
Alt Phone: 919-644-3050
www.ocsonc.com

Abuse / Family Violence Prevention Agencies
Compass Center for Women and Families
24-hour crisis line offers support, 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

Compass Center for Women and Families
Offers a broad range of services to 6,000+ people each year, including career and financial education and individual counseling, legal resources, and support groups. We are the only Orange County resource for comprehensive domestic violence crisis services. COUNTIES SERVED: Alamance, Chatham, Durham, Orange, Wake
210 Henderson St.
Chapel Hill, NC 27514
Phone: 919-968-4610
Alt Phone: 919-929-7122
Email: clientservices@compassctr.org
www.compassctr.org

HopeLine, Inc.
HopeLine 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
525 S. White Street
Wake Forest, North Carolina 27587
Phone: 9196348029
Alt Phone: 877-235-4525
Email: director@hopeline-nc.org
www.hopeline-nc.org
Orange County Rape Crisis Center
Free confidential counseling and group support for victims of sexual assault including their friends or loved ones. Also offers community education and therapy referrals. COUNTIES SERVED: Orange
1506 East Franklin St., Ste 302
Chapel Hill, NC 27514
Phone: 919-968-4647
Alt Phone: 866-935-4783 or 919-967-7273
Email: info@ocrcc.org
www.ocrrc.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.

Chatham County

Center for Senior Life - Durham
406 Rigsbee Ave
Durham, NC 27701
Phone: 919-699-8247
www.dcslnce.org
Piedmont Health SeniorCare (PACE)
All-inclusive care program for the elderly that provides comprehensive long-term health, social, medical, dietary care and special transportation needs for eligible seniors. COUNTIES SERVED: Alamance, Caswell, Chatham, Lee, Orange
163 Chatham Business Dr.
Pittsboro, NC 27312
Phone: 919-545-7337
Alt Phone: 877-714-2100
www.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.dcsInc.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

Orange County

Caring Angels Home Care Services Inc.
In-home care for individuals at their place of residence to include community alternative program, private duty assistance, assistance with personal hygiene, medication reminder, housekeeping, assisting with activities of daily living, nutritional support, bathing, eating, companionship. AREA SERVED: Chatham, Durham, Orange, Other, Person and Wake Counties.
3201 Yorktown Avenue
Suite 217B
Durham, NC 27713
Phone: 919-908-6689
Alt Phone: 919-961-8666
Email: caringangels4me@yahoo.com
Charles House - Daytime Eldercare Program
Center for Community Eldercare:
Day Program provides quality personalized care and engagement for elders.
Support for caregiving families, including counseling on resources for the caregiving journey.
7511 Sunrise Rd.
Chapel Hill, NC 27516
Phone: 919-967-7570
Email: info@charleshouse.org
www.charleshouse.org

Friendship Adult Day Services, Inc.
Social-Model Adult Day Program open M-F, 7am-5:00 PM, serving adults 18 and over, with early-stage dementia and/or a variety of mild to moderate developmental, mental health and physical challenges. AREA SERVED: Alamance and surrounding counties
424 Rudd Street
Burlington, NC 27217
Phone: 336-222-7797
Alt Phone: 336-222-9966
Email: cmorse@friendshipadultday.com
www.friendshipadultday.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

Soltys Place (Adult Day Health Program)
Provides a safe, friendly environment; health care services; meals and snacks; socialization; stimulating activities; a focus on individualized needs; and caregiver respite. COUNTIES SERVED: Alamance, Chatham, Durham, Orange, Person, Wake, Other surrounding.
105 Meadowlands Dr.
Hillsborough, NC 27278
Phone: 919-245-2017
www.soltysplace.org
The Harbor at Twin Lakes
3810 Heritage Dr.
Burlington, NC 27215
Phone: 336-585-2393
Email: kevans@twinlakescomm.org

Touched by Angels Home Healthcare II, Inc.
We are family owned. We treat your family with the same respect and dignity as ours. Our caregivers are screened and individually matched with our clients. Our goal is to help our clients keep their independence and remain in their homes. BBB of Central North Carolina accredited. COUNTIES SERVED: Alamance, Caswell, Durham, Orange, Person, Other
116 West Pine St.
Graham, NC 27253
Phone: 336-221-9998
Email: WeCare@TBAii.com
www.tbaii.com

Touched by Angels Home Healthcare II, Inc.
We are family owned. We treat your family with the same respect and dignity as ours. Our caregivers are screened and individually matched with our clients. Our goal is to help our clients keep their independence and remain in their homes. BBB of Central North Carolina accredited. COUNTIES SERVED: Alamance, Caswell, Durham, Orange, Person, Other
116 West Pine St.
Graham, NC 27253
Phone: 336-221-9998
Email: WeCare@TBAii.com
www.tbaii.com

Twin Lakes Community
The Harbor ADC is a specialized program serving individuals with Alzheimer's disease or other memory related diseases. we are open Monday through Saturday from 9:30am-3:30pm. COUNTY SERVED: Alamance
3701 Wade Coble Dr.
Burlington, NC 27215
Phone: 336-538-1500
Alt Phone: 336 585-2393
Email: kevans@twinlakescomm.org
www.twinlakescommunity.org

Advocacy Groups
See also: OMBUDSMENConcerns about long-term care services (both availability and quality). Long-term care facilities are defined as nursing homes and adult care homes (family care homes/assisted living). Contact the Triangle J Area Agency on Aging 800-310-9777 to find your Regional Ombudsman if not listed below; or contact one of the following specialized advocacy organizations:
AARP
Addresses the needs of persons 50+ to fight for and equip them to lead their best lives. Information, education, advocacy, policies, volunteerism, research & member discounts.
Phone: 888-687-2277
Alt Phone: TTY: 877-434-7598
www.aarp.org

Angel Advocacy, LLC
Nurse Advocate and Care Manager, caring for your health and wishes. Multiple services are offered. Visit www.angeladvocacy.com for a list of most of our services, including a financial assistance program designed to help those who need the services but can't afford an hourly rate. AREA SERVED: All
715 Greentree Dr
Hillsborough, NC 27278
Phone: 919-519-1850
Email: angeladvocacy4u.gmail.com
www.angeladvocacy.com

Disability Rights North Carolina
Provides legal representation and advocacy to protect the rights of people with disabilities and investigates allegations of abuse and neglect. STATEWIDE
3724 National Dr., Ste. 100
Raleigh, NC 27612
Phone: 919-856-2195
Email: info@disabilityrightsnc.org
www.disabilityrightsnc.org

Durham County Social Services
The Housing Opportunities for Persons with AIDS (HOPWA) program is dedicated to the housing needs of people living with HIV/AIDS. HOPWA provides housing assistance and related supportive services for low-income persons living with HIV/AIDS and their families.
414 E Main St.
Durham, NC 27702
Phone: 919-560-7280
Email: dssmcm@dconc.gov

El Centro Hispano-Main Office
Provides help for needs ranging from tax & legal advice to health, employment assistance and more. COUNTIES SERVED: Durham, Orange, Other
2000 Chapel Hill Rd., Ste. 26A
Durham, NC 27707
Phone: 919-687-4635
www.elcentronc.org
El Pueblo, Inc.
A non-profit advocacy and public policy organization dedicated to strengthening the Latino community.
COUNTIES SERVED: Durham, Orange, Other
2321 Crabtree Blvd., Ste. 105
Raleigh, NC 27604
Phone: 919-835-1525
www.elpueblo.org

Elder Matters of the Carolinas LLC
Mediation is a thoughtful empowering approach to managing family crises or planning for the future. Our certified mediators create a safe place for all family members to voice concerns and reach consensus in a manner that best preserves crucial family relationships. AREA SERVED: Nationwide / Statewide
1007 Vickers Ave.
Durham, NC 27707
Phone: 984-444-9393
Email: info@eldermatters.org
www.eldermatters.org

Friends of Residents in Long-Term Care
Seeks to improve the lives of individuals who receive long-term care services and support through advocacy and educational activities. STATEWIDE
514 Daniels Street
Raleigh, NC 27605
Phone: 919-782-1530
www.forltc.org

LeadingAge North Carolina
LeadingAge North Carolina advances policies, promotes practices and conducts research that supports, enables and empowers people to live fully as they age. Area Served: ALL
222 N. Person St.
Suite 205
Raleigh, NC 27601
Phone: 919-571-8333
Email: info@leadingagenc.org
www.leadingagenc.org
Mesothelioma Guide
MesotheliomaGuide.com's mission is to guide mesothelioma patients and their loved ones toward answers, care options, and free health solutions that improve their lives.
496 Delaney Ave
Orlando, FL 32801
Phone: 407-613-2052
www.mesotheliomaguide.com

North Carolina Division of Health Service Regulation - Adult Care Licensure Section
NC state-licensing agency for long-term care facilities. Checks adequacy of adult care homes. Licenses and regulates nursing and adult care homes.
Phone: 919-855-4500 - Complaint Line
Alt Phone: 919-855-4520 - Nursing Home Info
www2.ncdhhs.gov/dhsr

Orange County Adult Care Home & Nursing Home Community Advisory Committees
State-mandated and county-appointed citizen committees serve as advocates for long-term care residents. Promotes community involvement and cooperation with these homes to ensure quality care. Search for quarterly site visit reports on various facilities on the Orange County Department on Aging's website.
COUNTIES SERVED: Orange
Phone: 919-558-9401
www.orangecountync.gov/aging

Orange County Department of Social Services - Adult Care Home Specialist
Monitors and documents every adult care home's compliance with licensure requirements and residents' Bill of Rights. May work with ombudsmen to resolve issues and complaints. COUNTIES SERVED: Orange
Phone: 919-245-2878
Email: dssinfo@orangecountync.gov
www.orangecountync.gov/378/Social-Services

Triangle J Area Agency on Aging (TJAAA) - Ombudsmen
TJAAA Ombudsmen investigate complaints about the care of residents in long-term care facilities & serve as residents' advocates. They provide mediation & education in an effort to resolve grievances and increase understanding of long-term care residents' rights. Contact TJAAA to find your Regional Ombudsman if not listed below. COUNTIES SERVED: Chatham, Durham, Orange, Other
4307 Emperor Blvd., Ste. 110
Durham, NC 27703
Phone: 800-310-9777
www.tjaaa.org

Ombudsmen Phone Resources
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.
Chatham County Council on Aging

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

365 NC HWY 87 North
P.O. Box 715
Pittsboro, NC 27312
Phone: 919-542-4512

www.chathamcouncilonaging.org

North Carolina Agencies

Alamance County Department of Social Services

319 North Graham-Hopedale Rd., Ste. C
Burlington, NC 27217
Phone: 336-570-6532

www.alamance-nc.com/dss

Alamance Eldercare, Inc.

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

3019 South Church St.
Burlington, NC 27215
Phone: 336-538-8080

www.alamanceeldercares.org

All Good Things

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

880 Martin Luther King Jr. Drive
Chapel Hill, NC 27514
Phone: 984-244-0998

Email: allgoodthingsdurham@gmail.com
Cassiopeia’s Home Care Agency
We provide services to Seniors, Adolescents and Children. Services are provided within their homes or living facilities. We provide Companions, Sitters, PCA, HHA, CNA’s. We specialize in dementia and alzheimer care and palliative care and clients with mental and physical disabilities.
150 Preston Executive Dr, 201
Cary, NC 27513
Phone: 9194130437
Alt Phone: 9194130437
Email: cassiopeiashomecare@gmail.com
https://www.cassiopeiashomecareagency.com/

Center for Senior Life - Durham
Information on benefits, long-term care, housing and more. Services: an adult day health program, congregate meal program, promotion program, information & assistance program, transportation, support groups, and counseling on caregiving and health insurance.
406 Rigsbee Ave., Ste. 202
Durham, NC 27701
Phone: 919-688-8247
www.dscInc.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: 919-642-6988
www.chathamcountync.gov/socialservices

Durham County Department of Social Services
Provides information and assistance on food stamps, adult protective services, guardianship, home-centered care and group home monitoring. COUNTIES SERVED: Durham
414 East Main St.
Durham, NC 27701
Phone: 919-560-8000
Email: LLittle@DCONC.gov
www.dconc.gov
Durham County Department of Social Services
Provides information and assistance on food stamps, adult protective services, guardianship, home-centered care and group home monitoring. COUNTIES SERVED: Durham
414 East Main St.  
Durham, NC 27701  
Phone: 919-560-8000  
Email: LLittle@DCONC.gov  
www.dconc.gov

Durham County Social Services
The Housing Opportunities for Persons with AIDS (HOPWA) program is dedicated to the housing needs of people living with HIV/AIDS. HOPWA provides housing assistance and related supportive services for low-income persons living with HIV/AIDS and their families.
414 E Main St.  
Durham, NC 27702  
Phone: 919-560-7280  
Email: dssmcm@dconc.gov

Eldercare Locator
Connects you to local services and resources for older adults and their families.
Phone: 800-677-1116
www.eldercare.gov

National Council on Aging (NCOA)
Partners with non-profit organizations, government and businesses to provide innovative community programs and services, online help and advocacy.
www.ncoa.org

National Institute on Aging
Federal agency that provides leadership in aging research, research training, health information and other programs related to aging and older people.
www.nia.nih.gov
NC Services for the Blind
Rehabilitation and independent living services for persons with vision impairments.
COUNTIES SERVED: Durham, Orange
414 E. Main St. Room 244J
Durham, NC 27701
Phone: 919-560-8633
Alt Phone: 919-245-2646
Email: kim.tyler@dhhs.nc.gov
www.ncdhhs.gov/assistance/vision-loss/social-workers-blind

North Carolina Division of Aging and Adult Services
Information on community-based services, housing and long-term care arrangements in North Carolina.
2101 Mail Service Center
Raleigh, NC 27699
Phone: 919-855-3400
www.ncdhhs.gov/divisions/daas

Orange County Department of Social Services - Chapel Hill
Southern Human Services Center
2501 Homestead Rd.
Chapel Hill, NC 27516
Phone: 919-968-2000
Email: dssinfo@orangecountync.gov
www.orangecountync.gov/378/Social-Services

Orange County Department of Social Services - Hillsborough
Hillsborough Commons, 113 Mayo St.
Hillsborough, NC 27278
Phone: 919-245-2800
Email: dssinfo@orangecountync.gov
www.orangecountync.gov/378/Social-Services

Orange County Department on Aging - Services at Passmore Center
Resource information, consultation and referrals to aging services call 919-968-2070. For info. in Chinese, call 919-245-4275; for info. in Spanish, call 919-245-2010. Helplines are staffed Monday-Friday 9:00 am â€“ 4:00 pm. COUNTIES SERVED: Orange
103 Meadowlands Dr.
Hillsborough, NC 27278
Phone: 919-245-2015
Alt Phone: Aging Helpline: 919-968-2087
Email: agingtransitions@orangecountync.gov
www.orangecountync.gov/aging
Orange County Department on Aging - Services at Seymour Center

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

2551 Homestead Rd.
Chapel Hill, NC 27516
Phone: 919-968-2070
Alt Phone: Aging Helpline: 919-968-2087
Email: agingtransitions@orangecountync.gov
www.orangecountync.gov/aging

Triangle J Area Agency on Aging

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

Phone: 800-310-9777

www.tjaaa.org

Assisted Living / Adult Care Home Facilities

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

Chatham 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

Aging Family Solutions

Aging transition assistance.

1124 Scholastic Circle
Durham, NC 27713
Email: laura@AgingFamilySolutions.com
www.AgingFamilySolutions.com
Blakey Hall
Accepts special assistance. Has a separate dementia care unit.
501 North Manning Ave.
Elon, NC 27244
Phone: 336-506-2300
www.bhhamlet.com

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

Brookdale Lawndale Park
Assisted Living and Memory care
4400 Lawndale Dr.
Greensboro, NC 27455
Phone: 336-286-3432
www.brookdaleliving.com

Burlington Care Center
Accepts special assistance.
2201 Burch Bridge Rd.
Burlington, NC 27215
Phone: 336-222-1077

Cambridge Hills Assisted Living of Pittsboro
90 bed Assisted Living Community with a licensed memory care wing;
140 Brookstone Lane
Pittsboro, NC 27312
Phone: 919-545-9573

Coventry House of Siler City
Accepts special assistance.
260 Village Lake Rd.
Siler City, NC 27344
Phone: 919-742-4052
www.coventryassistedliving.com
Elon Village Homes
Accepts special assistance.
715 East Haggard Ave.
Elon, NC 27244
Phone: 336-584-7930

Golden Years Assisted Living
Accepts special assistance.
205 East Sixth St.
Burlington, NC 27215
Phone: 336-227-5854

Golden Years Assisted Living II
Accepts special assistance.
209-B East Sixth St.
Elon, NC 27215
Phone: 336-229-5165

Golden Years Family Care I
Accepts special assistance.
205-A East Sixth St.
Burlington, NC 27215
Phone: 336-227-5854

Golden Years Family Care II
Accepts special assistance.
207 East Sixth St.
Burlington, NC 27215
Phone: 336-229-0883

Homeplace of Burlington
118 Alamance Rd.
Burlington, NC 27215
Phone: 336-227-2328
www.homeplaceofburlington.com
**Lane Street Retirement Home**
Accepts special assistance.
625 Lane St.
Burlington, NC 27217
Phone: 336-229-9900

**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: grife@youroasisadvisdor.com
www.trianglearea.oasissenioradvisors.com

**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

Durham County
For information about specific facilities, contact the facilities directly; or the Durham County Department of Social Services at 919-560-8000; or your TJAAA Regional Ombudsman at 800-310-9777.
Aging Family Solutions
Aging transition assistance.
1124 Scholastic Circle
Durham, NC 27713

Email: laura@AgingFamilySolutions.com
www.AgingFamilySolutions.com

Atria Southpoint Walk
5705 Fayetteville Rd.
Durham, NC 27713
Phone: 919-401-0100
Email: lisa.ward@atriaseniorliving.com
www.atriaseniorliving.com

August Estates at Umstead Pines
August Estates provides comprehensive assisted living in a residential, family care home setting, offering 24 hour RN supervised care. AREA SERVED: Durham, Orange, Person, Wake, Statewide
2713 Green Lane Dr.
Durham, NC 27712
Phone: 919-249-8553
Alt Phone: 919-795-6612
Email: info@augustestates.com
http://www.augustestates.com

Brookdale Cary
Dementia care only. Private pay only.
7870 Chapel Hill Rd.
Cary, NC 27513-5428
Phone: 919-852-1355

www.brookdale.com

Brookdale Chapel Hill
Private pay. Accepts special assistance.
2220 Farmington Dr.
Chapel Hill, NC 27517
Phone: 919-933-1430

www.brookdale.com
Brookdale Chapel Hill Memory Care - Clare Bridge
Private pay. Accepts special assistance.
2230 Farmington Dr.
Chapel Hill, NC 27517
Phone: 919-929-5850
www.brookdale.com

Brookdale Durham
Has a separate dementia unit available.
4434 Ben Franklin Blvd.
Durham, NC 27704
Phone: 919-479-9966
www.brookdale.com

Camellia Gardens
Accepts special assistance.
5010 South Alston Ave.
Durham, NC 27713
Phone: 919-544-0257

Croasdaile Village Retirement Community
Croasdaile Village is a Life Plan Community with Independent Living Cottages, apartments & continuing care: Home Care, Assisted Living, and Nursing Care. Amenities include Fitness Center, Swimming Pool, Library, Game Room and Gardens, Trails and a Lake. AREA SERVED: Chatham, Durham, Orange, Nationwide
2600 Croasdaile Farm Parkway
Durham, NC 27705
Phone: 919-384-2475
Alt Phone: 919-384-2000
www.croasdailevillage.com

Durham Ridge Assisted Living Memory Care
Large, spacious secure building to enhance the comfort of our residents. Limited to memory care. Accepts special assistance. COUNTIES SERVED: Durham
3420 Wake Forest Highway
Durham, NC 27703
Phone: 919-596-9464
www.durhamridgeassistedliving.com
Eden Spring Living Center
Accepts special assistance.
3812 Booker St.
Durham, NC 27713
Phone: 919-237-3506

Eno Pointe Assisted Living
Accepts special assistance.
5600 North Roxboro Rd.
Durham, NC 27712
Phone: 919-471-6306
www.enopointe.com

Hillcrest Convalescent Center
Focus: Short-term, post-acute Medicare after hospital, and long-term Private pay (Skilled Nursing and Assisted Living). Medicaid on a very limited availability (8 beds stay full).
1417 West Pettigrew St.
Durham, NC 27705
Phone: 919-286-7705
www.hillcrestnc.com/

Oasis Senior Advisors
Senior living placement service. We assist families, free of charge, in finding the best living options for those in need of Assisted Living, Memory Care or Independent Care. COUNTIES SERVED: Chatham, Durham, Orange, Wake
4501 Sandbridge Ct.
Raleigh, NC 27612
Phone: 919-830-2215
Email: grife@youroasisadvisor.com
www.trianglearea.oasissenioradvisors.com

Rockbridge Senior Care Home
Clean, comfortable family care home that provides personalized, quality, and compassionate care to anyone over 65 yrs of age. Assistance provided with all activities of daily living including medication administration by 24-hour kind caregivers. This is a place for your love one to thrive.
2713 Green Lane Dr.
Durham, NC 27712
Phone: 9197956612
Alt Phone: 9195003556
Email: nb@rockbridge4seniors.com
Rockbridge4seniors.com
Seasons at Southpoint
Dementia care only.
1002 HWY 54 East
Durham, NC 27713
Phone: 919-484-8518
www.seasonsatsouthpoint.com

Spring Arbor of Durham
Accepts special assistance.
4523 Hope Valley Rd.
Durham, NC 27707
Phone: 919-766-9938
www.springarborliving.com

Federal Agencies

Bayada Home Health Care Raleigh Visits
Provides adults and seniors with short-term nursing, rehabilitative, therapeutic, and assistive home health care services. This care is provided by registered nurses, physical therapists, occupational therapists, speech language pathologists, home health aides and medical social workers. COUNTIES SERVED: Durham County, Orange County, Person County, Wake County, Other
4011 Westchase Blvd., Ste. 290
Raleigh, NC 27607
Phone: 919-785-9090
www.bayada.com

Cassiopeia’s Home Care Agency
We provide services to Seniors, Adolescents and Children. Services are provided within their homes or living facilities. We provide Companions, Sitters, PCA, HHA, CNA’s. We specialize in dementia and alzheimer care and palliative care and clients with mental and physical disabilities.
150 Preston Executive Dr, 201
Cary, NC 27513
Phone: 9194130437
Alt Phone: 9194130437
Email: cassiopeiahomecare@gmail.com
https://www.cassiopeiahomecareagency.com/

Orange County
For information about specific facilities, contact the facilities directly; or the Orange County Department of Social Services at 919-245-2800; or your TJAAA Regional Ombudsman at 800-310-9777.
Aging Family Solutions
Aging transition assistance.
1124 Scholastic Circle
Durham, NC 27713
Email: laura@AgingFamilySolutions.com
www.AgingFamilySolutions.com

All About Seniors, Inc.
Offers no-cost services to families while providing valuable in-home care and retirement community resources. We tour facilities with families and guide them to quality housing and care. We also help senior homeowners save money when selling their homes to help pay for senior living.
265 Longwood Drive
Youngsville, NC 27596
Phone: (919) 830-6478
Alt Phone: (919) 444-5319
Email: Davis@AllAboutSeniorsNC.com
http://www.allaboutseniorsnc.com/

Assisted Living / Adult Care Homes
Provides private or semi-private rooms and services such as three meals a day, assistance with personal care, medications, activities and transportation. Contact the facilities directly; or contact your county Department of Social Services; or TJAAA Regional Ombudsman about specific facilities at 800-310-9777.

Brookdale Meadowmont
Has a dementia unit on a separate floor.
1911 Lanark Rd.
Chapel Hill, NC 27517
Phone: 919-918-7600
www.brookdaleliving.com

Carillon Assisted Living of Hillsborough
Separate dementia unit available.
1911 Orange Grove Rd.
Hillsborough, NC 27278
Phone: 919-732-9040
www.carillonassistedliving.com
Caring.com / Caring LLC
Caring.com is a leading senior living referral service and a top site for senior care reviews. Caring helps seniors and their families research and connect to the most appropriate services and support for their specific situations, including senior living communities and in-home care agencies.

127 Scaleybark Road
Charlotte, United States 28209
Phone: 6507628190
Email: community@caring.com
https://www.caring.com/caregiving-resources

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

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

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: grife@youroasisadvisdor.com
www.trianglearea.oasissenioradvisors.com
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

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

Phone: Committee Questions: 919-558-9401
www.orangecountync.gov/aging

TerraBella Hillsborough - Assisted Living & Memory Care
Assisted Living & Personalized Memory Care - 3 meals a day & snacks, housekeeping, laundry services, transportation, social events & activities, and so much more.
1911 Orange Grove Road
Hillsborough, NC 27278
Phone: 919-732-9040
Email: kkleinbrahm@terrabellahillsborough.com
https://www.terrabellaseniorliving.com/terrabella-hillsborough/

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

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

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. Families have trusted our resources, experience & solutions since 1999. We offer expertise across eight professional knowledge areas to lead families to the actions & decisions that ensure quality care & optimal life for those they love. #AgeWithSuccess
P.O. Box 2478
Southern Pines, NC 28388
Phone: 855-590-7673
Alt Phone: 910-692-0683
Email: info@AOSNC.com
www.AOSNC.com

Angel Advocacy, LLC
Nurse Advocate and Care Manager, caring for your health and wishes. Multiple services are offered. Visit www.angeladvocacy.com for a list of most of our services, including a financial assistance program designed to help those who need the services but can't afford an hourly rate. AREA SERVED: All
715 Greentree Dr
Hillsborough, NC 27278
Phone: 919-519-1850
Email: angeladvoocacy4u.gmail.com
www.angeladvocacy.com

Dignified Living
As a Certified Geriatric Care Manager, I am a advocate in all aspects of aging well. Together we can create a plan to meet your individual needs from referrals to resources, placement or just another set of eyes and ears at a doctors appointment. COUNTIES SERVED: Chatham, Durham, Orange
106 St. Thomas Dr.
Chapel Hill, NC 27517
Phone: 919-428-3698
Email: ellen@dignifiedlivingnc.com
www.dignifiedlivingnc.com

Everybody Needs a Nurse - Patient Advocates
Our expert RNs support seniors and their families as they deal with challenging medical situations. We make home visits, go to doctor appointments and manage medications. COUNTIES SERVED: Chatham, Durham, Orange, Wake
81110 Alexander
Chapel Hill, NC 27517
Phone: 919-606-1819
Email: YourNurse@EverybodyNeedsANurse.com
www.EverybodyNeedsANurse.com
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

Piedmont Health SeniorCare (PACE)
All-inclusive care program for the elderly that provides comprehensive long-term health, social, medical, dietary care and special transportation needs for eligible seniors. COUNTIES SERVED: Alamance, Caswell, Chatham, Lee, Orange
163 Chatham Business Dr.
Pittsboro, NC 27312
Phone: 919-545-7337
Alt Phone: 877-714-2100
www.piedmonthealthseniorcare.org

Piedmont Health SeniorCare (PACE)
All-inclusive care program for the elderly that provides comprehensive long-term health, social, medical, dietary care and special transportation needs for eligible seniors. COUNTIES SERVED: Alamance, Caswell, Chatham, Lee, Orange
1214 Vaughn Rd.
Burlington, NC 27217
Phone: 336-532-0000
Alt Phone: 877-714-2100
www.piedmonthealthseniorcare.org

Senior Transitions of North Carolina, PLLC
Helping Seniors and their Families navigate the maze of senior care. Our professional staff are RN's and others trained in Aging. We help determine your needs, provide ongoing care management and are on-call 24/7. COUNTIES SERVED: Chatham, Durham, Orange and Wake
1289 North Fordham Blvd., # 353
Chapel Hill, NC 27514
Phone: 919-240-7476
Email: caringforseniors@aol.com
www.seniortransitionsnc.com

Caregiver Respite
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

Always Best Care Senior Services
We specialize in providing personalized, non-medical care for seniors who wish to remain in the comfort of their own homes. Large team of Certified Nursing Assistants & Trained Caregivers. We quickly arrange a schedule that works for you - hourly, overnight, or live-in.
1709 Legion Road
Suite 105
Chapel Hill, NC 27703
Phone: 336-270-4352
Email: sloy@abc-seniors.com
https://www.alwaysbestcare.com/nc/chapel-hill/

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

Atlantic Home Staffing
Atlantic Home Staffing provides non-medical home care services to include bathing, dressing, light housekeeping, light meal prep, medication reminders and companion care. COUNTIES SERVED: Chatham, Durham, Orange, Wake.
141 Technology Dr.
Garner, NC 27529
Phone: 919-639-8223
Email: ahg.aeason@gmail.com
www.atlantichomestaffing.com
Caregiver Concierge
Caregiver Concierge Caregiver and Companion Services Hospice, Overnights, Travel and more! Individualized Care-Fully Insured. Excellent references and a loving heart. COUNTIES SERVED: Chatham, Durham, Orange, Wake
413 Shakespeare Dr.
Morrisville, NC 27560
Phone: 973-945-4972
Email: eileencaregiverconcierge@yahoo.com

CareYaya
CareYaya is an online care booking service that connects families in need of affordable, quality home-based care for their loved ones with experienced pre-health college students in the community.
600 Park Offices Dr Suite 300
Durham, NC 27709
Phone: 919-346-4821
Email: support@careyaya.org
www.careyaya.org

Chatham County Council on Aging
In-home Aide, Meals on Wheels, senior center and medical transportation, exercise, wellness program, senior centers, day trips, assistive device loans, minor home repair, emergency meals. COUNTY SERVED: Chatham
365 NC HWY 87 North
P.O. Box 715
Pittsboro, NC 27312
Phone: 919-542-4512
www.chathamcouncilonaging.org

Dignified Living
As a Certified Geriatric Care Manager, I am a advocate in all aspects of aging well. Together we can create a plan to meet your individual needs from referrals to resources, placement or just another set of eyes and ears at a doctors appointment. COUNTIES SERVED: Chatham, Durham, Orange
106 St. Thomas Dr.
Chapel Hill, NC 27517
Phone: 919-428-3698
Email: ellen@dignifiedlivingnc.com
www.dignifiedlivingnc.com
**East Carolina Home Care**

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

6015 Fayetteville Rd. Suite 213
Durham, NC 27713
Phone: 9194627003
Alt Phone: 9196017810
Email: tae@eastcarolinahomecare.com
www.eastcarolinahomecare.com

**G & J's Helping Hands**

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

605 West Main St.
Carrboro, NC 27510
Phone: 919‐923‐1694
Email: jpitts@gjhelpinghands.com
www.gjhelpinghands.com

**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: grife@youroasisadvisor.com
www.trianglearea.oassiseniorsadvisors.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

Visiting Angels of Central North Carolina
Our comprehensive home care customized for seniors based on their individual needs and preferences. Dedicated and reliable caregivers help older adults live happily and safely in the comforts of home while providing their families with peace of mind. If you have a loved one who needs personalized in-home care, contact us today to schedule a free consultation, call/text or email us at 919-968-3724. COUNTIES SERVED: Alamance, Chatham, Durham, Orange, Person.
104 Jones Ferry Rd., Ste. A
Carrboro, NC 27510
Phone: 919-968-3724
Alt Phone: 919-321-2136
Email: Chapelhilladmin@visitingangels.com
www.visitingangels.com/chapelhill/home/

Caregiving Resources
See also: AGING AGENCIES, CARE MANAGEMENT, CAREGIVER RESPITE, DEMENTIA, SUPPORT GROUPS and WEBSITESEach County Department or Council on Aging provides individualized information, education and support to family caregivers. Most agencies have support groups onsite and can refer to other disease-specific support groups in the Triangle. Phone consultations, office appointments and, in some cases, home assessments may be available. Long-distance family caregivers can consult the aging offices where they or their family member resides.

Local Specialty Clinics & Programs

Angel Advocacy, LLC
Nurse Advocate and Care Manager, caring for your health and wishes. Multiple services are offered. Visit www.angeladvocacy.com for a list of most of our services, including a financial assistance program designed to help those who need the services but can't afford an hourly rate. AREA SERVED: All
715 Greentree Dr
Hillsborough, NC 27278
Phone: 919-519-1850
Email: angeladvocacy4u@gmail.com
www.angeladvocacy.com
<table>
<thead>
<tr>
<th>Service Description</th>
<th>Address</th>
<th>Phone Numbers</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Duke Geriatric Evaluation and Treatment Clinic</strong></td>
<td></td>
<td>Phone: 919-620-4070</td>
</tr>
<tr>
<td></td>
<td></td>
<td>centerforaging.duke.edu/services/59</td>
</tr>
<tr>
<td><strong>Duke Neurological Disorders Clinic at Morreene Road</strong></td>
<td>932 Morreene Rd.</td>
<td>Phone: 919-668-7600</td>
</tr>
<tr>
<td></td>
<td>Durham, NC 27705</td>
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<tr>
<td></td>
<td><a href="http://www.dukemedicine.org">www.dukemedicine.org</a></td>
<td></td>
</tr>
<tr>
<td><strong>Orange County Department on Aging - Clinic for Community Living</strong></td>
<td></td>
<td>Phone: Aging Helpline: 919-968-2087</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Email: <a href="mailto:agingtransitions@orangecountync.gov">agingtransitions@orangecountync.gov</a></td>
</tr>
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<td></td>
<td></td>
<td><a href="http://www.orangecountync.gov/aging">www.orangecountync.gov/aging</a></td>
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<tr>
<td><strong>Project CARE</strong></td>
<td></td>
<td>Phone: 919-660-7510</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Email: <a href="mailto:DDFSP@duke.edu">DDFSP@duke.edu</a></td>
</tr>
<tr>
<td><strong>Silver Linings for Seniors</strong></td>
<td>1250 SE Maynard Rd.</td>
<td>Phone: 919-757-6498</td>
</tr>
<tr>
<td></td>
<td>Cary, NC 27511</td>
<td>Alt Phone: 919-300-7943</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Email: <a href="mailto:rachel@silverliningsnc.com">rachel@silverliningsnc.com</a></td>
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<tr>
<td></td>
<td></td>
<td><a href="http://www.SilverLiningsNC.com">www.SilverLiningsNC.com</a></td>
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</table>
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 About Seniors, Inc.
Offers no-cost services to families while providing valuable in-home care and retirement community resources. We tour facilities with families and guide them to quality housing and care. We also help senior homeowners save money when selling their homes to help pay for senior living.
265 Longwood Drive
Youngsville, NC 27596
Phone: (919) 830-6478
Alt Phone: (919) 444-5319
Email: Davis@AllAboutSeniorsNC.com
http://www.allaboutseniorsnc.com/
All Good Things
A nonprofit organizational representative payee program providing money management for low-income elderly and disabled community members. We work to keep our clients safely housed and financially secure while managing their Social Security benefits.
880 Martin Luther King Jr. Drive
Chapel Hill, NC 27514
Phone: 984-244-0998
Email: allgoodthingsdurham@gmail.com

CareYaya
CareYaya is an online care booking service that connects families in need of affordable, quality home-based care for their loved ones with experienced pre-health college students in the community.
600 Park Offices Dr Suite 300
Durham, NC 27709
Phone: 919-346-4821
Email: support@careyaya.org
www.careyaya.org

Caring.com / Caring LLC
Caring.com is a leading senior living referral service and a top site for senior care reviews. Caring helps seniors and their families research and connect to the most appropriate services and support for their specific situations, including senior living communities and in-home care agencies.
127 Scaleybark Road
Charlotte, United States 28209
Phone: 6507628190
Email: community@caring.com
https://www.caring.com/caregiving-resources

Carolina Curbside Laundry
Offers a FREE pick up and 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
carinacurbsidelaundry.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 a advocate in all aspects of aging well. Together we can create a plan to meet your individual needs from referrals to resources, placement or just another set of eyes and ears at a doctors appointment. COUNTIES SERVED: Chatham, Durham, Orange
106 St. Thomas Dr.
Chapel Hill, NC 27517
Phone: 919-428-3698
Email: ellen@dignifiedlivingnc.com
www.dignifiedlivingnc.com

Eastern Chatham Senior Center
365 HWY 87 North
Pittsboro, NC 27312
Phone: 919-542-4512
www.chathamcouncilonaging.org

Guiding Lights Caregiver Support Center
Assists families and professional caregivers with accessing relevant, timely and comprehensive support information, training, care plan development and vetted caregiver referral.
3727 National Drive, Suite 204
Raleigh, NC 27612
Phone: 919-371-2062
www.guidinglightsnc.org

Heart 2 Home Senior Services, LLC
Heart 2 Home Senior Services offers non-medical in home care services including: Respite Services; Medication Reminders; Light Housekeeping and Meal Prep; Transportation; Shopping, etc.
3511 Shannon Rd, Ste. 300
Durham, NC 27707
Phone: 919-932-0549
Email: staciej529@gmail.com
heart2homeseniorservices.com
<table>
<thead>
<tr>
<th>Company</th>
<th>Address</th>
<th>Phone Numbers</th>
<th>Email</th>
<th>Website</th>
</tr>
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<tbody>
<tr>
<td>Holly Menard - End of Life Doula</td>
<td>1106 Village Crossing Dr. Chapel Hill, NC 27517</td>
<td>Phone: 919-606-3332</td>
<td>Email: <a href="mailto:1doulaholly@gmail.com">1doulaholly@gmail.com</a> hollyeoldoula.com</td>
<td></td>
</tr>
<tr>
<td>MobileHelp</td>
<td>5050 Conference Way N, Suite 125, 19 Boca Raton, United States 33431</td>
<td>Phone: 800-992-0616</td>
<td>Email: <a href="mailto:sales@mobilehelp.com">sales@mobilehelp.com</a> <a href="http://www.mobilehelp.com">www.mobilehelp.com</a></td>
<td></td>
</tr>
<tr>
<td>Neat Freak Professional Organizing, LLC</td>
<td>PO Box 351 Carrboro, NC 27510</td>
<td>Phone: 919-824-8196</td>
<td>Email: <a href="mailto:perri@neat-freak.com">perri@neat-freak.com</a> <a href="https://neat-freak.com/">https://neat-freak.com/</a></td>
<td></td>
</tr>
<tr>
<td>Senior Helpers</td>
<td>5007 Southpark Dr., Ste. 200-H Durham, NC 27713</td>
<td>Phone: 919-544-6848 Alt Phone: 919-410-3149</td>
<td>Email: <a href="mailto:lolson@seniorhelpers.com">lolson@seniorhelpers.com</a> <a href="http://www.seniorhelpers.com/durham">www.seniorhelpers.com/durham</a></td>
<td></td>
</tr>
</tbody>
</table>
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

Stronger Pathways
My practice provides person-centered therapeutic care for those with neurodegenerative diseases, such as dementia, and brain injuries that impact one’s cognition, communication, and swallowing abilities. Services include ongoing cognitive wellness sessions and caregiver supports.
Durham, NC 27705
Phone: 240-863-1327
Email: daria@strongerpathways.com
www.strongerpathways.com

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

www.GuidingLightsNC.org

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 LLC
Caring.com is a leading senior living referral service and a top site for senior care reviews. Caring helps seniors and their families research and connect to the most appropriate services and support for their specific situations, including senior living communities and in-home care agencies.
127 Scaleybark Road
Charlotte, United States 28209
Phone: 6507628190
Email: community@caring.com
https://www.caring.com/caregiving-resources

Center for Senior Life - Durham
406 Rigsbee Ave
Durham, NC 27701
Phone: 919-699-8247

www.dcslncc.org

Duke Family Support Program - Memory Disorders
Phone: 800-646-2028

Eldercare Locator
Phone: 800-677-1116

James J. Love, PT,DPT and Real Estate Agent
Real Estate Agent with a twenty year career of being a practicing Physical Therapist working with seniors. Realtor to assist seniors and family members decide if aging in place or transitioning from their home to an assisted facility is best. Guidance and support with great compassion.
7501 Creedmoor Rd
Suite 102
Raleigh, NC 27613
Phone: (919) 434-8658
Email: James.Love@hunterrowe.com
www.HUNTERROWE.COM/JAMESJLOVE
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: 919-245-4275 - Mandarin Chinese

Email: hzhou@orangecountync.gov
www.orangecountync.gov/185/Chinese-Resources
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: 919-245-4275 - Mandarin Chinese
Email: hzhou@orangecountync.gov
www.orangecountync.gov/185/Chinese-Resources

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: 919-245-4275 - Mandarin Chinese
Email: hzhou@orangecountync.gov
www.orangecountync.gov/185/Chinese-Resources

Community Centers

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

Carrboro Century Center
100 North Greensboro St.
Carrboro, NC 27510
Phone: 919-918-7385
Email: RecParks@townofcarrboro.org
www.townofcarrboro.org/290/Century-Center

Cedar Grove Community Center
The Cedar Grove Community Center offer services to youth, students, and Senior Citizens in collaboration with partner organizations. Education, healthy living, exercise and tutoring continue to be a need in the community.
5800 NC HWY 86N
Hillsborough, NC 27278
Phone: 919-245-2640
Email: www.cgna4u.org
www.orangecountync.gov/Facilities/Facility/Details/Cedar-Grove-Community-Center-1
**Central Recreation Center**
Orange County Recreation offers a variety of affordable athletic and recreation programs. Athletic programs include basketball, soccer and girls volleyball. Recreation classes include dance, chef, creative arts, martial arts, piano lessons.
302 West Tryon St.
Hillsborough, NC 27278
Phone: 919-245-2660

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

**Chapel Hill Community Center**
The Chapel Hill Community Center an indoor pool, indoor and outdoor basketball courts, indoor climbing wall, bocce ball courts, hiking trails, rose garden and playground.
120 South Estes Dr.
Chapel Hill, NC 27514
Phone: 919-968-2790

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

**Community Clay Studio**
Explore ceramic art at The Community Clay Studio! Our instructors will foster your self-expression and inspire your artistic sensibilities as you work with a variety of techniques in both our handbuilding and wheelthrowing classes! Come create with us!
200 Plant Road
Chapel Hill, NC 27514
Phone: 919-968-2793

http://www.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
<table>
<thead>
<tr>
<th><strong>Hargraves Community Center</strong></th>
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<tbody>
<tr>
<td>216 North Roberson St.</td>
<td></td>
</tr>
<tr>
<td>Chapel Hill, NC 27516</td>
<td></td>
</tr>
<tr>
<td>Phone: 919-968-2794</td>
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**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)

<table>
<thead>
<tr>
<th><strong>Rogers Road Community Center</strong></th>
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<tbody>
<tr>
<td>101 Edgar Dr.</td>
<td></td>
</tr>
<tr>
<td>Chapel Hill, NC 27516</td>
<td></td>
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<tr>
<td>Phone: 919-918-2822</td>
<td></td>
</tr>
<tr>
<td><a href="http://www.renacommunitycenter.com">www.renacommunitycenter.com</a></td>
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**Community Health Centers**

See also: DENTAL CARE and HEALTH INSURANCE INFORMATION

<table>
<thead>
<tr>
<th><strong>Durham County Social Services</strong></th>
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<tbody>
<tr>
<td>The Housing Opportunities for Persons with AIDS (HOPWA) program is dedicated to the housing needs of people living with HIV/AIDS. HOPWA provides housing assistance and related supportive services for low-income persons living with HIV/AIDS and their families.</td>
<td></td>
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<tr>
<td>414 E Main St.</td>
<td></td>
</tr>
<tr>
<td>Durham, NC 27702</td>
<td></td>
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<tr>
<td>Phone: 919-560-7280</td>
<td></td>
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<tr>
<td>Email: <a href="mailto:dssmcm@dconc.gov">dssmcm@dconc.gov</a></td>
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<tr>
<th><strong>Lincoln Community Health Center, Inc.</strong></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>
<td></td>
</tr>
<tr>
<td>1301 Fayetteville St.</td>
<td></td>
</tr>
<tr>
<td>Durham, NC 27707</td>
<td></td>
</tr>
<tr>
<td>Phone: 919-956-4000</td>
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<tr>
<td><a href="http://www.lincolnchc.org">www.lincolnchc.org</a></td>
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</table>
### Piedmont Health Centers

Piedmont Health 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.

<table>
<thead>
<tr>
<th>Center Name</th>
<th>Address</th>
<th>Phone</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Piedmont Health - Carrboro Community Health Center</td>
<td>301 Lloyd St. Carrboro, NC 27510</td>
<td>929-942-8741</td>
<td><a href="http://www.piedmonthealth.org">www.piedmonthealth.org</a></td>
</tr>
<tr>
<td>Piedmont Health - Chapel Hill Community Health Center</td>
<td>1828 Martin Luther King Jr. Blvd. Chapel Hill, NC 27514</td>
<td>919-951-7600</td>
<td><a href="http://www.piedmonthealth.org">www.piedmonthealth.org</a></td>
</tr>
</tbody>
</table>
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.
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

TerraBella Hillsborough - Assisted Living & Memory Care
Assisted Living & Personalized Memory Care - 3 meals a day & snacks, housekeeping, laundry services, transportation, social events & activities, and so much more.
1911 Orange Grove Road
Hillsborough, NC 27278
Phone: 919-732-9040
Email: kkleinbrahm@terrabellahillsborough.com
https://www.terrabellaseniorliving.com/terrabella-hillsborough/

The Cedars
100 Cedar Club Cir.
Chapel Hill, NC 27517
Phone: 919-259-7000
www.cedarsofchapelhill.com
The Village at Brookwood
1860 Brookwood Ave.
Burlington, NC 27215
Phone: 336-570-8440
www.villageatbrookwood.org

Decluttering & Downsizing

Active At Home Senior Services
Our goal is to enrich the lives of older adults in our community through a variety of services designed to promote optimal physical & mental health, wellness, and aging in place. Whether it's companion care, therapy, home modification or transportation; come experience the Active At Home DIFFERENCE!
4711 Hope Valley Rd Suite 4F-417
Durham, NC 27707
Phone: 984-837-0991
Email: brian@aahss.com
www.aahss.com

Caring Transitions of Chapel Hill dba Refined Spac
We have a solution for all your relocation needs including, decluttering, cleanouts, space planning, relocations, downsizing, packing, sorting, estate sales, online auctions, donations, resource referrals, help with selling your home, etc.
19 Glenmore Dr
Durham, NC 27707
Phone: 919-627-3303
Email: lschuster@caringtransitions.com

Chapel Hill Concierge
Chapel Hill Concierge offers virtual and in person, personal and professional assistance, including organizing papers and offices, and de-cluttering and downsizing. Resume, references and letters of recommendation are available. Special rates for seniors. Virtual assistance nationwide. COUNTIES SERVED: Chatham Durham, Orange, Wake. AREA SERVED (virtual assistance): Nationwide
PO Box 3366
Chapel Hill, NC 27515
Phone: 919-309-7878
Alt Phone: 919-616-5588 - Text
Email: sharonryan@aol.com
www.chapelhillconcierge.pro
James J. Love, PT,DPT and Real Estate Agent
Real Estate Agent with a twenty year career of being a practicing Physical Therapist working with seniors. Realtor to assist seniors and family members decide if aging in place or transitioning from their home to an assisted facility is best. Guidance and support with great compassion.

7501 Creedmoor Rd
Suite 102
Raleigh, NC 27613
Phone: (919) 434-8658
Email: James.Love@hunterrowe.com
www.HUNTERROWE.COM/JAMESJLOVE

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

1120 Route 73, Ste. 200
Mount Laurel, NJ 08054
Phone: 856-380-6828
Email: napo@napo.net
www.napo.net

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

PO Box 351
Carrboro, NC 27510
Phone: 919-824-8196
Email: perri@neat-freak.com
https://neat-freak.com/

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

organizeanddownsize.com
Professional Relocation Options

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

1301 Blackwood Mountain Rd.
Chapel Hill, NC 27516
Phone: 919-929-1555
Alt Phone: 919-200-8295
Email: leeglenn@bellsouth.net
www.prorelocation.net/

Professional Relocation Options/Truckin' for Seniors

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

1031 Harvest Street
Durham, NC 27704
Phone: 919-682-2300
Alt Phone: 919-200-8295
Email: tracy@truckinmovers.com
www.truckinmovers.com/pro

The Downsizers

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

119 Morgan Bend Ct.
Chapel Hill, NC 27517
Phone: 919-636-7800
Email: info@thedownsizers.com
www.thedownsizers.com

WayForth, LLC

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

1859 Lindbergh St., Ste 100
Charlotte, NC 28208
Phone: 704-795-2256
Alt Phone: 919-244-9087
Email: china_rosa@wayforth.com
https://www.wayforth.com
Dementia / Alzheimer's Disease

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

Diagnostic and Treatment Clinics for Memory Disorders

Duke Neurological Disorders Clinic at Morreene Road
Specializes in memory and movement disorders like Alzheimer's, Parkinson's and Huntington's diseases. Do not need a physician's referral.
932 Morreene Rd.
Durham, NC 27705
Phone: 919-668-7600
www.dukemedicine.org

UNC Center for Rehabilitation Care (CRC)
Helps improve function through speech, language and cognitive evaluations and treatment; swallowing assessments and treatment; and neuromuscular electrical stimulation. AREA SERVED: All
1807 North Fordham Blvd.
Chapel Hill, NC 27514
Phone: 984-974-9700
www.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

Eyes on Seniors
We provide PEACE OF MIND! Eyes on Seniors provides affordable, in-home visual elder check services in the greater Triangle area, including Carrboro, Chapel Hill, Cary, and Apex NO MINIMUM time in the home. Transportation to and from Dr office visits, outpatient procedures.
3819 Cary Glen Blvd
Cary, NC 27519
Phone: 252-531-3810
Email: eyesonseniors@yahoo.com
Holly Menard - End of Life Doula
Holistic, non-medical emotional and practical support for the dying person, primary caregiver and family at any point from the time of diagnosis, up until end of life and into bereavement.
1106 Village Crossing Dr.
Chapel Hill, NC 27517
Phone: 919-606-3332
Email: 1doulaholly@gmail.com
hollyeoldoula.com

Homewatch Caregivers of the Triangle
Homewatch caregivers is a family owned and operated business providing in-home personal care and companionship services to residence of Chatham, Durham, Orange and Wake counties.
101 Cosgrove Ave., Ste. 120
Chapel Hill, NC 27514
Phone: 919-960-6038
Alt Phone: 919-960-8142 - After hours
Email: anzor@hwcg.com
www.homewatchcaregivers.com

Rockbridge Senior Care Home
Clean, comfortable family care home that provides personalized, quality, and compassionate care to anyone over 65 yrs of age. Assistance provided with all activities of daily living including medication administration by 24hour kind caregivers. This is a place for your love one to thrive.
2713 Green Lane Dr.
Durham, NC 27712
Phone: 9197956612
Alt Phone: 9195003556
Email: nb@rockbridge4seniors.com
Rockbridge4seniors.com

Stronger Pathways
My practice provides person-centered therapeutic care for those with neurodegenerative diseases, such as dementia, and brain injuries that impact one's cognition, communication, and swallowing abilities. Services include ongoing cognitive wellness sessions and caregiver supports.
Durham, NC 27705
Phone: 240-863-1327
Email: daria@strongerpathways.com
www.strongerpathways.com

Specialty Care Units Alzheimer’s
### Aging Family Solutions
Aging transition assistance.
1124 Scholastic Circle
Durham, NC 27713

Email: laura@AgingFamilySolutions.com
www.AgingFamilySolutions.com

### Always Best Care Senior Services
We specialize in providing personalized, non-medical care for seniors who wish to remain in the comfort of their own homes. Large team of Certified Nursing Assistants & Trained Caregivers. We quickly arrange a schedule that works for you - hourly, overnight, or live-in.
1709 Legion Road
Suite 105
Chapel Hill, NC 27703
Phone: 336-270-4352
Email: sloy@abc-seniors.com
https://www.alwaysbestcare.com/nc/chapel-hill/

### Alzheimer's Association Eastern North Carolina Chapter
This Chapter provides programs and support services, information, referral, education and advocacy to 51 counties of Eastern North Carolina. Provides a National 24/7 Helpline at 800.272.3900. COUNTIES SERVED: Chatham, Durham, Orange, Person, Wake, Other
5171 Glenwood Ave., Ste. 101
Raleigh, NC 27612
Phone: 919-803-8285
Alt Phone: 800-272-3900
Email: encinfo@alz.org
www.alz.org

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

Phone: 800-228-8738
Alt Phone: 919-832-3732 - Office
Email: info@alznc.org
www.alznc.org
Caring.com / Caring LLC
Caring.com is a leading senior living referral service and a top site for senior care reviews. Caring helps seniors and their families research and connect to the most appropriate services and support for their specific situations, including senior living communities and in-home care agencies.

127 Scaleybark Road
Charlotte, United States 28209
Phone: 6507628190
Email: community@caring.com
https://www.caring.com/caregiving-resources

Duke 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

1214 Vaughn Rd.
Burlington, NC 27217
Phone: 336-532-0000
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

163 Chatham Business Dr.
Pittsboro, NC 27312
Phone: 919-545-7337
Alt Phone: 877-714-2100
www.piedmonthealthseniorcare.org

### Project CARE

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

Phone: 919-660-7510
Email: DDFSP@duke.edu

### Senior Helpers

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

5007 Southpark Dr., Ste. 200-H
Durham, NC 27713
Phone: 919-544-6848
Alt Phone: 919-410-3149
Email: lolson@seniorhelpers.com
www.seniorhelpers.com/durham

### Southeastern Wake Adult Day Center

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

3401 Carl Sandburg Ct.
Raleigh, NC 27610
Phone: 919-987-2798
Alt Phone: 919-212-8580
Email: jharper@sehcnc.com
www.SEWake.com
TerraBella Hillsborough - Assisted Living & Memory Care
Assisted Living & Personalized Memory Care - 3 meals a day & snacks, housekeeping, laundry services, transportation, social events & activities, and so much more.
1911 Orange Grove Road
Hillsboroug, NC 27278
Phone: 919-732-9040
Email: kkleinbrahm@terrabellahillsborough.com
https://www.terrabellaseniorliving.com/terrabella‐hillsborough/

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

Homeplace of Burlington
118 Alamance Rd.
Burlington, NC 27215
Phone: 336-227-2328
www.homeplaceofburlington.com

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

Rockbridge Senior Care Home
Clean, comfortable family care home that provides personalized, quality, and compassionate care to anyone over 65 yrs of age. Assistance provided with all activities of daily living including medication administration by 24hour kind caregivers. This is a place for your love one to thrive.
2713 Green Lane Dr.
Durham, NC 27712
Phone: 9197956612
Alt Phone: 9195003556
Email: nb@rockbridge4seniors.com
Rockbridge4seniors.com
Dental SHAC (Student Health Action Coalition) Clinic
A free, student-run clinic for screenings, cleanings, fillings, extractions and limited endo. Patients admitted by lottery only. To become part of the lottery, please register at www.tinyurl.com/dentalshac. There is not a certain timeframe/wait time for when you will be called.

UNC Adams School of Dentistry 385 S. Columbia Street
Chapel Hill, NC 27599
Email: shac_dentalclinic@dentistry.unc.edu
www.med.unc.edu/shac/clinics/dental/dental-clinic

Durham VA Medical Center
Veterans only. Call for eligibility criteria.
508 Fulton St.
Durham, NC 27705
Phone: 919-286-0411 ext: 6993
www.va.gov

Orange County Health Department
300 West Tryon St.
Hillsborough, NC 27278
Phone: 919-245-2400
www.orangecountync.gov/204/Health-Department

Orange County Health Department Dental Clinic
Our dental clinic is open Monday - Thursday and Friday half-days (call for hours). Services include dental exams, cleanings, fillings and extractions. Accepts Medicaid and most private insurance plans that cover dental services. 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
Disabilities - Cognitive

See also: CARE MANAGEMENT, CAREGIVING RESOURCES, DEMENTIA, SHERIFF DEPARTMENT and SUPPORT GROUPS
**Stronger Pathways**
My practice provides person-centered therapeutic care for those with neurodegenerative diseases, such as dementia, and brain injuries that impact one's cognition, communication, and swallowing abilities. Services include ongoing cognitive wellness sessions and caregiver supports.

Durham, NC 27705  
Phone: 240-863-1327  
Email: daria@strongerpathways.com  
www.strongerpathways.com

**UNC Center for Rehabilitation Care (CRC)**
Provides neurological rehab by occupational therapists. Interventions target motor recovery, cognitive impairment, return to education and work, community mobility & activities of daily living. Referral required.

1807 North Fordham Blvd.  
Chapel Hill, NC 27514  
Phone: 984-974-9700  
www.uncrehabilitationcare.org

**Disabilities - Intellectual & Developmental**
See also: SUPPORT GROUPS

**Advanced Health Resources**
Provides residential services to adults with intellectual / developmental disabilities. COUNTIES SERVED: Durham and Others  
1224 Copeland Oaks Dr.  
Morrisville, NC 27560  
Phone: 919-465-3277  
www.ahrnc.com

**Cardinal Innovations Healthcare Community Office - Alamance**
24/7 call center to complement the care that members receive for intellectual & developmental disabilities, mental health or substance use disorders. Ensuring access to routine care or if experiencing a crisis. Ensuring quality care in a timely manner from appropriate providers. COUNTIES SERVED: Alamance, Caswell, Chatham, Orange and Person  
2929 Crouse Lane, Ste. B  
Burlington, NC 27215  
Phone: 800-939-5911 - Call Center  
Alt Phone: 336-513-4222 – Local Office  
www.cardinalinnovations.org
Cardinal Innovations Healthcare Community Office - Orange
24/7 call center to complement the care that members receive for intellectual & developmental disabilities, mental health or substance use disorders. Ensuring access to routine care or if experiencing a crisis. Ensuring quality care in a timely manner from appropriate providers. COUNTIES SERVED: Alamance, Caswell, Chatham, Orange, Person
201 Sage Rd.
Chapel Hill, NC 27517
Phone: 800-939-5911 – Call Center
Alt Phone: 919-913-4000 – Local Office
www.cardinalinnovations.org

Cassiopeia’s Home Care Agency
We provide services to Seniors, Adolescents and Children. Services are provided within their homes or living facilities. We provide Companions, Sitters, PCA, HHA, CNA’s. We specialize in dementia and alzheimer care and palliative care and clients with mental and physical disabilities.
150 Preston Executive Dr, 201
Cary, NC 27513
Phone: 9194130437
Alt Phone: 9194130437
Email: cassiopeiashomecare@gmail.com
https://www.cassiopeiashomecareagency.com/

Disability Rights North Carolina
Provides legal representation and advocacy to protect the rights of people with disabilities and investigates allegations of abuse and neglect. STATEWIDE
3724 National Dr., Ste. 100
Raleigh, NC 27612
Phone: 919-856-2195
Email: info@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.
3109 University DriveSuite 100
Durham, NC 27707
Phone: 919-251-8368
Email: central@fifnc.org
www.fifnc.org
Kennedy Care
Provides in-home assistance with all activities of daily living, homemaker, companionship services, respite care, and live-in services. Available 24/7. COUNTIES SERVED: Alamance, Caswell, Chatham, Durham, Orange, Person
1330 SE Maynard Rd.
Cary, NC 27511
Phone: 919-462-7003
Alt Phone: 919-841-2447
Email: krista@kennedycare.com
www.kennedycare.com/north-carolina

ResCare Home Care
Offers professional nursing, personal care services, homemaking, companionship, respite & more. Available 24/7, including holidays. Accepts private pay, Medicaid, long-term care insurance. COUNTIES SERVED: Alamance, Chatham, Durham, Orange, Person, Other
4011 University Dr., Ste. 201
Durham, NC 27707
Phone: 919-493-7059
Alt Phone: 866-737-2273
www.rescare.com

Residential Services, Inc.
Provides group home housing for people with intellectual and developmental disabilities. Assists with building in-home skills for people living independently. COUNTIES SERVED: Orange
111 Providence Rd.
Chapel Hill, NC 27514
Phone: 919-942-7391
Email: mail@rsi-nc.org
www.rsi-nc.org

The Arc of the Triangle
Provides a variety of services to people with intellectual and developmental disabilities of all ages and their families. Sliding fee scale. Accepts Medicaid. COUNTIES SERVED: Durham, Orange, Other
5121 Hollyridge Rd., Suite 100
Raleigh, NC 27612
Phone: 919-942-5119
Email: jpfaltzgraff@arctriangle.org
www.arctriangle.org

Disabilities - Physical & Sensory
See also: SUPPORT GROUPS

Disability Resources
<table>
<thead>
<tr>
<th><strong>Alliance of Disability Advocates - Center for Independent Living</strong></th>
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<tbody>
<tr>
<td>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. <strong>COUNTIES SERVED:</strong> Durham, Orange, Other</td>
<td></td>
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<tr>
<td>1012 Oberlin Rd., Ste. 300</td>
<td>Raleigh, NC 27605</td>
</tr>
<tr>
<td>Phone: Voice/TTY: 919-833-1117</td>
<td></td>
</tr>
<tr>
<td>Email: <a href="mailto:alliance@alliancecil.org">alliance@alliancecil.org</a></td>
<td><a href="http://www.alliancecil.org">www.alliancecil.org</a></td>
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<tr>
<th><strong>Disability Rights North Carolina</strong></th>
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<tr>
<td>Provides legal representation and advocacy to protect the rights of people with disabilities and investigates allegations of abuse and neglect. <strong>STATEWIDE</strong></td>
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<tr>
<td>3724 National Dr., Ste. 100</td>
<td>Raleigh, NC 27612</td>
</tr>
<tr>
<td>Phone: 919-856-2195</td>
<td></td>
</tr>
<tr>
<td>Email: <a href="mailto:info@disabilityrightsnc.org">info@disabilityrightsnc.org</a></td>
<td><a href="http://www.disabilityrightsnc.org">www.disabilityrightsnc.org</a></td>
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<tr>
<th><strong>NC Dance for Parkinsons</strong></th>
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<td>Movement opportunities for people with Parkinson's, virtual and in-person.</td>
<td></td>
</tr>
<tr>
<td>6 Scotland Place</td>
<td>Durham, NC 27705</td>
</tr>
<tr>
<td>Phone: 919-215-2759</td>
<td></td>
</tr>
<tr>
<td>Email: <a href="mailto:ncdanceforparkinsons@gmail.com">ncdanceforparkinsons@gmail.com</a></td>
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<tr>
<th><strong>North Carolina Assistive Technology Program (NCATP)</strong></th>
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<tr>
<td>Administered by the NC Division of Vocational Rehabilitation Services. Provides assistive technology (AT) services to people of all ages and abilities. <strong>AREA SERVED:</strong> All counties</td>
<td></td>
</tr>
<tr>
<td>3080 Hamond Business Place</td>
<td>Raleigh, NC 27603</td>
</tr>
<tr>
<td>Phone: Voice/TTY: 919-664-1243</td>
<td></td>
</tr>
<tr>
<td><a href="http://www.ncdhhs.gov/assistance/disabilityservices">www.ncdhhs.gov/assistance/disabilityservices</a></td>
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<tr>
<th><strong>North Carolina Independent Living Program</strong></th>
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<tbody>
<tr>
<td>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. <strong>COUNTIES SERVED:</strong> Chatham, Durham, Orange</td>
<td></td>
</tr>
<tr>
<td>4312 Western Park Pl.</td>
<td>Durham, NC 27705</td>
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<tr>
<td>Phone: 919-560-6810</td>
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<tr>
<td><a href="http://www.dvr.dhhs.state.nc.us">www.dvr.dhhs.state.nc.us</a></td>
<td></td>
</tr>
</tbody>
</table>
North Carolina Vocational Rehabilitation
Prepares people with a disability to find or keep a job. May provide financial help for eligible people who want to return to school. COUNTIES SERVED: Chatham, Durham, Orange
104 Village Lake Dr.
Siler City, NC 27344
Phone: 919-663-2544
www.dvr.dhhs.state.nc.us

Hearing Impairment

Duke Hospital Speech Pathology and Audiology Clinic
Assessments, therapy and hearing devices.
40 Duke Medicine Cir.
Durham, NC 27710
Phone: 919-684-3859
www.dukespeechandhearing.org

Hearing Loss Association of America, Wake County
Support and information provided in a group setting for individuals with hearing loss. Email steve.barber@earthlink.net to receive emailed newsletter for Wake Chapter. NATIONWIDE with local chapters
104 Sylvan Grove
Cary, NC 27518
Phone: 919-469-0924
Email: steve.barber@earthlink.net
www.hearingloss.org

International Hearing Society
Hearing aid helpline and referrals to local providers.
Phone: 800-521-5247
www.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

**Healthcare Equipment, Inc.**
Representatives at our Durham store and in the field can help families with selections. Therapist and family members are present when samples and choices are decided. Requires a letter of medical need and doctor's prescription. Repairs and maintains equipment that we provide.
4228 Garrett Rd.
Durham, NC 27707
Phone: 919-489-7408
Alt Phone: 800-462-6427
Email: kevinp@hcewheelchairs.com
www.healthcareequipmentinc.com

**Stronger Pathways**
My practice provides person-centered therapeutic care for those with neurodegenerative diseases, such as dementia, and brain injuries that impact one's cognition, communication, and swallowing abilities. Services include ongoing cognitive wellness sessions and caregiver supports.
Durham, NC 27705
Phone: 240-863-1327
Email: daria@strongerpathways.com
www.strongerpathways.com
Whole Life OT, PLLC
Provides community-based occupational therapy (OT) services to adults with neurologic conditions. Holistic wellness and lifestyle modification workshops and programs. Individual in-home service area: most of Durham and Orange counties; Fearrington. Telehealth services throughout North Carolina.
4813 Butler Street
Durham, NC 27707
Phone: 919-205-9878
Email: wholelifeot@gmail.com
www.wholelifeotnc.com

Visual Impairment

Academy Eye Center
Low vision exams, rehabilitation, aids and resources. Visit our web site and Search: LOW VISION. COUNTIES SERVED: Durham and Orange
3115 Academy Rd.
Durham, NC 27707
Phone: 919-493-7456

www.academyeye.com

American Foundation for the Blind Information Center
2 Penn Plaza, Ste. 1102
New York, NY 10121
Phone: 800-232-5463
Email: info@afb.net
www.afb.org/directory

Cassiopeia's Home Care Agency
We provide services to Seniors, Adolescents and Children. Services are provided within their homes or living facilities. We provide Companions, Sitters, PCA, HHA, CNA’s. We specialize in dementia and alzheimer care and palliative care and clients with mental and physical disabilities.
150 Preston Executive Dr, 201
Cary, NC 27513
Phone: 9194130437
Alt Phone: 9194130437
Email: cassiopeiahomecare@gmail.com
https://www.cassiopeiahomecareagency.com/
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: 984-236-1100
Alt Phone: 888-388-2460 or 984-236-1100
Email: nclbph@ncdcr.gov
North Carolina Services for the Blind
Rehabilitation and independent living services for persons with vision impairments.
*COUNTIES SERVED: Durham, Orange
*For services in counties other than Durham or Orange, please visit our website.
414 E. Main St. Room 244M
Durham, NC 27701
Phone: 919-560-8633
Alt Phone: 9192452646
www.ncdhhs.gov/divisions/dsb

Orange County Public Library - Carrboro Cybrary
Enjoy access to print/digital books, DVDs & music; wi-fi, computers & ancestry.com; programs for all ages; & meeting & study space. The Orange County Public Library offers free library cards to residents of Orange, Person, Chatham, Durham, Alamance & Caswell counties.
N. Greensboro St
Carrboro, NC 27510
Phone: 919-918-7387
www.OrangeCountyLibrary.org

Orange County Public Library - Main
Enjoy access to print/digital books, DVDs & music; wi-fi, computers & ancestry.com; programs for all ages; & meeting & study space. The Orange County Public Library offers free library cards to residents of Orange, Person, Chatham, Durham, Alamance & Caswell counties.
137 West Margaret Lane
Hillsborough, NC 27278
Phone: 919-245-2525
Email: library@orangecountync.gov
www.OrangeCountyLibrary.org

Social Worker for the Blind - Durham and Orange Counties
To help individuals with vision loss identify where they need help to meet their goals to be independent. Assessments, training, adjustments to vision loss. Operates through the NC Division of Services for the Blind.
COUNTIES SERVED: Durham and Orange
414 East Main St., Room 244-M
Durham, NC 27701
Phone: 919-560-8633
**Triangle Radio Reading Service**
Conects 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
Clinical evaluation of a person’s driving potential. In-clinic evaluation by an occupational therapist. Financial counseling available, not covered by insurance.
3000 Erwin Rd.
Durham, NC 27705
Phone: 919-684-4543
https://www.dukehealth.org/treatments/physical-and-occupational-therapy/fitness-to-drive

UNC Center for Rehabilitation Care (CRC)
Only does in-clinic driving evaluations by an occupational therapist using a driving simulator. Written report sent to medical provider. If further evaluation is needed, CRC may recommend an on-the-road assessment. English / Spanish. Location: former Borders Bookstore Building. COUNTIES SERVED: Orange
1807 North Fordham Blvd.
Chapel Hill, NC 27514
Phone: 855-609-0803
www.uncrehabilitationcare.org
Visiting Angels of Central North Carolina

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

104 Jones Ferry Rd., Ste. A
Carrboro, NC 27510
Phone: 919-968-3724
Alt Phone: 919-321-2136
Email: Chapelhilladmin@visitingangels.com
www.visitingangels.com/chapelhill/home/

Educational Opportunities

Carolina Public Humanities

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

1700 Martin Luther King Jr. Blvd., CB#3425
Chapel Hill, NC 27599
Phone: 919-962-1544
Email: human@unc.edu
humanities.unc.edu

Chatham County Sheriff's Office

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

295 West St.
Pittsboro, NC 27312
Phone: 919-542-2811
www.chathamsheriff.com

Durham Technical Community College - Main Campus

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

1637 Lawson St.
Durham, NC 27703
Phone: 919-536-7200
www.DurhamTech.edu
Durham Technical Community College - Main Campus
Offers more than 100 associate and certificates for individuals seeking to retrain or learn new skills. Educational opportunities include a variety of personal enrichment courses like Computer Systems, Finance, English as a Second Language (ESL) classes and more. COUNTIES SERVED: Durham and Orange
1637 Lawson St.
Durham, NC 27703
Phone: 919-536-7200
www.DurhamTech.edu

Durham Technical Community College - Main Campus
Offers more than 100 associate and certificates for individuals seeking to retrain or learn new skills. Educational opportunities include a variety of personal enrichment courses like Computer Systems, Finance, English as a Second Language (ESL) classes and more. COUNTIES SERVED: Durham and Orange
1637 Lawson St.
Durham, NC 27703
Phone: 919-536-7200
www.DurhamTech.edu

Durham Technical Community College - Main Campus
Offers more than 100 associate and certificates for individuals seeking to retrain or learn new skills. Educational opportunities include a variety of personal enrichment courses like Computer Systems, Finance, English as a Second Language (ESL) classes and more. COUNTIES SERVED: Durham and Orange
1637 Lawson St.
Durham, NC 27703
Phone: 919-536-7200
www.DurhamTech.edu

Durham Technical Community College - Orange County Campus
Offers University Transfer (AA) degrees, Associate in Applied Science programs, short-term training programs, general education, High School Equivalency, English as a Second Language (ESL) and personal enrichment classes.
525 College Park Rd.
Hillsborough, NC 27278
Phone: 919-536-7238
www.DurhamTech.edu
LeadingAge North Carolina
LeadingAge North Carolina advances policies, promotes practices and conducts research that supports, enables and empowers people to live fully as they age. Area Served: ALL
222 N. Person St.
Suite 205
Raleigh, NC 27601
Phone: 919-571-8333
Email: info@leadingagenc.org
www.leadingagenc.org

Lifelong Learning Series at The UNC General Alumni Association
Expand your mind. Enrich your life. Our Lifelong Learning series engages you with programs ranging from arts and sciences to N.C. history and current events. Mornings, evenings, weekends. Tuition. GAA members enjoy discounts on these events.
General Alumni Association P.O. Box 660
Chapel Hill, NC 27514-0660
Phone: 919-962-0313
Email: enrichment@unc.edu
https://alumni.unc.edu/things-to-do/lifelong-learning/

Orange County Center of NC Cooperative Extension
Provides educational opportunities in the areas of agriculture, family & consumer sciences, 4-H youth development, and community & rural development. Extension & Community Association strengthens families through leadership development, volunteerism, and research-based education.
1020 US Hwy 70 W
Hillsborough, NC 27278
Phone: 919-245-2050
www.orange.ces.ncsu

Orange County Department on Aging - Education at Passmore Center
Offers a wide variety of educational opportunities for lifetime learners: lectures, classes, computer skills, health, language, financial planning, cooking, the arts and more. Visit our website or pick up a copy of the Endless Possibilities Activity guide at our senior center and other locations.
103 Meadowlands Dr.
Hillsborough, NC 27278
Phone: 919-245-2015
www.orangecountync.gov/aging
Orange County Department on Aging - 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 Endless Possibilities 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 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: amparsen@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 AGENCIESLimited 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 gas and food gift cards 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: info@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

**Durham County Social Services**
The Housing Opportunities for Persons with AIDS (HOPWA) program is dedicated to the housing needs of people living with HIV/AIDS. HOPWA provides housing assistance and related supportive services for low-income persons living with HIV/AIDS and their families.
414 E Main St.
Durham, NC 27702
Phone: 919-560-7280
Email: dssmcm@dconc.gov

**Inter-Faith Council for Social Services (IFC)**
Serves local households and persons who live 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 for Good
Jewish for Good’s Helping Department (formerly known as Jewish Family Services) offers a comprehensive range of services that help people meet life’s challenges. We provide counseling, case management, food assistance, social and memory programming, and limited financial assistance.

1937 West Cornwallis Rd.
Durham, NC 27707
Phone: 919-354-4922
www.jewishforgood.org

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

300 Millstone Dr.
Hillsborough, NC 27278
Phone: 919-732-6194 ext. 12
Email: ocim300mill@mindspring.com
www.ocimnc.org

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

909 Liberty St.
Durham, NC 27701
Phone: 919-688-7306
www.salvationarmy.org

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

940 Carmichael St.
Chapel Hill, NC 27514
Phone: 919-942-1040
www.stmchapelhill.org

State / County Special Assistance In-Home Program for Adults
For eligible older adults or adults with disabilities, this program can help with living expenses such as food, shelter, clothing and other daily necessities. For eligible individuals living at home. Apply at your county department of social services.

www.ncdhhs.gov/document/special-assistance-home-program-adults
Urban Ministries
Provides short-term shelter and food to address basic emergency needs for Durham County citizens. However, anyone regardless of circumstances can come to the Community Cafe. For information and eligibility guidelines, contact UMD. COUNTIES SERVED: Durham
410 Liberty St.
Durham, NC 27701
Phone: 919-682-0538
www.umdurham.org

Employment

Compass Center for Women and Families
Offers a broad range of services to 6,000+ people each year, including career and financial education and individual counseling, legal resources, and support groups. We are the only Orange County resource for comprehensive domestic violence crisis services. COUNTIES SERVED: Alamance, Chatham, Durham, Orange, Wake
210 Henderson St.
Chapel Hill, NC 27514
Phone: 919-968-4610
Alt Phone: 919-929-7122
Email: clientservices@compassctr.org
www.compassctr.org

North Carolina Department of Commerce Division of Work Force
State job service connects talent to jobs. COUNTIES SERVED: Orange
503 West Franklin St.
Chapel Hill, NC 27516
Phone: 919-968-2031
Email: ncws.3100@nccommerce.com
www.ncworks.gov

North Carolina Works Career Center
One-stop location that provides services to individuals, job-seekers, businesses and employers. COUNTIES SERVED: Orange
503 West Franklin St.
Chapel Hill, NC 27516
Phone: 919-245-4335
Email: sdcjoblink@co.orange.edu
www.orangecountyjoblink.org
End of Life Planning (Advanced Directives)

See also: AGING AGENCIES, GRIEF, HOSPICE, HOME CARE, LEGAL and WEBSITES

It is advisable to seek an attorney to make property, financial and other legal decisions such as when making a Will, establishing a Trust or designating a Durable or Financial Power of Attorney.

Advanced Health Care Directive Registry - NC Secretary of State

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

Post Office Box 29622
Raleigh, NC 27626-0622
Phone: 919-814-5363
Email: AHCDR@sosnc.gov
http://www.sosnc.gov/health

Angel Advocacy, LLC

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

715 Greentree Dr
Hillsborough, NC 27278
Phone: 919-519-1850
Email: angeladvocacy4u.gmail.com
www.angeladvocacy.com

Association for Death Education and Counseling (ADEC)

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

9462 Brownsboro Road, #164
Louisville, KY 40241
Phone: 502.931.2332
Email: adec@adec.org
www.adec.org
Association for Death Education and Counseling (ADEC)
Offers conferences, courses, workshops, certification and publications on dying, death and bereavement. ADEC members include mental and medical health personnel, educators, clergy, funeral directors and volunteers. AREA SERVED: All
9462 Brownsboro Road, #164
Louisville, KY 40241
Phone: 502.931.2332
Email: adec@adec.org
www.adec.org

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

Duke Center for Spirituality, Theology and Health
Located in the Center for Aging at Duke, provides opportunities for scholarly trans-disciplinary conversation and the development of collaborative research initiatives.
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 Foundation of America (HFA)
Educates the public and health care professionals about death, dying and the grief process. Offers information on research, health policy issues and other publications.
www.hospicefoundation.org
National Hospice and Palliative Care Organization (NHPCO)
A non-profit organization advocating for people with a serious or life-limiting illness and their families. They provide education, resources and information to improve end-of-life care and expand access to hospice care.

www.nhpco.org

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

Alamance County

Alvarado's Family Care
Accepts special assistance.
646 Country Club Dr.
Burlington, NC 27215
Phone: 336-222-0303

Caring Hearts Assisted Living
Accepts special assistance.
218 Adams St.
Burlington, NC 27217
Phone: 336-228-7900

Cham-Net Family Care Home
Accepts special assistance. COUNTIES SERVED: Alamance, Chatham, Orange
1010 Richmond Ave.
Burlington, NC 27217
Phone: 336-226-5060

Creekview Family Care Home
Accepts special assistance.
3524 Dickey Mill Rd.
Mebane, NC 27302
Phone: 336-578-8374
Alt Phone: 336-534-1416
Email: ljrayrn@aol.com
| **Dee & G Enrichment Center** | Accepts special assistance.  
| 2822 South Mebane St. | Burlington, NC 27715  
| Phone: 336-570-3072 | Email: Harold.Koenig@dm.duke.edu  
| [https://spiritualityandhealth.duke.edu/index.php](https://spiritualityandhealth.duke.edu/index.php) |
| **Emmanuel Family Care II** | Accepts special assistance.  
| 2655 White Oak Dr. | Burlington, NC 27215  
| Phone: 336-585-2025 |
| **Evans Forever Young Family Care Home, LLC** | Accepts special assistance.  
| 3746 Danieley-Water Wheel Rd. | Burlington, NC 27217  
| Phone: 336-584-4500 |
| **Golden Years Family Care Home** | Accepts special assistance.  
| 205-A East Sixth St. | Burlington, NC 27215  
| Phone: 336-227-5854 |
| **Golden Years Family Care Home #2** | Accepts special assistance.  
| 207 East Sixth St. | Burlington, NC 27215  
| Phone: 336-229-0883 |
| **Graham Drive Family Care Home** | Accepts special assistance.  
| 509 Graham Dr. | Graham, NC 27253  
<p>| Phone: 336-228-1525 |</p>
<table>
<thead>
<tr>
<th>Facility Name</th>
<th>Address</th>
<th>Phone Number</th>
<th>Accepts special assistance.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Guardian Angel</td>
<td>1006 Richmond Ave.</td>
<td>336-222-0114</td>
<td></td>
</tr>
<tr>
<td>Gwen's Family Care Home II</td>
<td>7964-A County Line Rd.</td>
<td>336-622-1842</td>
<td></td>
</tr>
<tr>
<td>Homewood Avenue Assisted Living Facility</td>
<td>301 Homewood Ave.</td>
<td>336-270-6140</td>
<td></td>
</tr>
<tr>
<td>Lane Street Retirement Home</td>
<td>625 Lane St.</td>
<td>336-229-9900</td>
<td></td>
</tr>
<tr>
<td>Sheridanville, Inc.</td>
<td>2051 Miles Chapel Rd.</td>
<td>336-578-5774</td>
<td></td>
</tr>
<tr>
<td>Springview Assisted Living - Burlington</td>
<td>1405 North Sellars Mill Rd. Ext</td>
<td>336-570-9424</td>
<td></td>
</tr>
</tbody>
</table>
Springview Assisted Living - Mebane
Accepts special assistance.
1032 North Mebane St.
Burlington, NC 27217
Phone: 336-222-8913
www.springviewassistedliving.com

Springview Assisted Living - Wilson Building
Accepts special assistance.
350 North Sellars Mill Rd.
Burlington, NC 27217
Phone: 336-513-0396
www.springviewassistedliving.com

Warren Care Services - Adult Care
Located in Alamance County, WCS accepts men and women 55+. Offers 24/7 personal care, meal planning, medication management, short-term respite, hospice care services & more. Limited dementia/Alzheimer care services available for individuals who do not exhibit wandering and/or behavioral conditions. COUNTIES SERVED: Alamance, Caswell, Chatham, Orange, Other
1237 Westmoreland Dr.
Burlington, NC 27217
Phone: 336-270-5259
Email: info@warrencareservices.com
www.warrencareservices.com

We Care Family Care
Accepts special assistance.
1718 Morgantown Rd.
Burlington, NC 27217
Phone: 336-570-0770

Chatham County

All About Seniors, Inc.
Offers no-cost services to families while providing valuable in-home care and retirement community resources. We tour facilities with families and guide them to quality housing and care. We also help senior homeowners save money when selling their homes to help pay for senior living.
265 Longwood Drive
Youngsville, NC 27596
Phone: (919) 830-6478
Alt Phone: (919) 444-5319
Email: Davis@AllAboutSeniorsNC.com
http://www.allaboutseniorsnc.com/
**Liselotte Care Home**
Private pay only.
3035 Silk Hope Gum Springs Rd.
Pittsboro, NC 27312
Phone: 919-542-3089

**Durham County**

**Angelica House**
Accepts special assistance.
2007 Stadium Dr.
Durham, NC 27705
Phone: 919-477-6540

**August Estates at Umstead Pines**
August Estates provides comprehensive assisted living in a residential, family care home setting, offering 24 hour RN supervised care. AREA SERVED: Durham, Orange, Person, Wake, Statewide
2713 Green Lane Dr.
Durham, NC 27712
Phone: 919-249-8553
Alt Phone: 919-795-6612
Email: info@augustestates.com
http://www.augustestates.com

**B.J.'s Family Care Home**
Accepts special assistance.
716 Hugo St.
Durham, NC 27704
Phone: 919-220-5203

**Begin Again Family Care Home #2**
Accepts special assistance.
407 North Hyde Park Ave.
Durham, NC 27703
Phone: 919-682-6079

**Central Family Care Home #1**
Accepts special assistance.
206 East Murray Ave.
Durham, NC 27704
Phone: 919-620-8662
<table>
<thead>
<tr>
<th>Service Name</th>
<th>Address</th>
<th>Phone</th>
<th>Alternate Phone</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Central Family Care Home #2</td>
<td>3714 Cole Mill Rd.</td>
<td>919-383-5724</td>
<td></td>
<td>Accepts special assistance.</td>
</tr>
<tr>
<td>Central Home Health Service</td>
<td>811 9th St., Ste. 120-137</td>
<td>919-682-6877</td>
<td>800-672-5905</td>
<td></td>
</tr>
<tr>
<td>Circle of Daughters</td>
<td>106 Oakmont Ave.</td>
<td>919-361-0346</td>
<td></td>
<td>Accepts special assistance.</td>
</tr>
<tr>
<td>Jones Family Care Home</td>
<td>2122 Overland Dr.</td>
<td>919-688-6205</td>
<td>919-479-6600</td>
<td>Accepts special assistance.</td>
</tr>
<tr>
<td>Rockbridge Senior Care Home</td>
<td>2713 Green Lane Dr.</td>
<td>9197956612</td>
<td>9195003556</td>
<td>Clean, comfortable family care home that provides personalized, quality, and compassionate care to anyone over 65 yrs of age. Assistance provided with all activities of daily living including medication administration by 24hour kind caregivers. This is a place for your love one to thrive.</td>
</tr>
</tbody>
</table>

Rockbridge4seniors.com
Email: nb@rockbridge4seniors.com
Rockbridge4seniors.com
The Pickett House Family Care Home
Accepts special assistance.
3811 Pickett Rd.
Durham, NC 27705
Phone: 919-403-0390
Email: Cjones1970@nc.rr.com

Tower of Blessing
Accepts special assistance.
2309 Ellington St.
Durham, NC 27704
Phone: 919-680-6360

Reliable Health Services, Inc.
Reliable Health Services serving the community for Home care, mental health, DWI assessments, Group therapy, Therapy, Weight loss, Meditation, Addiction treatment and therapy. AREA SERVED: All
2634 Durham-Chapel Hill Blvd.
Suite 204
Durham, NC 27707
Phone: 919-596-9479
Email: sreliablecare@yahoo.com
www.reliablehealthservices.com

Rockbridge Senior Care Home
Clean, comfortable family care home that provides personalized, quality, and compassionate care to anyone over 65 yrs of age. Assistance provided with all activities of daily living including medication administration by 24hour kind caregivers. This is a place for your love one to thrive.
2713 Green Lane Dr.
Durham, NC 27712
Phone: 9197956612
Alt Phone: 9195003556
Email: nb@rockbridge4seniors.com
Rockbridge4seniors.com

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

265 Longwood Drive
Youngsville, NC 27596
Phone: (919) 830-6478
Alt Phone: (919) 444-5319
Email: Davis@AllAboutSeniorsNC.com
http://www.allaboutseniorsnc.com/

Cedar Grove Family Care Home
Accepts special assistance.
313 Saw Mill Rd.
Cedar Grove, NC 27231
Phone: 919-732-8850

Cedar Grove Family Care Home #2
Accepts special assistance.
317 Saw Mill Rd.
Cedar Grove, NC 27231
Phone: 919-732-8850

Charles House - Winmore
Neighborhood Eldercare Home: residential care for six residents.
121 Della St.
Chapel Hill, NC 27516
Phone: 919-967-7570
Email: info@charleshouse.org
www.charleshouse.org

Charles House - Winmore
Neighborhood Eldercare Home: residential care for six residents.
121 Della St.
Chapel Hill, NC 27516
Phone: 919-967-7570
Email: info@charleshouse.org
www.charleshouse.org
### Charles House - Winmore
Neighborhood Eldercare Home: residential care for six residents.
121 Della St.
Chapel Hill, NC 27516
Phone: 919-967-7570
Email: info@charleshouse.org
www.charleshouse.org

### LiveWell @ Coker Hills
Provides concierge care for older adults in need of assisted living services. Situated in a beautiful home in a desirable neighborhood, LiveWell offers a "smaller is better" alternative to institutionalized assisted living and dementia care. Specializes in serving clients at all stages of dementia.
202 North Elliott Rd.
Chapel Hill, NC 27514
Phone: 919-230-7899
Email: livewellassistedliving@gmail.com
www.livewellassistedliving.com

### Financial Counseling
See also: EMERGENCY ASSISTANCE and PRESCRIPTION ASSISTANCE

### Community Financial Counseling

#### All Good Things
A nonprofit organizational representative payee program providing money management for low-income elderly and disabled community members. We work to keep our clients safely housed and financially secure while managing their Social Security benefits.
880 Martin Luther King Jr. Drive
Chapel Hill, NC 27514
Phone: 984-244-0998
Email: allgoodthingsdurham@gmail.com

### Compass Center for Women and Families
Offers a broad range of services to 6,000+ people each year, including career and financial education and individual counseling, legal resources, and support groups. We are the only Orange County resource for comprehensive domestic violence crisis services. COUNTIES SERVED: Alamance, Chatham, Durham, Orange, Wake
210 Henderson St.
Chapel Hill, NC 27514
Phone: 919-968-4610
Alt Phone: 919-929-7122
Email: clientservices@compassctr.org
www.compassctr.org
Consumer Education Services Inc.
Offers comprehensive financial services for those experiencing financial distress. From Credit Counseling and Debt Management to Reverse Mortgage Counseling and Representative Payee Services, we can help eliminate the financial stress of debt. STATEWIDE
3700 Barrett Dr.
Raleigh, NC 27609
Phone: 866-484-5373
Email: info@cesisolutions.org
www.cesisolutions.org

Durham Regional Financial Center
A HUD-approved housing counseling agency. Offers some fee-based services on financial budgeting, credit counseling, credit repair, debt management, rental. Homebuyer education, pre/post purchase ownership counseling, reverse mortgage counseling. COUNTIES SERVED: Alamance, Chatham, Durham, Orange, Person, Wake, Other
2634 Durham-Chapel Hill Blvd.
Durham, NC 27707
Phone: 919-688-3381
Email: info@drfcenter.org
www.drfcenter.org

Financial Advisors

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.
2530 Meridian Pkwy
Durham, NC 27713
Phone: 919-806-4440
Alt 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

Angel Advocacy, LLC

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

715 Greentree Dr
Hillsborough, NC 27278
Phone: 919-519-1850
Email: angeladvocacy4u.gmail.com
www.angeladvocacy.com

Duke Geriatric Evaluation and Treatment Clinic

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

2580-A Stead Bldg., DHS Blue Zone
200 Trent Dr.
Durham, NC 27710
Phone: 919-620-4070
centerforaging.duke.edu/services/59

UNC Hospitals Geriatrics Specialty Clinic

6011 Farrington Rd., Bldg. 100
Chapel Hill, NC 27517
Phone: 919-974-6599
www.med.unc.edu/aging/patients

Memory Clinics

Duke Neurological Disorders Clinic at Morreene Road

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

932 Morreene Rd.
Durham, NC 27705
Phone: 919-668-7600
www.dukemedicine.org
**UNC Memory and Cognitive Disorders Clinic**
Physician’s referral required. Provides clinical care, education and research into Alzheimer’s and related disorders.
194 Finley Golf Course Dr., Ste. 200
Chapel Hill, NC 27517
Phone: 919-962-2685
www.med.unc.edu/neurology

**Mobile Rehab Physical Therapy**
Provides in-home outpatient physical therapy in the convenience of your home. Accepts many major insurances. No rushing, no waiting and no compromise. COUNTIES SERVED: Chatham, Orange, Wake
229 Fearrington Post
Pittsboro, NC 27312
Phone: 919-636-2423
Email: info@mobilerehabnc.com
www.mobilerehabnc.com

**Grief**
See also: HOSPICE and WEBSITES

**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

**Holly Menard - End of Life Doula**
Holistic, non-medical emotional and practical support for the dying person, primary caregiver and family at any point from the time of diagnosis, up until end of life and into bereavement.
1106 Village Crossing Dr.
Chapel Hill, NC 27517
Phone: 919-606-3332
Email: 1doulaholly@gmail.com
hollyeoldoula.com
HopeLine, Inc.
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
525 S. White Street
Wake Forest, North Carolina 27587
Phone: 9196348029
Alt Phone: 877-235-4525
Email: director@hopeline-nc.org
www.hopeline-nc.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/

UNC Hospice
Offers bereavement services for patient's family members for 13 months after death. Chaplain services available. COUNTIES SERVED: Chatham, Durham, Orange
287 East St., Ste. 221
Pittsboro, NC 27312
Phone: 919-542-5545
Alt Phone: 984-215-2650
www.unchealthcare.org/site/hospice

Unicorn Bereavement Center - Duke Hospice
Bereavement counseling available.
1001 Corporate Dr.
Hillsborough, NC 27278
Phone: 919-644-6869
www.dhch.duhs.duke.edu

Guardianship
See also: LEGALGuardians must be appointed by the Clerk of Court after a competency hearing. The appointed Guardian makes health care decisions and/or provides financial management for an adult who has been adjudicated incompetent in a legal hearing. Contact the Clerk of Court office in your county for more information.

County Clerks of Court
Alamance County Clerk of Court
Call and ask for Special Proceedings.
1 Court Square
Graham, NC 27253
Phone: 336-570-5206
www.alamance-nc.com/clerkofcourt

Chatham County Clerk of Court
40 East Chatham St.
Pittsboro, NC 27512
Phone: 919-545-3500
www.nccourts.com/county/chatham

Durham County Clerk of Court
510 South Dillard St.
Durham, NC 27701
Phone: 919-808-3000

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

BIONIC HEALTH, INC
Achieve your optimal health • Personalized, preventive medicine • Longevity treatment from real doctors • Analysis of your unique biomarkers • Care team support with unlimited chat
600 PARK OFFICES DRIVE
, NC 27709
Phone: (919) 425-5864
Alt Phone: 919-452-4864
Email: CONTACT@BIONICHEALTH.COM
WWW.BIONICHEALTH.COM
**Cornucopia House Cancer Support Center**
Cornucopia supports the mind, body and spirit of those journeying with cancer, their families and caregivers through complementary therapies, meal and transportation assistance, individual and group support, information and resources.
PO Box 51188
Durham, NC 27717
Phone: 919-401-9333
Email: info@cancersupport4u.org
www.cancersupport4u.org

**Duke Health and Fitness Center**
Traditional wellness center with medically based fitness, including group fitness, nutrition, massage therapy, personal training, health coaching, and other wellness programs. Facilities include fitness equipment, pool, sauna, spa, indoor/outdoor track. AREA SERVED: Durham and surrounding counties
3475 Erwin Rd.
Durham, NC 27705
Phone: 919-660-6660
Email: dukehealthandfitnesscenter@dm.duke.edu
https://DukeFitness.org

**Durham County Senior Games Coordinator - Bridgette Robinson**
Durham Parks and Recreation offers a wide variety of programs for mature adults ranging from Senior Games, outings, trips, socials, fitness, and nutrition programs including the Farmer’s Market.
Phone: 919-560-4355
Email: bridgette.robinson@durhamnc.gov

**ElderFit In Home Rehab**
Personalized out-patient rehabilitation services in your home or in a community setting. We offer preventative screens and Otago exercise program. COUNTIES SERVED: Alamance, Durham and Orange
2002 Bartlett Cir.
Hillsborough, NC 27278
Phone: 919-614-1923
Email: info@elderfitpt.com
www.elderfitpt.com
Holly Menard - End of Life Doula

Holistic, non-medical emotional and practical support for the dying person, primary caregiver and family at any point from the time of diagnosis, up until end of life and into bereavement.

1106 Village Crossing Dr.
Chapel Hill, NC 27517
Phone: 919-606-3332
Email: 1doulaholly@gmail.com
hollyeoldoula.com

HopeLine, Inc.

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

525 S. White Street
Wake Forest, North Carolina 27587
Phone: 9196348029
Alt Phone: 877-235-4525
Email: director@hopeline-nc.org
www.hopeline-nc.org

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

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

7501 Creedmoor Rd
Suite 102
Raleigh, NC 27613
Phone: (919) 434-8658
Email: James.Love@hunterrowe.com
www.HUNTERROWE.COM/JAMESJLOVE

Mobile Rehab Physical Therapy

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

229 Fearrington Post
Pittsboro, NC 27312
Phone: 919-636-2423
Email: info@mobilerehabnc.com
www.mobilerehabnc.com
Move Free Physical Therapy at Home
We provide Medicare Part B outpatient physical therapy services in our clients' homes in Durham and Chapel Hill, or through virtual visits statewide. We also provide wellness services including exercise programming, group classes, and educational workshops throughout the year.
5501 Welkin Ct
Durham, NC 27713
Phone: 919-886-4163
Email: info@movefreeptandwellness.com
www.movefreeptnc.com

NC Dance for Parkinsons
Movement opportunities for people with Parkinson's, virtual and in-person.
6 Scotland Place
Durham, NC 27705
Phone: 919-215-2759
Email: ncdanceforparkinsons@gmail.com

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

www.nihseniorhealth.gov

Orange County Department on Aging - Wellness at Passmore Center
Offers wellness screenings, educational classes, Fit Feet, indoor basketball, health education topics & massages, along with memberships to the Orange County Sportsplex. Fees vary; some are free. Check out our Wellness Special Events for people 55+. COUNTIES SERVED: Orange
103 Meadowlands Dr.
Hillsborough, NC 27278
Phone: 919-245-2015
Alt Phone: 919-245-4270
www.orangecountync.gov/aging

Orange County Department on Aging - Wellness at Seymour Center
Offers wellness screenings, educational classes, Fit Feet, indoor basketball, physical therapy, special events and massages. Fees vary; some are free. Memberships available to our on-site fitness studio & to the Orange County Sportsplex. For people 55+. COUNTIES SERVED: Orange
2551 Homestead Rd.
Chapel Hill, NC 27516
Phone: 919-968-2070
Alt Phone: 919-245-4270
www.orangecountync.gov/aging
**Orange County Public Library - Main**
Enjoy access to print/digital books, DVDs & music; wi-fi, computers & ancestry.com; programs for all ages; & meeting & study space. The Orange County Public Library offers free library cards to residents of Orange, Person, Chatham, Durham, Alamance & Caswell counties.

137 West Margaret Lane
Hillsborough, NC 27278
Phone: 919-245-2525
Email: library@orangecountync.gov
www.OrangeCountyLibrary.org

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

101 Meadowlands Dr.
Hillsborough, NC 27278
Phone: 919-644-0339
www.oc-sportsplex.com/

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

1250 SE Maynard Rd.
Cary, NC 27511
Phone: 919-757-6498
Alt Phone: 919-300-7943
Email: rachel@silverliningsnc.com
www.SilverLiningsNC.com

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

Durham, NC 27705
Phone: 240-863-1327
Email: daria@strongerpathways.com
www.strongerpathways.com
Toni's Massage
Sessions are available only at the Mebane office for massage and/or reflexology. Appointment required.
Fee. COUNTIES SERVED: Alamance, Orange, Durham, Person, Wake
301 North Third St.
Mebane, NC 27302
Phone: 336-260-0101
Email: tonismassage@gmail.com
www.tonismassage.massagetherapy.com

Triangle Aphasia Project, Unlimited
Helps individuals, family members and friends improve communication after an injury to the brain from stroke, tumor or other illnesses. COUNTIES SERVED: Durham, Orange, Wake
191 High House Rd.
Cary, NC 27511
Phone: 919-650-3854
Email: info@aphasiaproject.org
www.aphasiaproject.org

UNC Hospitals Cardiac Rehab
COUNTIES SERVED: Statewide
100 Sprunt St.
Chapel Hill, NC 27517
Phone: 919-966-5500
Email: wellness@unchealth.unc.edu
www.uncwellness.com

UNC Wellness Center at Meadowmont
Membership facility with indoor pool and track, indoor basketball court, whirlpool and sauna, cardio and strength training equipment, fitness assessment, fitness classes, nutrition services and more.
100 Sprunt St.
Chapel Hill, NC 27517
Phone: 919-966-5500
Email: wellness@unch.unc.edu
www.uncwellness.com/meadowmont/
Whole Life OT, PLLC
Provides community-based occupational therapy (OT) services to adults with neurologic conditions. Holistic wellness and lifestyle modification workshops and programs. Individual in-home service area: most of Durham and Orange counties; Fearrington. Telehealth services throughout North Carolina.
4813 Butler Street
Durham, NC 27707
Phone: 919-205-9878
Email: wholelifeot@gmail.com
www.wholelifeotnc.com

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.
2530 Meridian Pkwy
Durham, NC 27713
Phone: 919-806-4440
Alt Phone: 888-507-3588
Email: Bill@ComfortLTC.com
www.ComfortLTC.com

Eastern Chatham Senior Center
365 HWY 87 North
Pittsboro, NC 27312
Phone: 919-542-4512
www.chathamcouncilonaging.org
Healthcare.gov
Information for people who need health insurance and want to apply for or enroll in the Marketplace. Available 24 hours a day, 7 days a week; closed Memorial Day, July 4th, Labor Day, Thanksgiving Day and Christmas Day. NATIONWIDE
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.

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

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
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

Active At Home Senior Services
Our goal is to enrich the lives of older adults in our community through a variety of services designed to promote optimal physical & mental health, wellness, and aging in place. Whether it’s companion care, therapy, home modification or transportation; come experience the Active At Home DIFFERENCE!
4711 Hope Valley Rd Suite 4F-417
Durham, NC 27707
Phone: 984-837-0991
Email: brian@aahss.com
www.aahss.com
Advantage Care In-Home Services
Provides homecare, CAP, community support, vocational, diagnostic, residential services and support, personal care services, private duty, companion and housecleaning services. COUNTIES SERVED: Durham
3600 North Duke St., Ste. 100
Durham, NC 27704
Phone: 919-471-1314
Email: advantagecare@centurylink.net
www.advantagecarenc.com

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

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

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

1709 Legion Road
Suite 105
Chapel Hill, NC 27703
Phone: 336-270-4352
Email: sloy@abc-seniors.com
https://www.alwaysbestcare.com/nc/chapel-hill/
Always Best Care Senior Services
Always Best Care of Alamance, Chapel Hill, Durham combine national strength and standards with local accessibility and personal service. Specializing in personalized, non-medical care for seniors who wish to remain in the comfort of their own homes. COUNTIES SERVED: Alamance, Caswell, Chatham, Durham, Orange, Person
2260 South Church St., Ste. 603
Burlington, NC 27215
Phone: 336-270-4352
Alt Phone: 919-695-1151
Email: jpizzuto@abc-seniors.com
www.abc-seniorservice.com

Always Best Care Senior Services
We specialize in providing personalized, non-medical care for seniors who wish to remain in the comfort of their own homes. Large team of Certified Nursing Assistants & Trained Caregivers. We quickly arrange a schedule that works for you - hourly, overnight, or live-in.
1709 Legion Road
Suite 105
Chapel Hill, NC 27703
Phone: 336-270-4352
Email: sloy@abc-seniors.com
https://www.alwaysbestcare.com/nc/chapel-hill/

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

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
**Atlantic Home Staffing**
Atlantic Home Staffing provides non-medical home care services to include bathing, dressing, light housekeeping, light meal prep, medication reminders and companion care. **COUNTIES SERVED:** Chatham, Durham, Orange, Wake.
141 Technology Dr.
Garner, NC 27529
Phone: 919-639-8223
Email: ahg.aeason@gmail.com
www.atlantichomestaffing.com

**Bayada Home Health Care**
**COUNTIES SERVED:** Durham and Other
One Crosspointe Plaza, 5505 Creedmoor Rd., Ste. 220
Raleigh, NC 27617-6352
Phone: 919-420-0100

www.bayada.com

**Bayada Home Health Care - Assistive Care State Programs**
**SERVICE:** Assistance with activities of daily living. **SERVICE AREA:** Alamance, Caswell, Chatham, Durham, Orange, Person, Wake
807 Spring Forest Rd, Suite 1100
Raleigh, NC 27609
Phone: 919-719-0955

www.bayada.com

**Beautiful Remissions Home Care, LLC**
Beautiful Remissions Home Care offers customized services to meet the needs of your love ones. We help seniors and other adults who need assistance to live and thrive in the home environment they love.
3407 N. Duke Street
Durham, NC 27704
Phone: 984-219-6013

www.beautifulremissionshomecare.com
<table>
<thead>
<tr>
<th>Company Name</th>
<th>Address</th>
<th>Phone</th>
<th>Alt Phone</th>
<th>Email</th>
<th>Services</th>
</tr>
</thead>
<tbody>
<tr>
<td>CAAP Home Care Agency, LLC</td>
<td>2550 Capitol Dr</td>
<td>919-864-8033</td>
<td>919-482-2052</td>
<td><a href="mailto:caaphomeagency@gmail.com">caaphomeagency@gmail.com</a></td>
<td>Providing in-home services ranging from light housekeeping to personal care services.</td>
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<td></td>
<td>Creedmoor, NC 27522</td>
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<td><a href="http://www.caaphomecare.com">www.caaphomecare.com</a></td>
<td>We strive to give compassionate, dependable care to the highest quality while maintaining</td>
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<td>extremely competitive rates. We accept private pay and NC Medicaid.</td>
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<tr>
<td>Caregiver Concierge</td>
<td>413 Shakespeare Dr.</td>
<td>973-945-4972</td>
<td></td>
<td><a href="mailto:eileencaregiverconcierge@yahoo.com">eileencaregiverconcierge@yahoo.com</a></td>
<td>Caregiver Concierge Caregiver and Companion Services Hospice, Overnights, Travel and more!</td>
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<td></td>
<td>Morrisville, NC 27560</td>
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<td>Individualized Care-Fully Insured. Excellent references and a loving heart. COUNTIES SERVED:</td>
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<td>Chatham, Durham, Orange, Wake</td>
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<tr>
<td>Caring Angels Home Care Services Inc.</td>
<td>3201 Yorktown Avenue</td>
<td>919-908-6689</td>
<td>919-961-8666</td>
<td><a href="mailto:caringangels4me@yahoo.com">caringangels4me@yahoo.com</a></td>
<td>In-home care for individuals at their place of residence to include community alternative</td>
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<tr>
<td></td>
<td>Suite 217B</td>
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<td>program, private duty assistance, assistance with personal hygiene, medication reminder,</td>
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<tr>
<td></td>
<td>Durham, NC 27713</td>
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<td>housekeeping, assisting with activities of daily living, nutritional support, bathing,</td>
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<td></td>
<td></td>
<td>eating, companionship. AREA SERVED: Chatham, Durham, Orange, Other, Person and Wake Counties.</td>
</tr>
</tbody>
</table>


Caring Angels Home Care Services Inc.
In-home care for individuals at their place of residence to include community alternative program, private duty assistance, assistance with personal hygiene, medication reminder, housekeeping, assisting with activities of daily living, nutritional support, bathing, eating, companionship. AREA SERVED: Chatham, Durham, Orange, Other, Person and Wake Counties.
3201 Yorktown Avenue
Suite 217B
Durham, NC 27713
Phone: 919‐908‐6689
Alt Phone: 919‐961‐8666
Email: caringangels4me@yahoo.com

Caring Senior Service
COUNTIES SERVED: Chatham, Durham, Orange, Wake
5630 Six Fords Rd., Ste. 203
Raleigh, NC 27609
Phone: 919‐847‐0010
Alt Phone: 919‐847‐0012
Email: Raleigh@caringinc.com
www.raleigh.caringseniorservice.com

Cassiopeia’s Home Care Agency
We provide services to Seniors, Adolescents and Children. Services are provided within their homes or living facilities. We provide Companions, Sitters, PCA, HHA, CNA’s. We specialize in dementia and alzheimer care and palliative care and clients with mental and physical disabilities.
150 Preston Executive Dr, 201
Cary, NC 27513
Phone: 9194130437
Alt Phone: 9194130437
Email: cassiopeiahomecare@gmail.com
https://www.cassiopeiahomecareagency.com/

Comfort Keepers
Includes companionship, transportation, meal preparation, light housekeeping, laundry, personal care and more. COUNTIES SERVED: Durham and Orange
1415 West NC HWY 54, Ste. 209
Durham, NC 27707
Phone: 919‐338‐2044
www.durham-832.comfortkeepers.com
Comfort Keepers
Includes companionship, transportation, meal preparation, light housekeeping, laundry, personal care and more. COUNTIES SERVED: Durham and Orange
1415 West NC HWY 54, Ste. 209
Durham, NC 27707
Phone: 919-338-2044
www.durham-832.comfortkeepers.com

Cornerstone Healthcare Services
Provides nurse-supervised aides who can assist with personal care tasks, homemaking and companionship. COUNTIES SERVED: Alamance County, Chatham County, Durham County, Orange County, Wake County
3201 Yorktown Ave.
Ste 117-B
Durham, NC 27713
Phone: 919-300-0050
Email: info@cornerstonehealthcareservice.com
http://www.cornerstonehealthcareservice.com/

Cornerstone Healthcare Services
Provides nurse-supervised aides who can assist with personal care tasks, homemaking and companionship. COUNTIES SERVED: Alamance County, Chatham County, Durham County, Orange County, Wake County
3201 Yorktown Ave.
Ste 117-B
Durham, NC 27713
Phone: 919-300-0050
Email: info@cornerstonehealthcareservice.com
http://www.cornerstonehealthcareservice.com/

East Carolina Home Care
We go the extra mile when it comes to training our caregivers in senior specific diagnoses. They know what signs to watch for, how to prevent readmission and more. Whether you have a patient/resident discharging with high needs or a resident that just needs companionship, we have you covered.
6015 Fayetteville Rd. Suite 213
Durham, NC 27713
Phone: 9194627003
Alt Phone: 9196017810
Email: tae@eastcarolinahomecare.com
www.eastcarolinahomecare.com
Eyes on Seniors
We provide PEACE OF MIND! Eyes on Seniors provides affordable, in-home visual elder check services in the greater Triangle area, including Carrboro, Chapel Hill, Cary, and Apex NO MINIMUM time in the home. Transportation to and from Dr office visits, outpatient procedures.
3819 Cary Glen Blvd
Cary, NC 27519
Phone: 252-531-3810
Email: eyesonseniors@yahoo.com

G & J’s Helping Hands
Activities of daily living, personal care, incontinence care, mobility assistance, meal preparation, medication reminders, laundry, companionship, shopping/errands, light housekeeping, and companionship for hospice clients. AREA SERVED: Chatham, Durham and Orange Counties
605 West Main St.
Carrboro, NC 27510
Phone: 919-923-1694
Email: jpitts@gjhelpinghands.com
www.gjhelpinghands.com
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

HappyHomecare Staffing, Inc
Happy Homecare Staffing is a licensed agency that provides assistants with bathing, dressing, personal services, as well we do companion services and housekeeping.
201 Mt Willing Road
Efland, NC 27231
Phone: 9197324663
Email: lkenderickhhs@gmail.com

HappyHomecare Staffing, Inc.
Happy Homecare Staffing is a licensed agency that provides assistants with bathing, dressing, personal services, as well we do companion services and housekeeping.
201 Mt. Willing Road
Efland, NC 27243
Phone: 919-732-4663
Heart 2 Home Senior Services, LLC
Heart 2 Home Senior Services offers non-medical in home care services including: Respite Services; Medication Reminders; Light Housekeeping and Meal Prep; Transportation; Shopping, etc.
3511 Shannon Rd, Ste. 300
Durham, NC 27707
Phone: 919-932-0549
Email: staciej529@gmail.com
heart2homeseniorservices.com

Helping Hands of America
All CNA's have clean background, bonded, liability coverage. We provide 24 X 7 coverage. COUNTIES SERVED: Chatham, Durham, Hohnson, Orange, Wake, Other
3737 Glenwood Ave., Suite 100
Raleigh, NC 27612
Phone: 919-829-2505
Email: ccowling@hhamerica.com
www.hhamerica.com

Home Instead
COUNTIES SERVED: Chatham, Durham, Orange, Other
1829 E Franklin St
Chapel Hill, NC 27514
Phone: 919-933-3300
www.homeinstead.com/106

Home Instead - Durham
COUNTIES SERVED: Durham
2726 Croisdale Dr., Ste. 203
Durham, NC 27705
Phone: 919-479-4600
www.homeinsteadseniorcare.com/157

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
Kennedy Care
Provides in-home assistance with all activities of daily living, homemaker, companionship services, respite care, and live-in services. Available 24/7. COUNTIES SERVED: Alamance, Caswell, Chatham, Durham, Orange, Person
1330 SE Maynard Rd.
Cary, NC 27511
Phone: 919-462-7003
Alt Phone: 919-841-2447
Email: krista@kennedycare.com
www.kennedycare.com/north-carolina

Keston Care
COUNTIES SERVED: Chatham, Durham, Orange
Chatham Crossing, 11312 HWY 15-501 North, Ste. 400
Chapel Hill, NC 27517
Phone: 919-967-0507

Lilies of Hope Home Care LLC
Offers Live-in 24/7 accessibility, companionship, sitter, respite care; meal prep; monitors light exercise; light housekeeping; grocery shopping; medication reminder; escort on walks and outings; accompany to appointments. COUNTIES SERVED: Alamance, Caswell, Chatham, Durham, Orange, Person, Wake
202 Main St.
P.O. Box 73
Pembroke, NC 28372
Phone: 910-674-2244
Alt Phone: 910-674-9109
Email: liliesofhope7777@yahoo.com
www.liliesofhopehomecare.com
LiveWell Care Homes
Offers personal care, companionship, light housekeeping, meal preparation, transportation, post-operative care and hospice care. COUNTIES SERVED: Chatham, Durham, Orange
1829 East Franklin St., Ste. 1100-A
Chapel Hill, NC 27514
Phone: 919-719-9127
Alt Phone: 919-929-6444
www.livewellhomecarenc.com

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
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

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**

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

104 Jones Ferry Rd., Ste. A
Carrboro, NC 27510
Phone: 919-968-3724
Alt Phone: 919-321-2136
Email: Chapelhilladmin@visitingangels.com
www.visitingangels.com/chapelhill/home/
**Wisdom Senior Care**
Offers bathing, dressing, meal prep, light housekeeping, medication reminders, transportation, hospice care, alzheimers & dementia care, and companionship. State licensed health care agency, open 24 hours 7 days a week. COUNTIES SERVED: Chatham, Durham, Orange, Person, Wake
3622 Shannon Rd.
Durham, NC 27707
Phone: 919-323-3693
www.wisdomseniorcare.com

**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

**Atlantic Home Staffing**
Atlantic Home Staffing provides non-medical home care services to include bathing, dressing, light housekeeping, light meal prep, medication reminders and companion care. COUNTIES SERVED: Chatham, Durham, Orange, Wake.
141 Technology Dr.
Garner, NC 27529
Phone: 919-639-8223
Email: ahg.aeason@gmail.com
www.atlantichomestaffing.com

**CAAP Home Care Agency, LLC**
Providing in-home services ranging from light housekeeping to personal care services. We strive to give compassionate, dependable care to the highest quality while maintaining extremely competitive rates. We accept private pay and NC Medicaid.
2550 Capitol Dr
Creedmoor, NC 27522
Phone: 919-864-8033
Alt Phone: 919-482-2052
Email: caaphomeagency@gmail.com
www.caaphomecare.com
CareYaya
CareYaya is an online care booking service that connects families in need of affordable, quality home-based care for their loved ones with experienced pre-health college students in the community.
600 Park Offices Dr Suite 300
Durham, NC 27709
Phone: 919-346-4821
Email: support@careyaya.org
www.careyaya.org

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
carinacurbsidelaundry.com

Companion Care
Companion care for seniors and others who need assistance.
5500 Fortunes Ridge Drive, #100A. Homeplace III
Durham, NC 27713
Phone: 9143206388
Email: brich2222@gmail.com

East Carolina Home Care
We go the extra mile when it comes to training our caregivers in senior specific diagnoses. They know what signs to watch for, how to prevent readmission and more. Whether you have a patient/resident discharging with high needs or a resident that just needs companionship, we have you covered.
6015 Fayetteville Rd. Suite 213
Durham, NC 27713
Phone: 9194627003
Alt Phone: 9196017810
Email: tae@eastcarolinahomecare.com
www.eastcarolinahomecare.com
ElderFit In Home Rehab
Personalized out-patient rehabilitation services in your home or in a community setting. We offer preventative screens and Otago exercise program. COUNTIES SERVED: Alamance, Durham and Orange
2002 Bartlett Cir.
Hillsborough, NC 27278
Phone: 919-614-1923
Email: info@elderfitpt.com
www.elderfitpt.com

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

Visiting Angels of Central North Carolina
Our comprehensive home care customized for seniors based on their individual needs and preferences. Dedicated and reliable caregivers help older adults live happily and safely in the comforts of home while providing their families with peace of mind. If you have a loved one who needs personalized in-home care, contact us today to schedule a free consultation, call/text or email us at 919-968-3724. COUNTIES SERVED: Alamance, Chatham, Durham, Orange, Person.
104 Jones Ferry Rd., Ste. A
Carrboro, NC 27510
Phone: 919-968-3724
Alt Phone: 919-321-2136
Email: Chapelhilladmin@visitingangels.com
www.visitingangels.com/chapelhill/home/
Wisdom Senior Care
Offers bathing, dressing, meal prep, light housekeeping, medication reminders, transportation, hospice care, alzheimers & dementia care, and companionship. State licensed health care agency, open 24 hours 7 days a week. COUNTIES SERVED: Chatham, Durham, Orange, Person, Wake
3622 Shannon Rd.
Durham, NC 27707
Phone: 919-323-3693
www.wisdomseniorcare.com

Home Delivered Meals

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

Chapel Hill - Carrboro Meals on Wheels
Located in Binkley Baptist Church. Referral form available online. AREA SERVED: Chapel Hill, Carrboro and surrounding area
Olin T. Binkley Baptist Church
1712 Willow Dr.
Chapel Hill, NC 27514
Phone: 919-942-2948
www.chcmow.org

Chatham County Council on Aging
In-home Aide, Meals on Wheels, senior center and medical transportation, exercise, wellness program, senior centers, day trips, assistive device loans, minor home repair, emergency meals. COUNTY SERVED: Chatham
365 NC HWY 87 North
P.O. Box 715
Pittsboro, NC 27312
Phone: 919-542-4512
www.chathamcouncilonaging.org

Cornucopia House Cancer Support Center
Cornucopia supports the mind, body and spirit of those journeying with cancer, their families and caregivers through complementary therapies, meal and transportation assistance, individual and group support, information and resources.
PO Box 51188
Durham, NC 27717
Phone: 919-401-9333
Email: info@cancersupport4u.org
www.cancersupport4u.org
OCIM Meals on Wheels
Orange Congregations in Mission delivers a nutritious meal to frail, elderly and homebound residents of northern Orange County. OCIM also has a food pantry and thrift shop. AREA SERVED: Orange County School District
300 Millstone Dr.
Hillsborough, NC 27278
Phone: 919-732-6194 x 14
Email: ocim300mill@mindspring.com
www.ocimnc.org

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

www.walmart.com/grocery

Private Meal and Grocery Delivery Services

Produce Box
Delivers fresh, local produce and specialty products like meats, cheese, bread to homes and offices. Choose what you want to order and skip a week if you need to anytime. Help our members support over 50 local farmers. Annual membership fee plus box fees. AREA SERVED: Chapel Hill and most of state
Phone: 919-904-4722
www.theproducebox.com/

Takeout Central
Delivers meals within Chapel Hill from over 30 Chapel Hill-Carrboro area restaurants. Delivery charge (does not include tip for the driver). AREA SERVED: Chapel Hill and Durham
Phone: 919-942-7678
www.takeoutcentral.com/

The Food Fairy®, Inc.
Personal chef prepares meals in private homes based on your dietary preferences - weekly, monthly or as needed. Also offers meal planning and grocery shopping. COUNTIES SERVED: Chatham, Durham, Orange, Other
P.O. Box 3184
Chapel Hill, NC 27515
Phone: 919-933-4431
Alt Phone: 919-740-5856
Email: terry@foodfairy.com
www.food-fairy.com
Walmart Grocery

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

www.walmart.com/grocery

Home Delivered Medications

Carrboro Family Pharmacy
Delivery available within Carrboro city limits. Located in Carrboro Plaza.
104 NC HWY 54, STE J
Carrboro, NC 27510
Phone: 919-933-7629
Email: carrborofamilypharmacy@gmail.com
www.carrborofamilypharmacy.com

Hillsborough Pharmacy & Nutrition
Delivers within Chapel Hill and Hillsborough city limits.
110 Boone Square St., Ste. 29
Hillsborough, NC 27278
Phone: 919-245-1212
Email: info@hillsboroughpharmacync.com
www.hillsboroughpharmacync.com

Walgreens
1106 Environ Way
Chapel Hill, NC 27517
Phone: 919-942-8738

www.walgreens.com

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

Phone: 800-925-4733 – General
Alt Phone: 877-250-5823 – Online Mail service
www.walgreens.com
Provides a variety of skilled services such as nursing; physical, speech and occupational therapies; social work; and nurse-supervised personal care aides. Requires a physician’s order. Some short-term services may be covered by Medicare. If you have a Medicare Advantage plan, contact specific agencies to find out if they will accept that plan.

**Amedisys Home Health - Durham**
COUNTIES SERVED: Durham
1005 Slater Rd., Ste. 105
Durham, NC 27703
Phone: 919-941-5793

www.amedisys.com

**Amedisys Home Health - Orange**
COUNTIES SERVED: Orange
120 Providence Rd., Ste. 200
Chapel Hill, NC 27514
Phone: 919-401-3000
Alt Phone: 800-672-5905

www.amedisys.com

**Bayada Home Health Care Raleigh Visits**
Provides adults and seniors with short-term nursing, rehabilitative, therapeutic, and assistive home health care services. This care is provided by registered nurses, physical therapists, occupational therapists, speech language pathologists, home health aides and medical social workers. COUNTIES SERVED: Durham County, Orange County, Person County, Wake County, Other
4011 Westchase Blvd., Ste. 290
Raleigh, NC 27607
Phone: 919-785-9090

www.bayada.com

**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

**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, 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
ProMedica Hospice
COUNTIES SERVED: Chatham, Durham, Orange, Other
4505 Falls of the Neuse, Ste. 650
Raleigh, NC 27609
Phone: 919-877-9959
Alt Phone: 919-981-6238 - referrals
www.heartlandhospice.com

UNC Home Health
COUNTIES SERVED: Alamance, Chatham, Durham, Orange
1101 Weaver Dairy Rd., Ste. 200
Chapel Hill, NC 27514
Phone: 984-974-6350
Alt Phone: 888-424-6273

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

Assessments

Active At Home Senior Services
Our goal is to enrich the lives of older adults in our community through a variety of services designed to promote optimal physical & mental health, wellness, and aging in place. Whether it’s companion care, therapy, home modification or transportation; come experience the Active At Home DIFFERENCE!
4711 Hope Valley Rd Suite 4F-417
Durham, NC 27707
Phone: 984-837-0991
Email: brian@aahss.com
www.aahss.com

James J. Love, PT, DPT and Real Estate Agent
Real Estate Agent with a twenty year career of being a practicing Physical Therapist working with seniors. Realtor to assist seniors and family members decide if aging in place or transitioning from their home to an assisted facility is best. Guidance and support with great compassion.
7501 Creedmoor Rd
Suite 102
Raleigh, NC 27613
Phone: (919) 434-8658
Email: James.Love@hunterrowe.com
www.HUNTERROWE.COM/JAMESJLOVE
Orange County Department on Aging - Home Assessments

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

Phone: Aging Helpline: 919-968-2087
Email: agingtransitions@orangecountync.gov
www.orangecountync.gov/aging

Loans

Rebuilding Together of the Triangle

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

324 South Wilmington St. # 118
Raleigh, NC 27601
Phone: 919-341-5980
Email: info@rebuildingtogethertriangle.org
www.rebuildingtogethertriangle.org

USDA Rural Development

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

853 South Beckford Dr., Ste. A
Henderson, NC 27536
Phone: 252-438-3134 ext: 4

www.rd.usda.gov/nc

Rainbow Way Construction

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

304 Rainbow Way
Durham, NC 27707
Phone: 919-493-9738
Alt Phone: 919-358-0642
Email: andrewimlay@gmail.com
www.rainbowwayconstruction.com

Providers
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<tr>
<th><strong>AmRamp of Eastern North Carolina</strong></th>
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<tr>
<td>Also has portable ramps to rent or buy. COUNTIES SERVED: Chatham, Durham, Orange, Other</td>
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<tr>
<td>1545 Michelle Drive</td>
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<tr>
<td>Raleigh, North Carolina 27614</td>
<td></td>
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<tr>
<td>Phone: 919-850-4585</td>
<td></td>
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<tr>
<td>Alt Phone: 919-280-7957</td>
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<tr>
<td>Email: <a href="mailto:amrampenc@amramp.com">amrampenc@amramp.com</a></td>
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<tr>
<td><a href="http://www.amramp.com/easternnc">www.amramp.com/easternnc</a></td>
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<tr>
<th><strong>JOCCA Weatherization</strong></th>
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<tr>
<td>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</td>
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<tr>
<td>P.O. Box 27, 35 Chatham St.</td>
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<tr>
<td>Pittsboro, NC 27312</td>
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<td>Phone: 919-542-4781</td>
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<th><strong>Johnson Ambulance</strong></th>
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<tr>
<td>COUNTIES SERVED: Durham and Orange</td>
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<tr>
<td>Phone: 919-890-8667</td>
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<td>raleigh.101mobility.com</td>
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<tr>
<th><strong>North Carolina Baptist Men</strong></th>
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<tr>
<td>Client buys materials; agency provides labor. Mainly builds ramps. STATEWIDE</td>
<td></td>
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<tr>
<td>205 Convention Drive</td>
<td></td>
</tr>
<tr>
<td>Cary, United States 27511</td>
<td></td>
</tr>
<tr>
<td>Phone: 9194595596</td>
<td></td>
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<tr>
<td>Email: <a href="mailto:mcrawford@ncbaptist.org">mcrawford@ncbaptist.org</a></td>
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<td><a href="http://www.baptistsonmission.org">www.baptistsonmission.org</a></td>
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<tr>
<th><strong>North Carolina Independent Living Program</strong></th>
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<tr>
<td>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</td>
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<tr>
<td>Phone: 919-560-6810</td>
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<td><a href="http://www.dvr.dhhs.nc.gov">www.dvr.dhhs.nc.gov</a></td>
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</table>
**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 WEBSITESProvides palliative (comfort) care for terminally ill patients by an interdisciplinary care team. Covered by health insurance, including Medicare and Medicare Advantage plans. Bereavement counseling (both individual and group) is available, whether hospice services were or were not used prior to a patient’s death.
Amedisys Home Health - Alamance
COUNTIES SERVED: Alamance; Caswell; Rockingham; Guilford
2929 Crouse Lane, Ste. F
Burlington, NC 27215
Phone: 336-524-0127
www.amedisys.com

Amedisys Home Health - 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.
getpalliativecare.org

Liberty HomeCare & Hospice
STATEWIDE
Phone: 800-999-9883
www.libertyhomecare.com

LiveWell Care Homes
Offers personal care, companionship, light housekeeping, meal preparation, transportation, post-operative care and hospice care. COUNTIES SERVED: Chatham, Durham, Orange
1829 East Franklin St., Ste. 1100-A
Chapel Hill, NC 27514
Phone: 919-719-9127
Alt Phone: 919-929-6444
www.livewellhomecarenc.com
ProMedica Hospice
COUNTIES SERVED: Chatham, Durham, Orange, Other
4505 Falls of the Neuse, Ste. 650
Raleigh, NC 27609
Phone: 919-877-9959
Alt Phone: 919-981-6238 - referrals
www.heartlandhospice.com

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.unchcare.org/site/hospice

United Hospice
COUNTIES SERVED: Alamance, Durham, Orange
Phone: 800-973-3938
Alt Phone: 252-442-9126
www.pruitthealth.com
Visiting Angels of Central North Carolina
Our comprehensive home care customized for seniors based on their individual needs and preferences. Dedicated and reliable caregivers help older adults live happily and safely in the comforts of home while providing their families with peace of mind. If you have a loved one who needs personalized in-home care, contact us today to schedule a free consultation, call/text or email us at 919-968-3724. COUNTIES SERVED: Alamance, Chatham, Durham, Orange, Person.

104 Jones Ferry Rd., Ste. A
Carrboro, NC 27510
Phone: 919-968-3724
Alt Phone: 919-321-2136
Email: chapelhilladmin@visitingangels.com
www.visitingangels.com/chapelhill/home/

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

1237 Westmoreland Dr.
Burlington, NC 27217
Phone: 336-270-5259
Email: info@warrencareservices.com
www.warrencareservices.com

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

Alamance County

Alamance Plaza
For people age 62+. Emergency pull cords.

111 Maple Ave.
Burlington, NC 27215
Phone: 336-226-1818
Email: alamance@beacon-nc.com
www.beacon-nc.com
| **Ralph Clayton Homes** | 22-D Cates Circle Dr.  
Graham, NC 27253  
Phone: 336-229-7041 |
|------------------------|----------------------|
| **Spencer Brown Thomas Homes** | 431 Sellars St.  
Burlington, NC 27216-8421  
Phone: 336-226-8421  
Email: burlha@burlingtonhousingauthority.org  
www.burlingtonhousingauthority.org |
| **The Willows** | 124 Tarpley St.  
Burlington, NC 27215  
Phone: 336-228-0597 |
| **Westhampton Apartments** | 1015 Airport Rd.  
Mebane, NC 27302  
Phone: 919-563-3700 |
| **Woodridge Apartments** | 1604-1626 Morningside Dr.  
Burlington, NC 27217  
Phone: 336-228-8581  
www.westminstercompany.com |
| **Durham County** | **Carver Creek**  
For people age 55+. Tax Credit apartments - not a HUD property.  
531 East Carver St.  
Durham, NC 27704  
Phone: 919-471-6913  
Email: carvercreek@mlpropgroup.com |
Preiss - Steele Place
Senior community for age 55+, rent based on income through housing choice voucher program, and Tax Credit property.
500 Pickwick Trail
Durham, NC 27704
Phone: 919-479-5050
http://www.durhamhousingauthority.org/

Rockwood Cottages
For people age 62+ or younger if they have a physical disability.
14 Wood Cottage Court
Durham, NC 27707
Phone: 919-403-9051

Orange County

Adelaide Walters Apartments
For people age 62+ (or younger if they have a physical disability). Building manager. HUD property.
603 Martin Luther King Jr. Blvd.
Chapel Hill, NC 27514
Phone: 919-968-8018
Alt Phone: 919 904-5028

Carolina Spring
For people age 55+. Accepts Section 8 subsidies. Tax Credit apartments - not a HUD property.
600 West Poplar Ave.
Carrboro, NC 27510
Phone: 919-942-9559
www.firstcentrum.com

Chase Park Apartments
Accepts any age over 18. Consists of both some property-based Section 8 housing and some non-Section 8 units. The non-Section 8 units may accept housing vouchers. Not a HUD property.
Office-106 North Elliott Rd.
Chapel Hill, NC 27514
Phone: 919-942-2197
www.inchucohousing.com
<table>
<thead>
<tr>
<th>Property Name</th>
<th>Address</th>
<th>Phone Number</th>
<th>Website</th>
<th>Additional Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Covenant Place</td>
<td>103 Culbreth Rd.</td>
<td>919-929-0061</td>
<td><a href="http://www.uchas.org">www.uchas.org</a></td>
<td>For people age 62+ only. HUD property.</td>
</tr>
<tr>
<td>Dobbins Hill Apartments</td>
<td>1749 Dobbins Hill Dr.</td>
<td>919-932-3100</td>
<td><a href="mailto:dobbinshill@wrhrealty.com">dobbinshill@wrhrealty.com</a></td>
<td>Accepts Section 8 subsidies. Tax Credit apartments - not a HUD property. Not a senior property. All Age Property.</td>
</tr>
<tr>
<td>Elliott Woods Apartments</td>
<td>106 North Elliott Rd.</td>
<td>919-942-2197</td>
<td><a href="http://www.inchucohousing.com">www.inchucohousing.com</a></td>
<td>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.</td>
</tr>
<tr>
<td>First Baptist and Manley Estates</td>
<td>805 South Merritt Mill Rd.</td>
<td>919-968-9778</td>
<td><a href="mailto:firstbaptistmailing@gmail.com">firstbaptistmailing@gmail.com</a></td>
<td>For people age 62+ only. Part-time service coordinator as well as a building manager. HUD property.</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 Multifamily Select, Inc
400 Lakeside Dr., Apt. D
Hillsborough, NC 27278
Phone: 919-732-6701
Email: gateway@msiemail.net
https://multifamilyselect.com/

Gateway Village Apartments
63-units conveniently located in Hillsborough, NC. Handicap accessible units and Section 8 assistance available. Income restrictions-subsidized housing apply. Call 919-732-6701, 8:00 am-4:00pm, Monday-Friday, NC Relay: 800-735-2962. Equal Housing Opportunity-Managed by Multifamily Select, Inc
400 Lakeside Dr., Apt. D
Hillsborough, NC 27278
Phone: 919-732-6701
Email: gateway@msiemail.net
https://multifamilyselect.com/

Housing Apartments for Seniors - Independent Living With Services
See also: EMERGENCY ASSISTANCE, FINANCIAL COUNSELING and HOUSING AUTHORITIES Services include meals, transportation and housekeeping. No personal services or help with medication is provided.

Alamance County

Oak Creek Retirement Community
For people age 65+. Emergency call alert system.
343 Baldwin Rd.
Burlington, NC 27217
Phone: 336-226-5739
www.whiteoakindependentliving.com

Durham County

Atria Southpoint Walk
5705 Fayetteville Rd.
Durham, NC 27713
Phone: 919-401-0100
Email: lisa.ward@atriaseniorliving.com
www.atriaseniorliving.com
Bartlett Reserve Independent Senior Living
ALL-INCLUSIVE senior living community, for those 55+. Offer all day dining, heated pool, full kitchens, amazing events and much, much more!
300 Meredith Dr.
Durham, NC 27713
Phone: 919-361-1234
Email: spier@bartlettreserve.com
www.bartlettreserve.com

Durham Regent
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 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.
<table>
<thead>
<tr>
<th>Housing Authority</th>
<th>Address</th>
<th>Phone</th>
<th>Alt Phone</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Burlington Housing Authority</td>
<td>133 North Ireland St.</td>
<td>336-226-8421</td>
<td></td>
<td>burlingtonhousingauthority.org/</td>
</tr>
<tr>
<td>Chatham County Housing Authority</td>
<td>190 Sanford Rd.</td>
<td>919-542-3742</td>
<td>919-742-1236</td>
<td><a href="http://www.chathamnc.org">www.chathamnc.org</a></td>
</tr>
<tr>
<td>Durham County Housing Authority</td>
<td>330 East Main St.</td>
<td>919-683-1551</td>
<td></td>
<td><a href="http://www.durhamhousingauthority.org">www.durhamhousingauthority.org</a></td>
</tr>
<tr>
<td>Graham Housing Authority</td>
<td>109 East Hill St.</td>
<td>336-229-7041</td>
<td></td>
<td><a href="http://www.grahamhanc.com/">www.grahamhanc.com/</a></td>
</tr>
</tbody>
</table>
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

**Elderberry Cohousing**

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

60 Elderberry Ln.
Rougemont, NC 27572
Phone: 336-364-4173
Alt Phone: 336-364-0386
Email: mbkbennett@gmail.com
www.elderberrycohousing.com

**Intown Neighborhood Place**

Seeking site as of 2016.

Email: nc277coho@gmail.com
Solterra
Solterra is a Cohousing Community. We: Care about our neighbors and environment; Make decisions on consensus; Welcome diversity; Do things together (cook, watch movies, read, garden, and more); Are Multi-generational (age spans from 0 to 87); and Help each other to be a strong community. COUNTIES SERVED: Orange, Durham
98 Solterra Way
Durham, NC 27705
Email: info@solterra.net
www.solterra.net

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

Common Ground Ecovillage (formerly Hart's Mill Village and Farm)
Common Ground is a forming ecovillage on 112 acres near Efland. The land is presently being farmed. Construction of a cluster of modest homes will begin in 2023. Focus of our community effort is to consciously live a more environmentally-aware and sustainable lifestyle. COUNTIES SERVED: Orange
1625 Ben Jones Dr.
Mebane, NC 27302
Phone: 919-357-7519
Email: voss@hawkweed.net
www.commonground.eco
Elder Commons
Coming 2020 to Chapel Hill.

Phone: 919-903-7405
Email: tskeys@eldercommons.com
cohousing.org/Elder%20Commons

Pacifica
Established 2006 in Carrboro.

Email: pacificaoutreachcommittee@gmail.com
pacificoonline.org

Legal

Clarity Legal Group
Estate Planning, Elder Law & Medicaid Planning, Guardianships, Special Needs Trusts, Estate & Trust
Administration, Probate. We serve all of North Carolina. Local counties include Alamance, Caswell, Chatham,
Durham, Granville, Johnston, Orange, Person, and Wake.
1414 Raleigh Road, Suite 445
Chapel Hill, NC 27517
Phone: 919-484-0012
Email: kelleigh@claritylegalgroup.com
www.claritylegalgroup.com/

Compass Center
Helps all people navigate their journey to self-sufficiency, safety, and health. Our services include domestic
violence crisis and prevention programs, career and financial education, assistance with legal resources, and
youth health programs. COUNTIES SERVED: Orange
210 Henderson St.
Chapel Hill, NC 27514
Phone: 919-968-4610
Email: clientservices@compassctr.org
www.compassctr.org
Compass Center for Women and Families
Offers a broad range of services to 6,000+ people each year, including career and financial education and individual counseling, legal resources, and support groups. We are the only Orange County resource for comprehensive domestic violence crisis services. COUNTIES SERVED: Alamance, Chatham, Durham, Orange, Wake
210 Henderson St.
Chapel Hill, NC 27514
Phone: 919-968-4610
Alt Phone: 919-929-7122
Email: clientservices@compassctr.org
www.compassctr.org

Consumer Protection - North Carolina Department of Justice
Call the Attorney General's office with consumer complaints, including reports of scams against seniors. Complaints can also be filed online.
114 West Edenton St.
Raleigh, NC 27602
Phone: 919-716-6000
Alt Phone: 877-566-7226
Email: consumer@ncdoj.gov
www.ncdoj.gov

Disability Rights North Carolina
Provides legal representation and advocacy to protect the rights of people with disabilities and investigates allegations of abuse and neglect. STATEWIDE
3724 National Dr., Ste. 100
Raleigh, NC 27612
Phone: 919-856-2195
Email: info@disabilityrightnc.org
www.disabilityrightnc.org

Dispute Settlement Center
Provides mediation services to individuals and communities dealing with family and life issues. STATEWIDE
302 West Weaver St.
Carrboro, NC 27510
Phone: 919-929-8800
www.disputesettlement.org
Legal Aid of North Carolina
Legal Aid of North Carolina's Senior Law Project provides free civil legal help to North Carolinians who are 60 years of age or older. Priority is given to those with the greatest need. Call the toll-free Senior Legal Helpline to apply for services.

Phone: 1-877-579-7562
Alt Phone: 1-866-219-5262
www.legalaidnc.org

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 Cybrary
Enjoy access to print/digital books, DVDs & music; wi-fi, computers & ancestry.com; programs for all ages; & meeting & study space. The Orange County Public Library offers free library cards to residents of Orange, Person, Chatham, Durham, Alamance & Caswell counties.
N. Greensboro St
Carrboro, NC 27510
Phone: 919-918-7387
www.OrangeCountyLibrary.org

Orange County

Chapel Hill Public Library
100 Library Dr.
Chapel Hill, NC 27514
Phone: 919-968-2777
Email: library@townofchapelhill.org
www.chapelhillpubliclibrary.org
<table>
<thead>
<tr>
<th><strong>Cybrary</strong></th>
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<tbody>
<tr>
<td>Branch library of the Orange County Public Library with computers, books, audiobooks, DVDs, newspapers, magazines, faxing, storytime programming, and computer classes.</td>
</tr>
<tr>
<td>100 North Greensboro St.</td>
</tr>
<tr>
<td>Carrboro, NC 27510</td>
</tr>
<tr>
<td>Phone: 919-918-7387</td>
</tr>
<tr>
<td>Email: <a href="mailto:library@orangecountync.gov">library@orangecountync.gov</a></td>
</tr>
<tr>
<td><a href="http://www.OrangeCountyLibrary.org">www.OrangeCountyLibrary.org</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Orange County Public Library - Main</strong></th>
</tr>
</thead>
<tbody>
<tr>
<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>
</tr>
<tr>
<td>137 West Margaret Lane</td>
</tr>
<tr>
<td>Hillsborough, NC 27278</td>
</tr>
<tr>
<td>Phone: 919-245-2525</td>
</tr>
<tr>
<td>Email: <a href="mailto:library@orangecountync.gov">library@orangecountync.gov</a></td>
</tr>
<tr>
<td><a href="http://www.OrangeCountyLibrary.org">www.OrangeCountyLibrary.org</a></td>
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<tr>
<th><strong>Medicaid</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>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.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Alamance County Department of Social Services</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>319 North Graham-Hopedale Rd., Ste. C</td>
</tr>
<tr>
<td>Burlington, NC 27217</td>
</tr>
<tr>
<td>Phone: 336-570-6532</td>
</tr>
<tr>
<td><a href="http://www.alamance-nc.com/dss">www.alamance-nc.com/dss</a></td>
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<tr>
<th><strong>Orange County Department of Social Services - Chapel Hill</strong></th>
</tr>
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<tbody>
<tr>
<td>Southern Human Services Center</td>
</tr>
<tr>
<td>2501 Homestead Rd.</td>
</tr>
<tr>
<td>Chapel Hill, NC 27516</td>
</tr>
<tr>
<td>Phone: 919-968-2000</td>
</tr>
<tr>
<td>Email: <a href="mailto:dssinfo@orangecountync.gov">dssinfo@orangecountync.gov</a></td>
</tr>
<tr>
<td><a href="http://www.orangecountync.gov/378/Social-Services">www.orangecountync.gov/378/Social-Services</a></td>
</tr>
</tbody>
</table>
Medical Equipment & Supplies
The organizations listed provide durable medical equipment and supplies. A physician or licensed therapist should be consulted regarding equipment needs.

Healthcare Equipment, Inc.
Representatives at our Durham store and in the field can help families with selections. Therapist and family members are present when samples and choices are decided. Requires a letter of medical need and doctor's prescription. Repairs and maintains equipment that we provide.
4228 Garrett Rd.
Durham, NC 27707
Phone: 919-489-7408
Alt Phone: 800-462-6427
Email: kevinp@hcewheelchairs.com
www.healthcareequipmentinc.com

Medical Supply Super Store - Durham
Approved and accredited Medicare provider.
3300 North Guess Rd.
Durham, NC 27705
Phone: 919-220-0740
www.themedicalsupplysuperstore.com

MobileHelp
Nationwide Medical Alert System Coverage. Get a Personal Emergency Response System for every need.
5050 Conference Way N, Suite 125, 19
Boca Raton, United States 33431
Phone: 800-992-0616
Email: sales@mobilehelp.com
www.mobilehelp.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, productive lives of their choice in the community. Club Nova focuses on members’ strengths rather than their illness, with support around social skills, housing, employment, and benefits. 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@naminnc.org
http://naminnc.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.
COUNTY SERVED: Durham
Phone: 919-428-0819
www.freedomhouserecovery.org

Freedom House Recovery Center - Mobile Crisis
Mobile Crisis Team provides integrated, short-term crisis response, stabilization and intervention for adults and children experiencing a mental health or chemical dependency crisis. 24 hours a day, Every day.
COUNTIES SERVED: Orange, Person
104 New Stateside Dr.
Chapel Hill, NC 27516
Phone: 1-877-967-8844
www.freedomhouserecovery.org

National Suicide Prevention Hotline
Will connect call to a local resource provider. NATIONWIDE
Phone: 800-SUICIDE
Alt Phone: 800-784-2433
https://suicidepreventionlifeline.org/

Orange County Sheriff Department Crisis Unit
NON-police crisis assistance for Orange County residents only. NOT police response. In a police or medical emergency, call 911. COUNTY SERVED: Orange
106 East Margaret Ln.
Hillsborough, NC 27278
Phone: 919-245-2900
Alt Phone: 919-644-3050
www.ocsonc.com

Veterans Crisis Line
If you have a medical emergency, please dial 911. Connects Veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text 838255 to receive confidential support 24/7.
Phone: 800-273-8255 ext: 1
Alt Phone: TTY: 800-799-4889
www.veteranscrisisline.net

Daytime Counseling Services
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.freedomhouserecover.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
## Reflective Counseling Services, PLLC
Reflective Counseling offers teletherapy to adults 55 and older and caregivers. AREA SERVED: All, North Carolina (statewide)
8410 Six Forks Rd
Suite 203
Raleigh, NC 27615
Phone: 910-830-0704
Email: imlistening@reflectivecounsel.com
www.reflectivecounsel.com

## Silver Linings for Seniors
Counseling services in homes, communities, or our Cary office for individuals or families. Medicare approved providers help with change, sadness, anger, stress, and much more. COUNTIES SERVED: Alamance, Chatham, Durham, Orange, Wake, Other
1250 SE Maynard Rd.
Cary, NC 27511
Phone: 919-757-6498
Alt Phone: 919-300-7943
Email: rachel@silverliningsnc.com
www.SilverLiningsNC.com

## UNC Dept. of Psychiatry Walk-In Clinic
For emergencies only: 9 am - 3 pm. LOCATION: Neurosciences Hospital - 1st Floor
101 Manning Dr.
Chapel Hill, NC 27514
Phone: 984-974-5217
Alt Phone: 24 Hr Crisis Line: 984-974-3950
www.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

### Duke Health
2301 Erwin Rd.
Durham, NC 27710
Phone: 855-855-6484
www.dukemedicine.org

### North Carolina Division of State-Operated Healthcare Facilities
3006 Mail Service Center
Raleigh, NC 27699-3006
Phone: 919-855-4700
www.ncdhhs.gov/divisions/dsohf/

### North Carolina Hospital and Healthcare Guide 2016-17
Lists hospitals by location, nursing homes, adult care homes-assisted living, local health departments, state and federal health contacts & medical societies. Also found at www.orangecountync.gov/departments/aging. Go to Aging in Place Supports.

www.nc-hospitals.com

### UNC Hospitals
101 Manning Dr.
Chapel Hill, NC 27514
Phone: 984-974-1000
www.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, Inc.
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
525 S. White Street
Wake Forest, North Carolina 27587
Phone: 9196348029
Alt Phone: 877-235-4525
Email: director@hopeline-nc.org
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.freedomhousercovery.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 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

Moves For Seniors

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

999 Old Eagle School Road
Suite 114
Wayne, PA 19987
Phone: 984-270-4232
Alt Phone: 919-638-1508
Email: sydneye@movesforseniors.com
https://www.movesforseniors.com/

Neat Freak Professional Organizing, LLC

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

PO Box 351
Carrboro, NC 27510
Phone: 919-824-8196
Email: perri@neat-freak.com
https://neat-freak.com/

Professional Relocation Options

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

1301 Blackwood Mountain Rd.
Chapel Hill, NC 27516
Phone: 919-929-1555
Alt Phone: 919-200-8295
Email: leeglenn@bellsouth.net
www.prorelocation.net/
Professional Relocation Options/Truckin' for Seniors

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

1031 Harvest Street
Durham, NC 27704
Phone: 919-682-2300
Alt Phone: 919-200-8295
Email: tracy@truckinmovers.com
www.truckinmovers.com/pro

The Downsizers

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

119 Morgan Bend Ct.
Chapel Hill, NC 27517
Phone: 919-636-7800
Email: info@thedownsizers.com
www.thedownsizers.com

The Right Moves

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

P.O. Box 17104
Chapel Hill, NC 27516
Phone: 919-942-5993
Alt Phone: 941-232-2732
www.therightmoves.net

TROSA Moving

Moving, packing and storage services available. NATIONWIDE

1820 James St.
Durham, NC 27707
Phone: 919-489-3941
Alt Phone: 919-419-1059
Email: moving@trosainc.org
trosamoving.com
WayForth, LLC
As the nation’s largest move management provider, we eliminate the stress of moving by guiding our clients through the process step by step and delivering done-for-you moving solutions. You choose your new home, we’ll do the rest. AREA SERVED: All
1859 Lindbergh St., Ste 100
Charlotte, NC 28208
Phone: 704-795-2256
Alt Phone: 919-244-9087
Email: china.rosa@wayforth.com
https://www.wayforth.com

Newcomers

Chapel Hill - Orange County Visitors Bureau
COUNTIES SERVED: Orange
Provide tourism information: visitor guide, maps, restaurant map, and directions as needed.
308 West Franklin St.
Chapel Hill, NC 27516
Phone: 919-245-4320
Alt Phone: 888-968-2060
Email: info@visitchapelhill.org
www.visitchapelhill.org

Hillsborough Visitors Center
Provide information to visitors coming to Hillsborough. AREA SERVED: All
150 East King St.
Hillsborough, NC 27278
Phone: 919-732-7741
www.visithillsborough.org

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
Email: newcomersclubofchapelhill@gmail.com
www.newcomersofchapelhill.org
Orange County Department on Aging - Newcomers
COUNTIES SERVED: Orange
Phone: Passmore Center: 919-245-2015; Seymour Center: 919-968-2070
Email: maustin@orangecountync.gov
www.orangecountync.gov/aging

The Chamber For a Greater Chapel Hill-Carrboro
The Chamber connects with people and information businesses need to succeed, advocates for local business interest, drives progress and builds community.
104 South Estes Dr.
Chapel Hill, NC 27514
Phone: 919-967-7075
Email: info@carolinachamber.org
www.carolinachamber.org

UNC Visitors Center
Experience an innovative institution of higher learning, a global research university committed to accessibility and impact, a place with a legacy as old as the United States – and a boundless future. We can recommend a guided tour, self-directed stroll or other ways to discover Carolina. COUNTIES SERVED: Orange
250 East Franklin St.
Chapel Hill, NC 27599
Phone: 919-962-1630
www.unc.edu/visitors

Websites

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
Email: newcomersclubofchapelhill@gmail.com
www.newcomersclubofchapelhill.org

Orange County North Carolina
www.orangecountync.gov
Town of Carrboro
301 W Main St
Carrboro, United States 27510
Phone: 9199428541
Email: jeckenrode@townofcarrboro.org
www.townofcarrboro.org

Town of Chapel Hill

www.townofchapelhill.org

Town of Hillsborough
Hillsborough is located in Orange County and provides water and sewer service within town limits and to some surrounding properties. See the Jurisdiction and Service Areas page of the town website to determine service providers. Some Hillsborough mailing addresses are not within town.
101 E. Orange St.
Hillsborough, NC 27278
Phone: 919-732-1270
www.hillsboroughnc.gov

University of North Carolina

www.unc.edu

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

Alamance County

Alamance Health Care Center
Accepts Medicaid.
1987 Hilton Rd.
Burlington, NC 27217
Phone: 336-226-0848
www.alamancerehab.com/center/
<table>
<thead>
<tr>
<th>Location</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. Burlington, NC 27215</td>
<td>336-586-9850</td>
<td><a href="http://www.libertyhealthcare.com">www.libertyhealthcare.com</a></td>
<td>Yes</td>
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<tr>
<td>Peak Resources Alamance</td>
<td>779 Woody Dr. Graham, NC 27253</td>
<td>336-228-8394</td>
<td><a href="http://www.peakresourcesinc.com">www.peakresourcesinc.com</a></td>
<td>Yes</td>
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<tr>
<td>The Presbyterian Home of Hawfields</td>
<td>2502 South NC HWY 119 Mebane, NC 27302</td>
<td>336-578-4701</td>
<td><a href="http://www.hawfields.org/">www.hawfields.org/</a></td>
<td>Yes</td>
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<td>Chatham County</td>
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<tr>
<td>Siler City Center</td>
<td>900 West Dolphin St. Siler City, NC 27344</td>
<td>919-663-3431</td>
<td><a href="http://www.genesishcc.com/silercity">www.genesishcc.com/silercity</a></td>
<td>Yes</td>
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<tr>
<td>Facilities</td>
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<td>The Laurels of Chatham</td>
<td>72 Chatham Business Dr.</td>
<td>919-542-6677</td>
<td><a href="http://www.laurelsofchatham.com">www.laurelsofchatham.com</a></td>
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<tr>
<td>Dementia unit available.</td>
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<td>Accepts Medicaid.</td>
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<td>Trachs, Life Vest and LVADS.</td>
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<td>AREA SERVED: Statewide</td>
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<td>Durham County</td>
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<td>Accordius Health at Rose Manor</td>
<td>4230 North Roxboro St.</td>
<td>919-477-9805</td>
<td><a href="http://www.rosemanorhc.com">www.rosemanorhc.com</a></td>
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<tr>
<td>Dementia care.</td>
<td>Accepts Medicaid.</td>
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<tr>
<td>Brian Center Health &amp; Rehabilitation</td>
<td>6000 Fayetteville Rd.</td>
<td>919-544-9021</td>
<td><a href="http://www.briancenterofdurham.com">www.briancenterofdurham.com</a></td>
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<tr>
<td>Accepts Medicaid.</td>
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<tr>
<td>Carver Living Center</td>
<td>303 East Carver St.</td>
<td>919-471-3558</td>
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<tr>
<td>Dementia unit available.</td>
<td>Accepts Medicaid.</td>
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<tr>
<td>Croasdaile Village Retirement Community</td>
<td>2600 Croasdaile Farm Parkway</td>
<td>919-384-2475</td>
<td><a href="http://www.croasdailevillage.com">www.croasdailevillage.com</a></td>
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<tr>
<td>Croasdaile Village is a Life Plan Community with Independent Living Cottages, apartments &amp; 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</td>
<td>919-384-2000</td>
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</table>
**Durham Nursing & Rehabilitation Center**
Accepts Medicaid.
411 South LaSalle St.
Durham, NC 27705
Phone: 919-383-5521

www.healthtiquegroup.com

**Hillcrest Convalescent Center**
Focus: Short-term, post-acute Medicare after hospital, and long-term Private pay (Skilled Nursing and Assisted Living). Medicaid on a very limited availability (8 beds stay full).
1417 West Pettigrew St.
Durham, NC 27705
Phone: 919-286-7705

www.hillcrestnc.com/

**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

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

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: carolinacurbsidelaundry@gmail.com
carolinacurbsidelaundry.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

WayForth, LLC
As the nation’s largest move management provider, we eliminate the stress of moving by guiding our clients through the process step by step and delivering done-for-you moving solutions. You choose your new home, we’ll do the rest. AREA SERVED: All
1859 Lindbergh St., Ste 100
Charlotte, NC 28208
Phone: 704-795-2256
Alt Phone: 919-244-9087
Email: china.rosa@wayforth.com
https://www.wayforth.com
# Personal Emergency Response Systems

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

**Alert 1**

NATIONWIDE

Phone: 888-981-9825

www.alert-1.com

**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

1140 Galaxy Way, Suite #150

Concord, CA 94520

Phone: 877-522-9633

www.bayalarmmedical.com

**Care Innovations**

NATIONWIDE

Phone: 888-227-3301

www.linkmedicalalert.com

**Freedom Alert**

NATIONWIDE

Phone: 800-953-5211

www.freedomalert-911.com
<table>
<thead>
<tr>
<th><strong>Help - Personal Response Systems</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>COUNTIES SERVED: Durham, Orange, Other</td>
</tr>
<tr>
<td>171-B Monroe Lane</td>
</tr>
<tr>
<td>Lexington, SC 29072</td>
</tr>
<tr>
<td>Phone: 866-672-4852</td>
</tr>
<tr>
<td>Email: <a href="mailto:healthinfo@msa-corp.com">healthinfo@msa-corp.com</a></td>
</tr>
<tr>
<td>helpforyou.com</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Life Alert</strong></th>
</tr>
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<tbody>
<tr>
<td>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</td>
</tr>
<tr>
<td>Phone: 800-360-0329</td>
</tr>
<tr>
<td><a href="http://www.lifealert.org">www.lifealert.org</a></td>
</tr>
</tbody>
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<table>
<thead>
<tr>
<th><strong>LifeStation</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>NATIONWIDE</td>
</tr>
<tr>
<td>6201 Fairview Road</td>
</tr>
<tr>
<td>Charlotte, NC 28210</td>
</tr>
<tr>
<td>Phone: 800-446-3300 X3971</td>
</tr>
<tr>
<td>Email: <a href="mailto:partnercare@lifestation.com">partnercare@lifestation.com</a></td>
</tr>
<tr>
<td><a href="http://www.lifestation.com">www.lifestation.com</a></td>
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<thead>
<tr>
<th><strong>Medical Guardian</strong></th>
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<tbody>
<tr>
<td>NATIONWIDE</td>
</tr>
<tr>
<td>Phone: 800-310-5400</td>
</tr>
<tr>
<td><a href="http://www.medicalguardian.com">www.medicalguardian.com</a></td>
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</tbody>
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<tr>
<th><strong>MobileHelp</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Nationwide Medical Alert System Coverage. Get a Personal Emergency Response System for every need.</td>
</tr>
<tr>
<td>5050 Conference Way N, Suite 125, 19</td>
</tr>
<tr>
<td>Boca Raton, United States 33431</td>
</tr>
<tr>
<td>Phone: 800-992-0616</td>
</tr>
<tr>
<td>Email: <a href="mailto:sales@mobilehelp.com">sales@mobilehelp.com</a></td>
</tr>
<tr>
<td><a href="http://www.mobilehelp.com">www.mobilehelp.com</a></td>
</tr>
</tbody>
</table>
MSS Electronics Inc., dba LifeFone
Provides state-of-the-art medical alert systems that work at home and on-the-go with optional fall detection. Caregiver tools are also available, such as medication reminders, daily check-in service and location service. LifeFone saves lives - 24/7 - when seconds count. AREA SERVED: All
16 Yellowstone Ave.
White Plains, NY 10607
Phone: 800-882-2280
www.lifefone.com

Orange County Sheriff Department - Life Track
Helps locate enrolled clients with brain disorders who wander away from their caregivers. Clients may have Alzheimer’s disease, Autism, Down’s syndrome or dementia. Clients wear a transmitter that emits a tracking signal. If the client wanders away, the caregiver calls 911 for a search and rescue team with a mobile receiver. COUNTIES SERVED: Orange
106 East Margaret Lane
Hillsborough, NC 27278
Phone: 919-245-2900
Alt Phone: 919-644-3050
www.ocsonc.com

Rescue Alert
Phone:
Email: info@rescuealert.com
www.rescuealert.com

Safe Return
Identifying information is provided to a national registry for people with dementia who wander. Can select either a medical alert pendent or bracelet to wear. Fee.
Phone: 888-572-8566
www.medicalert.org/safereturn

Triangle Lifeline Carolina Medical Alert Services
COUNTIES SERVED: Alamance, Chatham, Durham, Orange, Other
4220 NC HWY 55, Ste. 335
Durham, NC 27713
Phone: 919-479-6050

Visiting Angels
NATIONWIDE
Phone: 866-359-5606
www.greatcall.com
Pharmacy
See also: PRESCRIPTION ASSISTANCE

Durham County Social Services
The Housing Opportunities for Persons with AIDS (HOPWA) program is dedicated to the housing needs of people living with HIV/AIDS. HOPWA provides housing assistance and related supportive services for low-income persons living with HIV/AIDS and their families.
414 E Main St.
Durham, NC 27702
Phone: 919-560-7280
Email: dssmcm@dconc.gov

Orange County

CVS
1724 Durham Blvd., Rams Plaza
Chapel Hill, NC 27514
Phone: 919-942-5125
www.cvs.com

Harris Teeter
1800 Martin Luther King Jr. Blvd.
Chapel Hill, NC 27514
Phone: 919-968-0110
www.harristeeter.com

Hillsborough Pharmacy & Nutrition
Delivers within Chapel Hill and Hillsborough city limits.
110 Boone Square St., Ste. 29
Hillsborough, NC 27278
Phone: 919-245-1212
Email: info@hillsboroughpharmacync.com
www.hillsboroughpharmacync.com
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.

Active At Home Senior Services

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

4711 Hope Valley Rd Suite 4F-417
Durham, NC 27707
Phone: 984-837-0991
Email: brian@aahss.com
www.aahss.com
ATI Physical Therapy
Provides physical therapy and rehabilitation services for evaluation and treatment to help maintain and restore maximum movement and function, especially after surgery. COUNTIES SERVED: Orange
304 West Weaver St., Ste. 103
Carrboro, NC 27510
Phone: 919-942-0240
www.atipt.com

Bayada Home Health Care Raleigh Visits
Provides adults and seniors with short-term nursing, rehabilitative, therapeutic, and assistive home health care services. This care is provided by registered nurses, physical therapists, occupational therapists, speech language pathologists, home health aides and medical social workers. COUNTIES SERVED: Durham County, Orange County, Person County, Wake County, Other
4011 Westchase Blvd., Ste. 290
Raleigh, NC 27607
Phone: 919-785-9090
www.bayada.com

Croasdaile Village Retirement Community
Croasdaile Village is a Life Plan Community with Independent Living Cottages, apartments & continuing care: Home Care, Assisted Living, and Nursing Care. Amenities include Fitness Center, Swimming Pool, Library, Game Room and Gardens, Trails and a Lake. AREA SERVED: Chatham, Durham, Orange, Nationwide
2600 Croasdaile Farm Parkway
Durham, NC 27705
Phone: 919-384-2475
Alt Phone: 919-384-2000
www.croasdailevillage.com

ElderFit In Home Rehab
Personalized out-patient rehabilitation services in your home or in a community setting. We offer preventative screens and Otago exercise program. COUNTIES SERVED: Alamance, Durham and Orange
2002 Bartlett Cir.
Hillsborough, NC 27278
Phone: 919-614-1923
Email: info@elderfitpt.com
www.elderfitpt.com
James J. Love, PT,DPT and Real Estate Agent
Real Estate Agent with a twenty year career of being a practicing Physical Therapist working with seniors. Realtor to assist seniors and family members decide if aging in place or transitioning from their home to an assisted facility is best. Guidance and support with great compassion.
7501 Creedmoor Rd
Suite 102
Raleigh, NC 27613
Phone: (919) 434-8658
Email: James.Love@hunterrowe.com
www.HUNTERROWE.COM/JAMESJLOVE

Kindred Transitional Care & Rehabilitation - Rose Manor
Our wide array of services enables our patients and residents to receive the medical care they need, the restorative therapy they require, and the support they and their families deserve. Our services address their needs for short-term rehabilitation to traditional long-term care. COUNTIES SERVED: Alamance, Chatham, Durham, Orange, Person, Other
4230 North Roxboro Rd.
Durham, NC 27704
Phone: 919-477-9805
www.rosemanorhc.com

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

Mobile Rehab Physical Therapy
Provides in-home outpatient physical therapy in the convenience of your home. Accepts many major insurances. No rushing, no waiting and no compromise. COUNTIES SERVED: Chatham, Orange, Wake
229 Fearrington Post
Pittsboro, NC 27312
Phone: 919-636-2423
Email: info@mobilerehabnc.com
www.mobilerehabnc.com
Move Free Physical Therapy at Home
We provide Medicare Part B outpatient physical therapy services in our clients' homes in Durham and Chapel Hill, or through virtual visits statewide. We also provide wellness services including exercise programming, group classes, and educational workshops throughout the year.
5501 Welkin Ct
Durham, NC 27713
Phone: 919-886-4163
Email: info@movefreeptandwellness.com
www.movefreeptnc.com

UNC Center for Rehabilitation Care (CRC)
Helps improve function through speech, language and cognitive evaluations and treatment; swallowing assessments and treatment; and neuromuscular electrical stimulation. AREA SERVED: All
1807 North Fordham Blvd.
Chapel Hill, NC 27514
Phone: 984-974-9700
www.uncmedicalcenter.org/uncmc/hospitals-locations/profile/?id=410

UNC Physical & Occupational Therapy - Chapel Hill
This service is also available at the Orange County Sportsplex in Hillsborough and at the Seymour Center and the UNC Geriatric Evaluation Clinic in Chapel Hill. COUNTIES SERVED: Orange
590 Manning Dr., UNC Family Medical Center
Chapel Hill, NC 27514
Phone: 919-966-0210
www.med.unc/ahs/physical/university-pt

UNC Physical & Occupational Therapy - Hillsborough
This service is also available at the Orange County Sportsplex in Hillsborough and at the Seymour Center and the UNC Geriatric Evaluation Clinic in Chapel Hill. COUNTIES SERVED: Orange
115 Oakdale Dr. #8
Hillsborough, NC 27278
Phone: 919-732-6600
www.med.unc/ahs/physical/university-pt
Whole Life OT, PLLC
Provides community-based occupational therapy (OT) services to adults with neurologic conditions. Holistic wellness and lifestyle modification workshops and programs. Individual in-home service area: most of Durham and Orange counties; Fearrington. Telehealth services throughout North Carolina.

4813 Butler Street
Durham, NC 27707
Phone: 919-205-9878
Email: wholelifeot@gmail.com
www.wholelifeotnc.com

Prescription Assistance & Management
See also: COMMUNITY HEALTH CENTERS, EMERGENCY ASSISTANCE and HEALTH INSURANCE INFORMATION

Chatham County

Chatham CARES Community Pharmacy
Our mission is to reduce health disparities in Chatham County through free prescriptions for qualifying low income, un- and underinsured residents who meet 200% of the Federal Poverty Level. Our clients live with chronic health concerns like high blood pressure, diabetes and mental health disorders.

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

Durham County

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

Other

Medicare Limited Income Newly Eligible Transition Program (LI-NET)

Helps those with Medicare’s “extra help,” but not yet enrolled in a Part D prescription drug plan obtain immediate prescription drug coverage. Retroactive coverage for those newly eligible for both Medicare & Medicaid, or Medicare & SSI. Call or visit the website below (search LI-NET).

Phone: 800-783-1307

www.cms.gov/Medicare/Eligibility-and-Enrollment/LowIncSubMedicarePresCov/MedicareLimitedIncomeNET.html

NC Drug Card

All NC residents are eligible to get pharmacy discounts through this program. Can be used to supplement most health insurance plans including Health Savings Accounts (HAS) and High Deductible Plans. It can also be used as a Medicare Part D supplement by providing discounts on non-covered drugs. STATEWIDE

www.northcarolinadrugcard.com

NC MedAssist

The Free Pharmacy program provides free prescription medication to NC residents who are low-income, uninsured and fall at or below 200% of the Federal Poverty Level. This program is the answer for those who do not have the means to obtain lifesaving prescription medication. STATEWIDE

4428 Taggart Creek Rd., Ste. 101
Charlotte, NC 28208
Phone: 704-536-1790 - Main
Alt Phone: 866-331-1348
Email: info@medassist.org
http://medassist.org/free-pharmacy-program/
NeedyMeds, Inc.
NeedyMeds is a national non-profit organization whose mission is to educate and empower those seeking affordable healthcare. Our drug discount card can save users up to 80% off the cash price of prescriptions.
50 Whittemore St.
Gloucester, United States 01930
Phone: 978-281-6666
Alt Phone: 978-281-6666
Email: info@needymeds.org
www.needymeds.org

North Carolina Seniors’ Health Insurance Information Program (NC-SHIIP)
Medicare beneficiaries with limited income and assets may qualify for Extra Help with Medicare prescription drug plan costs. For more information about Extra Help or for help completing an Extra Help application, contact NC-SHIIP or your local SHIIP office. STATEWIDE
11 South Boylan Ave.
Raleigh, NC 27603
Phone: 855-408-1212
Email: ncshiip@ncdoi.gov
www.ncshiip.com/shiip/

Partnership for Prescription Assistance (PPA)
Free information resource to help people locate medication assistance programs. General information only. Get prescription help and find a low-cost clinic near you.
Phone: 888-477-2669
www.pparx.org

RxAssist
A resource center and comprehensive database of patient assistance programs, Medicare Part D, programs for low-cost medications and any other issue related to pharmaceutical access. RxAssist does not operate medication programs. Contact the company directly to apply for assistance. AREA SERVED: All
Email: info@rxassist.org
www.rxassist.org

Social Security Administration - Extra Help
Medicare beneficiaries may qualify for Extra Help with their Medicare prescription drug plan costs, such as premiums, deductibles and coinsurance. The application is easy to complete over the phone, on the Internet or by hand. Call or visit the website for more information and for application help. NATIONWIDE
3004 Tower Blvd.
Durham, NC 27707
Phone: 800-772-1213
Alt Phone: TTY: 800-325-0778
www.ssa.gov/medicare/prescriptionhelp/
**Teva Cares Foundation**
Offers Patient Assistance Programs to improve patient access to medication. Provides certain Teva medications at no cost to patients in the United States who meet insurance and income criteria. Eligibility is based on a patient's income and prescription insurance status. **NATIONWIDE**

Phone: 877-237-4881  
Alt Phone: 888-838-2872  
www.tevacares.org

**UNC Geriatrics Specialty Clinic (UNC GSC)**
Through the interdisciplinary services offered at UNC Geriatrics Specialty Clinic, a clinical pharmacist helps to screen patients for prescription assistance options and resources. One-on-one medication evaluation and education with the clinical pharmacist are available through provider referral. **AREA SERVED:** Any UNC GSC patient

6011 Farrington Rd., Bldg 100, Ste. 101  
Chapel Hill, NC 27517  
Phone: 919-957-6599

www.med.unc.edu/aging/patients

**UNC Hospitals - Prescription Assistance**
Income-based, sliding fee prescription assistance program limited to NC residents. Must have a UNC physician(s) and meet with a financial counselor to see if you qualify. Note: this is not “UNC Charity Care,” which is a different assistance program. **AREA SERVED:** NC residents with UNC Physician(s)

101 Manning Dr.  
Chapel Hill, NC 27514  
Phone: 919-966-7690

http://www.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

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: jsmith@ci.burlingtonnc.us

Chatham County Senior Games Coordinator - Liz Lahti
Phone: 919-542-4512
Email: jimmy.lewis@chathamcountync.gov

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

Phone: 919-560-4355
Email: bridgette.robinson@durhamnc.gov
<table>
<thead>
<tr>
<th><strong>Kernodle Senior Center</strong></th>
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<tbody>
<tr>
<td>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</td>
</tr>
<tr>
<td>1535 South Mebane St.</td>
</tr>
<tr>
<td>Burlington, NC 27215</td>
</tr>
<tr>
<td>Phone: 336-222-5135</td>
</tr>
<tr>
<td><a href="http://www.ci.burlington.nc.us/1322/Seniors/">www.ci.burlington.nc.us/1322/Seniors/</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Orange County Senior Games</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Orange County Senior Games (OCSG) is friendly competition in athletics and arts. Participate, stay active, renew old skills, learn new ones and exercise. You can choose from numerous athletic events or Silver Arts.</td>
</tr>
<tr>
<td>PO Box 8181</td>
</tr>
<tr>
<td>Hillsborough, United States 27278</td>
</tr>
<tr>
<td>Phone: 919-918-7372</td>
</tr>
<tr>
<td>Email: <a href="mailto:dhughes@townofcarrboro.org">dhughes@townofcarrboro.org</a></td>
</tr>
<tr>
<td><a href="https://www.orangecountync.gov/198/Senior-Games">https://www.orangecountync.gov/198/Senior-Games</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Sheriff Department</strong></th>
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</thead>
<tbody>
<tr>
<td>See also: ABUSE / ADULT PROTECTIVE SERVICES, PERSONAL EMERGENCY RESPONSE SYSTEMS and SUPPORT TEAMS</td>
</tr>
</tbody>
</table>

<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.</td>
</tr>
<tr>
<td>COUNTIES SERVED: Chatham</td>
</tr>
<tr>
<td>295 West St.</td>
</tr>
<tr>
<td>Pittsboro, NC 27312</td>
</tr>
<tr>
<td>Phone: 919-542-2811</td>
</tr>
<tr>
<td><a href="http://www.chathamsheriff.com">www.chathamsheriff.com</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Orange County Sheriff Department - Life Track</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>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</td>
</tr>
<tr>
<td>106 East Margaret Lane</td>
</tr>
<tr>
<td>Hillsborough, NC 27278</td>
</tr>
<tr>
<td>Phone: 919-245-2900</td>
</tr>
<tr>
<td>Alt Phone: 919-644-3050</td>
</tr>
<tr>
<td><a href="http://www.ocsonc.com">www.ocsonc.com</a></td>
</tr>
</tbody>
</table>
Orange County Sheriff Department - Main
Fair, responsive, accountable and professional law enforcement services to our residents and those who visit and travel through this great County. COUNTIES SERVED: Orange
106 East Margaret Ln.
Hillsborough, NC 27278
Phone: 919-245-2900
Alt Phone: 919-644-3050
www.ocsonc.com

Orange County Sheriff Department - Seniors And Law Enforcement Together (SALT)
Aims to reduce crime and fear of crime affecting older adults. Deputies routinely check older residents to see if they need assistance, resource information or a friend to talk to. SALT provides them a secure home feeling while enhancing law enforcement services throughout the community. COUNTIES SERVED: Orange
106 East Margaret Lane
Hillsborough, NC 27278
Phone: 919-245-2900
Alt Phone: 919-644-3050
www.ocsonc.com

Social & Recreational Resources

Carolina Public Humanities
Offers a wide variety of in-person and virtual public events, including lecture series, seminars, reading groups, music events, and more. Tuition varies. COUNTIES SERVED: Alamance, Chatham, Durham, Orange, Person, Wake, Statewide, Other
1700 Martin Luther King Jr. Blvd., CB#3425
Chapel Hill, NC 27599
Phone: 919-962-1544
Email: human@unc.edu
humanities.unc.edu

Orange County

Orange County Department on Aging - Recreation at Passmore Center
Offers a variety of social and recreational programs. Visit us to relax, socialize and immerse yourself in a friendly community atmosphere. COUNTIES SERVED: Orange
103 Meadowlands Dr.
Hillsborough, NC 27278
Phone: 919-245-2015
www.orangecountync.gov/aging
### Orange County Department on Aging - Recreation at Passmore Center
Offers a variety of social and recreational programs. Visit us to relax, socialize and immerse yourself in a friendly community atmosphere. COUNTIES SERVED: Orange

103 Meadowlands Dr.
Hillsborough, NC 27278
Phone: 919-245-2015

www.orangecountync.gov/aging

### Orange County 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
Alt Phone: 919-245-4250

www.orangecountync.gov/aging

### Orange County Parks & Recreation

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

www.orangecountync.gov/459/Dept-of-Environment-Agriculture-Parks-Re

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

www.orangecountync.gov/890/Parks-Facilities

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

101 Meadowlands Dr.
Hillsborough, NC 27278
Phone: 919-644-0339

www.oc-sportsplex.com/

### 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](http://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](http://www.alamance-nc.com/dss)

### Durham County

**All Good Things**

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

880 Martin Luther King Jr. Drive
Chapel Hill, NC 27514
Phone: 984-244-0998
Email: allgoodthingsdurham@gmail.com

### Orange County
**All Good Things**

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

880 Martin Luther King Jr. Drive
Chapel Hill, NC 27514
Phone: 984-244-0998
Email: allgoodthingsdurham@gmail.com

**El Centro Hispano-Carrboro Branch**

Provides help for needs ranging from tax & legal advice to health, employment assistance and more. COUNTYES SERVED: Durham, Orange, Other

201 West Weaver St.
Carrboro, NC 27510
Phone: 919-945-0132
www.elcentronc.org

**Orange County Department of Social Services - Chapel Hill**

Southern Human Services Center
2501 Homestead Rd.
Chapel Hill, NC 27516
Phone: 919-968-2000
Email: dssinfo@orangecountync.gov
www.orangecountync.gov/378/Social-Services

**Orange County Department of Social Services - Hillsborough**

Hillsborough Commons, 113 Mayo St.
Hillsborough, NC 27278
Phone: 919-245-2800
Email: dssinfo@orangecountync.gov
www.orangecountync.gov/378/Social-Services

**Solid Waste and Recycling**

**Orange County Solid Waste Management**

1207 Eubanks Rd.
Chapel Hill, NC 27516
Phone: 919-968-2788
Email: recycling@orangecountync.gov
Support Groups

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

Addiction

Alanon / Alateen Service Office
Friends and family members of problem drinkers can share experiences, find they have choices that lead to a greater peace of mind and learn to apply the Al-Anon principles to their situations.
3509 Haworth Dr STE 200
Raleigh, United States 27609-7235
Phone: 919-787-1653
Email: aso_ldc@bellsouth.net
alanonbooks.com

Alcoholics Anonymous - Chatham and Orange
Provides fellowship for men and women to share their experiences and hope with each other that they may solve their common problem and help others recover from alcoholism. No dues or fees.
Phone: 888-237-3235 – Chatham and Orange
www.aanc33.org

Alcoholics Anonymous – Durham
Phone: Hotline 24/7: 919-286-9499 – Durham
www.aanc32.org

Duke Health
Phone: 855-855-6484
www.dukemedicine.org

Gamblers Anonymous
Phone: 919-460-9039
gamblersanonymous.org

Overeaters Anonymous
12-step meetings for compulsive eaters across eastern NC from the Triangle to the coast, both Zoom and in person. There is hope!
P.O. Box 12525
Durham, NC 27709
Email: chair@triangleoa.org
www.triangleoa.org

Aging
Alamance Eldercare, Inc.
Phone: 336-538-8080
www.alamanceeldercare.org

Center for Senior Life - Durham
Phone: 919-688-8247
www.dcsInc.org

Chatham County Council on Aging
In-home Aide, Meals on Wheels, senior center and medical transportation, exercise, wellness program, senior centers, day trips, assistive device loans, minor home repair, emergency meals. COUNTY SERVED: Chatham
365 NC HWY 87 North
P.O. Box 715
Pittsboro, NC 27312
Phone: 919-542-4512
www.chathamcouncilonaging.org

Elder Matters of the Carolinas LLC
Mediation is a thoughtful empowering approach to managing family crises or planning for the future. Our certified mediators create a safe place for all family members to voice concerns and reach consensus in a manner that best preserves crucial family relationships. AREA SERVED: Nationwide / Statewide
1007 Vickers Ave.
Durham, NC 27707
Phone: 984-444-9393
Email: info@eldermatters.org
www.eldermatters.org

Orange County Department on Aging - Support Groups
Multiple support groups unaffiliated with the Orange County Department on Aging meet at one or both of our senior centers. Call for information or pick up an Endless Possibilities activity guide at a public location. COUNTIES SERVED: Orange
Phone: Aging Helpline: 919-968-2087
Email: agingtransitions@orangecountync.gov
www.orangecountync.gov/aging

Alzheimer’s and Dementia
Alzheimer's Association Eastern North Carolina Chapter
This Chapter provides programs and support services, information, referral, education and advocacy to 51 counties of Eastern North Carolina. Provides a National 24/7 Helpline at 800.272.3900. COUNTIES SERVED: Chatham, Durham, Orange, Person, Wake, Other
5171 Glenwood Ave., Ste. 101
Raleigh, NC 27612
Phone: 919-803-8285
Alt Phone: 800-272-3900
Email: encinfo@alz.org
www.alz.org

Alzheimer's North Carolina
Local offices in North Carolina provide educational programming and family support services while raising awareness and funding local research for a cause, prevention, treatment and a cure.
Phone: 800-228-8738
Alt Phone: 919-832-3732 - Office
Email: info@alznc.org
www.alznc.org

Dementia Support Services
Free consultation service by appointment in order for family members who are caring for a loved one with dementia to speak with a dementia care specialist.
Phone: 336-532-7207
Email: info@dementiasupport.org
www.hospiceac.org/dementia-support-services/

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

Phone: 919-660-7510
Email: DDFSP@duke.edu

Senior Helpers
Our service options are flexible & customizable according to your specific needs, personalized care plans: Bathing, Cooking, Errands, Companionship and more. COUNTIES SERVED: Caswell, Chatham, Durham, Orange, Person, and Wake
5007 Southpark Dr., Ste. 200-H
Durham, NC 27713
Phone: 919-544-6848
Alt Phone: 919-410-3149
Email: lolson@seniorhelpers.com
www.seniorhelpers.com/durham

Aphasia

Triangle Aphasia Project, Unlimited
Helps individuals, family members and friends improve communication after an injury to the brain from stroke, tumor or other illnesses. COUNTIES SERVED: Durham, Orange, Wake
191 High House Rd.
Cary, NC 27511
Phone: 919-650-3854
Email: info@aphasiaproject.org
www.aphasiaproject.org

Cancer

American Cancer Society

Phone: 800-227-2345
www.cancer.org
### Cornucopia House Cancer Support Center
Cornucopia supports the mind, body and spirit of those journeying with cancer, their families and caregivers through complementary therapies, meal and transportation assistance, individual and group support, information and resources.

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

### UNC Lineberger Comprehensive Cancer Support Program
Helps patients, caregivers and families with cancer treatment, recovery & survivorship. Includes counseling & mental health services, integrative medicine, supportive care, exercise & nutrition support, survivorship programs and a Patient & Family Resource Center offering patient-centered support.

Phone: 866-869-1856
Alt Phone: 984-974-2277
Email: ccsp@med.unc.edu
www.unclineberger.org

### Caregiver

#### Charles House - UNC Caregiver Support Group
Monthly support group for family caregivers, meets virtually on the third Wednesday of the month.

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

#### Daughters Concerned for Aging Relatives Support Group
For daughters, daughters-in-laws, or granddaughters who are caregivers. The group meets on the first and third Wednesdays of the month at noon via Zoom. Contact Natalie Leary at natalie.leary@duke.edu to be added to group.

Phone: 919-660-7510
www.dukefamilysupport.org

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

5050 Conference Way N, Suite 125, 19
Boca Raton, United States 33431
Phone: 800-992-0616
Email: sales@mobilehelp.com
www.mobilehelp.com
Orange County Department on Aging - Caregiver Support Groups

Meet with other caregivers to share experiences, learn new skills and get answers to questions about long-term disabilities. Friendly and informal. Supervised activities may be available for loved ones during group time with a reservation 24 hours in advance. Groups meet at both senior centers. COUNTIES SERVED: Orange

Phone: Aging Helpline: 919-968-2087
Email: agingtransitions@orangecountync.gov
www.orangecountync.gov/aging

Twin Lakes Community

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

3701 Wade Coble Dr.
Burlington, NC 27215
Phone: 336-538-1500
Alt Phone: 336 585-2393
Email: kevans@twinlakescomm.org
www.twinlakescommunity.org

Dementia Caregiver Groups - Orange County

Center for Senior Life - Durham

406 Rigsbee Ave
Durham, NC 27701
Phone: 919-699-8247
www.dcsln.org

Orange County Department on Aging - OC CARES Support Groups

Offers a variety of support groups for those caring for people with cognitive dysfunction due to dementia or intellectual/developmental disabilities. Available at the Passmore Center in Hillsborough & the Seymour Center in Chapel Hill. Limited to Orange County residents.

Phone: Aging Helpline: 919-968-2087 – Referrals
Alt Phone: OC CARES: 919-245-4253 – Office
Email: agingtransitions@orangecountync.gov
www.orangecountync.gov/aging

Disease Specific Support Groups

Duke Health

Phone: 855-855-6484
www.dukemedicine.org
<table>
<thead>
<tr>
<th><strong>Guiding Lights Caregiver Support Center - Support Groups</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>ALS, arthritis, amputee, brain injury, dementia, diabetes, caregiver, grief, Parkinson’s, stroke. COUNTIES SERVED: Durham and Other</td>
</tr>
<tr>
<td>Phone: 919-371-2062</td>
</tr>
<tr>
<td><a href="http://www.guidinglightsnc.org">www.guidinglightsnc.org</a></td>
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<thead>
<tr>
<th><strong>Triangle Aphasia Project, Unlimited</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>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</td>
</tr>
<tr>
<td>191 High House Rd.</td>
</tr>
<tr>
<td>Cary, NC 27511</td>
</tr>
<tr>
<td>Phone: 919-650-3854</td>
</tr>
<tr>
<td>Email: <a href="mailto:info@aphasiaproject.org">info@aphasiaproject.org</a></td>
</tr>
<tr>
<td><a href="http://www.aphasiaproject.org">www.aphasiaproject.org</a></td>
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<thead>
<tr>
<th><strong>Domestic Violence</strong></th>
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<tbody>
<tr>
<td><strong>Compass Center for Women and Families</strong></td>
</tr>
<tr>
<td>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</td>
</tr>
<tr>
<td>210 Henderson St.</td>
</tr>
<tr>
<td>Chapel Hill, NC 27514</td>
</tr>
<tr>
<td>Phone: 919-968-4610</td>
</tr>
<tr>
<td>Alt Phone: 919-929-7122</td>
</tr>
<tr>
<td>Email: <a href="mailto:clientservices@compassctr.org">clientservices@compassctr.org</a></td>
</tr>
<tr>
<td><a href="http://www.compassctr.org">www.compassctr.org</a></td>
</tr>
</tbody>
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<table>
<thead>
<tr>
<th><strong>Compass Center for Women and Families</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>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</td>
</tr>
<tr>
<td>Chapel Hill, NC</td>
</tr>
<tr>
<td>Phone: 919-929-7122</td>
</tr>
<tr>
<td>Alt Phone: 919-968-4610</td>
</tr>
<tr>
<td><a href="http://www.compassctr.org">www.compassctr.org</a></td>
</tr>
</tbody>
</table>
AuthoraCare Collective, formerly Hospice & Palliative Care of Alamance - Caswell

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 27215-6715
Phone: 336-532-7200
Alt Phone: 800-588-8879
Email: Mary.manley@authoracare.org
authoracare.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

HopeLine, Inc.

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

525 S. White Street
Wake Forest, North Carolina 27587
Phone: 919-634-8029
Alt Phone: 877-235-4525
Email: director@hopeline-nc.org
www.hopeline-nc.org
Parkinson’s Disease

Chapel Hill Parkinson’s Disease Support Group
Support group for people affected by Parkinson's Disease. We meet in-person at the Seymour Center from 1:30-3:00 for open discussions in separate rooms for carepartners and people with PD on 12-15-2022, 5-16-2023, and 6-15-2023.

Phone: 919-843-1657

www.chapelhillparkinsons.weebly.com

NC Dance for Parkinsons
Movement opportunities for people with Parkinson’s, virtual and in-person.
6 Scotland Place
Durham, NC 27705
Phone: 919-215-2759
Email: ncdanceforparkinsons@gmail.com

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.
Eastern Chatham Senior Center
365 HWY 87 North
Pittsboro, NC 27312
Phone: 919-542-4512
www.chathamcouncilonaging.org

Kernodle Senior Center
Trips, outdoor programs, Fitness programs, classes in computer, tablets, smart phone, crochet, knitting, tatting, ukulele, auto harp, duplicate bridge, and Quilting, seminars, health screening, clubs, card games and special events. COUNTY SERVED: Alamance
1535 South Mebane St.
Burlington, NC 27215
Phone: 336-222-5135
www.ci.burlington.nc.us/1322/Seniors/

Orange County Tax Administration
P.O. Box 8181
Hillsborough, NC 27278
Phone: 919-245-2100
Email: tax@orangecountync.gov
www.orangecountync.gov/1787/Assistance-Programs

Personal Income Tax Assistance

Volunteer Income Tax Assistance (VITA)
National program provides FREE federal & state income tax preparation to eligible individuals with low to middle income regardless of age or resident county. IRS-trained volunteers complete individual income tax forms during tax season. For locations & schedules, visit www.irs.gov. For Orange County NC VITA, see below.

Phone: 919-245-4242 – Orange County

www.orangecountync.gov/254/Tax-Assistance

Real Estate Tax Relief
The NC Homestead Exemption Act applies to low-income people age 65+ and individuals with disabilities. Contact your county tax assessor's office directly for eligibility, information regarding tax relief programs or assistance completing the application.

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

Orange County Tax Assessor
Gateway Center, 228 South Churton St.
Hillsborough, NC 27278
Phone: 919-942-2100
Email: tax@orangecountync.gov
https://www.orangecountync.gov/1795/Elderly-and-Permanently-Disabled-Assista

Telephone Programs

Cell Phone Program - Subsidized
People may qualify for a wireless cell phone if they participate in one of the following programs: Medicaid, Food Stamps, Section 8 housing or Low-income Energy Assistance Program (LIEAP). Contact your local Department of Social Services (DSS) office to find out when a representative is scheduled to receive appointments in your area. STATEWIDE

Phone: 919-245-2800 - Orange DSS
Alt Phone: 888-850-3155 – Other Information
www.safelinkwireless.com

Telephone Reassurance Programs for Seniors
Telephone reassurance programs provide calls to senior citizens who may not have a family member living locally who can check on their well-being.

Orange County Department on Aging - Telephone Reassurance
Morning safety calls are made Monday-Friday by volunteers to those who live alone. Call for an assessment. Free. COUNTIES SERVED: Orange

Phone: Aging Helpline: 919-968-2087
Email: agingtransitions@orangecountync.gov
www.orangecountync.gov/aging
Town of Hillsborough Police Department - Are You OK? Program

Police officers will personally call or visit the resident once a week. Free. AREA SERVED: Hillsborough Town Limits
127 North Churton St.
Hillsborough, NC 27278
Phone: 919-732-2441

Transportation

See also: HOME CARE
In addition to private and volunteer transportation options, there are two kinds of public transportation in Orange County: buses on fixed routes and smaller buses or vans that pick up at the home and deliver passengers to their destination. This door-to-door service is sometimes called paratransit. Receipt of paratransit services requires a form filled out by a health professional.

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

Chapel Hill Transit Authority (CHT)
Free buses on fixed routes for people of all ages. The CHT “A” Route bus stops at the Seymour Center. AREAS SERVED: Orange County - Limited to Chapel Hill and Carrboro; contracted for the Go Triangle 420 route to Hillsborough.
6900 Millhouse Rd.
Chapel Hill, NC 27516
Phone: 919-969-4900
Alt Phone: 919-485-7433
www.townofchapelhill.org/transit

Compassionate Transport Inc.
Compassionate Transport services those who have active Medicaid and need transportation to medical appointments in Johnston, Durham and Wake Counties.
2010 S Main St Ste 400
Wake Forrest, 27587
Phone: 3362529602
Email: dispatch@compassionatetransportinc.com
www.compassionatetransportinc.com

Compassionate Transport, Inc.
Compassionate Transport offers quality service in nationwide long-distance and non-emergency, medical transportation (NEMT), ground services.
8601 Six Forks Road Ste 410
Raleigh, NC 27615
Phone: 919-882-2081
Alt Phone: 919-867-8224
Email: dispatch@compassionatetransportinc.com
www.compassionatetransportinc.com

Durham Medicaid Transportation
For Durham County residents who have active Medicaid and need transportation to medical appointments in Durham County and UNC Hospital. If you don’t qualify, we can refer you to another resource. Call for eligibility and screening. A Durham County Social Services program. COUNTIES SERVED: Durham
Phone: 919-560-8607
E-Z Rider - Chapel Hill Transit Authority
Provides paratransit curb-to-curb service to eligible riders to destinations within the city limits of Chapel Hill/Carrboro. Call for application. Reservations required. Free. AREA SERVED: Residents within the Chapel Hill and Carrboro city limits
6900 Millhouse Rd.
Chapel Hill, NC 27516
Phone: 919-969-5544 - Dispatch
Alt Phone: 919-969-4920 – Eligibility & Applications
www.townofchapelhill.org/town-hall/departments-services/transit/ez-rider

GFC&S Transportation, LLC
GFC&S Transportation LLC provides safe reliable non-emergency medical transportation service to clients. We can provide transportation for last minutes errands for clients also.
2500 Regency Pkwy
Cary, NC 27518
Phone: 919-589-8600
Email: kcollins@gfcscares.com
http://www.gfcscares.com/

GoTriangle
Fixed-route public buses between 3 counties. Use the Call Center or go online for help planning a bus trip. GoAccess, para transit service, available to people with disabilities. Qualify through your local public bus service. Reservations required. Fee. AREA SERVED: Raleigh, Durham, Chapel Hill
4600 Emperor Blvd., Ste. 100
Durham, NC 27703
Phone: 919-485-7433
Alt Phone: 919-485-7468 – GoLinx application
www.gotriangle.org

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

1214 Vaughn Rd.
Burlington, NC 27217
Phone: 336-532-0000
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

163 Chatham Business Dr.
Pittsboro, NC 27312
Phone: 919-545-7337
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

RTP Errand and Delivery Services, LLC
We offer transportation, errand and delivery services to seniors, or anyone needing assistance to complete their day to day tasks.
2850 Courtney Creek Blvd
Durham, NC 27713
Phone: 984-837-3585
Email: rtperrandservice1@gmail.com
http://www.rtperrandservice.com/

Seniors On The Go
Medical Companion, Airport Escort, Travel Companion, Personal Errand and Mobile Notary Services for seniors, veterans and people with disabilities. Reservations required. Fee charged. COUNTIES SERVED: Durham, Orange, Wake, Other
P.O. Box 11961
Durham, NC 27703
Phone: 800-517-4149
Alt Phone: 919-521-8092
Email: sotgo@ncseniorsonthego.com
www.ncseniorsonthego.com

Seniors On the Go - Transportation
Provides escorted door through door transportation services to seniors 60+ and people of all ages with any disability or temporary medical condition that prevents driving. Additional services: medical or airport companion, errands, grocery delivery and mobile notary services. Reservations required. Fee. AREA SERVED: Durham, Orange, Other
Phone: 800-517-4149
Email: sotgo@ncseniorsonthego.com
www.ncseniorsonthego.com

Triangle Travel Companion
Personal travel assistant providing door-to-door transportation. Fee. COUNTIES SERVED: Chatham, Durham, Orange
Phone: 919-451-3077 – Jim Pickeral
Trusted Rides For Seniors LLC
We are currently offering ambulatory sedan services. Wheelchair assessable sedan coming soon to broader serve our clients.
2910 Holbrook St
Durham, NC 27704
Phone: 984-710-1735
Alt Phone: 919-207-8813
Email: Trustedrides22@gmail.com
www.Trustedridesllc.com

UNC Parking and Hospital Shuttle
Short- and long-term parking at UNC Hospital's campus includes valet service, parking decks & lots. Free shuttles 24/7 based on location, day & time: all campus medical centers, parking areas & Ronald McDonald House. Evening/Overnight Shuttles (984-974-3686) also serve Chapel Hill Park and Ride Lots.
Phone: 984-974-1031 - Parking
Alt Phone: 984-974-0460 - Day Shuttle
www.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

All About Seniors, Inc.
Offers no-cost services to families while providing valuable in-home care and retirement community resources. We tour facilities with families and guide them to quality housing and care. We also help senior homeowners save money when selling their homes to help pay for senior living.
265 Longwood Drive
Youngsville, NC 27596
Phone: (919) 830-6478
Alt Phone: (919) 444-5319
Email: Davis@AllAboutSeniorsNC.com
http://www.allaboutseniorsnc.com/
**Always Best Care Senior Services**

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

1709 Legion Road  
Suite 105  
Chapel Hill, NC 27703  
Phone: 336-270-4352  
Email: sloy@abc-seniors.com  
https://www.alwaysbestcare.com/nc/chapel-hill/

**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

**Atlantic Home Staffing**

Atlantic Home Staffing provides non-medical home care services to include bathing, dressing, light housekeeping, light meal prep, medication reminders and companion care. COUNTIES SERVED: Chatham, Durham, Orange, Wake.  
141 Technology Dr.  
Garner, NC 27529  
Phone: 919-639-8223  
Email: ahg.aeason@gmail.com  
www.atlantichomestaffing.com

**Department of Veterans Affairs**

Evidence Intake Center  
P.O. Box 444  
Janesville, WI 53547-4444  
https://iris.custhelp.com/
<table>
<thead>
<tr>
<th>Service</th>
<th>Address</th>
<th>Phone Numbers</th>
<th>Website</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Durham VA Medical Center</td>
<td>508 Fulton St.</td>
<td>Phone: 919-286-0411 Alt Phone: 24/7 Call Line: 888-878-6890</td>
<td><a href="http://www.durham.va.gov/index.asp">www.durham.va.gov/index.asp</a></td>
<td>Provides health care services to veterans in central and eastern North Carolina.</td>
</tr>
<tr>
<td>NC4VETS</td>
<td></td>
<td>Phone: 844-NC4-VETS (844-624-8387)</td>
<td><a href="http://www.nc4vets.com">www.nc4vets.com</a></td>
<td>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.</td>
</tr>
<tr>
<td>Seniors On The Go</td>
<td>P.O. Box 11961</td>
<td>Phone: 800-517-4149 Alt Phone: 919-521-8092</td>
<td><a href="http://www.ncseniorsonthego.com">www.ncseniorsonthego.com</a></td>
<td>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</td>
</tr>
<tr>
<td>TRICARE for Life</td>
<td></td>
<td>Phone: 877-874-2273</td>
<td><a href="http://www.tricare.mil">www.tricare.mil</a></td>
<td>Veterans' insurance</td>
</tr>
<tr>
<td>VA National Call Center (NCC)</td>
<td></td>
<td>Phone: 800-827-1000 Alt Phone: TDD: Dial 711</td>
<td><a href="https://iris.custhelp.com/">https://iris.custhelp.com/</a></td>
<td>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.</td>
</tr>
</tbody>
</table>
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
Center for Senior Life - Durham
406 Rigsbee Ave
Durham, NC 27701
Phone: 919-699-8247
www.dcsln.org

Eastern Chatham Senior Center
365 HWY 87 North
Pittsboro, NC 27312
Phone: 919-542-4512
www.chathamcouncilonaging.org

Orange County Department on Aging - Volunteer Connect 55+
Seeks to enrich the lives of Orange County residents by recruiting volunteers of any age or county to serve Orange County residents 55+. Also our peer-to-peer engagement model encourages connections between community members through both senior center & community-based volunteer opportunities.
2551 Homestead Rd
Chapel Hill / Hillsborough, North Carolina 27516 / 27278
Phone: 919-245-4243
www.orangecountync.gov/266/Volunteer

The Triangle Nonprofit & Volunteer Leadership Center
The Triangle Nonprofit & Volunteer Leadership Center works with more than 1,200 nonprofits and coordinates the largest volunteer database in the Triangle. We have specialized opportunities for adults 55 and up with AmeriCorps Seniors.
PO Box 3374
Durham, NC 27702
Phone: 919-321-6924
Email: kim@thevolunteercenter.org
www.thevolunteercenter.org

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

Association for Death Education and Counseling (ADEC)
Offers conferences, courses, workshops, certification and publications on dying, death and bereavement. ADEC members include mental and medical health personnel, educators, clergy, funeral directors and volunteers. AREA SERVED: All
9462 Brownsboro Road, #164
Louisville, KY 40241
Phone: 502.931.2332
Email: adec@adec.org
www.adec.org

BenefitsCheckUp
A service of the National Council on Aging. Designed to help adults over 55 find the right benefits programs that may pay for some of their medical care and / or prescription costs. AREA SERVED: All
251 18th St South
Suite 500
Arlington, VA 22202
Phone: 571-527-3900
Email: support@benefitscheckup.org
www.benefitscheckup.org

Caregiver Action Network
CAN (National Family Caregivers Association) provides education, peer support, and resources to family caregivers across the country free of charge.

www.caregiveraction.org
**Caregivers Home Companion**
Committed to helping caregivers balance their family life and career with elder care responsibilities by delivering education, support and access to important resources.

- www.caregivershomecompanion.com

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

127 Scaleybark Road
Charlotte, United States 28209
Phone: 6507628190
Email: community@caring.com
https://www.caring.com/caregiving-resources

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

www.caringinfo.org

**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

**Center for Disease Control and Prevention (CDC)**
Promotes healthy and safe behaviors of communities and its people through research, health monitoring and response, and prevention. Has a general information section for older adults.

www.cdc.gov/aging

**Center for Medicare Advocacy**
A national, non-profit law organization that works to advance access to comprehensive Medicare coverage, health equity, and quality health care. The Center provides legal assistance, education, and advocacy, focusing on the concerns of people with longer-term and chronic conditions.

www.medicareadvocacy.org
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

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
<table>
<thead>
<tr>
<th><strong>Family Caregiver Alliance</strong></th>
</tr>
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<tbody>
<tr>
<td>Easy-to-search topics with practical suggestions for new and established family caregivers. We also offer CareNavâ€¢, a simple, user-friendly tool designed to help families navigate the complexities of the caregiving journey.</td>
</tr>
<tr>
<td>235 Montgomery Street, Suite 930</td>
</tr>
<tr>
<td>San Francisco, California 94104</td>
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<tr>
<td>Phone: 800-445-8106</td>
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<tr>
<td>Alt Phone: 415-434-3388</td>
</tr>
<tr>
<td>Email: <a href="mailto:info@caregiver.org">info@caregiver.org</a></td>
</tr>
<tr>
<td><a href="http://www.caregiver.org">www.caregiver.org</a></td>
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<tr>
<th><strong>Find Federal Agencies &amp; Elected Officials</strong></th>
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<tbody>
<tr>
<td>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.</td>
</tr>
<tr>
<td><a href="http://www.usa.gov">www.usa.gov</a></td>
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<th><strong>Fitness for Older Adults</strong></th>
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<td>Promotes fitness for older adults.</td>
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<td><a href="http://www.nia.nih.gov/Go4Life">www.nia.nih.gov/Go4Life</a></td>
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<tr>
<th><strong>Five Wishes</strong></th>
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<td>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</td>
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<tr>
<td>PO Box 1661</td>
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<tr>
<td>Tallahassee, FL 32302</td>
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<tr>
<td>Phone: 850-681-2010</td>
</tr>
<tr>
<td>Email: <a href="mailto:Joanne@FiveWishes.org">Joanne@FiveWishes.org</a></td>
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<td><a href="http://www.FiveWishes.org">www.FiveWishes.org</a></td>
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<th><strong>Get Palliative Care</strong></th>
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<td>Learn more about palliative care: answers to frequently asked questions; fact sheets; web links; videos; resources for caregivers, clinicians &amp; policymakers; and a directory to find hospitals nationwide that have a palliative care team.</td>
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<td>getpalliativecare.org</td>
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</table>
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

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 - National Office
Promotes mental health as a critical part of overall wellness, including prevention, early identification, intervention, integrated health, behavioral health and other services.
Alexandria, Virginia
Email: info@mhanational.org
mhanational.org

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

Move Free Physical Therapy at Home
We provide Medicare Part B outpatient physical therapy services in our clients' homes in Durham and Chapel Hill, or through virtual visits statewide. We also provide wellness services including exercise programming, group classes, and educational workshops throughout the year.
5501 Welkin Ct
Durham, NC 27713
Phone: 919-886-4163
Email: info@movefreeptandwellness.com
www.movefreeptnc.com

National Academy of Elder Law Attorneys
NAELA is a non-profit association that assists lawyers, bar organizations, and others. For more information, visit NAELA.org, or to locate a NAELA member attorney in your area, visit NAELA.org/FindLawyer.
NATIONWIDE
1577 Spring Hill Road
Suite 310
Vienna, VA 22182
Phone: 703-942-5711
Email: naela@naela.org
www.naela.org

National Alliance for Caregiving
A non-profit coalition of national organizations focused on improving the lives of family caregivers.
www.caregiving.org

National Alliance on Mental Illness (NAMI) - North Carolina
Education, advocacy, resources and links to local resources for family members of individuals with a mental illness.
www.naminc.org
**National Alzheimer’s Association**
A national association that provides online educational materials on dementia, links to local support groups and a 24/7 helpline. Has "Inside the Brain: An Interactive Tour," an educational resource for caregivers of individuals with dementia.

www.alz.org

**National Center on Elder Abuse (NCEA)**
makes news and resources available on-line and an easy-to-use format; collaborates on research; provides training; identifies and provides information about promising practices and interventions; provides subject matter expertise on program development. Operates a listserv forum for professionals;
1000 South Fremont Avenue
Alhambra, United States 91803
Phone: 1-855-500-3537

www.ncea.aoa.gov

**National Citizens’ Coalition for Nursing Home Reform (NCCNHR)**
Advocacy, education and a consumer’s guide to choosing a nursing home.

www.geronurseonline.org

**National Coalition for Hospice and Palliative Care (NCHPC)**
 Presents a united voice to the public on behalf of providers who care for patients & families living with chronic & life-limiting illnesses. Aims to enhance member organization cooperation & coordination, to improve care and public policy, and to advocate on behalf of patients & families.

www.nationalcoalitionhpc.org

**National Council on Aging (NCOA)**
Partners with non-profit organizations, government and businesses to provide innovative community programs and services, online help and advocacy.

www.ncoa.org

**National Hospice and Palliative Care Organization (NHPCO)**
A non-profit organization advocating for people with a serious or life-limiting illness and their families. They provide education, resources and information to improve end-of-life care and expand access to hospice care.

www.nhpco.org

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

www.nia.nih.gov
**National Institute on Mental Health**
Mental health education, resources, information and help for people and their loved ones struggling with mental illness. AREA SERVED: All
6001 Executive Blvd., Room 6200, MSC 9663
Bethesda, MD 20892-9663
Phone: 866-615-6464
Alt Phone: 301-443-4513
Email: nimhinfo@nih.gov
www.nimh.nih.gov

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

**North Carolina Bar Association - Websites**
Has a list of certified attorneys in various specialty areas including estate planning. Seniors can access publications online or at the library such as "Senior Citizens Handbook, Laws and Programs Affecting Senior Citizens in North Carolina."

www.ncbar.org

**North Carolina Cooperative Extension**
Provides resources for help with horticulture, gardening, healthy eating, 4-H, crops and livestock. COUNTY SERVED: Orange
P.O. Box 8181
306-E Revere Rd.
Hillsborough, NC 27278
Phone: 919-245-2050
Email: kay_evans@ncsu.edu
www.orange.ces.ncsu.edu

**North Carolina Department of Health and Human Services (NCDHHS)**
Provides comprehensive health and human-related services for all North Carolinians, especially the most vulnerable citizens: children, the elderly, disabled and low-income families.

www.ncdhhs.gov

**North Carolina Division of Medical Assistance (Medicaid)**
Official site for Medicaid recipients or individuals who want to apply for Medicaid in North Carolina.

www.ncdhhs.gov/dma
**North Carolina Division on Aging and Adult Services**  
Information on community-based services, housing and long-term care arrangements in North Carolina.

[www.ncdhhs.gov/divisions/daas](http://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](http://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](http://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](http://www.orangecountync.gov/departments/aging). Go to Aging in Place Supports.

[www.nc-hospitals.com](http://www.nc-hospitals.com)

**North Carolina House of Representatives**

[www.ncleg.net/House/House.html](http://www.ncleg.net/House/House.html)

**North Carolina Senate**

[www.ncleg.net/Senate/Senate.html](http://www.ncleg.net/Senate/Senate.html)

**North Carolina Seniors’ Health Insurance Information Program (NC-SHIIP)**  
SHIIP, a program of the NC Department of Insurance, provides free, unbiased information and counseling about Medicare, Medicare supplements, Medicare Advantage, Medicare Part D and long-term care insurance.

[www.ncshiip.com](http://www.ncshiip.com)

**Nursing Home Compare**  
Offers detailed information about every Medicare- and Medicaid-certified nursing home in the country.

[www.medicare.gov/nursinghomecompare](http://www.medicare.gov/nursinghomecompare)
Nursing Home Info
Information and resources on nursing homes.

www.nursinghomeinfo.com

Orange County Department on Aging - Online
A one-stop resource where older adults and caregivers can meet their social, mental, physical, financial and day-to-day practical needs. Offers integrated aging services and programs at our two senior centers, including wellness and education classes, lunches, trips, volunteer opportunities and more.

www.orangecountync.gov/aging

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

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

www.OrangeCountyLibrary.org

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

137 West Margaret Lane
Hillsborough, NC 27278
Phone: 919-245-2525
Email: library@orangecountync.gov
www.OrangeCountyLibrary.org

Partnership for Prescription Assistance (PPA)
Free information resource to help people locate medication assistance programs. General information only. Get prescription help and find a low-cost clinic near you.

www.pparx.org

Social Security Administration
Information on benefits, frequently asked questions and more. Can apply for benefits online.

www.socialsecurity.gov/
State / County Special Assistance In-Home Program for Adults

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

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

The Chamber For a Greater Chapel Hill-Carrboro

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

104 South Estes Dr.
Chapel Hill, NC 27514
Phone: 919-967-7075
Email: info@carolinachamber.org
www.carolinachamber.org

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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Town of Chapel Hill
Town of Chapel Hill Parks & Recreation
Town of Hillsborough
Town of Hillsborough Parks & Recreation
Town of Hillsborough Police Department - Are You OK? Program
Transitions GuidingLights Caregiver Support Center
Transitions LifeCare
Triangle Aphasia Project, Unlimited
Triangle J Area Agency on Aging
Triangle J Area Agency on Aging
Triangle J Area Agency on Aging (TJAAA) - Ombudsmen
Triangle Lifeline and Medical Alert Services
Triangle Lifeline Carolina Medical Alert Services
Triangle Mobile Dentistry
Triangle Radio Reading Service
Triangle Travel Companion
TRICARE for Life
TROSA - Triangle Residential Options for Substance Abusers
TROSA Moving
Trusted Rides For Seniors LLC
Twin Lakes Community
UNC Center for Aging & Health - Geriatric Evaluation & Management Program
UNC Center for Rehabilitation Care (CRC)
UNC Center for Rehabilitation Care (CRC)
UNC Center for Rehabilitation Care (CRC)
UNC Dental Clinic
UNC Dept. of Psychiatry Walk-In Clinic
UNC Geriatrics Specialty Clinic (UNC GSC)
UNC Home Health
UNC Hospice
UNC Hospice
UNC Hospice Support Groups
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