



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

Chatham County Department of Social Services - APS

102 Camp Dr.

Pittsboro, NC 27312

Phone: 919-542-2759

www.chathamnc.org

Durham County Department of Social Services - APS

414 East Main St.

Durham, NC 27701

Phone: 919-560-8000

www.dconc.gov

Orange County Department of Social Services - APS

Hillsborough Commons, 113 Mayo St.

Hillsborough, NC 27278

Phone: 919-245-2800

Email: dssinfo@orangecountync.gov

www.orangecountync.gov/378/Social-Services

Law Enforcement Agencies

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

Carrboro Police Department

100 North Greensboro St.

Carrboro, NC 27510

Phone: 919-918-7398

www.carrboropolice.com

Chapel Hill Police Department

828 Martin Luther King Jr. Blvd.

Chapel Hill, NC 27514

Phone: 919-968-2760

www.townofchapelhill.org

Chapel Hill Police Department Crisis Unit

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

Phone: 919-968-2806

www.townofchapelhill.org

Hillsborough Police Department

127 North Churton St.

Hillsborough, NC 27278

Phone: 919-732-9381

www.hillsboroughnc.gov

Mebane Police Department

COUNTIES SERVED: Alamance, Orange

116 W. Center St.

Mebane, NC 27302

Phone: 919-563-9031

Email: records@mebanepd.com

www.cityofmebane.com/police.asp

Orange County Sheriff Department - Crisis Unit

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

106 East Margaret Lane

Hillsborough, NC 27278

Phone: 919-245-2900

Alt Phone: 919-644-3050

www.ocsonc.com

Compass Center for Women and Families

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

210 Henderson St.

Chapel Hill, NC 27514

Phone: 919-968-4610

Email: programsdirector@compassctr.org

www.compassctr.org

Compass Center for Women and Families

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

Chapel Hill, NC

Phone: 919-929-7122

Alt Phone: 919-968-4610

www.compassctr.org

Compass Center for Women and Families

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

210 Henderson St.

Chapel Hill, NC 27514

Phone: 919-968-4610

Alt Phone: 919-929-7122

Email: clientservices@compassctr.org

www.compassctr.org

Compass Center for Women and Families

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

210 Henderson St.

Chapel Hill, NC 27514

Phone: 919-968-4610

Alt Phone: 919-929-7122

www.compassctr.org

Hopeline

Hopeline supports people and saves lives during times of crisis through caring, confidential conversations. Programs include a crisis phone line, text, and reassurance program. For more information on all our programs and how to get involved, please visit www.hopeline-nc.org. NATIONWIDE

P.O. Box 10490

Raleigh, NC 27605

Phone: 919-231-4525

Alt Phone: 877-235-4525

www.hopeline-nc.org

Orange County Rape Crisis Center

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

1506 East Franklin St., Ste 302

Chapel Hill, NC 27514

Phone: 919-968-4647

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

Email: info@ocrcc.org

www.ocrcc.org

Reliable Health Services, Inc.

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

2634 Durham-Chapel Hill Blvd.

Suite 204

Durham, NC 27707

Phone: 919-596-9479

Email: sreliablecare@yahoo.com

www.reliablehealthservices.com

UNC Hospitals' Beacon Program

AREA SERVED: Statewide

101 Manning Dr.

Chapel Hill, NC 27514

Phone: 984-974-0470

www.med.unc.edu/beacon

Adult Day Care

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

Alamance County

Friendship Adult Day Services, Inc.

Adult Day Program open M-F, 7am-5:30 PM, serving adults 18 and over, with early-stage dementia and/or a variety of developmental, mental health and physical challenges. AREA SERVED: Alamance County

1946-B Martin St.

Burlington, NC 27217

Phone: 336-222-7797

Alt Phone: 336-222-9966

Email: cmorse@friendshipadulthood.com

www.friendshipadulthood.com

Piedmont Health SeniorCare (PACE)

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

1214 Vaughn Rd.

Burlington, NC 27217

Phone: 336-532-0000

Alt Phone: 877-714-2100

www.piedmonthalthseniorcare.org

The Harbor at Twin Lakes

3810 Heritage Dr.

Burlington, NC 27215

Phone: 336-585-2393

Email: kevans@twinlakescomm.org

Touched by Angels Home Healthcare II, Inc.

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

116 West Pine St.

Graham, NC 27253

Phone: 336-221-9998

Email: WeCare@TBAii.com

www.tbaii.com

Twin Lakes Community

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

3701 Wade Coble Dr.

Burlington, NC 27215

Phone: 336-538-1500

Alt Phone: 336 585-2393

Email: kevans@twinlakescomm.org

www.twinlakescommunity.org

Chatham County

Piedmont Health SeniorCare (PACE)

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

163 Chatham Business Dr.

Pittsboro, NC 27312

Phone: 919-545-7337

Alt Phone: 877-714-2100

www.piedmonthhealthseniorcare.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

Charles House - Sunrise Adult Day Health

Daytime eldercare program provides quality personalized care to elders, experiential learning programs, and caregiver respite and resources.

7511 Sunrise Rd.

Chapel Hill, NC 27516

Phone: 919-967-7570

Email: info@charleshouse.org

www.charleshouse.org

Florence Gray Soltys Adult Day Health Program

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

105 Meadowlands Dr.

Hillsborough, NC 27278

Phone: 919-245-2017

<https://soltysadulthood.org/>

Touched by Angels Home Healthcare II, Inc.

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

116 West Pine St.

Graham, NC 27253

Phone: 336-221-9998

Email: WeCare@TBaii.com

www.tbaii.com

Advocacy Groups

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

AARP

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

Phone: 888-687-2277

Alt Phone: TTY: 877-434-7598

www.aarp.org

Disability Rights North Carolina

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

3724 National Dr., Ste. 100

Raleigh, NC 27612

Phone: 919-856-2195

Email: info@disabilityrightsncc.org

www.disabilityrightsncc.org

El Centro Hispano-Main Office

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

COUNTIES SERVED: Durham, Orange, Other

2000 Chapel Hill Rd., Ste. 26A

Durham, NC 27707

Phone: 919-687-4635

www.elcentronc.org

El Pueblo, Inc.

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

COUNTIES SERVED: Durham, Orange, Other

2321 Crabtree Blvd., Ste. 105

Raleigh, NC 27604

Phone: 919-835-1525

www.elpueblo.org

Elder Matters of the Carolinas LLC

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

1007 Vickers Ave.

Durham, NC 27707

Phone: 984-444-9393

Email: info@eldermatters.org

www.eldermatters.org

Friends of Residents in Long-Term Care

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

6300 Creedmoor Rd., Ste. 170 #326

Raleigh, NC 27612

Phone: 919-782-1530

www.forltc.org

LeadingAge North Carolina

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

222 N. Person St.
Suite 205

Raleigh, NC 27601

Phone: 919-571-8333

Email: info@leadingagenc.org

www.leadingagenc.org

Mesothelioma Guide

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

496 Delaney Ave

Orlando, FL 32801

Phone: 407-613-2052

www.mesotheliomaguide.com

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

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

Phone: 919-855-4500 - Complaint Line

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

www2.ncdhhs.gov/dhsr

Orange County Adult Care Home & Nursing Home Community Advisory Committees

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

Phone: 919-558-9401

www.orangecountync.gov/aging

Orange County Department of Social Services - Adult Care Home Specialist

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

Phone: 919-245-2878

Email: dssinfo@orangecountync.gov

www.orangecountync.gov/378/Social-Services

Triangle J Area Agency on Aging (TJAAA) - Ombudsmen

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

4307 Emperor Blvd., Ste. 110

Durham, NC 27703

Phone: 800-310-9777

www.tjaaa.org

Ombudsmen Phone Resources

PTRCAAA - Long-Term Care Ombudsman

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

1398 Carrollton Crossing Dr.

Kernersville, NC 27284

Phone: 336-904-0302

www.ptrc.org

TJAAA - Chatham County Regional Long Term Care Ombudsman

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

4307 Emperor Blvd., Suite 110

Durham, NC 27703

Phone: 919-558-9401

www.tjaaa.org

TJAAA - Durham County Ombudsman

Phone: 919-558-2714

www.tjaaa.org

TJAAA - Orange County Regional Long Term Care Ombudsman

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

4307 Emperor Blvd., Suite 110

Durham, NC 27703

Phone: 919-558-9401

www.tjaaa.org

Aging Agencies / Social Service Agencies

Aging agencies provide information and services to all seniors and their caregivers. Departments of Social Services provide an array of services including Medicaid and other assistance.

County Agencies

Alamance County Department of Social Services

319 North Graham-Hopedale Rd., Ste. C

Burlington, NC 27217

Phone: 336-570-6532

www.alamance-nc.com/dss

Alamance Eldercare, Inc.

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

3019 South Church St.

Burlington, NC 27215

Phone: 336-538-8080

www.alamanceeldercare.org

Center for Senior Life - Durham

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

406 Rigsbee Ave., Ste. 202

Durham, NC 27701

Phone: 919-688-8247

www.dsclnc.org

Chatham County Council on Aging

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

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

Pittsboro, NC 27312

Phone: 919-542-4512

www.chathamcouncilonaging.org

Chatham County Department of Social Services

102 Camp Dr.

Pittsboro, NC 27312

Phone: 919-542-2759

www.chathamnc.org/socialservices

Durham County Department of Social Services

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

414 East Main St.

Durham, NC 27701

Phone: 919-560-8000

Email: LLittle@DCONC.gov

www.dconc.gov

Orange County Department of Social Services - Chapel Hill

Southern Human Services Center

2501 Homestead Rd.

Chapel Hill, NC 27516

Phone: 919-968-2000

Email: dssinfo@orangecountync.gov

www.orangecountync.gov/378/Social-Services

Orange County Department of Social Services - Hillsborough

Hillsborough Commons, 113 Mayo St.

Hillsborough, NC 27278

Phone: 919-245-2800

Email: dssinfo@orangecountync.gov

www.orangecountync.gov/378/Social-Services

Orange County Department on Aging - Services at Passmore Center

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

103 Meadowlands Dr.

Hillsborough, NC 27278

Phone: 919-245-2015

Alt Phone: Aging Helpline: 919-968-2087

Email: agingtransitions@orangecountync.gov

www.orangecountync.gov/aging

Orange County Department on Aging - Services at Seymour Center

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

2551 Homestead Rd.

Chapel Hill, NC 27516

Phone: 919-968-2070

Alt Phone: Aging Helpline: 919-968-2087

Email: agingtransitions@orangecountync.gov

www.orangecountync.gov/aging

Federal Agencies

Eldercare Locator

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

Phone: 800-677-1116

www.eldercare.gov

National Council on Aging (NCOA)

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

www.ncoa.org

National Institute on Aging

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

www.nia.nih.gov

Chatham County Council on Aging

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

365 NC HWY 87 North

P.O. Box 715

Pittsboro, NC 27312

Phone: 919-542-4512

www.chathamcouncilonaging.org

North Carolina Agencies

All Good Things Durham

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

207 Melville Loop, Unit 13

Chapel Hill, NC 27514

Phone: 984-244-0998

Email: allgoodthingsdurham@gmail.com

Chatham County Council on Aging

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

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

Pittsboro, NC 27312

Phone: 919-542-4512

www.chathamcouncilonaging.org

North Carolina Division of Aging and Adult Services

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

2101 Mail Service Center

Raleigh, NC 27699

Phone: 919-855-3400

www.ncdhhs.gov/divisions/daas

Triangle J Area Agency on Aging

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

Phone: 800-310-9777

www.tjaaa.org

Assisted Living / Adult Care Home Facilities

See also: ADVOCACY, FAMILY CARE HOMES, NURSING HOMES and 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.

Adult Care Home / Assisted Living Resources

All About Seniors, Inc.

Offers no-cost services to families providing valuable resources as they navigate their senior living transition. We tour facilities with the family and help guide them to quality housing and care. We also help homeowners save money when listing their homes for sale.

406 Country Rount Brown Rd

Pittsboro, NC 27312

Phone: (919) 624-4670

Alt Phone: (919) 830-6478

Email: Tammy@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.

Family Care Homes

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

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

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

Phone: 919-855-4500 - Complaint Line

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

www2.ncdhhs.gov/dhsr

Oasis Senior Advisors

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

4501 Sandbridge Ct.

Raleigh, NC 27612

Phone: 919-830-2215

Email: bcollett@youroasisadvisor.com

www.trianglearea.oasisadvisor.com

Orange County Adult Care Home Community Advisory Committee

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

Phone: 919-558-2711 - Committee Questions

www.orangecountync.gov/aging

Alamance County

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

A Vision Come True

Accepts special assistance.

220 Hatch St.

Burlington, NC 27217

Phone: 336-227-4960

Blakey Hall

Accepts special assistance. Has a separate dementia care unit.

501 North Manning Ave.

Elon, NC 27244

Phone: 336-506-2300

www.bhhamlet.com

Brookdale Burlington

3615 South Mebane St.

Burlington, NC 27215

Phone: 336-584-9066

www.brookdale.com

Brookdale Burlington at Clare Bridge

Dementia care only.

3619 South Mebane St.

Burlington, NC 27215

Phone: 336-538-0367

www.brookdaleliving.com

Burlington Care Center

Accepts special assistance.

2201 Burch Bridge Rd.

Burlington, NC 27215

Phone: 336-222-1077

Elon Village Homes

Accepts special assistance.

715 East Haggard Ave.

Elon, NC 27244

Phone: 336-584-7930

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

Has a separate dementia care unit.

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

Pleasant Grove Retirement Home

Accepts special assistance.

4516 HWY 49 North

Burlington, NC 27217

Phone: 336-578-0441

Springview - Brock Building (Administrative Office)

Accepts special assistance. Dementia care only.

1032-C North Mebane St.

Burlington, NC 27217

Phone: 336-227-3808

www.springviewassistedliving.com

Springview - Crouse Building

Accepts special assistance.

613 West Whitsett St.

Graham, NC 27253

Phone: 336-227-8913

www.springviewassistedliving.com

Springview - Phillips Family Care Home

Accepts special assistance.

414 Chapel Hill Rd.

Burlington, NC 27215

Phone: 336-222-8913

www.springviewassistedliving.com

Springview - Ross Building

Accepts special assistance. Dementia care only.

1032-B North Mebane St.

Burlington, NC 27217

Phone: 336-227-4417

www.springviewassistedliving.com

Springview - Stewart Building

Accepts special assistance.

611 West Whitsett St.

Graham, NC 27253

Phone: 336-222-1888

www.springviewassistedliving.com

The Oaks of Alamance

Accepts special assistance.

1670 Westbrook Ave.

Burlington, NC 27215

Phone: 336-584-3070

www.caring.com/oaksofalamance

Warren Care Services - Adult Care

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

1237 Westmoreland Dr.

Burlington, NC 27217

Phone: 336-270-5259

Email: info@warrencareservices.com

www.warrencareservices.com

Chatham County

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

Cambridge Hills Assisted Living of Pittsboro

Accepts special assistance. Has a locked unit.

140 Brookstone Lane

Pittsboro, NC 27312

Phone: 919-545-9573

Coventry House of Siler City

Accepts special assistance.

260 Village Lake Rd.

Siler City, NC 27344

Phone: 919-742-4052

www.coventryassistedliving.com

Oasis Senior Advisors

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

4501 Sandbridge Ct.

Raleigh, NC 27612

Phone: 919-830-2215

Email: bcollett@youroasisadvisor.com

www.trianglearea.oasisadvisor.com

Durham County

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

Atria Southpoint Walk

5705 Fayetteville Rd.

Durham, NC 27713

Phone: 919-401-0100

Email: teresa.seate@atriaseniorliving.com

www.atriaseniorliving.com

August Estates at Umstead Pines

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

2713 Green Lane Dr.

Durham, NC 27712

Phone: 919-249-8553

Email: info@augustestates.com

<http://www.augustestates.com>

Brookdale Cary

Dementia care only. Private pay only.

7870 Chapel Hill Rd.

Cary, NC 27513-5428

Phone: 919-852-1355

www.brookdale.com

Brookdale Chapel Hill

Private pay. Accepts special assistance.

2220 Farmington Dr.

Chapel Hill, NC 27517

Phone: 919-933-1430

www.brookdale.com

Brookdale Chapel Hill Memory Care - Clare Bridge

Private pay. Accepts special assistance.

2230 Farmington Dr.

Chapel Hill, NC 27517

Phone: 919-929-5850

www.brookdale.com

Brookdale Durham

Has a separate dementia unit available.

4434 Ben Franklin Blvd.

Durham, NC 27704

Phone: 919-479-9966

www.brookdale.com

Camellia Gardens

Accepts special assistance.

5010 South Alston Ave.

Durham, NC 27713

Phone: 919-544-0257

Croasdaile Village Retirement Community

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

2600 Croasdaile Farm Parkway

Durham, NC 27705

Phone: 919-384-2475

Alt Phone: 919-384-2000

www.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

Oasis Senior Advisors

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

4501 Sandbridge Ct.

Raleigh, NC 27612

Phone: 919-830-2215

Email: bcollett@youroasisadvisor.com

www.trianglearea.oasisadvisor.com

Seasons at Southpoint

Dementia care only.

1002 HWY 54 East

Durham, NC 27713

Phone: 919-484-8518

www.seasonsatsouthpoint.com

Spring Arbor of Durham

Accepts special assistance.

4523 Hope Valley Rd.

Durham, NC 27707

Phone: 919-766-9938

www.springarborliving.com

Bayada Home Health Care Raleigh Visits

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

4011 Westchase Blvd., Ste. 290

Raleigh, NC 27607

Phone: 919-785-9090

www.bayada.com

Orange County

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

Brookdale Meadowmont

Has a dementia unit on a separate floor.

1911 Lanark Rd.

Chapel Hill, NC 27517

Phone: 919-918-7600

www.brookdaleliving.com

Carillon Assisted Living of Hillsborough

Separate dementia unit available.

1911 Orange Grove Rd.

Hillsborough, NC 27278

Phone: 919-732-9040

www.carillonassistedliving.com

Crescent Green Assisted Living

Accepts special assistance.

624 Jones Ferry Rd.

Carrboro, NC 27510

Phone: 919-933-9570

www.cgalc.com

Oasis Senior Advisors

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

4501 Sandbridge Ct.

Raleigh, NC 27612

Phone: 919-830-2215

Email: bcollett@youroasisadvisor.com

www.trianglearea.oasisadvisor.com

The Stratford

Separate dementia unit available. Accepts special assistance.

405 Smith Level Rd.

Chapel Hill, NC 27516

Phone: 919-929-7859

Villines

Accepts special assistance.

401 West Queen St.

Hillsborough, NC 27278

Phone: 919-732-4201

Benefits

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

Departments of Social Services (DSS)

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

Alamance County Department of Social Services

319 North Graham-Hopedale Rd., Ste. C

Burlington, NC 27217

Phone: 336-570-6532

www.alamance-nc.com/dss

Chatham County Department of Social Services

102 Camp Dr.

Pittsboro, NC 27312

Phone: 919-542-2759

www.chathamnc.org/socialservices

Durham County Department of Social Services

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

414 East Main St.

Durham, NC 27701

Phone: 919-560-8000

Email: LLittle@DCONC.gov

www.dconc.gov

Orange County Department of Social Services - Chapel Hill

Southern Human Services Center

2501 Homestead Rd.

Chapel Hill, NC 27516

Phone: 919-968-2000

Email: dssinfo@orangecountync.gov

www.orangecountync.gov/378/Social-Services

Orange County Department of Social Services - Hillsborough

Hillsborough Commons, 113 Mayo St.

Hillsborough, NC 27278

Phone: 919-245-2800

Email: dssinfo@orangecountync.gov

www.orangecountync.gov/378/Social-Services

Other

AARP

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

Phone: 888-687-2277

Alt Phone: TTY: 877-434-7598

www.aarp.org

Social Security Administration

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

3004 Tower Blvd.

Durham, NC 27707

Phone: 800-772-1213

Alt Phone: TTY: 800-325-0778

www.ssa.gov

Veterans Services Office (VSO) - Orange County

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

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

Phone: 919-245-2890

www.orangecountync.gov/1829/Veteran-Services

Better Business Bureau

Better Business Bureau

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

5540 Munford Rd., Ste. 130

Raleigh, NC 27612-2655

Phone: 919-277-4222

Email: info@raleigh.bbb.org

www.bbb.org

Care Management

See also: AGING AGENCIES and SOCIAL SERVICE AGENCIES Aging Agencies and Departments of Social Services can provide some care coordination for seniors who need multiple services to remain living in their own homes. Private care managers can be hired for a fee to provide care coordination for seniors. Some care managers are available on call 24/7.

Aging Life Care Association

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

3275 W Ina Rd.

Suite 130

Tucson, AZ 85741

Phone: 520-881-8008

Email: info@aginglifecare.org

www.aginglifecare.org

Aging Outreach Services

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

P.O. Box 2478

Southern Pines, NC 28388

Phone: 855-590-7673

Alt Phone: 910-692-0683

Email: info@AOSNC.com

www.AOSNC.com

Dignified Living

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

106 St. Thomas Dr.

Chapel Hill, NC 27517

Phone: 919-428-3698

Email: Ellenbeechhold@gmail.com

www.dignifiedlivingnc.com

Everybody Needs a Nurse - Patient Advocates

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

81110 Alexander

Chapel Hill, NC 27517

Phone: 919-606-1819

Email: YourNurse@EverybodyNeedsANurse.com

www.EverybodyNeedsANurse.com

Hannah's Home Health & Care Consulting

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

1314 Oak Forest Dr.

Hillsborough, NC 27278

Phone: 919-998-6452

Email: hshanafelt@hannahcares.com

www.hannahcares.com

One Source Consulting Services

Organizational solutions, Downsizing for retirees and empty nesters, Housekeeping, Virtual Assistance, Managing Accounts, Running Errands. AREA SERVED: Chatham, Durham, Orange, and Wake Counties

1006 Kingswood Dr., #D

01J

Chapel Hill, NC 27517

Phone: 919-357-8149

Email: patrichardson1006@gmail.com

Piedmont Health SeniorCare (PACE)

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

163 Chatham Business Dr.

Pittsboro, NC 27312

Phone: 919-545-7337

Alt Phone: 877-714-2100

www.piedmonthhealthseniorcare.org

Piedmont Health SeniorCare (PACE)

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

1214 Vaughn Rd.

Burlington, NC 27217

Phone: 336-532-0000

Alt Phone: 877-714-2100

www.piedmonthhealthseniorcare.org

Senior Care Management Associates LLC

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

4711 Hope Valley Rd., Ste. 4F-519

Durham, NC 27707

Phone: 919-794-1888

Email: Caryn@SeniorCM.com

www.SeniorCM.com

Senior Transitions of North Carolina, PLLC

Helping Seniors and their Families navigate the maze of senior care. Our professional staff are RN's and others trained in Aging. We help detone your needs, provide ongoing care management and are on-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

AmeriCare HomeCare

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

1829 East Franklin St., Ste. 100-B

Chapel Hill, NC 27514

Phone: 919-942-2840

Email: earmstrong@americare-homecare.com

www.americareinfo.com

Caregiver Concierge

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

413 Shakespeare Dr.

Morrisville, NC 27560

Phone: 973-945-4972

Email: eileencaregiverconcierge@yahoo.com

Chatham County Council on Aging

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

365 NC HWY 87 North

P.O. Box 715

Pittsboro, NC 27312

Phone: 919-542-4512

www.chathamcouncilonaging.org

Dignified Living

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

106 St. Thomas Dr.

Chapel Hill, NC 27517

Phone: 919-428-3698

Email: Ellenbeechehold@gmail.com

www.dignifiedlivingnc.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

Greater HomeCare Staffing

Greater HomeCare Staffing provides quality home care. Our staff is trained to handle tasks professionally; while providing patient-centered care. We are a family-owned and operated business, "where care hits home".

204 N 5th St.
Suite H

Mebane, NC 27302

Phone: 336-516-6333

Email: Admin@greaterhomecarestaffing.com

Hannah's Home Health & Care Consulting

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

1314 Oak Forest Dr.
Hillsborough, NC 27278

Phone: 919-998-6452

Email: hshanafelt@hannahcares.com

www.hannahcares.com

Homewatch Caregivers of the Triangle

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

101 Cosgrove Ave., Ste. 120

Chapel Hill, NC 27514

Phone: 919-960-6038

Alt Phone: 919-960-8142 - After hours

Email: anzor@hwcg.com

www.homewatchcaregivers.com

Oasis Senior Advisors

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

4501 Sandbridge Ct.

Raleigh, NC 27612

Phone: 919-830-2215

Email: bcollett@youroasisadvisor.com

www.trianglearea.oasisadvisor.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@sehnc.com

www.SEWake.com

Touched by Angels Home Healthcare II, Inc.

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

116 West Pine St.

Graham, NC 27253

Phone: 336-221-9998

Email: WeCare@TBaii.com

www.tbaii.com

Caregiving Resources

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

Local Specialty Clinics & Programs

Duke Geriatric Evaluation and Treatment Clinic

Phone: 919-620-4070

centerforaging.duke.edu/services/59

Duke Neurological Disorders Clinic at Morreene Road

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

932 Morreene Rd.

Durham, NC 27705

Phone: 919-668-7600

www.dukemedicine.org

Orange County Department on Aging - Clinic for Community Living

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

Phone: Aging Helpline: 919-968-2087

Email: agingtransitions@orangecountync.gov

www.orangecountync.gov/aging

Project CARE

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

Phone: 800-646-2028 – Central Region

Email: mark.hensley@dhhs.nc.gov

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

Silver Linings for Seniors

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

1250 SE Maynard Rd.

Cary, NC 27511

Phone: 919-757-6498

Alt Phone: 919-300-7943

Email: rachel@silverliningsnc.com

www.SilverLiningsNC.com

Southeastern Wake Adult Day Center

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

3401 Carl Sandburg Ct.

Raleigh, NC 27610

Phone: 919-987-2798

Alt Phone: 919-212-8580

Email: jharper@sehcnc.com

www.SEWake.com

State / County Special Assistance In-Home Program for Adults

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

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

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

Phone: 984-974-6599

www.med.unc.edu/aging/patients

UNC Memory and Cognitive Disorders Clinic

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

194 Finley Golf Course Dr., Ste. 200

Chapel Hill, NC 27517

Phone: 919-962-2685

www.med.unc.edu/neurology

All About Seniors, Inc.

Offers no-cost services to families providing valuable resources as they navigate their senior living transition. We tour facilities with the family and help guide them to quality housing and care. We also help homeowners save money when listing their homes for sale.

406 Country Rount Brown Rd

Pittsboro, NC 27312

Phone: (919) 624-4670

Alt Phone: (919) 830-6478

Email: Tammy@AllAboutSeniorsNC.com

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

All Good Things Durham

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

207 Melville Loop, Unit 13

Chapel Hill, NC 27514

Phone: 984-244-0998

Email: allgoodthingsdurham@gmail.com

Caring.Com

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

Phone: 800-973-1540

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

Carolina Curbside Laundry

Offers a FREE pick up an delivery of WASH, DRY and FOLD laundry service. AREA SERVED: Durham and Orange Counties

602 Jones Ferry Rd., Suite N

Carrboro, NC 27510

Phone: 984-215-8441

Alt Phone: 919-942-0606

Email: carolinacurbsidelaundry@gmail.com

carolinacurbsidelaundry.com

Chatham County Council on Aging

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

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

Pittsboro, NC 27312

Phone: 919-542-4512

www.chathamcouncilonaging.org

Dignified Living

As a Certified Geriatric Care Manager, I am 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: Ellenbeechehold@gmail.com

www.dignifiedlivingnc.com

Guiding Lights Caregiver Support Center

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

3727 National Drive, Suite 204

Raleigh, NC 27612

Phone: 919-371-2062

www.guidinglightsnc.org

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. AREA SERVED: Alamance County, Chatham County, Durham County, Orange County, Wake County

612 Arlington Street

Chapel Hill, NC 27514

Phone: 919-824-8196

Email: perri@neat-freak.com

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

Senior Care Management Associates LLC

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

4711 Hope Valley Rd., Ste. 4F-519

Durham, NC 27707

Phone: 919-794-1888

Email: Caryn@SeniorCM.com

www.SeniorCM.com

Senior Helpers

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

5007 Southpark Dr., Ste. 200-H

Durham, NC 27713

Phone: 919-544-6848

Alt Phone: 919-410-3149

Email: lolson@seniorhelpers.com

www.seniorhelpers.com/durham

Southeastern Wake Adult Day Center

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

3401 Carl Sandburg Ct.

Raleigh, NC 27610

Phone: 919-987-2798

Alt Phone: 919-212-8580

Email: jharper@sehnc.com

www.SEWake.com

Transitions GuidingLights Caregiver Support Center

3739 National Drive, Suite 204

Raleigh, NC 27612

Phone: 919-371-2062

www.GuidingLightsNC.org

Transitions LifeCare

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

250 Hospice Cir.

Raleigh, NC 27607

Phone: 919-828-0890

<https://transitionslifecare.org/>

Telephone Resources for Caregivers

Alamance Eldercare, Inc.

Phone: 336-538-8080

Alzheimer's Association Eastern North Carolina Chapter

Phone: 919-803-8285

Alt Phone: 800-272-3900

Alzheimer's North Carolina

Phone: 800-228-8738

Alt Phone: 919-832-3732 - Raleigh

Caring.Com

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

Phone: 800-973-1540

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

Center for Senior Life - Durham

Phone: 919-699-8247

Duke Family Support Program - Memory Disorders

Phone: 800-646-2028

Eldercare Locator

Phone: 800-677-1116

Orange County Department on Aging - Helpline

Resource information, consultation, and referrals to aging services available Monday-Friday, 9am-4pm. For information in Chinese, call 919-245-4275. For information in Spanish, call 919-245-4279 x 1.

Phone: Aging Helpline: 919-968-2087

Transitions GuidingLights Caregiver Support Center

3739 National Drive, Suite 204

Raleigh, NC 27612

Phone: 919-371-2062

www.GuidingLightsNC.org

United Way - NC 24-HR Help & Information Line

Phone: 211

Chinese Resources

Chinese American Friendship Association of North Carolina

Provides fee-based visa services.

www.cafanc.org

Chinese Christian Mission Church

Has senior ministry. COUNTIES SERVED: Durham and Orange

4528 Bennett Memorial Rd.

Durham, NC 27705

Phone: 919-794-4743

Alt Phone: 919-413-9557 - Social Service

www.ccmnc.org/

Orange County Department on Aging - Chinese Resources

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

Phone: 919-259-0232 - Mandarin Chinese

Email: zyu@orangecountync.gov

www.orangecountync.gov/185/Chinese-Resources

Community Centers

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

Carrboro Century Center

100 North Greensboro St.

Carrboro, NC 27510

Phone: 919-918-7385

Email: RecParks@townofcarrboro.org

www.townofcarrboro.org/290/Century-Center

Cedar Grove Community Center

5800 NC HWY 86N

Hillsborough, NC 27278

Phone: 919-245-2660

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

Central Recreation Center

COUNTIES SERVED: Orange

302 West Tryon St.

Hillsborough, NC 27278

Phone: 919-245-2660

Alt Phone: 919-644-3042

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

Chapel Hill Community Center

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

120 South Estes Dr.

Chapel Hill, NC 27514

Phone: 919-968-2790

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

Community Clay Studio

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

200 Plant Road

Chapel Hill, NC 27514

Phone: 919-968-2793

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

Durham County Senior Games Coordinator - Bridgette Robinson

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

Phone: 919-560-4355

Email: bridgette.robinson@durhamnc.gov

Efland Cheeks Park & Community Center

117 Richmond Rd.

Efland, NC 27243

Phone: 919-245-2660

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

Hargraves Community Center

216 North Roberson St.

Chapel Hill, NC 27516

Phone: 919-968-2794

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

Orange County Parks Online Locator

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

www.orangecountync.gov/890/Parks-Facilities

Rogers Road Community Center

101 Edgar Dr.

Chapel Hill, NC 27516

Phone: 919-918-2822

www.renacomcommunitycenter.com

Community Health Centers

See also: [DENTAL CARE](#) and [HEALTH INSURANCE INFORMATION](#)

Lincoln Community Health Center, Inc.

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

1301 Fayetteville St.

Durham, NC 27707

Phone: 919-956-4000

www.lincolnchc.org

Orange County Health Department

Southern Human Services Ctr., 2501 Homestead Rd.

Chapel Hill, NC 27516

Phone: 919-968-2022

www.orangecountync.gov/204/Health-Department

Orange County Health Department

300 West Tryon St.

Hillsborough, NC 27278

Phone: 919-245-2400

www.orangecountync.gov/204/Health-Department

Piedmont Health Centers

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

Piedmont Health - Burlington Community Health Center

1214 Vaughn Rd.

Burlington, NC 27217

Phone: 336-506-5840

www.piedmonthhealth.org

Piedmont Health - Carrboro Community Health Center

301 Lloyd St.

Carrboro, NC 27510

Phone: 929-942-8741

www.piedmonthhealth.org

Piedmont Health - Chapel Hill Community Health Center

1828 Martin Luther King Jr. Blvd.

Chapel Hill, NC 27514

Phone: 919-951-7600

www.piedmonthhealth.org

Piedmont Health - Charles Drew Community Health Center

221 N. Graham Hopedale Rd.

Burlington, NC 27217-2971

Phone: 336-570-3739

www.piedmonthhealth.org

Piedmont Health - Moncure Community Health Center

7228 Pittsboro-Moncure Rd.

Moncure, NC 27559

Phone: 919-542-4991

www.piedmonthhealth.org

Piedmont Health - Prospect Hill Community Health Center

322 Main St.

Prospect Hill, NC 27314

Phone: 336-562-3311

www.piedmonthhealth.org

Piedmont Health - Scott Community Health Center

5270 Union Ridge Rd.

Burlington, NC 27314

Phone: 336-421-3247

www.piedmonthhealth.org

Piedmont Health - Siler City Community Health Center

224 South 10th Ave.

Siler City, NC 27344

Phone: 919-663-1744

www.piedmonthhealth.org

Piedmont Health - Sylvan Community Health Center

7718 Sylvan Rd.

Snow Camp, NC 27349

Phone: 336-506-0631

www.piedmonthhealth.org

Continuing Care Retirement Communities

Continuing Care Retirement Communities (CCRCs) provide varying levels of housing options and assistance based on a resident's needs. These range from independent units (such as apartments or cottages / villas) to assisted living to skilled nursing care. Many CCRCs require applicants to be functionally independent when they apply and / or become a resident. Call individual CCRCs for specific information. The NC Department of Insurance publishes an annual reference guide on North Carolina Continuing Care Retirement Communities. To order a free copy, call 919-807-6140 or visit www.ncdoi.com.

Alamance County

The Village at Brookwood

1860 Brookwood Ave.

Burlington, NC 27215

Phone: 336-570-8440

www.villageatbrookwood.org

Chatham County**Carolina Meadows**

100 Carolina Meadows

Chapel Hill, NC 27517

Phone: 800-458-6756

Alt Phone: 919-942-4014

www.carolinameadows.org

Galloway Ridge at Ferrington

3000 Galloway Ridge

Pittsboro, NC 27312

Phone: 919-545-2215

Alt Phone: 919-545-2647

Email: marketing@gallowayridge.com

www.gallowayridge.com

Pittsboro Christian Village

1825 East St.

Pittsboro, NC 27312

Phone: 919-542-3151

www.pcvnc.org

Durham County**Croasdaile Village Retirement Community**

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

2600 Croasdaile Farm Parkway

Durham, NC 27705

Phone: 919-384-2475

Alt Phone: 919-384-2000

www.croasdailevillage.com

The Cedars

100 Cedar Club Cir.

Chapel Hill, NC 27517

Phone: 919-259-7000

www.cedarsofchapelhill.com

The Forest at Duke

2701 Pickett Rd.

Durham, NC 27705

Phone: 919-490-8000

www.forestduke.org

LeadingAge North Carolina

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

222 N. Person St.

Suite 205

Raleigh, NC 27601

Phone: 919-571-8333

Email: info@leadingagenc.org

www.leadingagenc.org

Orange County

Carol Woods Retirement Community

750 Weaver Dairy Rd.

Chapel Hill, NC 27514

Phone: 919-968-4511

www.carolwoods.org

The Cedars

100 Cedar Club Cir.

Chapel Hill, NC 27517

Phone: 919-259-7000

www.cedarsofchapelhill.com

Decluttering & Downsizing

Chapel Hill Concierge

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

PO Box 3366

Chapel Hill, NC 27515

Phone: 919-309-7878

Alt Phone: 919-616-5588 - Text

Email: sharonryan@aol.com

www.chapelhillconcierge.pro

National Association of Productivity and Organizing Professionals

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

1120 Route 73, Ste. 200

Mount Laurel, NJ 08054

Phone: 856-380-6828

Email: napo@napo.net

www.napo.net

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. AREA SERVED: Alamance County, Chatham County, Durham County, Orange County, Wake County

612 Arlington Street

Chapel Hill, NC 27514

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/

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

Alzheimer's Disease Resources

Alzheimer's Association Eastern North Carolina Chapter

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

5171 Glenwood Ave., Ste. 101

Raleigh, NC 27612

Phone: 919-803-8285

Alt Phone: 800-272-3900

Email: encinfo@alz.org

www.alz.org

Alzheimer's North Carolina

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

Phone: 800-228-8738

Alt Phone: 919-832-3732 - Office

Email: info@alznc.org

www.alznc.org

Duke Family Support Program

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

Phone: 800-646-2028

Email: dukefamilysupport@duke.edu

www.dukefamilysupport.org

Duke Health

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

Phone: 855-855-6484

www.dukemedicine.org

Guiding Lights Caregiver Support Center - Dementia Resources

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

Phone: 919-371-2062

www.guidinglightsnc.org

Hannah's Home Health & Care Consulting

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

1314 Oak Forest Dr.

Hillsborough, NC 27278

Phone: 919-998-6452

Email: hshanafelt@hannahcares.com

www.hannahcares.com

National Alzheimer's Association

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

www.alz.org

Orange County Department on Aging - OC CARES Dementia Support

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

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

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

Email: agingtransitions@orangecountync.gov

www.orangecountync.gov/aging

Orange County Sheriff Department - Life Track

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

106 East Margaret Lane

Hillsborough, NC 27278

Phone: 919-245-2900

Alt Phone: 919-644-3050

www.ocsonc.com

Piedmont Health SeniorCare (PACE)

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

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

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

Phone: 800-646-2028 – Central Region

Email: mark.hensley@dhhs.nc.gov

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

Senior Helpers

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

5007 Southpark Dr., Ste. 200-H

Durham, NC 27713

Phone: 919-544-6848

Alt Phone: 919-410-3149

Email: lolson@seniorhelpers.com

www.seniorhelpers.com/durham

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@sehnc.com

www.SEWake.com

Diagnostic and Treatment Clinics for Memory Disorders

Duke Neurological Disorders Clinic at Morreene Road

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

932 Morreene Rd.

Durham, NC 27705

Phone: 919-668-7600

www.dukemedicine.org

UNC Center for Rehabilitation Care (CRC)

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

1807 North Fordham Blvd.

Chapel Hill, NC 27514

Phone: 984-974-9700

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

UNC Memory and Cognitive Disorders Clinic

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

194 Finley Golf Course Dr., Ste. 200

Chapel Hill, NC 27517

Phone: 919-962-2685

www.med.unc.edu/neurology

Homewatch Caregivers of the Triangle

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

101 Cosgrove Ave., Ste. 120

Chapel Hill, NC 27514

Phone: 919-960-6038

Alt Phone: 919-960-8142 - After hours

Email: anzor@hwcg.com

www.homewatchcaregivers.com

Specialty Care Units Alzheimer's / Dementia

Black Mountain Neuro-Medical Center

932 Old US HWY 70

Black Mountain, NC 28711

Phone: 828-259-6700

Alt Phone: 828-259-6945 - Admissions

www.bmcnc.org

Longleaf Neuro-Medical Treatment Center

4761 Ward Blvd.

Wilson, NC 27893

Phone: 252-399-2112

www.longleafneuromedical.ncdhhs.gov

Twin Lakes Community

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

3701 Wade Coble Dr.

Burlington, NC 27215

Phone: 336-538-1500

Alt Phone: 336 585-2393

Email: kevans@twinlakescomm.org

www.twinlakescommunity.org

Dental Care Clinics

Dental SHAC (Student Health Action Coalition)

A free, student-run clinic for screenings, cleanings, fillings & extractions. Patients admitted by lottery only, not first-come first-serve. It's possible that some patients may not be seen. To become part of the lottery, you have to be present at the clinic by 6 pm on lottery dates listed online. AREA SERVED: All

UNC School of Dentistry
Ground Floor Tarrson Hall
101 Manning Dr.

Chapel Hill, NC 27599

Email: shacdental@dentistry.unc.edu

www.med.unc.edu/shac/clinics/dental/dental-clinic

Durham VA Medical Center

Veterans only. Call for eligibility criteria.

508 Fulton St.

Durham, NC 27705

Phone: 919-286-0411 ext: 6993

www.va.gov

Orange County Health Department

300 West Tryon St.

Hillsborough, NC 27278

Phone: 919-245-2400

www.orangecountync.gov/204/Health-Department

Orange County Health Department Dental Clinic

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

300 West Tryon St.

Hillsborough, NC 27278

Phone: 919-245-2435

www.orangecountync.gov/204/Health-Department

The Happy Tooth Orthodontics, Cosmetic and Family Dentistry

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

121 South Estes Dr., Ste. 206

Chapel Hill, NC 27514

Phone: 919-933-3310

Alt Phone: 919-928-0105

Email: info@happytoothnc.com

www.happytoothnc.com

Triangle Mobile Dentistry

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

COUNTIES SERVED: Orange

104 North Elliott Rd. #B

Chapel Hill, NC 27514

Phone: 919-799-2770

www.TriangleMobileDentistry.com

UNC Dental Clinic

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

101 Manning Dr., CB#7600

Chapel Hill, NC 27514

Phone: 984-974-1485

Alt Phone: 984-974-0355

UNC School of Dentistry-Geriatric and Special Care Clinic

Care provided at the dental school by students and/or an attending dentist with UNC. Fee depends on whether work is provided by students under an attending dentist or by a UNC faculty member dentist. Referral required. Wait list.

Ground Floor Tarrson Hall, Room 0017

Chapel Hill, NC 27599

Phone: 919-537-3866

www.dent.unc.edu

Piedmont Health Centers – Dental Care

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

Piedmont Health - Carrboro Community Health Center

301 Lloyd St.

Carrboro, NC 27510

Phone: 929-942-8741

www.piedmonthhealth.org

Piedmont Health - Carrboro Community Health Center - Dental Care

301 Lloyd St.

Carrboro, NC 27510

Phone: 919-933-9087

www.piedmonthhealth.org

Piedmont Health - Moncure Community Health Center - Dental Care

7228 Pittsboro - Moncure Rd.

Moncure, NC 27559

Phone: 919-542-1641

www.piedmonthhealth.org

Piedmont Health - Prospect Hill Community Health Center - Dental Care

322 Main St.

Prospect Hill, NC 27314

Phone: 336-562-3123 - Dental Clinic

www.piedmonthhealth.org

Piedmont Health - Siler City Community Health Center - Dental Care

224 South 10th Ave.

Siler City, NC 27344

Phone: 919-633-4401

www.piedmonthhealth.org

Disabilities - Cognitive

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

UNC Center for Rehabilitation Care (CRC)

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

1807 North Fordham Blvd.

Chapel Hill, NC 27514

Phone: 984-974-9700

www.uncrehabilitationcare.org

Disabilities - Intellectual & Developmental

See also: SUPPORT GROUPS

Advanced Health Resources

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

1224 Copeland Oaks Dr.

Morrisville, NC 27560

Phone: 919-465-3277

www.ahrnc.com

Arc of the Triangle

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

1709 Legion Rd., Ste. 100

Chapel Hill, NC 27517

Phone: 919-942-5119

Email: rbaker@arctriangle.org

www.arctriangle.org

Cardinal Innovations Healthcare Community Office - Alamance

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

2929 Crouse Lane, Ste. B

Burlington, NC 27215

Phone: 800-939-5911 - Call Center

Alt Phone: 336-513-4222 – Local Office

www.cardinalinnovations.org

Cardinal Innovations Healthcare Community Office - Orange

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

201 Sage Rd.

Chapel Hill, NC 27517

Phone: 800-939-5911 – Call Center

Alt Phone: 919-913-4000 – Local Office

www.cardinalinnovations.org

Disability Rights North Carolina

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

3724 National Dr., Ste. 100

Raleigh, NC 27612

Phone: 919-856-2195

Email: info@disabilityrightsn.org

www.disabilityrightsn.org

First In Families of North Carolina

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

3109 University Drive
Suite 100

Durham, NC 27707

Phone: 919-251-8368

Email: centralcarolina@fifnc.org

www.fifnc.org

Kennedy Care

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

1330 SE Maynard Rd.

Cary, NC 27511

Phone: 919-462-7003

Alt Phone: 919-841-2447

Email: 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 Chapel Hill

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

111 Providence Rd.

Chapel Hill, NC 27514

Phone: 919-942-7391

Email: mail@rsi-nc.org

www.rsi-nc.org

TEACCH® Autism Program

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

100 Renee Lynne Ct.

Carrboro, NC 27510

Phone: 919-966-2174

Email: TEACCH@unc.edu

www.teacch.com

Disabilities - Physical & Sensory

See also: SUPPORT GROUPS

Disability Resources

Alliance of Disability Advocates - Center for Independent Living

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

1012 Oberlin Rd., Ste. 300

Raleigh, NC 27605

Phone: Voice/TTY: 919-833-1117

Email: alliance@alliancecil.org

www.alliancecil.org

Disability Rights North Carolina

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

3724 National Dr., Ste. 100

Raleigh, NC 27612

Phone: 919-856-2195

Email: info@disabilityrightsn.org

www.disabilityrightsn.org

North Carolina Assistive Technology Program (NCATP)

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

4900 Waters Edge Dr.

Raleigh, NC 27606

Phone: Voice/TTY: 919-859-8360

www.ncdhhs.gov/assistance/disabilityservices

North Carolina Independent Living Program

Provides adaptive equipment; guidance and counseling and rehabilitative engineering for housing and vehicle modifications. People must meet financial guidelines and have a severe physical disability.

COUNTIES SERVED: Chatham, Durham, Orange

4312 Western Park Pl.

Durham, NC 27705

Phone: 919-560-6810

www.dvr.dhhs.state.nc.us

North Carolina Vocational Rehabilitation

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

104 Village Lake Dr.

Siler City, NC 27344

Phone: 919-663-2544

www.dvr.dhhs.state.nc.us

Hearing Impairment

Duke Hospital Speech Pathology and Audiology Clinic

Assessments, therapy and hearing devices.

40 Duke Medicine Cir.

Durham, NC 27710

Phone: 919-684-3859

www.dukespeechandhearing.org

Hear Now

Provides hearing aids at no cost to eligible individuals. Application fee required but may be refunded if application is denied. Accepts hearing aids as taxable donation. NATIONWIDE

6801 Washington Ave S #2

Minneapolis, MN

Phone: 800-328-8602

Email: hearnow@starkey.com

www.starkeyhearingfoundation.org

Hearing Loss Association of America, Wake County

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

104 Sylvan Grove

Cary, NC 27518

Phone: 919-469-0924

Email: steve.barber@earthlink.net

www.hearingloss.org

International Hearing Society

Hearing aid helpline and referrals to local providers.

Phone: 800-521-5247

www.ihinfo.org

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

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

1100 Navaho Dr., Wood Oaks Bldg.

Raleigh, NC 27609-2301

Phone: Voice/TTY: 919-874-2212

Alt Phone: 800-851-6099

www.ncdhhs.gov/divisions/dsdhh

Relay North Carolina

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

Phone: 800-676-3777 - Customer Service

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

www.relaync.com

UNC Hospital Audiology Department

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

2226 Nelson Highway

Chapel Hill, NC 27517

Phone: 984-974-4479

www.uncmedicalcenter.org

Whole Life OT, PLLC

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

4813 Butler Street

Durham, NC 27707

Phone: 919-205-9878

Email: wholelifeot@gmail.com

www.wholelifeotnc.com

Visual Impairment**Academy Eye Center**

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

3115 Academy Rd.

Durham, NC 27707

Phone: 919-493-7456

www.academyeye.com

American Foundation for the Blind Information Center

2 Penn Plaza, Ste. 1102

New York, NY 10121

Phone: 800-232-5463

Email: info@afb.net

www.afb.org/directory

Community Low Vision Center

Provides low vision services at no charge to enable people with any level of vision change to live as independently as possible. Provides information and resource referral, support in learning about vision changes and using visual aids, on-site store with assistive devices such as text and speech machines. STATEWIDE

2226 Nelson Highway, Ste. 200

Chapel Hill, NC 27517

Phone: 984-974-2058

Duke Eye Center - Low Vision Rehabilitation

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

2351 Erwin Rd.

Durham, NC 27710

Phone: 800-422-1575

www.dukeeyecenter.duke.edu

National Library Service for the Blind and Physically Handicapped

Free library services to people with visual problems.

Phone: 800-424-8567

Alt Phone: 202-707-5100

Email: nls@loc.gov

www.loc.gov/nls

North Carolina Library for the Blind and Physically Handicapped

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

1841 Capital Blvd.

Raleigh, NC 27635

Phone: TDD: 919-733-1462

Alt Phone: 888-388-2460 or 919-733-4376

Email: nclbph@ncdcr.gov

www.statelibrary.ncdcr.gov/lbph

North Carolina Services for the Blind

Rehabilitation and independent living services for persons with vision impairments.

*COUNTIES SERVED: Durham, Orange

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

414 E. Main St. Room 244M

Durham, NC 27701

Phone: 919-560-8633

www.ncdhhs.gov/divisions/dsb

Orange County Public Library - Carrboro Branch Library

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

900 Old Fayetteville Rd.

Chapel Hill, NC 27516

Phone: 919-918-7387

www.OrangeCountyLibrary.org

Orange County Public Library - Carrboro Cybrary

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

N. Greensboro St

Carrboro, NC 27510

Phone: 919-918-7387

www.OrangeCountyLibrary.org

Orange County Public Library - Main

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

137 West Margaret Lane

Hillsborough, NC 27278

Phone: 919-245-2525

Email: library@orangecountync.gov

www.OrangeCountyLibrary.org

Social Worker for the Blind - Durham and Orange Counties

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

414 East Main St., Room 244-M

Durham, NC 27701

Phone: 919-560-8633

Triangle Radio Reading Service

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

211 E. Six Forks Rd., Ste. 103

Raleigh, NC 27609

Phone: 919-832-5138

Email: may@trrsnc.org

www.trianglereadingservice.org

Driving

Driver Safety Classes

AAA (American Automobile Association)

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

2301 Blue Ridge Rd.

Raleigh, NC 27607

Phone: 800-444-8691 ext: 10883

www.aaa.com/safety

AARP Driver Safety Program

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

Phone: 888-227-7669

www.aarp.org/drive

Andes Driving School

Offers instruction including AAA Driver Improvement Program for Seniors. English / Spanish.

5007 Southpark Dr., Ste. 120

Durham, NC 27713

Phone: 919-484-0330

www.driveandes.com

Driving Evaluations

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

Andes Driving School

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

5007 Southpark Dr., Ste. 120

Durham, NC 27713

Phone: 919-484-0330

www.driveandes.com

Driver Rehabilitation Services, PA

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

P.O. Box 448

5417 Frieden Church Rd.

McLeansville, NC 27301

Phone: 888-888-0039

Alt Phone: 336-697-7841 - Guilford County

www.driver-rehab.com

Duke University Rehab - Duke Driving Program

Evaluates a person's driving potential or enables a person to return to safe driving. In-clinic evaluation by an occupational therapist. Financial counseling available.

3000 Erwin Rd.

Durham, NC 27705

Phone: 919-668-3988

<http://sites.duke.edu/ptot/outpatient-services/driving-evaluations>

UNC Center for Rehabilitation Care (CRC)

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

1807 North Fordham Blvd.

Chapel Hill, NC 27514

Phone: 855-609-0803

www.uncrehabilitationcare.org

Educational Opportunities

Carolina College for Lifelong Learning

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

General Alumni Association

P.O. Box 660

Chapel Hill, NC 27514-0660

Phone: 919-962-3574

Email: ccll@unc.edu

www.alumni.unc.edu

Carolina Public Humanities

Offers a wide variety of one-day sessions in various locations. Provides weekend seminars, scholarships and tuition reduction benefits. Tuition varies. COUNTIES SERVED: Alamance, Chatham, Durham, Orange, Person, Wake, Statewide, Other

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

Chapel Hill, NC 27599

Phone: 919-962-1544

Email: human@unc.edu

humanities.unc.edu

Chatham County Sheriff's Office

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

COUNTIES SERVED: Chatham

295 West St.

Pittsboro, NC 27312

Phone: 919-542-2811

www.chathamsheriff.com

Durham Technical Community College - Main Campus

Offers career and university transfer programs in Health, Public Service, Early Childhood Education, Engineering/Technology, and Computer and Information Systems. Also offers general education (GED) classes, English as a Second Language (ESL) classes and personal enrichment courses. COUNTIES SERVED: Durham and Orange

1637 Lawson St.

Durham, NC 27703

Phone: 919-536-7200

www.DurhamTech.edu

Durham Technical Community College - Orange County Campus

Offers a two-year Associate in Arts degree, also general education (GED) classes, English as a Second Language (ESL) classes and personal enrichment courses. Targeted classes for older workers include Job Search Strategies for Mature Professionals and LinkedIn workshops.

525 College Park Rd.

Hillsborough, NC 27278

Phone: 919-536-7238

www.DurhamTech.edu

LeadingAge North Carolina

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

222 N. Person St.

Suite 205

Raleigh, NC 27601

Phone: 919-571-8333

Email: info@leadingagenc.org

www.leadingagenc.org

North Carolina Cooperative Extension in Orange County

Provides educational opportunities in four major program areas: Agricultural and Natural Resources, Family and Consumer Sciences, 4-H and Youth Development, and Community and Rural Development. COUNTIES SERVED: Orange

306-E Revere Rd.

Hillsborough, NC 27278

Phone: 919-245-2050

www.orange.ces.ncsu

Orange County Department on Aging - Education at Passmore Center

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

103 Meadowlands Dr.

Hillsborough, NC 27278

Phone: 919-245-2015

www.orangecountync.gov/aging

Orange County Department on Aging - Education at Seymour Center

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

2551 Homestead Rd.

Chapel Hill, NC 27516

Phone: 919-968-2070

www.orangecountync.gov/aging

Orange County Public Library - Carrboro Branch Library

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

900 Old Fayetteville Rd.

Chapel Hill, NC 27516

Phone: 919-918-7387

www.OrangeCountyLibrary.org

Orange County Public Library - Carrboro Cybrary

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

N. Greensboro St

Carrboro, NC 27510

Phone: 919-918-7387

www.OrangeCountyLibrary.org

Osher Lifelong Learning Institute at Duke (OLLI)

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

COUNTIES SERVED: Chatham, Durham and Orange

Duke University-Box 90700

Durham, NC 27708

Phone: 919-681-3476

Alt Phone: 919-684-2703

Email: Kathy.Parrish@duke.edu

www.learnmore.duke.edu/olli

Peer Learning of Chapel Hill

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

PO Box 2821

Chapel Hill, NC 27515

Email: info@peerlearningofchapelhill.com

www.peerlearningofchapelhill.com

Senior Times

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

www.orangecountync.gov/aging

Shared Learning Association of Chapel Hill

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

114 Weaver Dairy Rd.

Chapel Hill, NC 27514

Phone: 919-642-0606

Email: amparson@uci.edu

<http://sharedlearning.us/>

UNC-Chapel Hill Friday Center

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

100 Friday Center Dr.

Chapel Hill, NC 27599-1020

Phone: 919-962-1134

Alt Phone: 800-962-3000

Email: fridaycenter@unc.edu

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

Emergency Assistance

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

American Red Cross

The American Red Cross prevents and alleviates human suffering in the face of emergencies by mobilizing the power of volunteers and the generosity of donors. Disaster Services, Preparedness Health and Safety Services, Biomedical Services, Service to the Armed Services and International Services. COUNTIES SERVED: Chatham, Durham, Orange, Person

4737 University Dr., Bldg. 3

Durham, NC 27707

Phone: 919-489-6541

Email: stan.morris@redcross.org

www.redcross.org/enc

Binkley Baptist Church

Help with payment of rent or bills only. Call Thursday AM to see if funds are available. Open Friday mornings only. COUNTIES SERVED: Orange

1712 Willow Dr.

Chapel Hill, NC 27514

Phone: 919-942-4964

Email: office@binkleychurch.org

www.binkleychurch.org

Catholic Charities

Must call 2nd Monday of month to request appointment for help with rent or utility bills. Food pantry open on Wednesday 9:30 a.m. to 12:30 p.m. COUNTIES SERVED: Alamance, Caswell, Chatham, Durham, Orange, Person

3711 University Dr., Ste. B

Durham, NC 27707

Phone: 919-286-1964

www.catholiccharities.org

Chatham County Council on Aging

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

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

Pittsboro, NC 27312

Phone: 919-542-4512

www.chathamcouncilonaging.org

Inter-Faith Council for Social Services (IFC)

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

110 West Main St.

Carrboro, NC 27510

Phone: 919-929-6380

Email: info@ifcmailbox.org

www.ifcweb.org

Jewish Federation of Durham-Chapel Hill

Serves the Jewish community. COUNTIES SERVED: Chatham, Durham, Orange

1937 West Cornwallis Rd.

Durham, NC 27707

Phone: 919-354-4922

www.shalomdch.org

OCIM Samaritan Relief

Orange Congregations in Mission provides emergency food, clothes, rent and utility payments, prescription assistance and shelter to those in crisis. By referral only from a county agency or from member pastors of OCIM. AREA SERVED: Orange County School District area

300 Millstone Dr.

Hillsborough, NC 27278

Phone: 919-732-6194 ext. 12

Email: ocim300mill@mindspring.com

www.ocimnc.org

Salvation Army Boys and Girls Club

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

909 Liberty St.

Durham, NC 27701

Phone: 919-688-7306

www.salvationarmy.org

St. Thomas More

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

940 Carmichael St.

Chapel Hill, NC 27514

Phone: 919-942-1040

www.stmchapelhill.org

State / County Special Assistance In-Home Program for Adults

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

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

Urban Ministries

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

410 Liberty St.

Durham, NC 27701

Phone: 919-682-0538

www.umdurham.org

Employment

Compass Center for Women and Families

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

210 Henderson St.

Chapel Hill, NC 27514

Phone: 919-968-4610

Alt Phone: 919-929-7122

Email: clientservices@compassctr.org

www.compassctr.org

North Carolina Department of Commerce Division of Work Force

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

503 West Franklin St.

Chapel Hill, NC 27516

Phone: 919-968-2031

Email: ncws.3100@nccommerce.com

www.ncworks.gov

North Carolina Works Career Center

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

503 West Franklin St.

Chapel Hill, NC 27516

Phone: 919-245-4335

Email: sdccjoblink@co.orange.edu

www.orangecountyjoblink.org

End of Life Planning (Advanced Directives)

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

Advanced Health Care Directive Registry - NC Secretary of State

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

Phone: 919-807-2215

Email: AHCDR@sosnc.gov

www.secretary.state.nc.us/ahcdr/

Association for Death Education and Counseling (ADEC)

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

400 S 4th St., Ste.745E

Minneapolis, MN 55415

Phone: 612-337-1808

Email: adec@adec.org

www.adec.org

CaringInfo

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

www.caringinfo.org

Clarity Legal Group

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

1414 Raleigh Rd.

Suite 445

Chapel Hill, NC 27517

Phone: 919-484-0012

Email: reply@claritylegalgroup.com

www.claritylegalgroup.com/

Duke Center for Spirituality, Theology and Health

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

www.dukespiritualityandhealth.org

Dying Consciously

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

www.dyingconsciously.org

Five Wishes

National non-profit agency affirms and safeguards the human dignity of individuals as they age. “Five Wishes” can be used as a helpful guide and documentation of your wishes. Meets the legal requirements for an advance directive in 42 states including NC. Multi-lingual resource. AREA SERVED: All

PO Box 1661

Tallahassee, FL 32302

Phone: 850-681-2010

Email: Joanne@FiveWishes.org

www.FiveWishes.org

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

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

914 Chapel Hill Road

Burlington, NC 27215

Phone: 336-532-0100

Alt Phone: 800-588-8879

www.hospiceac.org

Hospice Foundation of America (HFA)

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

www.hospicefoundation.org

National Hospice and Palliative Care Organization (NHPCO)

A non-profit organization advocating for the terminally ill and their families. They provide education, resources and information to improve end-of-life care and expand access to hospice care.

www.nhpco.org

Family Care Homes

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

Alamance County

A Touch of Country Family Care

4159 Brandon Lane

Burlington, NC 27217

Phone: 336-570-1748

Email: atocfc@yahoo.com

Above and Beyond Adult Care Home

Accepts special assistance.

1616 East Webb Ave.

Burlington, NC 27217

Phone: 336-270-4454

Alvarado's Family Care

Accepts special assistance.

646 Country Club Dr.

Burlington, NC 27215

Phone: 336-222-0303

Bethany Tender Love and Care

Accepts special assistance.

532 Greenwood Dr.

Burlington, NC 27215

Phone: 336-584-2763

C & M Adult Care Home

Accepts special assistance.

422 North Main St.

Burlington, NC 27217

Phone: 336-227-5216

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

Dee & G Enrichment Center

Accepts special assistance.

2822 South Mebane St.

Burlington, NC 27715

Phone: 336-570-3072

Email: Harold.Koenig@dm.duke.edu

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

Emmanuel Family Care II

Accepts special assistance.

2655 White Oak Dr.

Burlington, NC 27215

Phone: 336-585-2025

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

Phone: 336-228-1525

Guardian Angel

Accepts special assistance.

1006 Richmond Ave.

Burlington, NC 27217

Phone: 336-222-0114

Gwen's Family Care Home II

Accepts special assistance.

7964-A County Line Rd.

Liberty, NC 27298

Phone: 336-622-1842

Homewood Avenue Assisted Living Facility

Accepts special assistance.

301 Homewood Ave.

Burlington, NC 27217

Phone: 336-270-6140

Lane Street Retirement Home

Accepts special assistance.

625 Lane St.

Burlington, NC 27217

Phone: 336-229-9900

Sheridanville, Inc.

Accepts special assistance.

2051 Miles Chapel Rd.

Mebane, NC 27302

Phone: 336-578-5774

Springview Assisted Living - Burlington

Accepts special assistance.

1405 North Sellars Mill Rd. Ext.

Burlington, NC 27217

Phone: 336-570-9424

www.springviewassistedliving.com

Springview Assisted Living - Mebane

Accepts special assistance.

1032 North Mebane St.

Burlington, NC 27217

Phone: 336-222-8913

www.springviewassistedliving.com

Springview Assisted Living - Wilson Building

Accepts special assistance.

350 North Sellars Mill Rd.

Burlington, NC 27217

Phone: 336-513-0396

www.springviewassistedliving.com

Warren Care Services - Adult Care

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

1237 Westmoreland Dr.

Burlington, NC 27217

Phone: 336-270-5259

Email: info@warrencareservices.com

www.warrencareservices.com

We Care Family Care

Accepts special assistance.

1718 Morgantown Rd.

Burlington, NC 27217

Phone: 336-570-0770

Chatham County

All About Seniors, Inc.

Offers no-cost services to families providing valuable resources as they navigate their senior living transition. We tour facilities with the family and help guide them to quality housing and care. We also help homeowners save money when listing their homes for sale.

406 Country Rount Brown Rd

Pittsboro, NC 27312

Phone: (919) 624-4670

Alt Phone: (919) 830-6478

Email: Tammy@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

Email: info@augustestates.com

<http://www.augustestates.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

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

Central Family Care Home #2

Accepts special assistance.

3714 Cole Mill Rd.

Durham, NC 27701

Phone: 919-383-5724

Central Home Health Service

811 9th St., Ste. 120-137

Durham, NC 27705

Phone: 919-682-6877

Alt Phone: 800-672-5905

Circle of Daughters

Accepts special assistance.

106 Oakmont Ave.

Durham, NC 27713

Phone: 919-361-0346

Jones Family Care Home

Accepts special assistance.

2122 Overland Dr.

Durham, NC 27704

Phone: 919-688-6205

Alt Phone: 919-479-6600

The Pickett House Family Care Home

Accepts special assistance.

3811 Pickett Rd.

Durham, NC 27705

Phone: 919-403-0390

Email: Cjones1970@nc.rr.com

Tower of Blessing

Accepts special assistance.

2309 Ellington St.

Durham, NC 27704

Phone: 919-680-6360

Reliable Health Services, Inc.

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

2634 Durham-Chapel Hill Blvd.

Suite 204

Durham, NC 27707

Phone: 919-596-9479

Email: sreliablecare@yahoo.com

www.reliablehealthservices.com

Orange County**All About Seniors, Inc.**

Offers no-cost services to families providing valuable resources as they navigate their senior living transition. We tour facilities with the family and help guide them to quality housing and care. We also help homeowners save money when listing their homes for sale.

406 Country Rount Brown Rd

Pittsboro, NC 27312

Phone: (919) 624-4670

Alt Phone: (919) 830-6478

Email: Tammy@AllAboutSeniorsNC.com

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

Cedar Grove Family Care Home

Accepts special assistance.

313 Saw Mill Rd.

Cedar Grove, NC 27231

Phone: 919-732-8850

Cedar Grove Family Care Home #2

Accepts special assistance.

317 Saw Mill Rd.

Cedar Grove, NC 27231

Phone: 919-732-8850

Charles House - Winmore

121 Della St.

Chapel Hill, NC 27516

Phone: 919-537-8396

Email: info@charleshouse.org

www.charleshouse.org

Charles House - Yorktown

303 Yorktown Dr.

Chapel Hill, NC 27516

Phone: 919-537-8351

Email: info@charleshouse.org

www.charleshouse.org

LiveWell

The only elder care service provider in NC offering both in home care and assisted living services. Home care services range from companion care to care management. Our beautiful six resident care homes are "senior friendly" and situated in distinguished neighborhoods. AREA SERVED: Orange, All

6720 Pauline Dr.

Chapel Hill, NC 27514

Phone: 919-719-9127

Alt Phone: 919-403-6718

Email: diane@lwcares.com

www.lwcares.com

LiveWell @ Coker Hills

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

202 North Elliott Rd.

Chapel Hill, NC 27514

Phone: 919-230-7899

Email: livewellassistedliving@gmail.com

www.livewellassistedliving.com

Financial Counseling

See also: EMERGENCY ASSISTANCE and PRESCRIPTION ASSISTANCE

Community Financial Counseling

All Good Things Durham

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

207 Melville Loop, Unit 13

Chapel Hill, NC 27514

Phone: 984-244-0998

Email: allgoodthingsdurham@gmail.com

Compass Center for Women and Families

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

210 Henderson St.

Chapel Hill, NC 27514

Phone: 919-968-4610

Email: programsdirector@compassctr.org

www.compassctr.org

Compass Center for Women and Families

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

210 Henderson St.

Chapel Hill, NC 27514

Phone: 919-968-4610

Alt Phone: 919-929-7122

Email: clientservices@compassctr.org

www.compassctr.org

Consumer 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

4905 Pine Cone Dr., Ste. 3

Durham, NC 27707

Phone: 888-507-3588

Email: Bill@ComfortLTC.com

www.ComfortLTC.com

The National Association of Personal Financial Advisors (NAPFA)

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

8700 West Bryn Mawr Ave., Ste. 700N

Chicago, IL 60631

Phone: 888-333-6659

www.napfa.org

Geriatric Assessment

See also: **DEMENTIA**Comprehensive medical evaluation by a team of medical and allied health professionals trained in the assessment of older adults with complex medical problems.

Evaluation Clinics

Duke Geriatric Evaluation and Treatment Clinic

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

2580-A Stead Bldg., DHS Blue Zone

200 Trent Dr.

Durham, NC 27710

Phone: 919-620-4070

centerforaging.duke.edu/services/59

UNC Hospitals Geriatrics Specialty Clinic

6011 Farrington Rd., Bldg. 100

Chapel Hill, NC 27517

Phone: 919-974-6599

www.med.unc.edu/aging/patients

Memory Clinics

Duke Neurological Disorders Clinic at Morreene Road

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

932 Morreene Rd.

Durham, NC 27705

Phone: 919-668-7600

www.dukemedicine.org

UNC Memory and Cognitive Disorders Clinic

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

194 Finley Golf Course Dr., Ste. 200

Chapel Hill, NC 27517

Phone: 919-962-2685

www.med.unc.edu/neurology

Mobile Rehab Physical Therapy

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

229 Fearington Post

Pittsboro, NC 27312

Phone: 919-636-2423

Email: info@mobilerehabnc.com

www.mobilerehabnc.com

Senior Care Management Associates LLC

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

4711 Hope Valley Rd., Ste. 4F-519

Durham, NC 27707

Phone: 919-794-1888

Email: Caryn@SeniorCM.com

www.SeniorCM.com

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

Hopeline

Hopeline supports people and saves lives during times of crisis through caring, confidential conversations. Programs include a crisis phone line, text, and reassurance program. For more information on all our programs and how to get involved, please visit www.hopeline-nc.org. NATIONWIDE

P.O. Box 10490

Raleigh, NC 27605

Phone: 919-231-4525

Alt Phone: 877-235-4525

www.hopeline-nc.org

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

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

Orange County Clerk of Court

106 East Margaret Lane

Hillsborough, NC 27278

Phone: 919-644-4500

www.nccourts.com/county/orange

Health and Wellness

See also: SOCIAL & RECREATIONAL RESOURCES

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

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

3475 Erwin Rd.

Durham, NC 27705

Phone: 919-660-6660

Email: dukehealthandfitnesscenter@dm.duke.edu

www.dukefitness.org

Durham County Senior Games Coordinator - Bridgette Robinson

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

Phone: 919-560-4355

Email: bridgette.robinson@durhamnc.gov

ElderFit - In Home Rehab

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

Hillsborough, NC 27278

Phone: 919-614-1923

Email: info@elderfitpt.com

www.elderfitpt.com

HopeLine

HopeLine supports people and saves lives during times of crisis through caring, confidential conversations. Programs include a crisis phone line, text, and reassurance program. For more information on all our programs and how to get involved, please visit www.hopeline-nc.org. NATIONWIDE

P.O. Box 10490

Raleigh, NC 27605

Phone: 919-231-4525

Alt Phone: 877-235-4525

www.hopeline-nc.org

Mobile Rehab Physical Therapy

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

229 Fearington Post

Pittsboro, NC 27312

Phone: 919-636-2423

Email: info@mobilerehabnc.com

www.mobilerehabnc.com

Move Free Physical Therapy and Wellness, LLC

We provide Medicare Part B outpatient physical therapy services in our clients' homes or through virtual visits. We also provide wellness services including exercise programming, group courses, and access to the TherHab Fitness program (currently online).

5501 Welkin Ct

Durham, NC 27713

Phone: 919-886-4163

Alt Phone: 864-752-7464

Email: info@movefreeptandwellness.com

www.movefreeptandwellness.com

NIHSeniorHealth

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

www.nihseniorhealth.gov

Orange County Department on Aging - Wellness at Passmore Center

Offers wellness screenings, fitness assessments & educational classes, Fit Feet, indoor basketball, health education topics & massages, along with memberships to the Orange County Sportsplex. Fees vary; some are free. Check out our special events and Senior Striders. For people 55+. COUNTIES SERVED: Orange

103 Meadowlands Dr.

Hillsborough, NC 27278

Phone: 919-245-2015

www.orangecountync.gov/aging

Orange County Department on Aging - Wellness at Seymour Center

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

2551 Homestead Rd.

Chapel Hill, NC 27516

Phone: 919-968-2070

www.orangecountync.gov/aging

Orange County Public Library - Main

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

137 West Margaret Lane

Hillsborough, NC 27278

Phone: 919-245-2525

Email: library@orangecountync.gov

www.OrangeCountyLibrary.org

Orange County Sportsplex

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

101 Meadowlands Dr.

Hillsborough, NC 27278

Phone: 919-644-0339

www.oc-sportsplex.com/

Silver Linings for Seniors

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

1250 SE Maynard Rd.

Cary, NC 27511

Phone: 919-757-6498

Alt Phone: 919-300-7943

Email: rachel@silverliningsnc.com

www.SilverLiningsNC.com

Toni's Massage

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

301 North Third St.

Mebane, NC 27302

Phone: 336-260-0101

Email: tonismassage@gmail.com

www.tonismassage.massagetherapy.com

Triangle Aphasia Project, Unlimited

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

191 High House Rd.

Cary, NC 27511

Phone: 919-650-3854

Email: info@aphasiaproject.org

www.aphasiaproject.org

UNC Hospitals Cardiac Rehab

COUNTIES SERVED: Statewide

100 Sprunt St.

Chapel Hill, NC 27517

Phone: 919-966-5500

Email: wellness@unchealth.unc.edu

www.uncwellness.com

UNC Wellness Center at Meadowmont

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

100 Sprunt St.

Chapel Hill, NC 27517

Phone: 919-966-5500

Email: wellness@unch.unc.edu

www.uncwellness.com/meadowmont/

Whole Life OT, PLLC

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

4813 Butler Street

Durham, NC 27707

Phone: 919-205-9878

Email: wholelifeot@gmail.com

www.wholelifeotnc.com

YMCA of Chapel Hill - Carrboro

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

980 Martin Luther King Jr. Blvd.

Carrboro, NC 27514

Phone: 919-442-9622

www.ymcatriangle.org/chapelhill-carrboro-ymca

Health Insurance Information & Counseling

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

Comfort Long Term Care

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

4905 Pine Cone Dr., Ste. 3

Durham, NC 27707

Phone: 888-507-3588

Email: Bill@ComfortLTC.com

www.ComfortLTC.com

Healthcare.gov

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

Health Insurance Marketplace

Attn: Coverage Processing

465 Industrial Blvd.

London, KY 40750-0001

Phone: 800-318-2596

Alt Phone: TTY: 855-889-4325

www.healthcare.gov

Medical Claims Rx, Inc.

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

1201 Raleigh Rd., Ste. 208

Chapel Hill, NC 27517

Phone: 919-942-7211

Email: medicalclaimsrx@mindspring.com

www.medicalclaimsrx.com

Medicare.gov

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

Centers for Medicare & Medicaid Services
7500 Security Blvd.

Baltimore, MD 21244-1850

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

Alt Phone: TTY: 877-486-2048

www.medicare.gov

North Carolina Health Info

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

www.nchealthinfo.org

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

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

11 South Boylan Ave.

Raleigh, NC 27603

Phone: 855-408-1212

Email: ncshiip@ncdoi.gov

www.ncshiip.com/shiip/

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

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

Phone: 919-245-2015 - Hillsborough

Alt Phone: 919-968-2070 - Chapel Hill

Email: agingtransitions@orangecountync.gov

www.orangecountync.gov/aging

Piedmont Health Centers – Insurance Assistance

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

Piedmont Health - Burlington Community Health Center - Health Insurance

Phone: 336-260-2720

www.piedmonthhealth.org

Piedmont Health - Carrboro Community Health Center

301 Lloyd St.

Carrboro, NC 27510

Phone: 929-942-8741

www.piedmonthhealth.org

Piedmont Health - Carrboro Community Health Center - Health Insurance

Phone: 919-724-5227

www.piedmonthhealth.org

Piedmont Health - Charles Drew Community Health Center - Health Insurance

Phone: 336-260-2720

www.piedmonthhealth.org

Piedmont Health - Moncure Community Health Center - Health Insurance

Phone: 919-710-1554

www.piedmonthhealth.org

Piedmont Health - Prospect Hill Community Health Center - Health Insurance

Phone: 336-639-0427

www.piedmonthhealth.org

Piedmont Health - Scott Community Health Center - Health Insurance

Phone: 919-619-5457

www.piedmonthhealth.org

Piedmont Health - Siler City Community Health Center - Health Insurance

Phone: 919-357-8216

www.piedmonthhealth.org

Hispanic / Latino Resources

El Centro Hispano-Main Office

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

COUNTIES SERVED: Durham, Orange, Other

2000 Chapel Hill Rd., Ste. 26A

Durham, NC 27707

Phone: 919-687-4635

www.elcentronc.org

El Futuro

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

2020 Chapel Hill Rd., Ste. 23

Durham, NC 27707

Phone: 919-688-7101

Email: info@elfuturo-nc.org

www.elfuturo-nc.org

El Pueblo, Inc.

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

COUNTIES SERVED: Durham, Orange, Other

2321 Crabtree Blvd., Ste. 105

Raleigh, NC 27604

Phone: 919-835-1525

www.elpueblo.org

Orange County Department on Aging - Spanish Resources

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

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

Alt Phone: 919-968-2087 - Inglés

www.orangecountync.gov/aging

Home Care

See also: CAREGIVING RESOURCES, CAREGIVER RESPITE, HOME HEALTH / SKILLED AGENCIES and WEBSITETrained professionals and paraprofessionals provide a range of services to enable a functionally impaired person to remain at home with contracted services. For a list of independent caregivers, not employed through an agency, call the Orange County Department on Aging at 919-968-2087.

Companionship Agencies

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

A Bridge for Independence Home Care, Inc.

Provides non-medical care to seniors and others needing assistance at home. Includes companionship, in-home aide assistance, transportation, and other services. Available 24/7. COUNTIES SERVED: Chatham, Durham, Orange, Person, Wake, Other

10911 Raven Ridge Rd.

Raleigh, NC 27614

Phone: 919-624-9606

Email: cboynton@abfihomecare.com

www.abfiregistry.com

A Helping Hand

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

1502 West HWY 54, Ste. 405

Durham, NC 27707

Phone: 919-403-5555

Email: info@ahelpinghandnc.org

www.ahelpinghandnc.org

Advantage Care In-Home Services

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

3600 North Duke St., Ste. 100

Durham, NC 27704

Phone: 919-471-1314

Email: advantagecare@centurylink.net

www.advantagecarenc.com

Aging Outreach Services

Aging Outreach Services (AOS) offers referrals to pre-screened care providers. We are not a Home Care Provider, but we do refer to those independent caregivers who provide home care services. We are a caregiver registry that offers referrals. AOS is the only accredited Caregiver Registry in NC. AREA SERVED: Statewide, other

P.O. Box 2478

Southern Pines, NC 28388

Phone: 855-590-7673

Alt Phone: 910-692-0683

Email: info@AOSNC.com

www.AOSNC.com

Always Best Care

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

1340 Environ Way

Chapel Hill, NC 27517

Phone: 919-357-1440

Email: TPalmer@abc-seniors.com

www.alwaysbestcarechapelhill-durham.com

Always Best Care Senior Services

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

2260 South Church St., Ste. 603

Burlington, NC 27215

Phone: 336-270-4352

Alt Phone: 919-695-1151

Email: jpizzuto@abc-seniors.com

www.abc-seniorservice.com

AmeriCare HomeCare

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

1829 East Franklin St., Ste. 100-B

Chapel Hill, NC 27514

Phone: 919-942-2840

Email: earmstrong@americare-homecare.com

www.americareinfo.com

Bayada Home Health Durham State Programs

Offers assistive care. COUNTIES SERVED: Caswell, Chatham, Durham, Orange, Person

3790 Guess Rd.

Durham, NC 27705

Phone: 336-322-3200

www.bayada.com

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. AREA SERVED: Alamance, Caswell, Chatham, Durham, Orange, Person and Wake.

1802 Martin Luther King Jr Pkwy
Suite 108

Durham, NC 27707

Phone: 919-864-8033

Alt Phone: 919-530-9420

Email: caaphomeagency@gmail.com

www.caaphomecare.com

Caregiver Concierge

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

413 Shakespeare Dr.

Morrisville, NC 27560

Phone: 973-945-4972

Email: eileencaregiverconcierge@yahoo.com

Carolina Villages (CV) - Companionship

Provides network of resources that address practical needs to help CV members 62+ remain in their home as they age. Annual Membership fee. Free referrals to vetted vendors (bills directly) or trained CV volunteers. Transportation, non-medical home care, groceries, errands, visits, comfort calls or help with garden, home, technology. COUNTIES SERVED: Chatham, Durham, Orange

P.O. Box 4622

Chapel Hill, NC 27515

Phone: 919-960-1941

www.carolinavillages.org

Comfort Keepers

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

1415 West NC HWY 54, Ste. 209

Durham, NC 27707

Phone: 919-338-2044

Email: comfortkeeperschapelhill@gmail.com

www.durham-832.comfortkeepers.com

Cornerstone Healthcare Services

Provides nurse-supervised aides who can assist with personal care tasks, homemaking and companionship.

COUNTIES SERVED: Alamance County, Chatham County, Durham County, Orange County, Wake County

3201 Yorktown Ave.

Ste 117-B

Durham, NC 27713

Phone: 919-300-0050

Email: info@cornerstonehealthcareservice.com

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

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

Greater HomeCare Staffing

Greater HomeCare Staffing provides quality home care. Our staff is trained to handle tasks professionally; while providing patient-centered care. We are a family-owned and operated business, "where care hits home".

204 N 5th St.

Suite H

Mebane, NC 27302

Phone: 336-516-6333

Email: Admin@greaterhomecarestaffing.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

Kennedy Care

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

1330 SE Maynard Rd.

Cary, NC 27511

Phone: 919-462-7003

Alt Phone: 919-841-2447

Email: krista@kennedycare.com

www.kennedycare.com/north-carolina

Lilies of Hope Home Care LLC

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

202 Main St.

P.O. Box 73

Pembroke, NC 28372

Phone: 910-674-2244

Alt Phone: 910-674-9109

Email: liliesofhope7777@yahoo.com

www.liliesofhopehomecare.com

LiveWell Care Homes

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

1829 East Franklin St., Ste. 1100-A

Chapel Hill, NC 27514

Phone: 919-719-9127

Alt Phone: 919-929-6444

www.livewellhomecarenc.com

Options for Senior America

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

315 East Chatham St., Suite 201

Cary, NC 27511

Phone: 919-380-6812

Alt Phone: 919-306-2406

Email: raleighdurham@optionscorp.com

www.optionscorp.com

Premier Home Healthcare Services

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

562 Huffman Mill Rd.

Burlington, NC 27215

Phone: 336-586-1721

www.premierhomehealthcare.com

ResCare Home Care

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

4011 University Dr., Ste. 201

Durham, NC 27707

Phone: 919-493-7059

Alt Phone: 866-737-2273

www.rescare.com

Home Care Agencies

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

A Bridge for Independence Home Care, Inc.

Provides non-medical care to seniors and others needing assistance at home. Includes companionship, in-home aide assistance, transportation, and other services. Available 24/7. COUNTIES SERVED: Chatham, Durham, Orange, Person, Wake, Other

10911 Raven Ridge Rd.

Raleigh, NC 27614

Phone: 919-624-9606

Email: cboynton@abfihomecare.com

www.abfiregistry.com

Accessible Home Care of Mid Carolina

COUNTIES SERVED: Durham, Orange, Other

8315 Six Forks Rd., Ste. 101

Raleigh, NC 27615

Phone: 919-896-7679

Alt Phone: 919-896-7153

Email: tcallaway@ahcglobal.com

www.accessiblemidcarolina.com

Acorn

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

209 Lloyd St. - Office 260

Carrboro, NC 27510

Phone: 800-481-7977 ext: 1

Email: info@acornhcs.com

www.acornhcs.com

Advantage Care In-Home Services

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

3600 North Duke St., Ste. 100

Durham, NC 27704

Phone: 919-471-1314

Email: advantagecare@centurylink.net

www.advantagecarenc.com

Aegis Home Care

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

40125 Moring

Chapel Hill, NC 27517

Phone: 919-442-5252

Email: alan@aegishomecare.com

www.aegishomecare.com

Always Best Care

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

1340 Environ Way

Chapel Hill, NC 27517

Phone: 919-357-1440

Email: TPalmer@abc-seniors.com

www.alwaysbestcarechapelhill-durham.com

Always Best Care Senior Services

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

2260 South Church St., Ste. 603

Burlington, NC 27215

Phone: 336-270-4352

Alt Phone: 919-695-1151

Email: jpizzuto@abc-seniors.com

www.abc-seniorservice.com

AmeriCare HomeCare

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

1829 East Franklin St., Ste. 100-B

Chapel Hill, NC 27514

Phone: 919-942-2840

Email: earmstrong@americare-homecare.com

www.americareinfo.com

Bayada Home Health Care

COUNTIES SERVED: Durham and Other

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

Raleigh, NC 27617-6352

Phone: 919-420-0100

www.bayada.com

Bayada Home Health Durham State Programs

Offers assistive care. COUNTIES SERVED: Caswell, Chatham, Durham, Orange, Person

3790 Guess Rd.

Durham, NC 27705

Phone: 336-322-3200

www.bayada.com

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. AREA SERVED: Alamance, Caswell, Chatham, Durham, Orange, Person and Wake.

1802 Martin Luther King Jr Pkwy

Suite 108

Durham, NC 27707

Phone: 919-864-8033

Alt Phone: 919-530-9420

Email: caaphomeagency@gmail.com

www.caaphomecare.com

Caring Angels Home Care Svcs 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

Comfort Keepers

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

1415 West NC HWY 54, Ste. 209

Durham, NC 27707

Phone: 919-338-2044

Email: comfortkeeperschapelhill@gmail.com

www.durham-832.comfortkeepers.com

Cornerstone Healthcare Services

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

3201 Yorktown Ave.

Ste 117-B

Durham, NC 27713

Phone: 919-300-0050

Email: info@cornerstonehealthcareservice.com

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

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

Greater HomeCare Staffing

Greater HomeCare Staffing provides quality home care. Our staff is trained to handle tasks professionally; while providing patient-centered care. We are a family-owned and operated business, "where care hits home".

204 N 5th St.

Suite H

Mebane, NC 27302

Phone: 336-516-6333

Email: Admin@greaterhomecarestaffing.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

Happy Home Care Staffing

All certified nursing aides have clear criminal background checks. Mailing: 6720 Pentecost Rd., Cedar Grove, NC 27231. COUNTIES SERVED: Alamance, Durham, Orange, Person

224-D Orange Grove St.

Hillsborough, NC 27278

Phone: 919-732-4663

Alt Phone: 919-563-0129

www.hhomecarestaffing.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 Senior Care - Durham

COUNTIES SERVED: Chatham, Durham, Orange, Other

2726 Croisdale Dr., Ste. 203

Durham, NC 27705

Phone: 919-479-4600

www.homeinsteadseniorcare.com/157

Home Instead Senior Care - Orange

COUNTIES SERVED: Chatham, Durham, Orange, Other

1289 Fordham Blvd., Ste. E-5

Chapel Hill, NC 27514

Phone: 919-928-5433

www.homeinstead.com/106

Homecare Providers

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

3025 South Church St.

PO Box 205

Burlington, NC 27215

Phone: 336-538-8557

Alt Phone: 1-800-525-3550

Homewatch Caregivers of the Triangle

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

101 Cosgrove Ave., Ste. 120

Chapel Hill, NC 27514

Phone: 919-960-6038

Alt Phone: 919-960-8142 - After hours

Email: anzor@hwcg.com

www.homewatchcaregivers.com

Interim HealthCare

COUNTIES SERVED: Durham and Orange

3710 University Dr., Ste. 135

Durham, NC 27707

Phone: 919-493-7575

Email: lewing@interimhealthcare.com

www.interimhealthcare.com/durhamnc/home

Kennedy Care

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

1330 SE Maynard Rd.

Cary, NC 27511

Phone: 919-462-7003

Alt Phone: 919-841-2447

Email: krista@kennedycare.com

www.kennedycare.com/north-carolina

Keston Care

COUNTIES SERVED: Chatham, Durham, Orange

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

Chapel Hill, NC 27517

Phone: 919-967-0507

Lilies of Hope Home Care LLC

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

202 Main St.

P.O. Box 73

Pembroke, NC 28372

Phone: 910-674-2244

Alt Phone: 910-674-9109

Email: liliesofhope7777@yahoo.com

www.liliesofhopehomecare.com

LiveWell

The only elder care service provider in NC offering both in home care and assisted living services. Home care services range from companion care to care management. Our beautiful six resident care homes are "senior friendly" and situated in distinguished neighborhoods. AREA SERVED: Orange, All

6720 Pauline Dr.

Chapel Hill, NC 27514

Phone: 919-719-9127

Alt Phone: 919-403-6718

Email: diane@lwcares.com

www.lwcares.com

LiveWell Care Homes

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

1829 East Franklin St., Ste. 1100-A

Chapel Hill, NC 27514

Phone: 919-719-9127

Alt Phone: 919-929-6444

www.livewellhomecarenc.com

Maxim Healthcare Services

COUNTIES SERVED: Chatham, Durham, Orange

2634 Chapel Hill Blvd., Ste. 210

Durham, NC 27707

Phone: 919-419-1484

www.maxhealth.com

Medi Home Health

COUNTIES SERVED: Durham and Orange

9131 Anson Way, Ste. 204

Raleigh, NC 27615

Phone: 919-870-6733

www.msa-corp.com

Nurse Care of North Carolina

COUNTIES SERVED: Chatham, Durham, Orange, and Wake

3200 Croasdaile Dr., Ste. 701

Durham, NC 27705

Phone: 919-309-4333

Email: barbara@nursecarenc.com

www.nursecarenc.com

Options for Senior America

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

AREA SERVED: Triangle and Triad

315 East Chatham St., Suite 201

Cary, NC 27511

Phone: 919-380-6812

Alt Phone: 919-306-2406

Email: raleighdurham@optionscorp.com

www.optionscorp.com

Premier Home Healthcare Services

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

562 Huffman Mill Rd.

Burlington, NC 27215

Phone: 336-586-1721

www.premierhomehealthcare.com

Reliable Health Services, Inc.

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

2634 Durham-Chapel Hill Blvd.

Suite 204

Durham, NC 27707

Phone: 919-596-9479

Email: sreliablecare@yahoo.com

www.reliablehealthservices.com

ResCare Home Care

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

4011 University Dr., Ste. 201

Durham, NC 27707

Phone: 919-493-7059

Alt Phone: 866-737-2273

www.rescare.com

Right At Home

COUNTIES SERVED: Alamance, Durham, Orange, Person

4905 Pine Tree Dr., Ste. 2

Durham, NC 27707

Phone: 919-241-5292

Alt Phone: 919-237-2333

Email: info@rahdch.com

www.rahdch.com

Senior Helpers

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

5007 Southpark Dr., Ste. 200-H

Durham, NC 27713

Phone: 919-544-6848

Alt Phone: 919-410-3149

Email: lolson@seniorhelpers.com

www.seniorhelpers.com/durham

Synergy HomeCare of the Triangle

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

8801 Fast Park Dr., Ste. 211

Raleigh, NC 27617

Phone: 919-786-5052

Email: info@shctriangle.com

www.synergyhomecare.com

Touched by Angels Home Healthcare II, Inc.

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

116 West Pine St.

Graham, NC 27253

Phone: 336-221-9998

Email: WeCare@TBAii.com

www.tbaii.com

Visiting Angels of Central North Carolina

COUNTIES SERVED: Alamance, Chatham, Durham, Orange

104 Jones Ferry Rd., Ste. A

Carrboro, NC 27510

Phone: 919-968-3724

Email: visitingangelscnc@hotmail.com

www.visitingangels.com/chapelhill/home/

Wisdom Senior Care

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

3622 Shannon Rd.

Durham, NC 27707

Phone: 919-323-3693

www.wisdomseniorcare.com

A Bridge for Independence Home Care, Inc.

Provides non-medical care to seniors and others needing assistance at home. Includes companionship, in-home aide assistance, transportation, and other services. Available 24/7. COUNTIES SERVED: Chatham, Durham, Orange, Person, Wake, Other

10911 Raven Ridge Rd.

Raleigh, NC 27614

Phone: 919-624-9606

Email: cboynton@abfihomecare.com

www.abfiregistry.com

Always Best Care Senior Services

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

2260 South Church St., Ste. 603

Burlington, NC 27215

Phone: 336-270-4352

Alt Phone: 919-695-1151

Email: jpizzuto@abc-seniors.com

www.abc-seniorservice.com

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

Beautiful Remissions Home Care

Home personal care services assisting with everyday activities of daily living such as assistance with bathing, meal preparation, mobility, light household duties, medication reminders and much more

3407 N. Duke St.

Durham, NC 27704

Phone: 984-219-6013

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. AREA SERVED: Alamance, Caswell, Chatham, Durham, Orange, Person and Wake.

1802 Martin Luther King Jr Pkwy
Suite 108

Durham, NC 27707

Phone: 919-864-8033

Alt Phone: 919-530-9420

Email: caaphomeagency@gmail.com

www.caaphomecare.com

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

carolinacurbsidelaundry.com

ElderFit - In Home Rehab

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

2002 Bartlett Cir.

Hillsborough, NC 27278

Phone: 919-614-1923

Email: info@elderfitpt.com

www.elderfitpt.com

Homewatch Caregivers of the Triangle

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

101 Cosgrove Ave., Ste. 120

Chapel Hill, NC 27514

Phone: 919-960-6038

Alt Phone: 919-960-8142 - After hours

Email: anzor@hwcg.com

www.homewatchcaregivers.com

One Source Consulting Services

Organizational solutions, Downsizing for retirees and empty nesters, Housekeeping, Virtual Assistance, Managing Accounts, Running Errands. AREA SERVED: Chatham, Durham, Orange, and Wake Counties

1006 Kingswood Dr., #D
01J

Chapel Hill, NC 27517

Phone: 919-357-8149

Email: patrichardson1006@gmail.com

Piedmont Health SeniorCare (PACE)

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

1214 Vaughn Rd.

Burlington, NC 27217

Phone: 336-532-0000

Alt Phone: 877-714-2100

www.piedmonthhealthseniorcare.org

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

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

Cornucopia House Cancer Support Center

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

PO Box 51188

Durham, NC 27717

Phone: 919-401-9333

Email: info@cancersupport4u.org

www.cancersupport4u.org

OCIM Meals on Wheels

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

300 Millstone Dr.

Hillsborough, NC 27278

Phone: 919-732-6194 x 14

Email: ocim300mill@mindspring.com

Walmart Grocery

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

www.walmart.com/grocery

Private Meal and Grocery Delivery Services

Carolina Villages (CV) - Home Meals

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

P.O. Box 4622

Chapel Hill, NC 27515

Phone: 919-960-1941

www.carolinavillages.org

Produce Box

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

Phone: 919-904-4722

www.theproducebox.com/

Takeout Central

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

Phone: 919-942-7678

www.takeoutcentral.com/

The Food Fairy®, Inc.

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

P.O. Box 3184

Chapel Hill, NC 27515

Phone: 919-933-4431

Alt Phone: 919-740-5856

Email: terry@foodfairy.com

www.food-fairy.com

Walmart Grocery

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

www.walmart.com/grocery

Home Delivered Medications

Carrboro Family Pharmacy

Delivers within Chapel Hill-Carrboro city limits. Located in Carrboro Plaza.

104-J NC HWY 54

Carrboro, NC 27510

Phone: 919-933-7629

www.carrborofamilypharmacy.com

Hillsborough Pharmacy & Nutrition

Delivers within Chapel Hill and Hillsborough city limits.

110 Boone Square St., Ste. 29

Hillsborough, NC 27278

Phone: 919-245-1212

Email: info@hillsboroughpharmacync.com

www.hillsboroughpharmacync.com

Walgreens

1106 Environ Way

Chapel Hill, NC 27517

Phone: 919-942-8738

www.walgreens.com

Walgreens Store Locator

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

Phone: 800-925-4733 – General

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

www.walgreens.com

Home Health / Skilled Agencies

See also: CAREGIVING RESOURCES, CAREGIVER RESPITE, HOME CARE and WEBSITES Provides a variety of skilled services such as nursing; physical, speech and occupational therapies; social work; and nurse-supervised personal care aides. Requires a physician's order. Some short-term services may be covered by Medicare. If you have a Medicare Advantage plan, contact specific agencies to find out if they will accept that plan.

Amedisys Home Health - Alamance

COUNTIES SERVED: Alamance

2929 Crouse Lane, Ste. F

Burlington, NC 27215

Phone: 336-524-0127

www.amedisys.com

Amedisys Home Health - Durham

COUNTIES SERVED: Durham

1005 Slater Rd., Ste. 105

Durham, NC 27703

Phone: 919-941-5793

www.amedisys.com

Amedisys Home Health - Orange

COUNTIES SERVED: Orange

120 Providence Rd., Ste. 200

Chapel Hill, NC 27514

Phone: 919-401-3000

Alt Phone: 800-672-5905

www.amedisys.com

Bayada Home Health Care Raleigh Visits

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

4011 Westchase Blvd., Ste. 290

Raleigh, NC 27607

Phone: 919-785-9090

www.bayada.com

Central Home Health Service

811 9th St., Ste. 120-137

Durham, NC 27705

Phone: 919-682-6877

Alt Phone: 800-672-5905

Duke HomeCare & Hospice

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

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

4321 Medical Park Dr., Ste 101

Durham, NC 27704

Phone: 919-620-3853

Alt Phone: 800-599-9339

Email: dhchinfo@notes.duke.edu

www.dhch.duhs.duke.edu

Heartland Hospice Care

COUNTIES SERVED: Chatham, Durham, Orange, Other

4505 Falls of the Neuse, Ste. 650

Raleigh, NC 27609

Phone: 919-877-9959

Alt Phone: 919-981-6238 - referrals

www.heartlandhospice.com

Kennedy Care

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

1330 SE Maynard Rd.

Cary, NC 27511

Phone: 919-462-7003

Alt Phone: 919-841-2447

Email: krista@kennedycare.com

www.kennedycare.com/north-carolina

Liberty HomeCare & Hospice

STATEWIDE

Phone: 800-999-9883

www.libertyhomecare.com

Mobile Rehab Physical Therapy

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

229 Fearington 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

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

Orange County Department on Aging - Home Assessments

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

Phone: Aging Helpline: 919-968-2087

Email: agingtransitions@orangecountync.gov

www.orangecountync.gov/aging

Loans

Rebuilding Together of the Triangle

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

324 South Wilmington St. # 118

Raleigh, NC 27601

Phone: 919-341-5980

Email: info@rebuildingtogethertriangle.org

www.rebuildingtogethertriangle.org

USDA Rural Development

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

853 South Beckford Dr., Ste. A

Henderson, NC 27536

Phone: 252-438-3134 ext: 4

www.rd.usda.gov/nc

Rainbow Way Construction

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

304 Rainbow Way

Durham, NC 27707

Phone: 919-493-9738

Alt Phone: 919-358-0642

Email: andrewimlay@gmail.com

www.rainbowwayconstruction.com

Providers

AmRamp of Eastern North Carolina

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

3208 Wellington Ct., Ste. 114

Raleigh, NC 27615

Phone: 888-715-7598

Alt Phone: 919-850-4585 - local

www.amramp.com/easternnc

Carolina Villages (CV) - Home Repairs

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

P.O. Box 4622

Chapel Hill, NC 27515

Phone: 919-960-1941

www.carolinavillages.org

JOCCA Weatherization

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

P.O. Box 27, 35 Chatham St.

Pittsboro, NC 27312

Phone: 919-542-4781

Johnson Ambulance

COUNTIES SERVED: Durham and Orange

Phone: 919-890-8667

raleigh.101mobility.com

North Carolina Baptist Men's Association

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

Phone: 800-395-5102 ext: 5596

Email: mlandis@ncbaptist.org

www.baptistsonmission.org

North Carolina Independent Living Program

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

Phone: 919-560-6810

www.dvr.dhhs.nc.gov

Orange County Urgent Repair Program

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

Orange County Housing, Human Rights & Comm. Develop.
300 West Tryon St., PO Box 8181

Hillsborough, NC 27278

Phone: 919-245-2490

Email: HousingHumanRightsCD@orangecountync.gov

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

Rainbow Way Construction

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

304 Rainbow Way

Durham, NC 27707

Phone: 919-493-9738

Alt Phone: 919-358-0642

Email: andrewimlay@gmail.com

www.rainbowwayconstruction.com

Rebuilding Together of the Triangle

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

324 South Wilmington St. #118

Raleigh, NC 27601

Phone: 919-341-5980

Email: info@rebuildingtogethertriangle.org

www.rebuildingtogethertriangle.org

Stalls Medical Inc. / Adaptive Vans Inc.

STATEWIDE

7980 Chapel Hill Rd., Ste. 101

Cary, NC 27513

Phone: 800-627-0732

www.stallsmedical.com

Hospice Care

See also: END OF LIFE PLANNING, GRIEF, LEGAL and WEBSITES Provides palliative (comfort) care for terminally ill patients by an interdisciplinary care team. Covered by health insurance, including Medicare and Medicare Advantage plans. Bereavement counseling (both individual and group) is available, whether hospice services were or were not used prior to a patient's death.

Amedisys Home Health - Alamance

COUNTIES SERVED: Alamance

2929 Crouse Lane, Ste. F

Burlington, NC 27215

Phone: 336-524-0127

www.amedisys.com

Amedisys Home Health - Durham

COUNTIES SERVED: Durham

1005 Slater Rd., Ste. 105

Durham, NC 27703

Phone: 919-941-5793

www.amedisys.com

Amedisys Home Health - Orange

COUNTIES SERVED: Orange

120 Providence Rd., Ste. 200

Chapel Hill, NC 27514

Phone: 919-401-3000

Alt Phone: 800-672-5905

www.amedisys.com

Caregiver Concierge

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

413 Shakespeare Dr.

Morrisville, NC 27560

Phone: 973-945-4972

Email: eileencaregiverconcierge@yahoo.com

Community Home Care and Hospice

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

2730 Tucker St.

Burlington, NC 27215

Phone: 336-584-6033

www.communityhch.com

Duke HomeCare & Hospice

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

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

4321 Medical Park Dr., Ste 101

Durham, NC 27704

Phone: 919-620-3853

Alt Phone: 800-599-9339

Email: dhchinfo@notes.duke.edu

www.dhch.duhs.duke.edu

Get Palliative Care

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

getpalliativecare.org

Heartland Hospice Care

COUNTIES SERVED: Chatham, Durham, Orange, Other

4505 Falls of the Neuse, Ste. 650

Raleigh, NC 27609

Phone: 919-877-9959

Alt Phone: 919-981-6238 - referrals

www.heartlandhospice.com

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

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

914 Chapel Hill Road

Burlington, NC 27215

Phone: 336-532-0100

Alt Phone: 800-588-8879

www.hospiceac.org

Liberty HomeCare & Hospice

STATEWIDE

Phone: 800-999-9883

www.libertyhomecare.com

LiveWell Care Homes

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

1829 East Franklin St., Ste. 1100-A

Chapel Hill, NC 27514

Phone: 919-719-9127

Alt Phone: 919-929-6444

www.livewellhomecarenc.com

Transitions LifeCare

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

250 Hospice Cir.

Raleigh, NC 27607

Phone: 919-828-0890

<https://transitionslifecare.org/>

UNC Hospice

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

287 East St., Ste. 221

Pittsboro, NC 27312

Phone: 919-542-5545

Alt Phone: 984-215-2650

www.unhealthcare.org/site/hospice

United Hospice

COUNTIES SERVED: Alamance, Durham, Orange

Phone: 800-973-3938

Alt Phone: 252-442-9126

www.pruitthealth.com

Warren Care Services - Adult Care

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

1237 Westmoreland Dr.

Burlington, NC 27217

Phone: 336-270-5259

Email: info@warrencareservices.com

www.warrencareservices.com

Housing Apartments for Seniors - Independent Living With Services

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

Alamance County

Oak Creek Retirement Community

For people age 65+. Emergency call alert system.

343 Baldwin Rd.

Burlington, NC 27217

Phone: 336-226-5739

www.whiteoakindependentliving.com

Durham County

Atria Southpoint Walk

5705 Fayetteville Rd.

Durham, NC 27713

Phone: 919-401-0100

Email: teresa.seate@atriaseniorliving.com

www.atriaseniorliving.com

Bartlett Reserve Independent Senior Living

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

300 Meredith Dr.

Durham, NC 27713

Phone: 919-361-1234

Email: lmartin@bartlettreserve.com

www.bartlettreserve.com

Durham Regent

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

3007 Pickett Rd.

Durham, NC 27705

Phone: 919-490-6224

www.durhamregent.com

Emerald Pond

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

205 Emerald Pond Lane

Durham, NC 27705

Phone: 919-493-4713

www.emeraldpond.net

Preston Pointe

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

1995 NW Cary Parkway

Morrisville, NC 27560

Phone: 919-460-8141

Email: jbiewen@prestonpointe.com

www.prestonpointe.com

Housing Apartments for Seniors - Subsidized

See also: EMERGENCY ASSISTANCE, FINANCIAL COUNSELING and HOUSING AUTHORITIES These are apartment buildings for senior adults. None of them provide meals or housekeeping. Some have part-time staff that help people access community services. Contact the individual facilities for eligibility requirements (including income maximums) and services. Some are Housing and Urban Development (HUD) properties with rents based on income. Some may accept Housing Choice Vouchers-HCV (formerly Section 8) that provide rental assistance for qualified low-income families and individuals. Information about the HCV application process may be obtained from your county Housing Authority.

Alamance County

Alamance Plaza

For people age 62+. Emergency pull cords.

111 Maple Ave.

Burlington, NC 27215

Phone: 336-226-1818

Email: alamance@beacon-nc.com

www.beacon-nc.com

Graham Housing Authority

109 East Hill St.

Graham, NC 27253

Phone: 336-229-7041

www.grahamhanc.com/

Ralph Clayton Homes

For people age 62+ or younger if they have a physical disability. Emergency call alert system.

22-D Cates Circle Dr.

Graham, NC 27253

Phone: 336-229-7041

Spencer Brown Thomas Homes

For people age 62+. Emergency call alert system.

431 Sellars St.

Burlington, NC 27216-8421

Phone: 336-226-8421

Email: burlha@burlingtonhousingauthority.org

www.burlingtonhousingauthority.org

The Willows

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

124 Tarpley St.

Burlington, NC 27215

Phone: 336-228-0597

Westhampton Apartments

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

1015 Airport Rd.

Mebane, NC 27302

Phone: 919-563-3700

Woodridge Apartments

1604-1626 Morningside Dr.

Burlington, NC 27217

Phone: 336-228-8581

www.westministercompany.com

Durham County**Carver Creek**

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

531 East Carver St.

Durham, NC 27704

Phone: 919-471-6913

Email: carvercreek@wellingtonadvisors.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

Gateway Village Apartments

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

400 Lakeside Dr., Apt. D

Hillsborough, NC 27278

Phone: 919-732-6701

Email: gateway-village@cmc-nc.com

<https://www.cmc-nc.com/>

Orange County

Adelaide Walters Apartments

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

603 Martin Luther King Jr. Blvd.

Chapel Hill, NC 27514

Phone: 919-968-8018

Carolina Spring

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

600 West Poplar Ave.

Carrboro, NC 27510

Phone: 919-942-9559

www.firstcentrum.com

Chase Park Apartments

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

Office-106 North Elliott Rd.

Chapel Hill, NC 27514

Phone: 919-942-2197

www.inchucohousing.com

Covenant Place

For people age 62+ only. HUD property.

103 Culbreth Rd.

Chapel Hill, NC 27516

Phone: 919-929-0061

www.uchas.org

Dobbins Hill Apartments

Accepts Section 8 subsidies. Tax Credit apartments - not a HUD property.

1749 Dobbins Hill Dr.

Chapel Hill, NC 27514

Phone: 919-932-3100

Elliott Woods Apartments

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

106 North Elliott Rd.

Chapel Hill, NC 27514

Phone: 919-942-2197

www.inchucohousing.com

Eno Haven

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

815 US Bus HWY 70 East

Hillsborough, NC 27278

Phone: 919-245-0700

First Baptist and Manley Estates

For people age 62+ only. Part-time service coordinator as well as a building manager. HUD property.

805 South Merritt Mill Rd.

Chapel Hill, NC 27516

Phone: 919-968-9778

Email: firstbaptist@nc.rr.com

Gateway Village Apartments

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

400 Lakeside Dr., Apt. D

Hillsborough, NC 27278

Phone: 919-732-6701

Email: gateway-village@cmc-nc.com

<https://www.cmc-nc.com/>

Housing Authorities & Advocacy

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

Burlington Housing Authority

133 North Ireland St.

Burlington, NC 27217-2635

Phone: 336-226-8421

burlingtonhousingauthority.org/

Chatham County Housing Authority

190 Sanford Rd.

Pittsboro, NC 27513

Phone: 919-542-3742

Alt Phone: 919-742-1236

www.chathamnc.org

Durham County Housing Authority

330 East Main St.

Durham, NC 27701

Phone: 919-683-1551

www.durhamhousingauthority.org

Graham Housing Authority

109 East Hill St.

Graham, NC 27253

Phone: 336-229-7041

www.grahamhanc.com/

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

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

2501 Homestead Rd.

Chapel Hill, NC 27516

Phone: 919-968-2022

Email: HousingHumanRightsCD@orangecountync.gov

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

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

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

300 West Tryon St.

Hillsborough, NC 27278

Phone: 919-245-2490

Email: HousingHumanRightsCD@orangecountync.gov

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

Housing Cohousing

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

Chatham County

Blue Heron Farm

Established in Pittsboro; building in process

Phone: 919-542-2151

Email: roy@bhfarm.org

Durham County

Durham Central Park Cohousing Community

Established 2014 in Durham; project completed.

Phone: 919-451-5217

Email: durham.coho@gmail.com

durhamcoho.com

Elderberry Cohousing

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

60 Elderberry Ln.

Rougemont, NC 27572

Phone: 336-364-4173

Alt Phone: 336-364-0386

Email: mbkbennett@gmail.com

www.elderberrycohousing.com

Eno Commons

Established 2000 in Durham; project completed.

Email: info@enocommons.org

www.enocommons.org

Intown Neighborhood Place

Seeking site as of 2016.

Email: nc277coho@gmail.com

Solterra

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

98 Solterra Way

Durham, NC 27705

Email: info@solterra.net

www.solterra.net

The Cohousing Association of the United States

National association helps raise awareness of cohousing benefits and supports the development of cohousing communities nationwide.

130 Hunt St. #405

Durham, NC 27701

Phone: 812-618-2646

www.cohousing.org

Village Hearth Cohousing

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

Phone: 561-714-8009

Email: villagehearthcohousing@gmail.com

www.villagehearthcohousing.com

Orange County

Arcadia Cohousing

Established 1999 in Chapel Hill; completed.

Email: info@arcadiacohousing.com

www.arcadiacohousing.com

Elder Commons

Coming 2020 to Chapel Hill.

Phone: 919-903-7405

Email: tskeys@eldercommons.com
cohousing.org/Elder%20Commons

Hart's Mill Village and Farm

Hart's Mill is a forming ecovillage on 112 acres near Efland. The land is presently being farmed. Construction of a cluster of modest homes will begin in 2019. Focus of our community effort is to consciously live a more environmentally-aware and sustainable lifestyle. COUNTIES SERVED: Orange

1625 Ben Jones Dr.

Mebane, NC 27302

Phone: 919-357-7519

Email: voss@hawkweed.net

www.hartsmill.org

Pacifica

Established 2006 in Carrboro.

Email: pacificaoutreachcommittee@gmail.com
pacificaonline.org

Legal

Advanced Health Care Directive Registry - NC Secretary of State

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

Phone: 919-807-2215

Email: AHCDR@sosnc.gov

www.secretary.state.nc.us/ahcdr/

Clarity Legal Group

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

1414 Raleigh Rd.

Suite 445

Chapel Hill, NC 27517

Phone: 919-484-0012

Email: reply@claritylegalgroup.com

www.claritylegalgroup.com/

Compass Center for Women and Families

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

210 Henderson St.

Chapel Hill, NC 27514

Phone: 919-968-4610

Alt Phone: 919-929-7122

Email: clientservices@compassctr.org

www.compassctr.org

Compass Center for Women and Families

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

210 Henderson St.

Chapel Hill, NC 27514

Phone: 919-968-4610

Email: programsdirector@compassctr.org

www.compassctr.org

Consumer 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@disabilityrightsn.org

www.disabilityrightsn.org

Dispute Settlement Center

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

302 West Weaver St.

Carrboro, NC 27510

Phone: 919-929-8800

www.disputesettlement.org

Legal Aid of North Carolina

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

Phone: 866-219-5262

www.legalaidnc.org

National Academy of Elder Law Attorneys

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

NATIONWIDE

1577 Spring Hill Road

Suite 310

Vienna, VA 22182

Phone: 703-942-5711

Email: naela@naela.org

www.naela.org

North Carolina Bar Association

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

P.O. Box 3688

Cary, NC 27519

Phone: 919-677-0561

www.ncbar.gov

North Carolina Lawyer Referral Service

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

Phone: 919-677-8574

Alt Phone: 800-662-7660

www.ncfindalawyer.com

Libraries

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

Alamance County

Memorial Library - Main

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

342 South Spring St.

Burlington, NC 27215

Phone: 336-229-3588

www.alamancelibraries.org

Chatham County

Chatham Community Library - Main

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

197 HWY 87 North

Pittsboro, NC 27312

Phone: 919-545-8084

www.chathamlibraries.org

Durham County

Durham County Library - Main

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

300 North Roxboro St.

Durham, NC 27702

Phone: 919-560-0100

www.durhamcountylibrary.org

Orange County Public Library - Carrboro Branch Library

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

900 Old Fayetteville Rd.

Chapel Hill, NC 27516

Phone: 919-918-7387

www.OrangeCountyLibrary.org

Orange County Public Library - Carrboro Cybrary

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

N. Greensboro St

Carrboro, NC 27510

Phone: 919-918-7387

www.OrangeCountyLibrary.org

Orange County

Carrboro Branch Library

900 Old Fayetteville Rd.

Carrboro, NC 27510

Phone: 919-969-3006

Email: library@orangecountync.gov

www.OrangeCountyLibrary.org

Chapel Hill Public Library

100 Library Dr.

Chapel Hill, NC 27514

Phone: 919-968-2777

Email: library@townofchapelhill.org

www.chapelhillpubliclibrary.org

Cybrary

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

100 North Greensboro St.

Carrboro, NC 27510

Phone: 919-918-7387

Email: library@orangecountync.gov

www.OrangeCountyLibrary.org

Orange County Public Library - Main

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

137 West Margaret Lane

Hillsborough, NC 27278

Phone: 919-245-2525

Email: library@orangecountync.gov

www.OrangeCountyLibrary.org

Medicaid

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

Alamance County Department of Social Services

319 North Graham-Hopedale Rd., Ste. C

Burlington, NC 27217

Phone: 336-570-6532

www.alamance-nc.com/dss

Chatham County Department of Social Services

102 Camp Dr.

Pittsboro, NC 27312

Phone: 919-542-2759

www.chathamnc.org/socialservices

Clarity Legal Group

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

1414 Raleigh Rd.

Suite 445

Chapel Hill, NC 27517

Phone: 919-484-0012

Email: reply@claritylegalgroup.com

www.claritylegalgroup.com/

Durham County Department of Social Services

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

414 East Main St.

Durham, NC 27701

Phone: 919-560-8000

Email: LLittle@DCONC.gov

www.dconc.gov

Orange County Department of Social Services - Chapel Hill

Southern Human Services Center
2501 Homestead Rd.

Chapel Hill, NC 27516

Phone: 919-968-2000

Email: dssinfo@orangecountync.gov

www.orangecountync.gov/378/Social-Services

Orange County Department of Social Services - Hillsborough

Hillsborough Commons, 113 Mayo St.

Hillsborough, NC 27278

Phone: 919-245-2800

Email: dssinfo@orangecountync.gov

www.orangecountync.gov/378/Social-Services

Medical Equipment & Supplies

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

Healthcare Equipment, Inc.

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

4228 Garrett Rd.

Durham, NC 27707

Phone: 919-489-7408

Alt Phone: 800-462-6427

Email: lfields2112@yahoo.com

www.healthcareequipmentinc.com

Medical Supply Super Store - Chatham

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

11312 HWY 15-501 North, Ste. 306

Chapel Hill, NC 27517

Phone: 919-960-8100 - Chapel Hill

Medical Supply Super Store - Durham

Approved and accredited Medicare provider.

3300 North Guess Rd.

Durham, NC 27705

Phone: 919-220-0740

www.themedicalsuppliesuperstore.com

Orange County Department on Aging - DME

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

Phone: Aging Helpline: 919-968-2087

Email: agingtransitions@orangecountync.gov

www.orangecountync.gov/aging

Tarheel Medical Supply

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

1717 Legion Rd., Ste. 102-B

Chapel Hill, NC 27517

Phone: 919-969-2669

Email: info@tarheelmedicalsupply.com

www.tarheelmedicalsupply.com

Triangle Lifeline and Medical Alert Services

COUNTIES SERVED: Durham

4220 NC HWY 55, Ste. 335

Durham, NC 27713

Phone: 919-479-6050

www.trianglelifeline.com

Medical Rights

KEPRO

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

5201 West Kennedy Blvd., Ste. 900

Tampa, FL 33609

Phone: 844-455-8708

Alt Phone: 800-222-0771

www.keproqio.com

Mental Health Resources & Services

See also: SUPPORT GROUPS and WEBSITES

Advocacy, Support and Referral

Alliance Behavioral HealthCare

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

Phone: 800-510-9132

www.alliancebhc.org

Cardinal Innovations Healthcare Community Office - Alamance

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

2929 Crouse Lane, Ste. B

Burlington, NC 27215

Phone: 800-939-5911 - Call Center

Alt Phone: 336-513-4222 – Local Office

www.cardinalinnovations.org

Cardinal Innovations Healthcare Community Office - Orange

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

201 Sage Rd.

Chapel Hill, NC 27517

Phone: 800-939-5911 – Call Center

Alt Phone: 919-913-4000 – Local Office

www.cardinalinnovations.org

Club Nova

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

103-D West Main St.

Carrboro, NC 27510

Phone: 919-968-6682

Email: membership@clubnova.org

www.clubnova.org

Cornucopia House Cancer Support Center

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

PO Box 51188

Durham, NC 27717

Phone: 919-401-9333

Email: info@cancersupport4u.org

www.cancersupport4u.org

Disability Rights North Carolina

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

3724 National Dr., Ste. 100

Raleigh, NC 27612

Phone: 919-856-2195

Email: info@disabilityrightsncc.org

www.disabilityrightsncc.org

Mental Health America of the Triangle

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

3729 Murphy School Rd.

Durham, NC 27705

Phone: 919-942-8083

Email: info@mhatriangle.org

www.mhatriangle.org

MentalHealth.gov

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

www.mentalhealth.gov

National Alliance on Mental Illness (NAMI) - North Carolina

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

Phone: 800-451-9682 - Limited Hours

Email: gharrison@naminc.org

<http://naminc.org/>

National Alliance on Mental Illness (NAMI) - Orange County

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

Phone: 919-929-7822

Email: namilistserve@gmail.org

www.namiorangenc.org

Orange County Department on Aging - Aging Transitions

Provides a variety of services and supports for older adults and their families as they face changing health needs, relocations and other age-related issues. Available to help people determine what services they are eligible for and to make plans for the future. COUNTIES SERVED: Orange

Phone: Aging Helpline: 919-968-2087

Email: agingtransitions@orangecountync.gov

www.orangecountync.gov/aging

Silver Linings for Seniors

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

1250 SE Maynard Rd.

Cary, NC 27511

Phone: 919-757-6498

Alt Phone: 919-300-7943

Email: rachel@silverliningsnc.com

www.SilverLiningsNC.com

Crisis Services

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

Alliance Behavioral HealthCare

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

Phone: 800-510-9132

www.alliancebhc.org

Cardinal Innovations Healthcare Community Office - Alamance

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

2929 Crouse Lane, Ste. B

Burlington, NC 27215

Phone: 800-939-5911 - Call Center

Alt Phone: 336-513-4222 – Local Office

www.cardinalinnovations.org

Cardinal Innovations Healthcare Community Office - Orange

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

201 Sage Rd.

Chapel Hill, NC 27517

Phone: 800-939-5911 – Call Center

Alt Phone: 919-913-4000 – Local Office

www.cardinalinnovations.org

Chapel Hill Police Department Crisis Unit

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

Phone: 919-968-2806

www.townofchapelhill.org

Crisis Solutions North Carolina

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

<http://crisissolutionsnc.org/>

Freedom House Recovery Center - Crisis and Detoxification Services

Facility-based crisis unit offers short-term observation, stabilization, and detoxification. COUNTIES SERVED: Orange and Person

110 Stateside Dr.

Chapel Hill, NC 27516

Phone: 919-967-8844

www.freedomhouserecovery.org

Freedom House Recovery Center - Mobile Crisis

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

COUNTIES SERVED: Orange, Person

104 New Stateside Dr.

Chapel Hill, NC 27516

Phone: 1-877-967-8844

www.freedomhouserecovery.org

Freedom House Recovery Center - Mobile Crisis

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

COUNTY SERVED: Durham

Phone: 919-428-0819

www.freedomhouserecovery.org

National Suicide Prevention Hotline

Will connect call to a local resource provider. NATIONWIDE

Phone: 800-SUICIDE

Alt Phone: 800-784-2433

<https://suicidepreventionlifeline.org/>

Orange County Sheriff Department Crisis Unit

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

106 East Margaret Ln.

Hillsborough, NC 27278

Phone: 919-245-2900

Alt Phone: 919-644-3050

www.ocsonc.com

Veterans Crisis Line

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

Phone: 800-273-8255 ext: 1

Alt Phone: TTY: 800-799-4889

www.veteranscrisisline.net

Daytime Counseling Services

Art Therapy Institute

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

COUNTIES SERVED: Orange, Durham

200 North Greensboro St., Ste. D6

Carrboro, NC 27510

Phone: 919-381-6068

Email: info@ncati.org

www.ncati.org

Duke Outpatient Psychiatry Clinic

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

2213 Elba St.

Durham, NC 27705

Phone: 919-684-0100

www.dukemedicine.org

Durham VA Medical Center

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

508 Fulton St.

Durham, NC 27705

Phone: 919-286-0411

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

www.durham.va.gov/index.asp

El Futuro

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

2020 Chapel Hill Rd., Ste. 23

Durham, NC 27707

Phone: 919-688-7101

Email: info@elfuturo-nc.org

www.elfuturo-nc.org

Freedom House Recovery Center - Chatham Counseling Center

Provides DWI and Recovery Support Services. COUNTIES SERVED: Chatham

288 East St., Ste. 1004

Pittsboro, NC 27312

Phone: 919-602-5438

www.freedomhouserecovery.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

Hopeline supports people and saves lives during times of crisis through caring, confidential conversations. Programs include a crisis phone line, text, and reassurance program. For more information on all our programs and how to get involved, please visit www.hopeline-nc.org. NATIONWIDE

P.O. Box 10490

Raleigh, NC 27605

Phone: 919-231-4525

Alt Phone: 877-235-4525

www.hopeline-nc.org

National Institute on Mental Health

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

6001 Executive Blvd., Room 6200, MSC 9663

Bethesda, MD 20892-9663

Phone: 866-615-6464

Alt Phone: 301-443-4513

Email: nimhinfo@nih.gov

www.nimh.nih.gov

Treatment Centers

Freedom House Recovery Center - Chapel Hill Outpatient Clinic

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

Phone: 919-942-2803

www.freedomhouserecovery.org

Freedom House Recovery Center - Durham Outpatient Clinic

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

400 Crutchfield St., Ste. D

Durham, NC 27704

Phone: 919-251-8806

Alt Phone: 919-428-0819 - Durham Mobile Unit

www.freedomhouserecovery.org

Freedom House Recovery Center - Residential Rehabilitation Services

Offers 3-6 month halfway housing to men and women recovering from substance use disorder. COUNTIES SERVED: Durham, Orange, Warren

104 New Stateside Dr.

Chapel Hill, NC 27516-1165

Phone: 919-942-2803

www.freedomhouserecovery.org

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

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

Phone: 919-733-7011

www.ncdhhs.gov/divisions/mhddsas

R.J. Blackley Alcohol and Drug Abuse Treatment Center

100 H St.

Butner, NC 27509

Phone: 919-575-7800

www.ncdhhs.gov/divisions/dsohf/

Reliable Health Services, Inc.

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

2634 Durham-Chapel Hill Blvd.

Suite 204

Durham, NC 27707

Phone: 919-596-9479

Email: sreliablecare@yahoo.com

www.reliablehealthservices.com

TROSA - Triangle Residential Options for Substance Abusers

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

1820 James St.

Durham, NC 27707

Phone: 919-419-1059

www.trosainc.org

Moving Services

Aspire Transitions

COUNTIES SERVED: Chatham, Durham, Orange, Other

1660 Mt. Olive Church Rd.

Pittsboro, NC 27312

Phone: 919-533-6610

Alt Phone: 919-636-1636

Email: aspiretransitions@live.com

www.aspiretransitions.vpweb.com

Carolina Relocation & Transition Specialists

AREA SERVED: Triangle & Triad regions of NC

P.O. Box 1338

Pittsboro, NC 27312

Phone: 919-610-1888

Email: beth@carolina-rts.com

www.carolina-rts.com/

Here to Home

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

716 Ferris Rd.

Durham, NC 27704

Phone: 919-627-1442

Email: jennie@here2home.com

www.here2home.com

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. AREA SERVED: Alamance County, Chatham County, Durham County, Orange County, Wake County

612 Arlington Street

Chapel Hill, NC 27514

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/

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 - Carrboro Chamber of Commerce

COUNTIES SERVED: Orange

104 South Estes Dr.

Chapel Hill, NC 27514

Phone: 919-967-7075

www.carolinachamber.org

Chapel Hill - Orange County Visitors Bureau

COUNTIES SERVED: Orange

501 West Franklin St.

Chapel Hill, NC 27516

Phone: 919-245-4320

Alt Phone: 888-968-2060

Email: info@visitchapelhill.org

www.visitchapelhill.org

Hillsborough Visitors Center

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

150 East King St.

Hillsborough, NC 27278

Phone: 919-732-7741

www.visithillsborough.org

Newcomers Club of Greater Chapel Hill, Inc.

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

P.O Box 4032

Chapel Hill, NC 27514

Phone: 919-907-0589

Email: newcomersclubofchapelhill@gmail.com

www.newcomersofchapelhill.org

One Source Consulting Services

Organizational solutions, Downsizing for retirees and empty nesters, Housekeeping, Virtual Assistance, Managing Accounts, Running Errands. AREA SERVED: Chatham, Durham, Orange, and Wake Counties

1006 Kingswood Dr., #D
01J

Chapel Hill, NC 27517

Phone: 919-357-8149

Email: patrichardson1006@gmail.com

Orange County Department on Aging - Newcomers

COUNTIES SERVED: Orange

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

Email: maustin@orangecountync.gov

www.orangecountync.gov/aging

UNC Visitors Center

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

250 East Franklin St.

Chapel Hill, NC 27599

Phone: 919-962-1630

www.unc.edu/visitors

Websites

Newcomers Club of Greater Chapel Hill, Inc.

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

P.O Box 4032

Chapel Hill, NC 27514

Phone: 919-907-0589

Email: newcomersclubofchapelhill@gmail.com

www.newcomersofchapelhill.org

Orange County North Carolina

www.orangecountync.gov

Town of Carrboro

www.ci.carrboro.nc.us

Town of Chapel Hill

www.townofchapelhill.org

Town of Hillsborough

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

101 E. Orange St.

Hillsborough, NC 27278

Phone: 919-732-1270

www.hillsboroughnc.gov

University of North Carolina

www.unc.edu

Nursing Homes

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

Alamance County

Alamance Health Care Center

Accepts Medicaid.

1987 Hilton Rd.

Burlington, NC 27217

Phone: 336-226-0848

www.alamancerehab.com/center/

Liberty Commons Nursing & Rehab Center of Alamance County

Accepts Medicaid.

791 Boone Station Dr.

Burlington, NC 27215

Phone: 336-586-9850

www.libertyhealthcare.com

Peak Resources Alamance

Accepts Medicaid.

779 Woody Dr.

Graham, NC 27253

Phone: 336-228-8394

www.peakresourcesinc.com

The Presbyterian Home of Hawfields

Accepts Medicaid.

2502 South NC HWY 119

Mebane, NC 27302

Phone: 336-578-4701

www.hawfields.org/

White Oak Manor - Burlington

Accepts Medicaid.

323 Baldwin Rd.

Burlington, NC 27217

Phone: 336-229-5571

www.whiteoakmanor.com/

Chatham County

Siler City Center

Accepts Medicaid.

900 West Dolphin St.

Siler City, NC 27344

Phone: 919-663-3431

www.geneshihcc.com/silercity

The Laurels of Chatham

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

72 Chatham Business Dr.

Pittsboro, NC 27312

Phone: 919-542-6677

www.laurelsofchatham.com

Durham County**Brian Center Health & Rehabilitation**

Accepts Medicaid.

6000 Fayetteville Rd.

Durham, NC 27713

Phone: 919-544-9021

www.briancenterofdurham.com

Carver Living Center

Dementia unit available. Accepts Medicaid.

303 East Carver St.

Durham, NC 27704

Phone: 919-471-3558

Croasdaile Village Retirement Community

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

2600 Croasdaile Farm Parkway

Durham, NC 27705

Phone: 919-384-2475

Alt Phone: 919-384-2000

www.croasdailevillage.com

Durham Nursing & Rehabilitation Center

Accepts Medicaid.

411 South LaSalle St.

Durham, NC 27705

Phone: 919-383-5521

www.healthtiquegroup.com

Hillcrest Convalescent Center

Private pay. Accepts Medicaid on a very limited basis (6 beds). Dementia unit available.

1417 West Pettigrew St.

Durham, NC 27705

Phone: 919-286-7705

www.hillcrestnc.com/

Kindred Transitional Care & Rehabilitation - Rose Manor

Dementia care. Accepts Medicaid.

4230 North Roxboro St.

Durham, NC 27704

Phone: 919-477-9805

www.rosemanorhc.com

Peak Resources Treyburn

Accepts Medicaid.

2059 Torredge Rd.

Durham, NC 27712

Phone: 919-477-4474

www.peakresourcesinc.com

Pettigrew Rehabilitation & Health Care Center

Accepts Medicaid.

1515 West Pettigrew St.

Durham, NC 27705

Phone: 919-286-0751

www.pettigrewrehab.com/

PruittHealth - Durham

Private pay.

3100 Erwin Rd.

Durham, NC 27705

Phone: 919-383-1546

www.pruitthealth.com

Orange County

Brookshire Senior Living

Accepts Medicaid.

300 Meadowlands Dr.

Hillsborough, NC 27278

Phone: 919-644-6714

www.brookshirenc.com/

Orange County Adult Care Home & Nursing Home Community Advisory Committees

State-mandated and county-appointed citizen committees serve as advocates for long-term care residents.

Promotes community involvement and cooperation with these homes to ensure quality care. Search for quarterly site visit reports on various facilities on the Orange County Department on Aging's website.

COUNTIES SERVED: Orange

Phone: 919-558-9401

www.orangecountync.gov/aging

PruittHealth - Carolina Point

Private pay. Accepts Medicaid.

5935 Mt. Sinai Rd.

Durham, NC 27705

Phone: 919-402-2450

www.pruitthealth.com

Signature Healthcare of Chapel Hill

Accepts Medicaid.

1602 East Franklin St.

Chapel Hill, NC 27514

Phone: 919-967-1418

<http://shcofchapelhill.com/>

Ombudsmen

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

Orange County Adult Care Home & Nursing Home Community Advisory Committees

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

Phone: 919-558-9401

www.orangecountync.gov/aging

TJAAA - Chatham County Regional Long Term Care Ombudsman

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

4307 Emperor Blvd., Suite 110

Durham, NC 27703

Phone: 919-558-9401

www.tjaaa.org

TJAAA - Orange County Regional Long Term Care Ombudsman

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

4307 Emperor Blvd., Suite 110

Durham, NC 27703

Phone: 919-558-9401

www.tjaaa.org

Triangle J Area Agency on Aging (TJAAA) - Ombudsmen

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

4307 Emperor Blvd., Ste. 110

Durham, NC 27703

Phone: 800-310-9777

www.tjaaa.org

Ombudsman Phone Resources

PTRCAAA - Long-Term Care Ombudsman

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

1398 Carrollton Crossing Dr.

Kernersville, NC 27284

Phone: 336-904-0302

www.ptrc.org

TJAAA - Chatham County Regional Long Term Care Ombudsman

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

4307 Emperor Blvd., Suite 110

Durham, NC 27703

Phone: 919-558-9401

www.tjaaa.org

TJAAA - Durham County Ombudsman

Phone: 919-558-2714

www.tjaaa.org

TJAAA - Orange County Regional Long Term Care Ombudsman

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

4307 Emperor Blvd., Suite 110

Durham, NC 27703

Phone: 919-558-9401

www.tjaaa.org

Other

Other community resources for seniors and their families.

BeaBea & Pip Pet Sitting

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

PO Box 3366

Chapel Hill, NC 27515

Phone: 919-309-7878

Alt Phone: 919-616-5588 - Text

Email: sharonryan@aol.com

www.rover.com/sit/sharonchnc

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

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.

5 Star Urgent Response

NATIONWIDE

Phone: 866-359-5606

www.greatcall.com

Alert 1

NATIONWIDE

Phone: 888-981-9825

www.alert-1.com

AmeriCare HomeCare

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

1829 East Franklin St., Ste. 100-B

Chapel Hill, NC 27514

Phone: 919-942-2840

Email: earmstrong@americare-homecare.com

www.americareinfo.com

Bay Alarm Medical

NATIONWIDE

Phone: 877-522-9633

www.bayalarmmedical.com

Care Innovations

NATIONWIDE

Phone: 888-227-3301

www.linkmedicalalert.com**Carolina Medical Alert Services**

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

4220 NC HWY 55, Ste. 335

Durham, NC 27713

Phone: 919-479-6050

carolinamedicalalerts.com**Freedom Alert**

NATIONWIDE

Phone: 800-953-5211

www.freedomalert-911.com**Hasten Systems LLC**

STATEWIDE

P.O. Box 11224

Wilmington, NC 28404

Phone: 800-582-3073

www.hastensystems.com**Help - Personal Response Systems**

COUNTIES SERVED: Durham, Orange, Other

171-B Monroe Lane

Lexington, SC 29072

Phone: 866-672-4852

Email: healthinfo@msa-corp.comhelpforyou.com**Life Alert**

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

Phone: 800-360-0329

www.lifealert.org

LifeStation

NATIONWIDE

Phone: 866-286-5518

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

NATIONWIDE

Phone: 800-310-5400

www.medicalguardian.com**Mobile Help**

NATIONWIDE

Phone: 800-992-0616

www.mobilehelpnow.com**MSS Electronics Inc., dba LifeFone**

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

16 Yellowstone Ave.

White Plains, NY 10607

Phone: 800-882-2280

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

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

106 East Margaret Lane

Hillsborough, NC 27278

Phone: 919-245-2900

Alt Phone: 919-644-3050

www.ocsonc.com**Rescue Alert**

Phone:

Email: info@rescuealert.comwww.rescuealert.com

Safe Return

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

Phone: 888-572-8566

www.medicalert.org/safereturn

Walgreens Ready Response

Phone: 866-310-9061

www.walgreenreadyresponse.com

Pharmacy

See also: PRESCRIPTION ASSISTANCE

Orange County

Carrboro Family Pharmacy

Delivers within Chapel Hill-Carrboro city limits. Located in Carrboro Plaza.

104-J NC HWY 54

Carrboro, NC 27510

Phone: 919-933-7629

www.carrborofamilypharmacy.com

CVS

1724 Durham Blvd., Rams Plaza

Chapel Hill, NC 27514

Phone: 919-942-5125

www.cvs.com

Harris Teeter

1800 Martin Luther King Jr. Blvd.

Chapel Hill, NC 27514

Phone: 919-968-0110

www.harristeeter.com

Hillsborough Pharmacy & Nutrition

Delivers within Chapel Hill and Hillsborough city limits.

110 Boone Square St., Ste. 29

Hillsborough, NC 27278

Phone: 919-245-1212

Email: info@hillsboroughpharmacync.com

www.hillsboroughpharmacync.com

Lloyd's Pharmacy

118 West King St.
Hillsborough, NC 27278
Phone: 919-732-1500

www.pharmacyhillsborough.com

Rite Aid Pharmacy

1800 East Franklin St.
Chapel Hill, NC 27514
Phone: 919-929-1178

www.riteaid.com

Walgreens

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

www.walgreens.com

Walgreens - Eastgate

108 East Franklin St.
Chapel Hill, NC 27514
Phone: 919-918-3801

Email: rxm11423@store.walgreens.com

www.walgreens.com

Walgreens Store Locator

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

Phone: 800-925-4733 – General

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

www.walgreens.com

Physical, Occupational & Speech Rehab Services

See also: DISABILITIES and DRIVINGPhysical therapy and rehabilitation services provide evaluation and treatment to help individuals develop, maintain and restore maximum movement, strength and function, especially after a surgery or other health event.

ATI Physical Therapy

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

304 West Weaver St., Ste. 103

Carrboro, NC 27510

Phone: 919-942-0240

www.atipt.com

Bayada Home Health Care Raleigh Visits

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

4011 Westchase Blvd., Ste. 290

Raleigh, NC 27607

Phone: 919-785-9090

www.bayada.com

Croasdaile Village Retirement Community

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

2600 Croasdaile Farm Parkway

Durham, NC 27705

Phone: 919-384-2475

Alt Phone: 919-384-2000

www.croasdailevillage.com

ElderFit - In Home Rehab

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

2002 Bartlett Cir.

Hillsborough, NC 27278

Phone: 919-614-1923

Email: info@elderfitpt.com

www.elderfitpt.com

Kindred Transitional Care & Rehabilitation - Rose Manor

Our wide array of services enables our patients and residents to receive the medical care they need, the restorative therapy they require, and the support they and their families deserve. Our services address their needs for short-term rehabilitation to traditional long-term care. COUNTIES SERVED: Alamance, Chatham, Durham, Orange, Person, Other

4230 North Roxboro Rd.

Durham, NC 27704

Phone: 919-477-9805

www.rosemanorhc.com

LifePath Home Health

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

914 Chapel Hill Rd.

Burlington, NC 27215

Phone: 336-532-0100

www.hospiceac.org

Mobile Rehab Physical Therapy

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

229 Fearington Post

Pittsboro, NC 27312

Phone: 919-636-2423

Email: info@mobilerehabnc.com

www.mobilerehabnc.com

Move Free Physical Therapy and Wellness, LLC

We provide Medicare Part B outpatient physical therapy services in our clients' homes or through virtual visits. We also provide wellness services including exercise programming, group courses, and access to the TherHab Fitness program (currently online).

5501 Welkin Ct

Durham, NC 27713

Phone: 919-886-4163

Alt Phone: 864-752-7464

Email: info@movefreeptandwellness.com

www.movefreeptandwellness.com

UNC Center for Rehabilitation Care (CRC)

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

1807 North Fordham Blvd.

Chapel Hill, NC 27514

Phone: 984-974-9700

www.uncmedicalcenter.org/uncmc/hospitals-locations/profile/?id=410

UNC Physical & Occupational Therapy - Chapel Hill

This service is also available at the Orange County Sportsplex in Hillsborough and at the Seymour Center and the UNC Geriatric Evaluation Clinic in Chapel Hill. COUNTIES SERVED: Orange

590 Manning Dr., UNC Family Medical Center

Chapel Hill, NC 27514

Phone: 919-966-0210

www.med.unc/ahs/physical/university-pt

UNC Physical & Occupational Therapy - Hillsborough

This service is also available at the Orange County Sportsplex in Hillsborough and at the Seymour Center and the UNC Geriatric Evaluation Clinic in Chapel Hill. COUNTIES SERVED: Orange

115 Oakdale Dr. #8

Hillsborough, NC 27278

Phone: 919-732-6600

www.med.unc/ahs/physical/university-pt

Whole Life OT, PLLC

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

4813 Butler Street

Durham, NC 27707

Phone: 919-205-9878

Email: wholelifeot@gmail.com

www.wholelifeotnc.com

Prescription Assistance & Management

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

Chatham County

Chatham CARES Community Pharmacy

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

127 East Raleigh St.

Siler City, NC 27344

Phone: 919-663-0177

Email: chathamcares@embarqmail.com

www.chathamcares.com

Durham County

Senior PharmAssist

Provides direct financial assistance for needed medications to DURHAM residents 60+ with limited incomes who are Medicare-eligible. Other services: medication management, health education, Medicare counseling (SHIIP site for Durham County), community referral & advocacy. COUNTIES SERVED: Durham

406 Rigsbee Ave., Ste. 201

Durham, NC 27701-2186

Phone: 919-688-4772

Email: info@seniorpharassist.org

www.seniorpharmassist.org

Orange County

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

Medicare beneficiaries with limited income and assets may qualify for Extra Help with Medicare prescription drug plan costs. For more information about Extra Help or for help completing an Extra Help application, contact us for an appointment.

Phone: 919-245-2015 - Hillsborough

Alt Phone: 919-968-2070 - Chapel Hill

Email: agingtransitions@orangecountync.gov

www.orangecountync.gov/aging

Walgreens Store Locator

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

Phone: 800-925-4733 – General

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

www.walgreens.com

Other

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

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

Phone: 800-783-1307

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

NC Drug Card

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

www.northcarolinadrugcard.com

NC MedAssist

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

4428 Taggart Creek Rd., Ste. 101

Charlotte, NC 28208

Phone: 704-536-1790 - Main

Alt Phone: 866-331-1348

Email: info@medassist.org

<http://medassist.org/free-pharmacy-program/>

NeedyMeds

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

P.O. Box 219

Gloucester, MA 01931

Phone: 800-503-6897

Email: info@needymeds.org

www.needymeds.org

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

Medicare beneficiaries with limited income and assets may qualify for Extra Help with Medicare prescription drug plan costs. For more information about Extra Help or for help completing an Extra Help application, contact NC-SHIIP or your local SHIIP office. STATEWIDE

11 South Boylan Ave.

Raleigh, NC 27603

Phone: 855-408-1212

Email: ncshiip@ncdoi.gov

www.ncshiip.com/shiip/

Partnership for Prescription Assistance (PPA)

Free information resource to help people locate medication assistance programs. General information only. Get prescription help and find a low-cost clinic near you.

Phone: 888-477-2669

www.pparx.org

RxAssist

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

Email: info@rxassist.org

www.rxassist.org

Social Security Administration - Extra Help

Medicare beneficiaries may qualify for Extra Help with their Medicare prescription drug plan costs, such as premiums, deductibles and coinsurance. The application is easy to complete over the phone, on the Internet or by hand. Call or visit the website for more information and for application help. NATIONWIDE

3004 Tower Blvd.

Durham, NC 27707

Phone: 800-772-1213

Alt Phone: TTY: 800-325-0778

www.ssa.gov/medicare/prescriptionhelp/

Teva Cares Foundation

Offers Patient Assistance Programs to improve patient access to medication. Provides certain Teva medications at no cost to patients in the United States who meet insurance and income criteria. Eligibility is based on a patient's income and prescription insurance status. NATIONWIDE

Phone: 877-237-4881

Alt Phone: 888-838-2872

www.tevacares.org

UNC Geriatrics Specialty Clinic (UNC GSC)

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

6011 Farrington Rd., Bldg 100, Ste. 101

Chapel Hill, NC 27517

Phone: 919-957-6599

www.med.unc.edu/aging/patients

UNC Hospitals - Prescription Assistance

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

101 Manning Dr.

Chapel Hill, NC 27514

Phone: 919-966-7690

<http://www.unccmedicalcenter.org/unccmc/patients-visitors/amenities/pharmacies/medication-assistance/>

Senior Centers

See also: HEALTH AND WELLNESS and SENIOR GAMES

Alamance County

Kernodle Senior Center

Trips, outdoor programs, Fitness programs, classes in computer, tablets, smart phone, crochet, knitting, tating, ukulele, auto harp, duplicate bridge, and Quilting, seminars, health screening, clubs, card games and special events. COUNTY SERVED: Alamance

1535 South Mebane St.

Burlington, NC 27215

Phone: 336-222-5135

www.ci.burlington.nc.us/1322/Seniors/

Chatham County

Chatham County Council on Aging

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

365 NC HWY 87 North

P.O. Box 715

Pittsboro, NC 27312

Phone: 919-542-4512

www.chathamcouncilonaging.org

Chatham County Council on Aging

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

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

Pittsboro, NC 27312

Phone: 919-542-4512

www.chathamcouncilonaging.org

Eastern Chatham Senior Center

365 HWY 87 North

Pittsboro, NC 27312

Phone: 919-542-4512

www.chathamcouncilonaging.org

Western Chatham Senior Center

112 Village Lake Rd.

Siler City, NC 27344

Phone: 919-742-3975

www.chathamcouncilonaging.org

Durham County

Center for Senior Life - Durham

406 Rigsbee Ave., Ste. 202

Durham, NC 27701

Phone: 919-688-8247

www.dcsInc.org

Orange County

Passmore Center

Orange County Department on Aging's Passmore Center offers a variety of programs including classes, lunches, trips and more. Visit us to relax, socialize and immerse yourself in wellness, creativity, intellectual stimulation, volunteerism and community. COUNTIES SERVED: Orange

103 Meadowlands Dr.

Hillsborough, NC 27278

Phone: 919-245-2015

Alt Phone: Aging Helpline: 919-968-2087

www.orangecountync.gov/aging

Seymour Center

Orange County Department on Aging's Seymour Center offers a variety of programs including classes, lunches, trips and more. Visit us to relax, socialize and immerse yourself in wellness, creativity, intellectual stimulation, volunteerism and community. COUNTIES SERVED: Orange

2551 Homestead Rd.

Chapel Hill, NC 27516

Phone: 919-968-2070

Alt Phone: Aging Helpline: 919-968-2087

www.orangecountync.gov/aging

Senior Games

People age 55+ are invited to participate in a variety of competitive sporting events. Call your local county's contact person for more information or go to www.ncseniorgames.org/

Alamance County Senior Games Coordinator - Jane Smith

Phone: 336-222-5135

Email: jesmith@ci.burlingtonnc.us

Chatham County Senior Games Coordinator - Lindsay Hickling

Phone: 919-542-4512

Email: lindsay.hickling@chathamcouncilonaging.org

Durham County Senior Games Coordinator - Bridgette Robinson

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

Phone: 919-560-4355

Email: bridgette.robinson@durhamnc.gov

Kernodle Senior Center

Trips, outdoor programs, Fitness programs, classes in computer, tablets, smart phone, crochet, knitting, tatting, ukulele, auto harp, duplicate bridge, and Quilting, seminars, health screening, clubs, card games and special events. COUNTY SERVED: Alamance

1535 South Mebane St.

Burlington, NC 27215

Phone: 336-222-5135

www.ci.burlington.nc.us/1322/Seniors/

Orange County Senior Games Coordinator - Latonya Brown

Phone: 919-245-4270

Email: lbrown@orangecountync.gov

Sheriff Department

See also: ABUSE / ADULT PROTECTIVE SERVICES, PERSONAL EMERGENCY RESPONSE SYSTEMS and SUPPORT TEAMS

Chatham County Sheriff's Office

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

COUNTIES SERVED: Chatham

295 West St.

Pittsboro, NC 27312

Phone: 919-542-2811

www.chathamsheriff.com

Orange County Sheriff Department - Life Track

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

106 East Margaret Lane

Hillsborough, NC 27278

Phone: 919-245-2900

Alt Phone: 919-644-3050

www.ocsonc.com

Orange County Sheriff Department - Main

Fair, responsive, accountable and professional law enforcement services to our residents and those who visit and travel through this great County. COUNTIES SERVED: Orange

106 East Margaret Ln.

Hillsborough, NC 27278

Phone: 919-245-2900

Alt Phone: 919-644-3050

www.ocsonc.com

Orange County Sheriff Department - Seniors And Law Enforcement Together (SALT)

Aims to reduce crime and fear of crime affecting older adults. Deputies routinely check older residents to see if they need assistance, resource information or a friend to talk to. SALT provides them a secure home feeling while enhancing law enforcement services throughout the community. COUNTIES SERVED: Orange

106 East Margaret Lane

Hillsborough, NC 27278

Phone: 919-245-2900

Alt Phone: 919-644-3050

www.ocsonc.com

Social & Recreational Resources

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 Seymour Center

Offers a variety of social and recreational programs. Visit us to relax, socialize and immerse yourself in a friendly community atmosphere. COUNTIES SERVED: Orange

2551 Homestead Rd.

Chapel Hill, NC 27516

Phone: 919-968-2070

www.orangecountync.gov/aging

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

Social Service Agencies**Alamance County****Alamance County Department of Social Services**

319 North Graham-Hopedale Rd., Ste. C

Burlington, NC 27217

Phone: 336-570-6532

www.alamance-nc.com/dss

Chatham County**Chatham County Department of Social Services**

102 Camp Dr.

Pittsboro, NC 27312

Phone: 919-542-2759

www.chathamnc.org/socialservices

Durham County

All Good Things Durham

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

207 Melville Loop, Unit 13

Chapel Hill, NC 27514

Phone: 984-244-0998

Email: allgoodthingsdurham@gmail.com

Durham County Department of Social Services

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

414 East Main St.

Durham, NC 27701

Phone: 919-560-8000

Email: LLittle@DCONC.gov

www.dconc.gov

Orange County**All Good Things Durham**

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

207 Melville Loop, Unit 13

Chapel Hill, NC 27514

Phone: 984-244-0998

Email: allgoodthingsdurham@gmail.com

Orange County Department of Social Services - Chapel Hill

Southern Human Services Center

2501 Homestead Rd.

Chapel Hill, NC 27516

Phone: 919-968-2000

Email: dssinfo@orangecountync.gov

www.orangecountync.gov/378/Social-Services

Orange County Department of Social Services - Hillsborough

Hillsborough Commons, 113 Mayo St.

Hillsborough, NC 27278

Phone: 919-245-2800

Email: dssinfo@orangecountync.gov

www.orangecountync.gov/378/Social-Services

Solid Waste and Recycling

Orange County Solid Waste Management

1207 Eubanks Rd.

Chapel Hill, NC 27516

Phone: 919-968-2788

Email: recycling@orangecountync.gov

www.orangecountync.gov/795/Solid-Waste-Management

Support Groups

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

Addiction

Al-Anon Family Groups

Friends and family members of problem drinkers can share experiences, find they have choices that lead to a greater peace of mind and learn to apply the Al-Anon principles to their situations. Call or visit the website below to find out about group, telephone or online meetings in your area. AREA SERVED: All

Phone: 919-787-1653

Email: aso_ldc@bellsouth.net

www.alanonalateenserviceofficeraleigh.org

Alcoholics Anonymous - Chatham and Orange

Provides fellowship for men and women to share their experiences and hope with each other that they may solve their common problem and help others recover from alcoholism. No dues or fees.

Phone: 888-237-3235 – Chatham and Orange

www.aanc33.org

Alcoholics Anonymous – Durham

Phone: Hotline 24/7: 919-286-9499 – Durham

www.aanc32.org

Duke Health

Phone: 855-855-6484

www.dukemedicine.org

Gamblers Anonymous

Phone: 919-460-9039

gamblersanonymous.org

Overeaters Anonymous

Phone: 919-406-9300

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 a Senior Times at a public location. COUNTIES SERVED: Orange

Phone: Aging Helpline: 919-968-2087

Email: agingtransitions@orangecountync.gov

www.orangecountync.gov/aging

Alzheimer's and Dementia

Alzheimer's Association Eastern North Carolina Chapter

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

5171 Glenwood Ave., Ste. 101

Raleigh, NC 27612

Phone: 919-803-8285

Alt Phone: 800-272-3900

Email: encinfo@alz.org

www.alz.org

Alzheimer's North Carolina

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

Phone: 800-228-8738

Alt Phone: 919-832-3732 - Office

Email: info@alznc.org

www.alznc.org

Dementia Support Services

Free consultation service by appointment in order for family members who are caring for a loved one with dementia to speak with a dementia care specialist.

Phone: 336-532-7207

Email: info@dementiasupport.org

www.hospiceac.org/dementia-support-services/

Duke Family Support Program

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

Phone: 800-646-2028

Email: dukefamilysupport@duke.edu

www.dukefamilysupport.org

National Alzheimer's Association

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

www.alz.org

Project CARE

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

Phone: 800-646-2028 – Central Region

Email: mark.hensley@dhhs.nc.gov

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

Senior Helpers

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

5007 Southpark Dr., Ste. 200-H

Durham, NC 27713

Phone: 919-544-6848

Alt Phone: 919-410-3149

Email: lolson@seniorhelpers.com

www.seniorhelpers.com/durham

Aphasia

Triangle Aphasia Project, Unlimited

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

191 High House Rd.

Cary, NC 27511

Phone: 919-650-3854

Email: info@aphasiaproject.org

www.aphasiaproject.org

Cancer

American Cancer Society

Phone: 800-227-2345

www.cancer.org

Cornucopia House Cancer Support Center

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

PO Box 51188

Durham, NC 27717

Phone: 919-401-9333

Email: info@cancersupport4u.org

www.cancersupport4u.org

UNC Lineberger Comprehensive Cancer Support Program

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

Phone: 866-869-1856

Alt Phone: 984-974-2277

Email: ccsp@med.unc.edu

www.unclineberger.org

Caregiver

Charles House - UNC Caregiver Support Group

Phone: 919-967-7570

Email: paul@charleshouse.org

www.charleshouse.org

Daughters Concerned for Aging Relatives Support Group

For daughters or daughters-in-law who are caregivers. The group meets one Wednesday a month at noon in the Duke Clinic Building in Durham.

Phone: 919-660-7510

Alt Phone: 800-646-2028

www.dukefamilysupport.org

Orange County Department on Aging - Caregiver Support Groups

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

Phone: Aging Helpline: 919-968-2087

Email: agingtransitions@orangecountync.gov

www.orangecountync.gov/aging

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

Orange County Department on Aging - OC CARES Support Groups

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

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

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

Email: agingtransitions@orangecountync.gov

www.orangecountync.gov/aging

Disease Specific Support Groups

Duke Health

Phone: 855-855-6484

www.dukemedicine.org

Guiding Lights Caregiver Support Center - Support Groups

ALS, arthritis, amputee, brain injury, dementia, diabetes, caregiver, grief, Parkinson's, stroke. COUNTIES SERVED: Durham and Other

Phone: 919-371-2062

www.guidinglightsnc.org

Triangle Aphasia Project, Unlimited

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

191 High House Rd.

Cary, NC 27511

Phone: 919-650-3854

Email: info@aphasiaproject.org

www.aphasiaproject.org

Domestic Violence

Compass Center for Women and Families

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

210 Henderson St.

Chapel Hill, NC 27514

Phone: 919-968-4610

Email: programsdirector@compassctr.org

www.compassctr.org

Compass Center for Women and Families

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

Chapel Hill, NC

Phone: 919-929-7122

Alt Phone: 919-968-4610

www.compassctr.org

Compass Center for Women and Families

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

210 Henderson St.

Chapel Hill, NC 27514

Phone: 919-968-4610

Alt Phone: 919-929-7122

Email: clientservices@compassctr.org

www.compassctr.org

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

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

914 Chapel Hill Road

Burlington, NC 27215

Phone: 336-532-0100

Alt Phone: 800-588-8879

www.hospiceac.org

UNC Hospice Support Groups

Offers Grief and Widows' Support Groups.

Phone: 919-542-5545

Alt Phone: 984-215-2650

www.unchealthcare.org/site/hospice

Mental Health

National Alliance on Mental Illness (NAMI) - Orange County

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

Phone: 919-929-7822

Email: namilistserve@gmail.org

www.namiorangenc.org

Compass Center for Women and Families

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

210 Henderson St.

Chapel Hill, NC 27514

Phone: 919-968-4610

Email: programsdirector@compassctr.org

www.compassctr.org

HopeLine

HopeLine supports people and saves lives during times of crisis through caring, confidential conversations. Programs include a crisis phone line, text, and reassurance program. For more information on all our programs and how to get involved, please visit www.hopeline-nc.org. NATIONWIDE

P.O. Box 10490

Raleigh, NC 27605

Phone: 919-231-4525

Alt Phone: 877-235-4525

www.hopeline-nc.org

Reliable Health Services, Inc.

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

2634 Durham-Chapel Hill Blvd.

Suite 204

Durham, NC 27707

Phone: 919-596-9479

Email: sreliablecare@yahoo.com

www.reliablehealthservices.com

Parkinson's Disease

Chapel Hill Parkinson's Disease Support Group

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

Phone: 919-843-1657

www.chapelhillparkinsons.weebly.com

Stroke

UNC Stroke Support Group (Chapel Hill)

The UNC Stroke Support Group (Chapel Hill) meets the second Wednesday of every month at 1pm at the Center for Rehabilitation Care in Chapel Hill.

The Center for Rehabilitation Care

1807 Fordham Blvd.

Chapel Hill, NC 27514

Phone: 919-966-2029 - UNC Healthcare

<https://www.med.unc.edu/neurology/divisions/stroke/stroke-support-groups>

Vision (Low or Blind)

Duke Eye Center - Low Vision Support

Phone: 800-422-1575

www.dukeeyecenter.duke.edu

Low Vision Support Group

Phone: 919-968-2070

www.orangecountync.gov/aging

Support Teams

Guiding Lights Caregiver Support Center - Support Teams

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

3724 National Dr., Ste. 130

Raleigh, NC 27612

Phone: 919-371-2062

www.guidinglightsnc.org

Orange County Department on Aging - OC CARES Support Team

Orange County Caregiver Awareness, Respite, Education & Support offers resources to support caregivers in Orange County, caring for people with Alzheimer's, related dementias and/or intellectual/developmental disabilities: assessment, consultation, training, support groups, referral & respite. COUNTIES SERVED: Orange

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

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

Email: agingtransitions@orangecountync.gov

www.orangecountync.gov/aging

Orange County Sheriff Department - Seniors And Law Enforcement Together (SALT)

Aims to reduce crime and fear of crime affecting older adults. Deputies routinely check older residents to see if they need assistance, resource information or a friend to talk to. SALT provides them a secure home feeling while enhancing law enforcement services throughout the community. COUNTIES SERVED: Orange

106 East Margaret Lane

Hillsborough, NC 27278

Phone: 919-245-2900

Alt Phone: 919-644-3050

www.ocsonc.com

Taxes

Assistance Programs

Under certain circumstances, individuals may be eligible for reduced taxes or participation in other special programs if they meet the requirements specified in the North Carolina General Statutes. Please contact your county's tax administration office for assistance.

Kernodle Senior Center

Trips, outdoor programs, Fitness programs, classes in computer, tablets, smart phone, crochet, knitting, tatting, ukulele, auto harp, duplicate bridge, and Quilting, seminars, health screening, clubs, card games and special events. COUNTY SERVED: Alamance

1535 South Mebane St.

Burlington, NC 27215

Phone: 336-222-5135

www.ci.burlington.nc.us/1322/Seniors/

Orange County Tax Administration

P.O. Box 8181

Hillsborough, NC 27278

Phone: 919-245-2100

Email: tax@orangecountync.gov

www.orangecountync.gov/1787/Assistance-Programs

Personal Income Tax Assistance

Volunteer Income Tax Assistance (VITA)

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

Phone: 919-245-4242 – Orange County

www.orangecountync.gov/254/Tax-Assistance

Real Estate Tax Relief

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

Alamance County Tax Assessor

124 West Elm St.

Graham, NC 27253

Phone: 336-228-1312

www.alamance-nc.com

Chatham County Tax Assessor

12 East St. (Courthouse Annex)

Pittsboro, NC 27312

Phone: 919-542-8261

www.chathamnc.org

Durham County Tax Assessor

COUNTY SERVED: Durham

201 East Main St.

3rd Floor

Durham, NC 27701

Phone: 919-560-0300

Email: tax_assessor@dconc.gov

<http://www.dconc.gov/government/departments-f-z/tax-administration>

Orange County Tax Assessor

Gateway Center, 228 South Churton St.

Hillsborough, NC 27278

Phone: 919-942-2100

www.orangecountync.gov/departments/tax/elderly

Telephone Programs

Cell Phone Program - Subsidized

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

Phone: 919-245-2800 - Orange DSS

Alt Phone: 888-850-3155 – Other Information

www.safelinkwireless.com

Telephone Reassurance Programs for Seniors

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

Carolina Villages (CV) - Telephone Calls

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

P.O. Box 4622

Chapel Hill, NC 27515

Phone: 919-960-1941

www.carolinavillages.org

Orange County Department on Aging - Telephone Reassurance

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

Phone: Aging Helpline: 919-968-2087

Email: agingtransitions@orangecountync.gov

www.orangecountync.gov/aging

Town of Hillsborough Police Department - Are You OK? Program

Police officers will personally call or visit the resident once a week. Free. AREA SERVED: Hillsborough Town Limits

127 North Churton St.

Hillsborough, NC 27278

Phone: 919-732-2441

Transportation

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

A Helping Hand

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

1502 West HWY 54, Ste. 405

Durham, NC 27707

Phone: 919-403-5555

Email: info@ahelpinghandnc.org

www.ahelpinghandnc.org

Alliance of Disability Advocates - Center for Independent Living

Individualized travel training to older adults (such as how to pay or how to use schedules) who, due to physical or cognitive disabilities, find it difficult to access public transportation options. COUNTIES SERVED: Durham, Orange, Other

1012 Oberlin Rd., Ste. 300

Raleigh, NC 27605

Phone: Voice/TTY: 919-833-1117

Email: alliance@alliancecil.org

www.alliancecil.org

AmeriCare HomeCare

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

1829 East Franklin St., Ste. 100-B

Chapel Hill, NC 27514

Phone: 919-942-2840

Email: earnstrong@americare-homecare.com

www.americareinfo.com

Caregiver Concierge

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

413 Shakespeare Dr.

Morrisville, NC 27560

Phone: 973-945-4972

Email: eileencaregiverconcierge@yahoo.com

Carolina Villages (CV) - Transportation

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

P.O. Box 4622

Chapel Hill, NC 27515

Phone: 919-960-1941

www.carolinavillages.org

Chapel Hill Transit Authority (CHT)

Free buses on fixed routes for people of all ages. The CHT "A" Route bus stops at the Seymour Center. AREAS SERVED: Orange County - Limited to Chapel Hill and Carrboro; contracted for the Go Triangle 420 route to Hillsborough.

6900 Millhouse Rd.

Chapel Hill, NC 27516

Phone: 919-969-4900

Alt Phone: 919-485-7433

www.townofchapelhill.org/transit

Durham Medicaid Transportation

For Durham County residents who have active Medicaid and need transportation to medical appointments in Durham County and UNC Hospital. If you don't qualify, we can refer you to another resource. Call for eligibility and screening. A Durham County Social Services program. COUNTIES SERVED: Durham

Phone: 919-560-8607

E-Z Rider - Chapel Hill Transit Authority

Provides paratransit curb-to-curb service to eligible riders to destinations within the city limits of Chapel Hill/Carrboro. Call for application. Reservations required. Free. AREA SERVED: Residents within the Chapel Hill and Carrboro city limits

6900 Millhouse Rd.

Chapel Hill, NC 27516

Phone: 919-969-5544 - Dispatch

Alt Phone: 919-969-4920 – Eligibility & Applications

www.townofchapelhill.org/town-hall/departments-services/transit/ez-rider

GoTriangle

Fixed-route public buses between 3 counties. Use the Call Center or go online for help planning a bus trip. GoAccess, para transit service, available to people with disabilities. Qualify through your local public bus service. Reservations required. Fee. AREA SERVED: Raleigh, Durham, Chapel Hill

4600 Emperor Blvd., Ste. 100

Durham, NC 27703

Phone: 919-485-7433

Alt Phone: 919-485-7468 – GoLinx application

www.gotriangle.org

OPT-Orange Bus (Orange County Public Transportation)

Offers bus and van services outside the Chapel Hill/Carrboro city limits including planning and coordinating for county residents with transportation needs. Call or visit our website for routes, schedules and fees. Paratransit available based on eligibility. AREA SERVED: Orange County outside Chapel Hill-Carrboro city limits with routes between Cedar Grove, Hillsborough and Chapel Hill

P.O. Box 8181

Hillsborough, NC 27278

Phone: 919-245-2008

www.orangecountync.gov/778/Orange-County-Public-Transportation

Orange County Department on Aging - Transportation Options

Advocates for the transportation needs of non-driving older adults. Helps them identify options provided by public bus operators. Visit our website or call the Transportation Specialist to find specific routes to senior centers or medical appointments, travel tips and the Orange County Transportation Guide for Older Adults. COUNTIES SERVED: Orange

Phone: Transportation Helpline: 919-717-1853

Email: iberley@orangecountync.gov

www.orangecountync.gov/aging

Orange County Department on Aging - Volunteer Driver Program

Volunteer drivers needed for a special program that fills the gaps in the existing public transportation system. For information about this program or to register for a ride, call the Transportation Helpline. COUNTIES SERVED: Orange

Phone: Transportation Helpline: 919-717-1853

Email: iberley@orangecountync.gov

www.orangecountync.gov/aging

Orange County Medicaid Transportation Line (MTL)

Medicaid transportation for approved medical appointments only is provided to Orange County residents who currently receive Medicaid & and have been determined eligible. Allow 4 business days prior to appointment for eligibility to be determined. Call for eligibility or appointment. COUNTIES SERVED: Orange

Phone: 919-245-2774

Piedmont Health SeniorCare (PACE)

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

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

Seniors On The Go

Medical Companion, Airport Escort, Travel Companion, Personal Errand and Mobile Notary Services for seniors, veterans and people with disabilities. Reservations required. Fee charged. COUNTIES SERVED: Durham, Orange, Wake, Other

P.O. Box 11961

Durham, NC 27703

Phone: 800-517-4149

Alt Phone: 919-521-8092

Email: sotgo@ncseniorsonthego.com

www.ncseniorsonthego.com

Seniors On the Go - Transportation

Provides escorted door through door transportation services to seniors 60+ and people of all ages with any disability or temporary medical condition that prevents driving. Additional services: medical or airport companion, errands, grocery delivery and mobile notary services. Reservations required. Fee. AREA SERVED: Durham, Orange, Other

Phone: 800-517-4149

Email: sotgo@ncseniorsonthego.com

www.ncseniorsonthego.com

Triangle Travel Companion

Personal travel assistant providing door-to-door transportation. Fee. COUNTIES SERVED: Chatham, Durham, Orange

Phone: 919-451-3077 – Jim Pickeral

UNC Parking and Hospital Shuttle

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

Phone: 984-974-1031 - Parking

Alt Phone: 984-974-0460 - Day Shuttle

www.unccmedicalcenter.org/unccmc/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 providing valuable resources as they navigate their senior living transition. We tour facilities with the family and help guide them to quality housing and care. We also help homeowners save money when listing their homes for sale.

406 Country Rount Brown Rd

Pittsboro, NC 27312

Phone: (919) 624-4670

Alt Phone: (919) 830-6478

Email: Tammy@AllAboutSeniorsNC.com

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

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/>

Durham VA Medical Center

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

508 Fulton St.

Durham, NC 27705

Phone: 919-286-0411

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

www.durham.va.gov/index.asp

NC4VETS

Comprehensive resource for veterans, their dependents and survivors. Includes Federal, State, local and non-profit veterans' services, employment, VA benefits, healthcare, education, housing, personal services, 24/7 Veterans Helpline, Veterans Services locator tool and a downloadable resource guide.

Phone: 844-NC4-VETS (844-624-8387)

www.nc4vets.com

Seniors On The Go

Medical Companion, Airport Escort, Travel Companion, Personal Errand and Mobile Notary Services for seniors, veterans and people with disabilities. Reservations required. Fee charged. COUNTIES SERVED: Durham, Orange, Wake, Other

P.O. Box 11961

Durham, NC 27703

Phone: 800-517-4149

Alt Phone: 919-521-8092

Email: sotgo@ncseniorsonthego.com

www.ncseniorsonthego.com

TRICARE for Life

Veterans' insurance

Phone: 877-874-2273

www.tricare.mil

VA National Call Center (NCC)

Call or email the NCC for general VA benefits information and claims assistance with the full range of federal veterans' benefits: compensation and pension, education, vocational rehabilitation and employment, home loans and insurance benefits.

Phone: 800-827-1000

Alt Phone: TDD: Dial 711

<https://iris.custhelp.com/>

Veterans Administration Healthcare Benefits

You may qualify for VA health care benefits. To enroll in VA Health, please call 877-222-VETS or contact the Durham VA Medical Center at 919-286-0411 to enroll in VA Health at the Durham VA. The Durham VA Medical Center is located at: 508 Fulton Street, Durham NC 27705.

Phone: 877-222-VETS (877-222-8387)

www.va.gov/HEALTHBENEFITS/index.asp

Veterans Administration Patient Advocates

The Patient Advocacy Program is for all veterans and their families who receive care at Veterans Health Administration (VHA) facilities and clinics. If you need help getting care or getting your problems resolved, talk to the Patient Advocate at your VA Medical Center.

Phone: 919-286-0411 ext: 6906

www.durham.va.gov/patients/customerservice.asp

Veterans Crisis Line

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

Phone: 800-273-8255 ext: 1

Alt Phone: TTY: 800-799-4889

www.veteranscrisisline.net

Veterans Services Office (VSO) - Durham County

Accredited, authorized representative who represents veterans and their dependents, provides counseling and advisement regarding qualifications, rights and entitlement to federal benefits, and assists with application preparation and presentation of claims for benefits. COUNTIES SERVED: Durham

414 East Main St., 1st Floor

Durham, NC 27701

Phone: 919-560-8387

Alt Phone: 919-596-7960

Email: veteranservices@dconc.gov

Veterans Services Office (VSO) - Orange County

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

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

Phone: 919-245-2890

www.orangecountync.gov/1829/Veteran-Services

VHA National Call Center - Health Resource Center (NCC-HRC)

Serves as the Veterans Health Administration's national call center. NCC-HRC provides customer service and support to veterans, caregivers, other government agencies and the general public regarding VA health benefits, eligibility and billing questions.

Phone: 877-222-8387

www.va.gov/HEALTHRESOURCECENTER/index.asp

Volunteers of America Carolinas (VOA)

Volunteers support VOA programs that provide health care in the home and community so older adults can live more independently; that help veterans with challenges of employment & housing; and that provide housing through affordable living communities for seniors, families and those with disabilities. COUNTIES SERVED: Varies with program but includes Durham and Orange

207 Commons Blvd.

Durham, NC 27704

Phone: 919-477-9005 - Veterans Programs

Alt Phone: 864-246-6734 – Housing Inquiries

Email: infocarolinas@voa.org

www.voacarolinas.org

Volunteer Opportunities

American Red Cross

The American Red Cross prevents and alleviates human suffering in the face of emergencies by mobilizing the power of volunteers and the generosity of donors. Disaster Services, Preparedness Health and Safety Services, Biomedical Services, Service to the Armed Services and International Services. COUNTIES SERVED: Chatham, Durham, Orange, Person

4737 University Dr., Bldg. 3

Durham, NC 27707

Phone: 919-489-6541

Email: stan.morris@redcross.org

www.redcross.org/enc

American Red Cross of Central NC

We have many volunteer opportunities available, such as assisting donors at blood drives and greeting visitors to the building. We can be flexible with scheduling and their even tasks that can be done from home! COUNTIES SERVED: Durham, Orange, Person

4737 University Drive

Durham, NC 27707

Phone: 919-489-6541

Email: Jeffrey.isaacson@redcross.org

www.redcross.org

Greater HomeCare Staffing

Greater HomeCare Staffing provides quality home care. Our staff is trained to handle tasks professionally; while providing patient-centered care. We are a family-owned and operated business, "where care hits home".

204 N 5th St.

Suite H

Mebane, NC 27302

Phone: 336-516-6333

Email: Admin@greaterhomecarestaffing.com

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

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

914 Chapel Hill Road

Burlington, NC 27215

Phone: 336-532-0100

Alt Phone: 800-588-8879

www.hospiceac.org

Orange County Department on Aging - Volunteer Connect 55+

Seeks to enrich the lives of Orange County residents by recruiting volunteers of any age or county to serve Orange County residents 55+. Also our peer-to-peer engagement model encourages connections between community members through both senior center & community-based volunteer opportunities. COUNTIES SERVED: Orange

Phone: 919-245-4241

www.orangecountync.gov/266/Volunteer

The Triangle Nonprofit & Volunteer Leadership Center (HandsOnTriangle)

Supporting nonprofits in the area since 1972 by inspiring volunteers to get involved in short- or long-term community service projects. Searchable website to locate volunteer opportunities for individuals or groups.

AREA SERVED: Greater Triangle

PO Box 3374

Durham, NC 27702

Phone: 919-613-5101

Email: volunteer@thevolunteercenter.org

www.handsontriangle.org

Transitions LifeCare

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

250 Hospice Cir.

Raleigh, NC 27607

Phone: 919-828-0890

<https://transitionslifecare.org/>

Volunteers of America Carolinas (VOA)

Volunteers support VOA programs that provide health care in the home and community so older adults can live more independently; that help veterans with challenges of employment & housing; and that provide housing through affordable living communities for seniors, families and those with disabilities. COUNTIES SERVED: Varies with program but includes Durham and Orange

207 Commons Blvd.

Durham, NC 27704

Phone: 919-477-9005 - Veterans Programs

Alt Phone: 864-246-6734 – Housing Inquiries

Email: infocarolinas@voa.org

www.voacarolinas.org

Website Resources

Many websites offer information on aging issues and links to other websites. Listing the sites here is NOT a guarantee of their quality or accuracy.

AARP

Addresses the needs of persons 50+ to fight for and equip them to lead their best lives. Information, education, advocacy, policies, volunteerism, research & member discounts. "Prepare to Care: planning guide for family caregivers."

www.aarp.org

Administration on Aging

Information on aging from the federal government. Offers a nationwide searchable directory of national and local agencies, health associations and organizations. Also provides general and statistical materials.

www.acl.gov

Advanced Person - Centered Living

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

www.ccal.org

Alzheimer's Association Eastern North Carolina Chapter

This Chapter provides programs and support services, information, referral, education and advocacy to 51 counties of Eastern North Carolina. Provides a National 24/7 Helpline at 800.272.3900.

Email: encinfo@alz.org

www.alz.org

Alzheimer's North Carolina

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

www.alznc.org

American Association for Geriatric Psychiatry

Dedicated to the mental health research and treatment of older adults through professional education and advocacy. Education, links and resources for professionals.

www.aagponline.org

American Bar Association

Professional organization of attorneys dedicated to improving the legal profession, eliminating bias and advancing the rule of law. Search for articles, resources on elder abuse, elder law, legal problems and the Commission on Legal Problems of the Elderly.

www.americanbar.org

BenefitsCheckUp

A service of the National Council on Aging. Designed to help adults over 55 find the right benefits programs that may pay for some of their medical care and / or prescription costs. AREA SERVED: All

251 18th St South
Suite 500

Arlington, VA 22202

Phone: 571-527-3900

Email: support@benefitscheckup.org

www.benefitscheckup.org

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

Phone: 800-973-1540

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

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 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

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

National nonprofit, nonpartisan law organization that provides education, advocacy and legal assistance to help older people and people with disabilities obtain access to Medicare and quality health care.

www.medicareadvocacy.org

Center to Advance Palliative Care (CAPC)

Hub for palliative care innovations, development, training and tools for professional members. Families and caregivers refer to <https://getpalliativecare.org>.

www.capc.org/

Centers for Medicare and Medicaid Services (CMS)

Publications about Medicare and Medicaid available in large print.

www.cms.gov

Chatham County Sheriff's Office

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

COUNTIES SERVED: Chatham

295 West St.

Pittsboro, NC 27312

Phone: 919-542-2811

www.chathamsheriff.com

Cornucopia House Cancer Support Center

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

PO Box 51188

Durham, NC 27717

Phone: 919-401-9333

Email: info@cancersupport4u.org

www.cancersupport4u.org

Duke University Center for the Study of Aging and Human Development

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

<https://sites.duke.edu/centerforaging/>

Eldercare Locator

A public service of the U.S. Administration on Aging, connecting you to local services and resources for older adults and their families.

www.eldercare.gov

Family Caregiver Alliance

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

www.caregiver.org

Find Federal Agencies & Elected Officials

US government's official web portal. Can apply for benefits, review common questions on buying and using medications, see tips on communicating with your health care provider, learn about low-cost services and more. Toll-free: 844-872-4681.

www.usa.gov

Fitness for Older Adults

Promotes fitness for older adults.

www.nia.nih.gov/Go4Life

Five Wishes

National non-profit agency affirms and safeguards the human dignity of individuals as they age. "Five Wishes" can be used as a helpful guide and documentation of your wishes. Meets the legal requirements for an advance directive in 42 states including NC. Multi-lingual resource. AREA SERVED: All

PO Box 1661

Tallahassee, FL 32302

Phone: 850-681-2010

Email: Joanne@FiveWishes.org

www.FiveWishes.org

Get Palliative Care

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

getpalliativecare.org

Guiding Lights Caregiver Support Center

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

3727 National Drive, Suite 204

Raleigh, NC 27612

Phone: 919-371-2062

www.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

Promotes mental health as a critical part of overall wellness, including prevention, early identification, intervention, integrated health, behavioral health and other services.

www.nmha.org

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 and Wellness, LLC

We provide Medicare Part B outpatient physical therapy services in our clients' homes or through virtual visits. We also provide wellness services including exercise programming, group courses, and access to the TherHab Fitness program (currently online).

5501 Welkin Ct

Durham, NC 27713

Phone: 919-886-4163

Alt Phone: 864-752-7464

Email: info@movefreeptandwellness.com

www.movefreeptandwellness.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)

Provides up-to-date information regarding research, training, best practices, news and resources on elder abuse, neglect and exploitation.

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

www.nhpc.org

National Institute on Aging

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

www.nia.nih.gov

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

North Carolina Health Care Personnel Registry

A free online tool that screens for individuals with findings of abuse or pending cases of abuse against them. Also verifies individuals who have completed the NC state-approved Home Care Aide Specialty Training Course.

www.ncnar.org/verify_listings1.jsp#dataprov

North Carolina Health Info

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

www.nchealthinfo.org

North Carolina Hospital and Healthcare Guide 2016-17

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

www.nc-hospitals.com

North Carolina House of Representatives

www.ncleg.net/House/House.html

North Carolina Senate

www.ncleg.net/Senate/Senate.html

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

SHIIP, a program of the NC Department of Insurance, provides free, unbiased information and counseling about Medicare, Medicare supplements, Medicare Advantage, Medicare Part D and long-term care insurance.

www.ncshiip.com

Nursing Home Compare

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

www.medicare.gov/nursinghomecompare

Nursing Home Info

Information and resources on nursing homes.

www.nursinghomeinfo.com

Orange County Department on Aging - Online

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

www.orangecountync.gov/aging

Orange County Public Library - Carrboro Branch Library

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

900 Old Fayetteville Rd.

Chapel Hill, NC 27516

Phone: 919-918-7387

www.OrangeCountyLibrary.org

Orange County Public Library - Carrboro Cybrary

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

N. Greensboro St

Carrboro, NC 27510

Phone: 919-918-7387

www.OrangeCountyLibrary.org

Orange County Public Library - Main

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

137 West Margaret Lane

Hillsborough, NC 27278

Phone: 919-245-2525

Email: library@orangecountync.gov

www.OrangeCountyLibrary.org

Partnership for Prescription Assistance (PPA)

Free information resource to help people locate medication assistance programs. General information only. Get prescription help and find a low-cost clinic near you.

www.pparx.org

Senior Care Management Associates LLC

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

4711 Hope Valley Rd., Ste. 4F-519

Durham, NC 27707

Phone: 919-794-1888

Email: Caryn@SeniorCM.com

www.SeniorCM.com

Social Security Administration

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

www.socialsecurity.gov/

State / County Special Assistance In-Home Program for Adults

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

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

Transitions LifeCare

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

250 Hospice Cir.

Raleigh, NC 27607

Phone: 919-828-0890

<https://transitionslifecare.org/>

Triangle J Area Agency on Aging

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

www.tjaaa.org

US Department of Veterans Affairs

www.va.gov

US House of Representatives

www.house.gov

US Senate

www.senate.gov

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A Bridge for Independence Home Care, Inc.

A Helping Hand

A Touch of Country Family Care

A Vision Come True

AAA (American Automobile Association)

AARP

AARP

AARP Driver Safety Program

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Academy Eye Center

Accessible Home Care of Mid Carolina

Acorn

Adelaide Walters Apartments

Administration on Aging

Advanced Health Care Directive Registry - NC Secretary of State

Advanced Health Resources

Advanced Person - Centered Living

Advantage Care In-Home Services

Aegis Home Care

Aging Life Care Association

Aging Outreach Services

Aging Outreach Services

Alamance County Clerk of Court

Alamance County Department of Social Services

Alamance County Department of Social Services - APS

Alamance County Senior Games Coordinator - Jane Smith

Alamance County Tax Assessor

Alamance Eldercare, Inc.

Alamance Eldercare, Inc.

Alamance Eldercare, Inc.

Alamance Health Care Center

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Alamance Regional Medical Center

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All Good Things Durham

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Alliance of Disability Advocates - Center for Independent Living

Alliance of Disability Advocates - Center for Independent Living

Alvarado's Family Care

Always Best Care

Always Best Care Senior Services

Alzheimer's Association Eastern North Carolina Chapter

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AmRamp of Eastern North Carolina

Andes Driving School

Andes Driving School

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Arc of the Triangle

Arcadia Cohousing

Art Therapy Institute

Aspire Transitions

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ATI Physical Therapy

Atlantic Home Staffing

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Caring Angels Home Care Svcs Inc.

Caring Hearts Assisted Living

Caring Senior Service

Caring.Com

CaringInfo

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Carolina Relocation & Transition Specialists

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Carolina Villages (CV) - Companionship

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Carolina Villages (CV) - Telephone Calls

Carolina Villages (CV) - Transportation

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Carrboro Century Center

Carrboro Family Pharmacy

Carrboro Police Department

Carrboro Police Department

Carver Creek

Carver Living Center

Catholic Charities

Cedar Grove Community Center

Cedar Grove Family Care Home

Cedar Grove Family Care Home #2

Cell Phone Program - Subsidized

Center for Disease Control and Prevention (CDC)

Center for Medicare Advocacy

Center for Senior Life - Durham

Center to Advance Palliative Care (CAPC)

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Chapel Hill - Carrboro Chamber of Commerce

Chapel Hill - Carrboro Meals on Wheels

Chapel Hill - Orange County Visitors Bureau

Chapel Hill Community Center

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Chapel Hill Parkinson's Disease Support Group

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Chatham CARES Community Pharmacy

Chatham Community Library - Main

Chatham County Clerk of Court

Chatham County Council on Aging

Chatham County Council on Aging

Chatham County Council on Aging

Chatham County Department of Social Services

Chatham County Department of Social Services - APS

Chatham County Housing Authority

Chatham County Senior Games Coordinator - Lindsay Hickling

Chatham County Sheriff's Office

Chatham County Tax Assessor

Chatham Hospital - UNC Healthcare

Chinese American Friendship Association of North Carolina

Chinese Christian Mission Church

Circle of Daughters

Clarity Legal Group

Club Nova

Comfort Keepers

Comfort Long Term Care

Community Clay Studio

Community Home Care and Hospice

Community Low Vision Center

Compass Center for Women and Families

Consumer Education Services Inc.

Consumer Protection - North Carolina Department of Justice

Cornerstone Healthcare Services

Cornucopia House Cancer Support Center

Covenant Place

Coventry House of Siler City

Creekview Family Care Home

Crescent Green Assisted Living

Crisis Solutions North Carolina

Croasdaile Village Retirement Community

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Daughters Concerned for Aging Relatives Support Group

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Dementia Support Services

Dental SHAC (Student Health Action Coalition)

Department of Veterans Affairs

Dignified Living

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Dobbins Hill Apartments

Driver Rehabilitation Services, PA

Duke Center for Spirituality, Theology and Health

Duke Eye Center - Low Vision Rehabilitation

Duke Eye Center - Low Vision Support

Duke Family Support Program

Duke Family Support Program - Memory Disorders

Duke Geriatric Evaluation and Treatment Clinic

Duke Geriatric Evaluation and Treatment Clinic

Duke Health

Duke Health

Duke Health

Duke Health and Fitness Center

Duke HomeCare & Hospice

Duke Hospital Speech Pathology and Audiology Clinic

Duke Neurological Disorders Clinic at Morreene Road

Duke Outpatient Psychiatry Clinic

Duke University Center for the Study of Aging and Human Development

Duke University Rehab - Duke Driving Program

Durham Center for Senior Life - Adult Day Health

Durham Central Park Cohousing Community

Durham County Clerk of Court

Durham County Department of Social Services

Durham County Department of Social Services - APS

Durham County Housing Authority

Durham County Library - Main

Durham County Senior Games Coordinator - Bridgette Robinson

Durham County Tax Assessor

Durham Medicaid Transportation

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El Centro Hispano-Carrboro Branch

El Centro Hispano-Main Office

El Futuro

El Pueblo, Inc.

Elder Commons

Elder Matters of the Carolinas LLC

Elderberry Cohousing

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Eldercare Locator

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Elliott Woods Apartments

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Emerald Pond

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Everybody Needs a Nurse - Patient Advocates

E-Z Rider - Chapel Hill Transit Authority

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Freedom Alert

Freedom House Recovery Center - Chapel Hill Outpatient Clinic

Freedom House Recovery Center - Chatham Counseling Center

Freedom House Recovery Center - Crisis and Detoxification Services

Freedom House Recovery Center - Durham Outpatient Clinic

Freedom House Recovery Center - Mobile Crisis

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Freedom House Recovery Center - Person Counseling Center

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Friends of Residents in Long-Term Care

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G & J's Helping Hands

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[Happy Home Care Staffing](#)

[Hargraves Community Center](#)

[Harris Teeter](#)

[Hart's Mill Village and Farm](#)

[Hasten Systems LLC](#)

[Healthcare Equipment, Inc.](#)

[Healthcare.gov](#)

[Healthfinder.gov](#)

[Hear Now](#)

[Hearing Loss Association of America, Wake County](#)

[Heartland Hospice Care](#)

[Help - Personal Response Systems](#)

[Helping Hands of America](#)

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Hopeline

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

Hospice Foundation of America (HFA)

Inter-Faith Council for Social Services (IFC)

Interim HealthCare

International Hearing Society

Intown Neighborhood Place

Jewish Federation of Durham-Chapel Hill

JOCCA Weatherization

Johnson Ambulance

Jones Family Care Home

Kennedy Care

KEPRO

Kernodle Senior Center

Keston Care

Kindred Transitional Care & Rehabilitation - Rose Manor

Kindred Transitional Care & Rehabilitation - Rose Manor

Lane Street Retirement Home

Lane Street Retirement Home

LeadingAge North Carolina

Legal Aid of North Carolina

LGBT Center of Raleigh

Liberty Commons Nursing & Rehab Center of Alamance County

Liberty HomeCare & Hospice

Life Alert

LifePath Home Health

LifeStation

Lilies of Hope Home Care LLC

Lincoln Community Health Center, Inc.

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LiveWell

LiveWell @ Coker Hills

LiveWell Care Homes

Lloyd's Pharmacy

Longleaf Neuro-Medical Treatment Center

Long-term Care Facility Reports - Orange County

Low Vision Support Group

Maxim Healthcare Services

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Mebane Police Department

Medi Home Health

Medical Claims Rx, Inc.

Medical Guardian

Medical Supply Super Store - Chatham

Medical Supply Super Store - Durham

Medicare

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

Medicare.gov

Medline Plus

Memorial Library - Main

Mental Health America

Mental Health America of the Triangle

Mental Health America of the Triangle

MentalHealth.gov

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Mobile Help

Mobile Rehab Physical Therapy

Move Free Physical Therapy and Wellness, LLC

MSS Electronics Inc., dba LifeFone

National Academy of Elder Law Attorneys

National Alliance for Caregiving

National Alliance on Mental Illness (NAMI) - North Carolina

National Alliance on Mental Illness (NAMI) - North Carolina

National Alliance on Mental Illness (NAMI) - Orange County

National Alzheimer's Association

National Association of Productivity and Organizing Professionals

National Center on Elder Abuse (NCEA)

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National Institute on Aging

National Institute on Mental Health

National Library Service for the Blind and Physically Handicapped

National Suicide Prevention Hotline

NC Drug Card

NC MedAssist

NC Services for the Blind

NC Services for the Blind

NC4VETS

Neat Freak Professional Organizing, LLC

NeedyMeds

Newcomers Club of Greater Chapel Hill, Inc.

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North Carolina Cooperative Extension in Orange County

North Carolina Department of Commerce Division of Work Force

North Carolina Department of Health and Human Services (NCDHHS)

North Carolina Division of Aging and Adult Services

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

North Carolina Division of Medical Assistance (Medicaid)

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

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

North Carolina Division of State-Operated Healthcare Facilities

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North Carolina Independent Living Program

North Carolina Independent Living Program

North Carolina Lawyer Referral Service

North Carolina Library for the Blind and Physically Handicapped

North Carolina Senate

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

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

North Carolina Services for the Blind

North Carolina Vocational Rehabilitation

North Carolina Works Career Center

Nurse Care of North Carolina

Nursing Home Compare

Nursing Home Info

O

Oak Creek Retirement Community

Oasis Senior Advisors

OCIM Meals on Wheels

OCIM Samaritan Relief

One Source Consulting Services

Options for Senior America

OPT-Orange Bus (Orange County Public Transportation)

Orange County Adult Care Home & Nursing Home Community Advisory Committees

Orange County Adult Care Home Community Advisory Committee

Orange County Clerk of Court

Orange County Department of Social Services - Adult Care Home Specialist

Orange County Department of Social Services - APS

Orange County Department of Social Services - Chapel Hill

Orange County Department of Social Services - Hillsborough

Orange County Department on Aging - Aging Transitions

Orange County Department on Aging - Caregiver Support Groups

Orange County Department on Aging - Chinese Resources

Orange County Department on Aging - Clinic for Community Living

Orange County Department on Aging - Counseling

Orange County Department on Aging - DME

Orange County Department on Aging - Education at Passmore Center

Orange County Department on Aging - Education at Seymour Center

Orange County Department on Aging - Helpline

Orange County Department on Aging - Home Assessments

Orange County Department on Aging - Newcomers

Orange County Department on Aging - OC CARES Care Partner Respite

Orange County Department on Aging - OC CARES Dementia Support

Orange County Department on Aging - OC CARES Support Groups

Orange County Department on Aging - OC CARES Support Team

Orange County Department on Aging - Online

Orange County Department on Aging - Recreation at Passmore Center

Orange County Department on Aging - Recreation at Seymour Center

Orange County Department on Aging - Services at Passmore Center

Orange County Department on Aging - Services at Seymour Center

Orange County Department on Aging - Spanish Resources

Orange County Department on Aging - Support Groups

Orange County Department on Aging - Telephone Reassurance

Orange County Department on Aging - Transportation Options

Orange County Department on Aging - Volunteer Connect 55+

Orange County Department on Aging - Volunteer Driver Program

Orange County Department on Aging - Wellness at Passmore Center

Orange County Department on Aging - Wellness at Seymour Center

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

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

Orange County Health Department

Orange County Health Department

Orange County Health Department Dental Clinic

Orange County Medicaid Transportation Line (MTL)

Orange County North Carolina

Orange County Parks & Recreation

Orange County Parks Online Locator

Orange County Public Library - Carrboro Branch Library

Orange County Public Library - Carrboro Cybrary

Orange County Public Library - Main

Orange County Rape Crisis Center

Orange County Senior Games Coordinator - Latonya Brown

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

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

Orange County Sheriff Department

Orange County Sheriff Department - Crisis Unit

Orange County Sheriff Department - Life Track

Orange County Sheriff Department - Main

Orange County Sheriff Department - Seniors And Law Enforcement Together (SALT)

Orange County Sheriff Department Crisis Unit

Orange County Solid Waste Management

Orange County Sportsplex

Orange County Tax Administration

Orange County Tax Assessor

Orange County Urgent Repair Program

Organize and Downsize

Osher Lifelong Learning Institute at Duke (OLLI)

Overeaters Anonymous

Pacifica

Partnership for Prescription Assistance (PPA)

Partnership for Prescription Assistance (PPA)

Passmore Center

Peak Resources Alamance

Peak Resources Treyburn

Peer Learning of Chapel Hill

Pettigrew Rehabilitation & Health Care Center

Piedmont Health - Burlington Community Health Center

Piedmont Health - Burlington Community Health Center - Health Insurance

Piedmont Health - Carrboro Community Health Center

Piedmont Health - Carrboro Community Health Center - Dental Care

Piedmont Health - Carrboro Community Health Center - Health Insurance

Piedmont Health - Chapel Hill Community Health Center

Piedmont Health - Charles Drew Community Health Center

Piedmont Health - Charles Drew Community Health Center - Health Insurance

Piedmont Health - Moncure Community Health Center

Piedmont Health - Moncure Community Health Center - Dental Care

Piedmont Health - Moncure Community Health Center - Health Insurance

Piedmont Health - Prospect Hill Community Health Center

Piedmont Health - Prospect Hill Community Health Center - Dental Care

Piedmont Health - Prospect Hill Community Health Center - Health Insurance

Piedmont Health - Scott Community Health Center

Piedmont Health - Scott Community Health Center - Health Insurance

Piedmont Health - Siler City Community Health Center

Piedmont Health - Siler City Community Health Center - Dental Care

Piedmont Health - Siler City Community Health Center - Health Insurance

Piedmont Health - Sylvan Community Health Center

Piedmont Health SeniorCare (PACE)

Piedmont Health SeniorCare (PACE)

Pittsboro Christian Village

Pittsboro Police Department

Pleasant Grove Retirement Home

Preiss - Steele Place

Premier Home Healthcare Services

Premier Home Healthcare Services

Premier Home Healthcare Services

Preston Pointe

Produce Box

Professional Relocation Options

Project CARE

PruittHealth - Carolina Point

PruittHealth - Durham

PTRCAAA - Long-Term Care Ombudsman

R.J. Blackley Alcohol and Drug Abuse Treatment Center

Rainbow Way Construction

Ralph Clayton Homes

Rebuilding Together of the Triangle

Rebuilding Together of the Triangle

Reflective Counseling Services, PLLC

Relay North Carolina

Reliable Health Services, Inc.

ResCare Home Care

Rescue Alert

Residential Services Chapel Hill

Right At Home

Rite Aid Pharmacy

Rockwood Cottages

Rogers Road Community Center

RxAssist

Safe Return

Salvation Army Boys and Girls Club

Seasons at Southpoint

Senior Care Management Associates LLC

Senior Helpers

Senior PharmAssist

Senior Times

Senior Transitions of North Carolina, PLLC

Seniors On The Go

Seniors On the Go - Transportation

Seymour Center

Shared Learning Association of Chapel Hill

Sheridanville, Inc.

Signature Healthcare of Chapel Hill

Siler City Center

Siler City Police Department

Silver Linings for Seniors

Social Security Administration

Social Security Administration

Social Security Administration - Extra Help

Social Worker for the Blind - Durham and Orange Counties

Solterra

Southeastern Wake Adult Day Center

Spencer Brown Thomas Homes

Spring Arbor of Durham

Springview - Brock Building (Administrative Office)

Springview - Crouse Building

Springview - Phillips Family Care Home

Springview - Ross Building

Springview - Stewart Building

Springview Assisted Living - Burlington

Springview Assisted Living - Mebane

Springview Assisted Living - Wilson Building

St. Thomas More

Stalls Medical Inc. / Adaptive Vans Inc.

State / County Special Assistance In-Home Program for Adults

Synergy HomeCare of the Triangle

Takeout Central

Tarheel Medical Supply

TEACCH® Autism Program

Teva Cares Foundation

The Cedars

The Cohousing Association of the United States

The Downsizers

The Food Fairy®, Inc.

The Forest at Duke

The Happy Tooth Orthodontics, Cosmetic and Family Dentistry

The Harbor at Twin Lakes

The Laurels of Chatham

The National Association of Personal Financial Advisors (NAPFA)

The Oaks of Alamance

The Pickett House Family Care Home

The Presbyterian Home of Hawfields

The Right Moves

The Stratford

The Triangle Nonprofit & Volunteer Leadership Center (HandsOnTriangle)

The Village at Brookwood

The Willows

TJAAA - Chatham County Regional Long Term Care Ombudsman

TJAAA - Durham County Ombudsman

TJAAA - Orange County Regional Long Term Care Ombudsman

Toni's Massage

Touched by Angels Home Healthcare II, Inc.

Tower of Blessing

Town of Carrboro

Town of Carrboro Recreation & Parks

Town of Chapel Hill

Town of Chapel Hill Parks & Recreation

Town of Hillsborough

Town of Hillsborough Parks & Recreation

Town of Hillsborough Police Department - Are You OK? Program

Transitions GuidingLights Caregiver Support Center

Transitions LifeCare

Triangle Aphasia Project, Unlimited

Triangle J Area Agency on Aging

Triangle J Area Agency on Aging

Triangle J Area Agency on Aging (TJAAA) - Ombudsmen

Triangle Lifeline and Medical Alert Services

Triangle Mobile Dentistry

Triangle Radio Reading Service

Triangle Travel Companion

TRICARE for Life

TROSA - Triangle Residential Options for Substance Abusers

TROSA Moving

Twin Lakes Community

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

UNC Center for Rehabilitation Care (CRC)

UNC Center for Rehabilitation Care (CRC)

UNC Center for Rehabilitation Care (CRC)

UNC Dental Clinic

UNC Dept. of Psychiatry Walk-In Clinic

UNC Geriatrics Specialty Clinic (UNC GSC)

UNC Home Health

UNC Hospice

UNC Hospice

UNC Hospice Support Groups

UNC Hospital Audiology Department

UNC Hospitals

UNC Hospitals - Prescription Assistance

UNC Hospitals' Beacon Program

UNC Hospitals Cardiac Rehab

UNC Hospitals Geriatrics Specialty Clinic

UNC Lineberger Comprehensive Cancer Support Program

UNC Memory and Cognitive Disorders Clinic

UNC Parking and Hospital Shuttle

UNC Physical & Occupational Therapy - Chapel Hill

UNC Physical & Occupational Therapy - Hillsborough

UNC School of Dentistry-Geriatric and Special Care Clinic

UNC Stroke Support Group (Chapel Hill)

UNC Visitors Center

UNC Wellness Center at Meadowmont

UNC-Chapel Hill Friday Center

Unicorn Bereavement Center - Duke Hospice

United Hospice

United Way - NC 24-HR Help & Information Line

University of North Carolina

Urban Ministries

US Department of Veterans Affairs

US House of Representatives

US Senate

USDA Rural Development

VA National Call Center (NCC)

Veterans Administration Healthcare Benefits

Veterans Administration Patient Advocates

Veterans Crisis Line

Veterans Services Office (VSO) - Durham County

Veterans Services Office (VSO) - Orange County

VHA National Call Center - Health Resource Center (NCC-HRC)

Village Hearth Cohousing

Villines

Visiting Angels of Central North Carolina

Volunteer Income Tax Assistance (VITA)

Volunteers of America Carolinas (VOA)

Walgreens

Walgreens - Eastgate

Walgreens Ready Response

Walgreens Store Locator

Walmart Grocery

Warren Care Services - Adult Care

WayForth, LLC

We Care Family Care

Western Chatham Senior Center

Westhampton Apartments

Wheelchair Getaways/Van Products

White Oak Manor - Burlington

Whole Life OT, PLLC

Wisdom Senior Care

Woodridge Apartments

YMCA of Chapel Hill - Carrboro