



ORANGE COUNTY | NORTH CAROLINA

2010 COMMUNITY RESOURCE GUIDE

For Seniors and Their Families



The Pope Farm in Cedar Grove

Painting by Jennifer E. Miller

919.968.2087

www.orangecountync.gov/aging

Orange County Department on Aging



Seymour Center (919) 968-2070

Mailing & Location: 2551 Homestead Rd., Chapel Hill NC 27516

Central Orange Senior Center (919) 245-2015

Mailing: PO Box 8181, Hillsborough NC 27278
Location: 103 Meadowland Dr., Hillsborough NC 27278

Disclaimer

Inclusion in this Community Resource Guide does not imply endorsement by Orange County and exclusion does not indicate disapproval. The Orange County Department on Aging neither guarantees nor makes any representations as to the accuracy or completeness of the information contained in its Community Resource Guide. The Orange County Department on Aging disclaims any and all responsibility and liability that may be asserted or claimed resulting from or arising out of reliance upon the information presented in the Community Resource Guide. The Orange County Department on Aging reserves the right to edit information to meet format, guideline, and space requirements.

The Orange County Department on Aging would like to thank our Advertisers for the support in the publishing of the 2010 Community Resource Guide.

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Senior Transitions
UNC Home Health
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To report changes for listings in this directory, please contact the Orange County Department on Aging Aging Transitions – (919) 968-2087.



ORANGE COUNTY | Department on Aging

www.orangecountync.gov/aging

Enriching the lives of older citizens with a variety of activities, opportunities and professional services. Self-discovery never ends.

Aging Transitions

Consult with professionals as you and your family meet medical & situational changes in retirement.

Senior Centers

Come explore the opportunities & services offered at your senior centers.

Wellness Program

Improve the quality of your life by participating in preventive health/wellness services.

Retired & Senior Volunteer Program

Share your talents to benefit others. Join RSVP volunteers & make a difference in people's lives.

Transportation

Stay active, mobile & involved in your community.

Information and Consultations:

Helpline

(919) 968-2087

Administrative Office

(919) 245-2000

Senior Center Locations:

Central Orange

(Hillsborough)

(919) 245-2015

Southern Orange

(Seymour Center – Chapel Hill)

(919) 968-2070

Work Wonders with Your Experience

Join Orange County RSVP 55+ Volunteer Program

RSVP can help you

- Put your skills & talents to use
- Choose how & when to serve
- Make the difference
- Learn new skills
- Make new discoveries & friends
- Receive ongoing volunteer support



Volunteer Today!

919-968-2054 or 2056

www.orangecountync.gov - KEYWORD SEARCH: RSVP

RSVP – Providing Volunteer Opportunities for People 55+

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Chatham-Orange CRC

Community
Resource
Connections

For Aging and
Disabilities

www.chathamorangecrc.org



What is a Community Resource Connection for Aging and Disabilities?

A collaborative of Chatham and Orange County health and human services providers who serve older adults, adults with disabilities and their families offering:

- Information and assistance with long term services and support options
- Access to services, and
- Hospital discharge care planning.

Community Resource Connections



Please visit us at www.chathamorangecrc.org or contact:

- Orange County Department of Aging Services assistance line at (919)968-2087, or
- Chatham County Council on Aging at (919)542-4512.

Chatham-Orange CRC Mission Statement

The joint Chatham-Orange Counties Community Resource Connections is a partnership providing a "no wrong door" approach for disabled and aging residents in these two counties. This consumer-driven, coordinated system of information and services is offered by the Chatham-Orange Community Resource Connections to minimize confusion, enhance individual choices, and strengthen individual decision-making pertaining to needs and supports.

Work Wonders with Your Experience Join RSVP 55+ and Volunteer Today

You've gained a lifetime of experience. Now is the time to put your skills and talents to good use through community service with the Orange County RSVP 55+ Volunteer Program.

RSVP is America's largest volunteer network for people age 55 and over. Join RSVP and you join nearly 500,000 volunteers across the country who are tackling tough issues in their communities.

With RSVP, you choose how and where you want to serve. You choose the amount of time you want to give. And you choose whether you want to draw on your skills or develop new ones. In short, RSVP provides guidance and ongoing assistance to find just the right opportunity for you.

A Range of Opportunities: Orange County RSVP 55+ works with many of our local non-profit public service agencies in order to offer a full range of volunteer opportunities. For example, you may: Mobilize other volunteers – Mentor or tutor children – Share financial expertise – Prepare tax returns – Lead fundraising efforts – Provide office assistance – Lead tours for a museum or gardens

RSVP = Results: Whatever you choose to do, you'll be making a real difference: stronger families, better schools, safer communities. With RSVP, you'll see tangible outcomes and learn first hand how your contributions can change your community.

Giving Back Helps You Too: When you volunteer, you're not just helping others – you are helping yourself! Volunteering leads to new discoveries and new friends. Plus, studies show that volunteering helps you live longer and promote a positive outlook on life.

In addition you'll receive pre-service orientation, training from the organization where you serve, free supplemental insurance while on duty. For more information, join RSVP today. Make a difference. Call 968-2054 for general RSVP information. Call 968-2054 for RSVP Senior Education Corps.

We strive to make volunteering easy and rewarding by finding you the appropriate volunteer position and providing ongoing support during your volunteer service.

Why Volunteer: Learn new skills - Meet new people – Volunteering = longer life
RSVP – Providing Volunteer Opportunities for People 55 & over since 1973

919-968-2056 – www.co.orange.nc.us – Click “Volunteers”

*Part of
Orange County Government - Department on Aging
and
Senior Corps of the federal Corporation for National and Community Service
Additional support: The towns of Chapel Hill and Carrboro*

ABUSE/ADULT PROTECTIVE 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.

Alamance County Department of Social Services

Telephone: (336) 229-2908 • Fax: (336) 570-6771(Attention:APS)
319 North Graham-Hopedale Rd., Suite C, Burlington, NC 27217

Chatham County Department of Social Services

Telephone: (919) 642-6988 • Fax: (919) 542-0679
102 Camp Dr., Pittsboro, NC 27312

Durham County Department of Social Services

Telephone: (919) 560-8600 • Fax: (919) 560-8120
220 East Main St., Durham, NC 27701

Orange County Department of Social Services

Telephone: (919) 245-2800 • Fax: (919) 644-3362
113 Mayo St., Hillsborough, NC 27278

*** After hours, weekends and holidays, or if someone is in danger, call 911 immediately.**

LAW ENFORCEMENT AGENCIES - IN AN EMERGENCY, DIAL 911.

Carrboro Police Department

Telephone: (919) 918-7398

Chapel Hill Police Crisis Unit

Telephone: (919) 968-2806

Hillsborough Police Department

Telephone: (919) 732-9381

Orange County Sheriff Department Domestic Violence Coordinator Crisis Unit

Telephone: (919) 245-2950

Website: www.co.orange.nc.us/sheriff

ABUSE/FAMILY VIOLENCE PREVENTION AGENCIES

Family Violence Prevention Center of Orange County (FVPC)

Telephone: (919) 929-3872 (929-FVPC)

24-hour Crisis line: (919) 929-7122 or (866) 929-7122

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. Services offered in English and Spanish. Support groups for women. Free and confidential.

HopeLine, Inc.

Telephone: (919) 231-4525 (24 hours a day)

PO Box 10490, Raleigh, NC 27605

Offers free, confidential, non-judgmental listening and resource information. Provides crisis intervention/suicide prevention to the Triangle area.

Orange County Rape Crisis Center

Telephone: (919) 968-4647

Website: www.ocrcc.org

24-hour Crisis line: 1-866-WE-LISTEN (1-866-935-4783) or (919) 967-7273

Provides counseling and support groups to victims of sexual assaults. Does community education. Free and confidential.

UNC Hospitals Beacon Child and Family Program

Telephone: (919) 966-9314

Website: www.med.unc.edu/beacon

Provides comprehensive, coordinated care to UNC Health Care System's patients and families experiencing a variety of family violence. Includes services for children, victims of domestic abuse, and the elderly. Provides medical and psychological assessments, counseling, and education. Services provided at UNC Hospitals, its satellite clinics, or over the phone.

ADVOCACY GROUPS

Concerns about long-term care services (both availability and quality) in Orange County should be directed to one of the following specialized advocacy organizations:

Orange County Adult Care Home Community Advisory Committee

Telephone: (919) 558-9401

Lead Ombudsman

Triangle J Area Agency on Aging

PO Box 12276, RTP, NC 27709

Website: www.co.orange.nc.us/aging

County appointed citizens' committee works to maintain adult care home residents' Bill of Rights (includes assisted living facilities and family care homes). They serve as a nucleus for community involvement and education. Reports of quarterly visits to various facilities are on its web site. Committee is part of the Long Term Care Ombudsman Program.

Orange County Nursing Home Community Advisory Committee

Telephone: (919) 558-9401

Lead Ombudsman

Triangle J Area Agency on Aging

PO Box 12276, RTP, NC 27709

Website: www.co.orange.nc.us/aging

Appointed citizens' committee works to maintain nursing home residents' Bill of Rights. They serve as a nucleus for community involvement and education. Reports of quarterly visits to various facilities are on its web site. Committee is considered part of Long Term Care Ombudsman Program.

Orange County Department of Social Services

Adult Care Home Specialist

Telephone: (919) 245-2878

Department of Social Service staff monitors and documents every adult care home's compliance with licensure requirements and residents' Bill of Rights. They may work with ombudsmen to resolve issues and complaints.

Friends of Residents in Long Term Care

Telephone: (919) 782-1530 or (888) 411-7571

833-C Washington St., Raleigh, NC 27605

Email: forltc.org

Website: www.forltc.org

Statewide advocacy group that seeks to improve the lives of residents in long-term care facilities through advocacy and educational activities.

North Carolina Division of Health Service Regulation

Telephone Complaint Line: (919) 733-8499 or (800) 624-3004 (in state)

Telephone Nursing Home Information Line: (919) 733-5794

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

OMBUDSMAN FOR ORANGE & DURHAM COUNTIES

Triangle J Area Agency on Aging

Telephone: (919) 558-9401

Lead Ombudsman for Orange and Durham Counties

Triangle J Area Agency on Aging, PO Box 12276, RTP, NC 27709

Email: ckarhoff@tjcog.org

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

- **Alamance County Ombudsman**
Telephone: (336) 294-4950
- **Chatham County Ombudsman**
Telephone: (919) 542-2759

ADULT DAY CARE

Group programs provide supervision, meals and a variety of stimulating activities during daytime hours to functionally impaired and/or isolated adults.

A Valuable Resource For Better Living

The Central Orange Adult Day Health Center is strongly committed to the health and personal fulfillment of adults struggling with special needs such as physical disability and/or dementia.

The services offered include:


- A safe, friendly environment
- Qualified nursing care
- Meal preparation
- Caregiver respite
- Stimulating activities
- Socialization/ recreation
- A focus on Individualized needs



FOR YOUR PEACE OF MIND
Knowing that Your Loved One Is
Provided Affordable Care

**Central Orange
Adult Day Health Program**

105 Meadowlands Drive
Hillsborough, NC 27278
Phone: (919) 245-2017 | Fax: (919) 245-2018



ALAMANCE COUNTY

Friendship Adult Day Services, Inc.

Telephone: (336) 222-9966 • Fax: (336) 222-9595
1946-B Martin St., Burlington, NC 27216

The Harbor at Twin Lakes

Telephone: (336) 585-2393 • Fax: (336) 585-24215
3810 Heritage Dr., Burlington, NC 27215
Email: Kevans@twinlakescomm.org

CHATHAM COUNTY

Wescare Senior Life Center

Telephone: (919) 742-1362 • Fax: (919) 742-3386
618 North Third Ave., Siler City, NC 27344

DURHAM COUNTY

Community Life – Adult Day Health Care Center

Telephone: (919) 682-0215 • Fax: (919)688-5648

Durham Senior Center for Life

406 Rigsbee Ave., Suite 102, Durham, NC 27701

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

ORANGE COUNTY

Central Orange Adult Day Health Program

Telephone: (919) 245-2017 • Fax: (919) 245-2018

105 Meadowland Dr., Hillsborough, NC 27278

Provides social activities, and meets some medical needs with a part-time RN and full time Certified Nursing Assistants (CNA) on staff. Accessible shower is available.

Charles House, Inc.

Telephone: (919) 967-7570 • Fax: (919) 967-7576

109 Hillcrest Ave., Carrboro, NC 27510

Email: info@charleshouse.org

Website: www.charleshouse.org

Provides activities appropriate to needs and interests of participants.

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.

ALAMANCE COUNTY

Alamance Eldercare, Inc.

Telephone: (336) 538-8080 • Fax: (336) 536-8534

2732 Anne Elizabeth Drive, Burlington, NC 27215

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

Alamance County Department of Social Services

Telephone: (336) 570-6532

319 North Graham-Hopedale, Suite C, Burlington, NC 27217

CHATHAM COUNTY

Chatham Council for Senior Citizens

Telephone: (919) 542-4512

365 Hwy. 87 North, Pittsboro, NC 27312

P.O. Box 715, Pittsboro, NC 27312

Provides information and assistance on issues involving aging, Medicare, caregiver support, etc.

Chatham County Department of Social Services

Telephone: (919) 542-2759

102 Camp St., Pittsboro, NC 27312

DURHAM COUNTY

Durham Coordinating Council for Senior Citizens

Telephone: (919) 688-8247 • Fax: (919) 683-3406

406 Rigsbee Ave., Suite 202, Durham, NC 27701

Website: www.councilseniorcitizens.org

Provides information on benefits, long term care, housing, etc.

List of Durham support groups available on web site.

Durham County Department of Social Services

Telephone: (919) 560-8300

220 East Main St., Durham, NC 27701

ORANGE COUNTY

Orange County Department on Aging

Telephone: (919) 968-2087 • Fax: (919) 968-2017

Robert and Pearl Seymour Center, 2551 Homestead Rd., Chapel Hill 27516

Central Orange Senior Center, 103 Meadowland Dr., Hillsborough, NC 27278

Telephone: (919) 245-2015 • Fax: (919) 732-2239

Website: www.co.orange.nc.us/aging

Information, services, and counseling on age-related and caregiving issues.



Orange County Department of Social Services

Telephone: (919) 245-2800 • Fax: (919) 644-3362

113 Mayo St., Hillsborough, NC 27278

FEDERAL AGENCIES

National Eldercare Locator (Administration on Aging)

Telephone: (800) 677-1116

Website: www.eldercare.gov

Provides information about eldercare services and resources throughout U.S.

NORTH CAROLINA AGENCIES

North Carolina Division of Aging and Adult Services

Telephone: (919) 733-3983 • Fax: (919) 733-0443

2101 Mail Service Center, Raleigh, NC 27699

Website: www.dhhs.state.nc.us/aging

Website has lots of information and links to other sites.

NC Care-Link – NC Department of Health and Human Services

Telephone: (800) 662-7030 • Fax: (919) 715-8174

2012 Mail Services Center, Raleigh, NC 27699

Website: www.nccarelink.com

Provides extensive information on services available throughout North Carolina.

Triangle J Area Agency on Aging

Telephone: (919) 558-9398 • Fax: (919) 549-9390

Website: www.tjaaa.org (Over 5,000 links to other web sites)

Website for caregivers: www.fullcirclecare.org (Over 7,000 links to other web sites)

Regional public connection to services and opportunities for older adults and caregivers.

UNC Institute on Aging

Telephone: (919) 966-9444 • Fax: (919) 966-0510

Website: www.aging.unc.edu

720 Martin Luther King Blvd., CB# 1030, Chapel Hill, NC 27599-1030

Enhances the well-being of older adults in NC through collaborations in research, education, and public service.

ASSISTED LIVING/ADULT CARE HOME FACILITIES

See also: FAMILY CARE HOMES, NURSING HOMES and OMBUDSMEN

The Orange County Department of Social Services (DSS) works with the state to license and monitor local adult care (also known as assisted living) long-term care facilities. To report a complaint or for general information, call Orange County DSS at (919) 245-2800 (ask for the adult home specialist) or the state Division of Health Service Regulation at (800) 624-3004. You may also contact your local Regional Ombudsman, or resident advocate at (919) 558-9401.

Assisted Living Federation of America

Includes a suggested checklist for facilities on its website at www.alfa.org.

Assisted Living/Adult Care Homes

Provide private or semi-private rooms and services such as three meals a day, assistance with personal care, medications, activities, and transportation. Contact your County Department of Social Services or your ombudsman about particular facilities.

Family Care Homes (See; Family Care Homes Section)

Are licensed for a maximum of six unrelated residents.

Orange County Adult Care Home Community Advisory Committee

The committee visits facilities and reports its findings at least quarterly. Their reports can be found at www.co.orange.nc.us/aging. Additional information can be obtained by calling the Ombudsman at (919) 558-9401. The Division of Health Service Regulation also checks the adequacy of adult care homes. Adult Care Homes are monitored bimonthly by the County Department of Social Services.

NC Division of Health Service Regulation - Adult Care Licensure Section

Telephone: (919) 855-3765 or (800) 624-3004 • Fax: (919) 733-9379
Complaint Intake Unit, 2711 Mail Service Center, Raleigh, NC 27699

When contacting individual facilities, ask what is included in the monthly fee and for information on any extra charges.

ALAMANCE COUNTY

A Vision Come True

Telephone: (336) 227-4960 • Fax: (336) 227-4960
220 Hatch St., Burlington, NC 27217
Accepts Special Assistance.

Blakey Hall

Telephone: (336) 506-2300 • Fax: (336) 506-2455

501 Blakey Hall Lane, Elon, NC 27244

Accepts Special Assistance; Has a separate dementia care unit.

Burlington Care Center

Telephone: (336) 222-1077 • Fax: (336) 421-5871

2201 Burch Bridge Rd., Burlington, NC 27215

Accepts Special Assistance.

Burlington Manor

Telephone: (336) 584-9066 • Fax: (336) 584-9026

3615 South Mebane St., Burlington, NC 27215

Accepts Special Assistance.

Clare Bridge at Burlington Manor

Telephone: (336) 538-0367 • Fax: (336) 538-1724

3619 South Mebane St., Burlington, NC 27215

Web site: www.brookdaleseniorliving.com

Dementia care only. Accepts Special Assistance if the fee difference is paid privately.

Dogwood Forest - Nicole Building

Telephone: (336) 229-6866 • Fax: (336) 229-6003

858 Ross St., Burlington, NC 27215

Accepts Special Assistance.

Elon Village Home

Telephone: (336) 584-7930 • Fax: (336) 584-0220

715 East Haggard Ave., Elon, NC 27244

Accepts Special Assistance.

Golden Years Assisted Living

Telephone: (336) 222-9131 • Fax: (336) 222-9068

209 East Sixth St., Burlington, NC 27215

Accepts Special Assistance

Golden Years Assisted Living II

Telephone: (336) 229-5165 • Fax: (336) 222-9068

209-B East Sixth St., Burlington, NC 27215

Accepts Special Assistance

Golden Years Family Care I

Telephone: (336) 227-5854 • Fax: (336) 222-9068

205-A East Sixth St., Burlington, NC 27215

Accepts Special Assistance

Golden Years Family Care II

Telephone: (336) 229-0883 • Fax: (336) 222-9068
207 East Sixth St., Burlington, NC 27215

Accepts Special Assistance

Homeplace of Burlington

Telephone: (336) 227-2328 • Fax: (336) 227-2329
118 Alamance Rd., Burlington, NC 27215

Accepts Special Assistance; Has a separate dementia care unit.

Pleasant Grove Retirement Home

Telephone: (336) 578-0441 • Fax: (336) 578-4787
4516 Highway 49 North, Burlington, NC 27217

Accepts Special Assistance.

Southern Seasons Retirement Home

Telephone: (336) 229-9900 • Fax: (336) 570-6280
625 Lane St., Burlington, NC 27217

Accepts Special Assistance.

Springview-Brock Building

Telephone: (336) 227-3808 • Fax: (336) 222-1935
1032-C North Mebane St., Burlington, NC 27217

Accepts Special Assistance; Dementia Care Only.

Springview-Crouse Building

Telephone: (336) 222-6999 • Fax: (336) 222-1935
613 West Whitsett St., Graham, NC 27253

Accepts Special Assistance.

Springview-Phillips Family Home Care

Telephone: (336) 222-0041 • Fax: (336) 222-1935
1032 North Mebane St., Burlington, NC 27217

Accepts Special Assistance.

Springview-Ross Building

Telephone: (336) 227-4417 • Fax: (336) 222-1935
1032-B North Mebane St., Burlington, NC 27217

Accepts Special Assistance; Dementia Care Only.

Springview-Stewart Building

Telephone: (336) 222-1888 • Fax: (336) 222-1935
611 West Whitsett St., Graham, NC 27253

Accepts Special Assistance.

The Oaks of Burlington

Telephone: (336) 584-3070 • Fax: (336) 584-3458
1670 Westbrook Ave., Burlington, NC 27215
Accepts Special Assistance.

CHATHAM COUNTY

Call the Chatham County Department of Social Services (DSS) for information on individual facilities at (919) 542-2759, or contact the Regional Long Term Care Ombudsman at (919) 558-9404.

Cambridge Hills Assisted Living of Pittsboro

Telephone: (919) 545-9573 • Fax: (919) 545-9072
140 Brookstone Terrace, Pittsboro, NC 27312
Accepts Special Assistance; Has a Locked Unit.

Careview Rest Home

Telephone: (919) 742-3832 • Fax: (919) 742-3832
2701 Moon Lindley Rd., Snow Camp, NC 27349
Accepts Special Assistance.

Coventry House of Siler City

Telephone: (919) 742-4052 • Fax: (919) 742-9362
260 Village Lake Rd., Siler City, NC 27344
Accepts Special Assistance.

Hill Forest Rest Home

Telephone: (919) 837-2493 • Fax: (919) 837-5071
9141 Highway 421, Goldston, NC 27207
Accepts Special Assistance.

DURHAM COUNTY

Call the Durham County Department of Social Services (DSS) for information on individual facilities at (919) 560-8600, or contact the Regional Long Term Care Ombudsman at (919) 558-9404.

Alta Walk

Telephone: (919) 401-0100 • Fax: (919) 544-8402
5705 Fayetteville Rd., Durham, NC 27713
Website: www.altawalk.com

Camellia Gardens

Telephone: (919) 544-0257 • Fax: (919) 361-0534
5010 South Alston Ave., Durham, NC 27713
Accepts Special Assistance.

Carolina House of Durham

Telephone: (919) 479-9966 • Fax: (919) 479-9977
4434 Ben Franklin Blvd., Durham, NC 27704
Website: www.brookdaleliving.com
Has a separate dementia unit (private pay only).

Clare Bridge

Telephone: (919) 852-1355 • Fax: (919) 479-9977
7870 Chapel Hill Rd., Durham, NC 27513-5428
Dementia Care Only. Private Pay Only.

Durham Ridge Assisted Living

Telephone: (919) 596 9464
3420 Wake Forest Highway, Durham, NC 27703
Has a separate dementia unit. Accepts Special Assistance.

Eden Spring Living Center

Telephone: (919) 544-0874 • Fax: (919) 544-0802
3812 Booker St., Durham, NC 27713
Accepts Special Assistance.

Ellison's Rest Home

Telephone: (919) 544-3714 • Fax: (919) 544-3714
100 Ellison Dr., Durham, NC 27713
Email: ellisonrh@aol.com
Accepts Special Assistance.

Eno Pointe Assisted Living

Telephone: (919) 471-6306 • Fax: (919) 471-0554
5600 North Roxboro Rd., Durham, NC 27712
Accepts Special Assistance.

Seasons At South Point

Telephone: (919) 484-8518 • Fax: (919) 484-8520
1002 Hwy. 54 East, Durham, NC 27713
Website: seasonsatsouthpoint.com
Dementia Care Only.

South Pointe Manor

Telephone: (919) 361 0721 • Fax: (919) 544-1162
3218 Old Apex Hwy., Durham, NC 27713
Accepts Special Assistance.

Spring Arbor of Durham

Telephone: (919) 403-0055 • Fax: (919) 403-0677
4523 Hope Valley Rd., Durham, NC 27707
Accepts Special Assistance.

Wynwood

Telephone: (919) 933-1430 • Fax: (919) 933-1543
2220 Farmington Dr., Chapel Hill, NC 27517
Private Pay Only.

ORANGE COUNTY

Carolina House of Chapel Hill

Telephone: (919) 918-7600 • Fax: (919) 967-3400
100 Lanark Rd., Chapel Hill, NC 27517
Website: www.brookdaleliving.com
Has a separate dementia unit.

Carillon Assisted Living of Hillsborough

Telephone: (919) 732-9040 • Fax: (919) 732-9039
1911 Orange Grove Rd., Hillsborough, NC 27278
Website: www.carillonassistedliving.com
Has a separate dementia unit. Accepts Special Assistance.

Crescent Green of Carrboro

Telephone: (919) 933-9570 • Fax: (919) 933-9571
624 Jones Ferry Rd., Carrboro, NC 27510
Accepts Special Assistance.

The Stratford

Telephone: (919) 929-7859 • Fax: (919) 933-3413
405 Smith Level Rd., Chapel Hill, NC 27516
Has a separate dementia unit. Accepts Special Assistance.

Villines

Telephone: (919) 732-4201 • Fax: (919) 732-3919
401 West Queen St., Hillsborough, NC 27278
Accepts Special Assistance.

BENEFITS

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

Department of Social Services - Alamance County

Telephone: (336) 570-6532

319 North Graham-Hopedale, Suite C, Burlington, NC 27217

Department of Social Services - Chatham County

Telephone: (919) 542-2759

102 Camp St., Pittsboro, NC 27312

Department of Social Services - Durham County

Telephone: (919) 560-8102

220 East Main St., Durham, NC 27701

Department of Social Services - Orange County

Telephone: (919) 245-2800

113 Mayo St., Hillsborough, NC 27278

or

Telephone: (919) 968-2000

Southern Human Services Bldg., 2501 Homestead Rd., Chapel Hill, NC 27516

Social Security Administration

Telephone: (800) 772-1213 or (919) 541-1914

TTY: (800) 325-0778

Website: www.ssa.gov

3004 Tower Blvd., Durham, NC 27707

Accepts Medicare/Social Security (SSI) and Survivors' Benefits applications in person or on-line. Appointments for a telephone interview are available by calling the 800 number. Brochures on a variety of subjects may be downloaded from the web site.

Veterans' Assistance (Orange County)

Telephone: (919) 245-2890

113 Mayo St., Hillsborough, NC 27278

or

Telephone: (919) 969-3032 (Ext 259)

Skills Development Center, 503 West Franklin St., Chapel Hill, NC 27516

Social worker helps veterans or their spouses with qualifications and questions about benefits.

BETTER BUSINESS BUREAU

Better Business Bureau of North Carolina

Telephone: (919) 967-0296

3125 Poplarwood Ct., Raleigh, NC 27604

Website: www.bbb.org

Email: info@raleigh.bbb.org

Has reliability/complaint reports on specific companies and charities.

CAREGIVING

(For full listings, see AGING AGENCIES, DEMENTIA, SUPPORT GROUPS, and WEBSITES)

Each County Department or Council on Aging is charged with providing 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. Telephone consultations, office appointments, and in some cases, home assessments may be available. Long distance family caregivers can consult the aging office where they or their family member resides.

TELEPHONE RESOURCES

- Alamance County Eldercare: (336) 538-8080
- Chatham County Council on Aging: (919) 542-4512
- Durham County Coordinating Council for Senior Citizens: (919) 688-8247
- Orange County Department on Aging: (919) 968-2087
- Wake County Resources for Seniors: (919) 713-1537
- Alzheimer's North Carolina, Inc.: (800) 228-8738
- Alzheimer's Association 24-Hr. National Hotline: (800) 272-3900
- Duke Family Support Program - Alzheimer's Education: (800) 672-4213
- Nationwide Eldercare Locator: (800) 677-1116
- United Way - NC 24-Hr. Help and Information Line: 211

LOCAL SPECIALTY CLINICS

- Duke Geriatric Evaluation and Treatment Clinic: (919) 620-4070
- UNC Center for Aging and Health - Interdisciplinary Geriatric Evaluation and Treatment Clinic: (919) 966-1459
- Duke Neurological Disorders Clinic (919) 668-7600
- UNC Memory Disorders Clinic: (919) 966-8168

SELECTED WEB SITES FOR CAREGIVERS

- **www.aarp.org/foundation**
Prepare To Care, a downloadable planning guide for families. The general AARP site is also helpful.
- **www.alz.org**
Inside The Brain: An Interactive Tour - Education for caregivers of individuals with dementia.
- **www.caregiver.org**
Family Caregivers Alliance - Easy to search topics with practical suggestions.

- **www.napgcm.org**
National Association of Geriatric Care Managers - Locate a certified care manager to assist you or your family member nationwide.
- **www.caring.com**
Helpful site with emphasis on parent care; easy to find specific information and to-do lists; conversations with experts.
- **www.caringinfo.org**
Free advance directive documents for any state.
- **www.dukefamilysupport.org**
Duke Family Support Program - Subscribe to *The Caregiver* newsletter (Free to NC residents).
- **www.fullcirclecare.org**
NC Family Caregivers - Find local caregiver specialists in each region. Learn about caregiver services across the state.
- **www.medicare.gov**
Compare nursing homes throughout the country.
- **www.naela.org**
National Academy of Elder Law Attorneys - Locate elder law attorneys nationwide.

CARE MANAGEMENT

See also: AGING AGENCIES and SOCIAL SERVICES

Aging Agencies and Departments of Social Services can provide some care coordination for seniors who need multiple services in order 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.

Golden Eldercare Management

Telephone: (919) 604-1231 • Fax: (919) 969-5298

P.O. Box 16007., Chapel Hill, NC 27516

Website: www.GoldenEldercare.pro

National Association of Professional Geriatric Care Managers

Telephone: (520) 881-8008 • Fax: (520) 325-7925

1604 N. Country Club Rd., Tucson, AZ 85716-3102

Website: www.napgcm.org for a list based on geographic location.

Provides information on certified care managers. Private pay. Providers may accept Long-Term Care Insurance.

Senior Transitions

Telephone: (919) 225-0379 • Fax: (919) 968-1333

2801 Summerwind Rd., Chapel Hill, NC 27516

Email: caringforseniors@aol.com

Compassion and Knowledge
Helping you Coordinate Elder Care

- ♦ Assessment ♦ Care Planning ♦ Home visits ♦
- ♦ Facility visits ♦ Assist with move to facilities ♦
- ♦ Facilitate communication ♦ Advocacy ♦
- ♦ Crisis intervention ♦ RN on call 24/7 ♦
- ♦ Advance Care Planning ♦

Golden Eldercare Management^{PC}

Meg Smith, RN, BSN, CCM
Nansi Greger-Holt, RN, MSN, MPH
Jennie Pothoven, RN, BSN
Carol Mitchell, RN, BSN, CWN
Orna Kafri, RN, BSN
Kathy Wood, RN, BSN

(919) 604-1231 ♦ www.GoldenEldercare.pro

National Association of Professional Geriatric Care Managers
www.caremanager.org GCM

Looking at changes in your life
or health or that of a loved one?
Unsure what to do?

CALL
Senior Transitions
*Providing Care Management,
Assessment and Consultation*

Madelyn Ashley, RN, MSN
(919) 225-0379
15 years experience
email: caringforseniors@aol.com

We can help you remain in your home
With care and support
— or —
Oversee the care of a family member
in a nursing care facility

CLINIC - LOW COST MEDICAL

See also: DENTAL CARE

The North Carolina Institute of Medicine has a state-wide web site to help people access local health care which is either free or has a reduced cost. It is:
www.nchealthcarehelp.org.

ALAMANCE COUNTY

Piedmont Health Clinics

Medicare will cover more medical services, including preventive care for patients at federally approved health clinics. The clinics charge patients on a sliding scale, based on income. Prescriptions on their formulary (or list) are available for a minimal cost. Local clinics are part of Piedmont Health Services and are located at:

- **Charles Drew Community Health Center**
Telephone: (336) 570-3739
221 N. Graham-Hopedale Rd., Burlington, NC 27217
- **Scott Clinic**
Telephone: (336) 421-3247
5270 Union Ridge Rd., Burlington, NC 27217

CHATHAM COUNTY

Piedmont Health Clinics

Medicare will cover more medical services, including preventive care, for patients at federally approved health clinics. The clinics charge patients on a sliding scale, based on income. Prescriptions on their formulary (or list) are available for a minimal cost. Local clinics are part of Piedmont Health Services and are located at:

- **Moncure Community Health Center**
Telephone: (919) 542-4991
7228 Pittsboro-Moncure Rd., Moncure, NC 27559
- **Siler City Community Health Center**
Telephone: (919) 663-1744
224 10th Ave., Siler City, NC 27344

DURHAM COUNTY

Lincoln Community Health Center, Inc.

Telephone: (919) 956-4000 or 560-7600
1301 Fayetteville St., Durham, NC 27707

ORANGE COUNTY

Orange County Health Department

Telephone: (919) 245-2400
300 West Tryon St., Hillsborough, NC 27278
or
Telephone: (919) 968-2022
2501 Homestead Rd., Chapel Hill, NC 27516

Piedmont Health Clinics

These clinics charge patients on a sliding scale, based on income. Prescriptions on their formulary (or list) are available for a minimal cost.

- **Carrboro Community Health Center**
Telephone: (919) 942-8741 • Fax: (919) 942-1473
301 Lloyd St., Carrboro, NC 27510
- **Piedmont Women's Health Center**
Telephone: (919) 933-3301 • Fax: (919) 933-3375
930 Martin Luther King Blvd., Chapel Hill, NC 27514
- **Prospect Hill Community Health Center**
Telephone: (336) 562-5972 • Fax: (336) 562-4444
140 Main St., Prospect Hill, NC 27314

COMMUNITY CENTERS – ORANGE COUNTY

See also: SENIOR CENTERS

Carrboro Century Center

Telephone: (919) 918-7385 • Fax: (919) 918-4476

100 North Greensboro St., Carrboro, NC 27510

Website: www.townofcarrboro.org/rp/cc.htm

CONTINUING CARE RETIREMENT COMMUNITIES (CCRCs)

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) 733-5633 (Ext. 249 or 250).

ALAMANCE COUNTY

Twin Lakes Community

Telephone: (336) 538-1500 • Fax: (336) 538-1504
100 Wade Coble Dr., Burlington, NC 27215
Website: www.twinlakescomm.org

The Village at Brookwood

Telephone: (336) 570-8400 • Fax: (336) 570-8438
1860 Brookwood Ave., Burlington, NC 27215
Website www.villageatbrookwood.org

CHATHAM COUNTY

Carolina Meadows

Telephone: (919) 942-4014 • Fax: (919) 929-7808
100 Carolina Meadows, Chapel Hill, NC 27517
Website: www.carolinameadows.org

Galloway Ridge at Fearington

Telephone: (919) 545-2215 • Fax: (919) 545-2220
3000 Galloway Ridge, Pittsboro, NC 27312
Website: www.gallowayridge.com

Pittsboro Christian Village

Telephone: (919) 542-3151 • Fax: (919) 542-5919
1825 East St., Pittsboro, NC 27312
Website: www.pcvnc.org

DURHAM COUNTY

Croasdaile Village Retirement Community

Telephone: (919) 384-2475 • Fax: (919) 384-2910

United Methodist Retirement Homes, Inc.

2600 Croasdaile Farm Pkwy., Durham, NC 27705

Email: carolr@umrh.org

Web site: www.croasdailevillage.com

The Cedars

Telephone: (919) 259-7000 • Fax: (919) 929-1455

100 Cedar Club Circle, Chapel Hill, NC 27517

Website: www.cedarsofchapelhill.com

The Forest at Duke

Telephone: (919) 490-8000 • Fax: (919) 490-0887

2701 Pickett Rd., Durham, NC 27705

Website: www.forestduke.org

ORANGE COUNTY

Carol Woods Retirement Community

Telephone: (919) 968-4511 • Fax: (919) 918-3349

750 Weaver Dairy Rd., Chapel Hill, NC 27514

Email: info@carolwoods.org

Website: www.carolwoods.org

DEMENTIA/ALZHEIMER'S DISEASE

See also: AGING AGENCIES, GERIATRIC ASSESSMENT, SUPPORT GROUPS, and WEBSITES

DIAGNOSTIC AND TREATMENT CLINICS FOR MEMORY DISORDERS

Duke Neurological Disorders Clinic

Telephone: (919) 668-7600 • Fax: (919) 942-1473

932 Morreene Rd., Durham, NC 27705

Do not need a physician's referral. Includes memory and movement disorders.

UNC Memory Disorders Division - Department of Neurology

Telephone: (919) 966-8168 -for appointments (919) 966-4401

Office • Fax: (919) 966-2922 Clinic • Fax: (919) 966-6501

170 Manning Dr, CB 7025, Chapel Hill, NC 27514

Need a physician's referral.

ALZHEIMER'S DISEASE RESOURCES

Alzheimer's North Carolina, Inc

Telephone: (919) 832-3732 or (800) 228-8738

24 Hour National Hotline: (800) 272-3900

1305 Navaho Dr., Suite 220, Raleigh, NC 27609

Clearing house for information/education on Alzheimer's disease.

Alzheimer Association in Eastern North Carolina

Telephone: (919)573-1851 or (800) 272 3900

3737 Glenwood Ave., Suite 100, Raleigh, NC 27612

Duke Family Support Program

Telephone: (919) 660-7510 or (800) 646-2028 • Fax: (919) 668-0453

Room 3513 Blue Zone, Duke Clinic.

Duke University Medical Center

200 Trent Dr., Durham, NC 27710

Education, family support groups and research opportunities.

Orange County Department on Aging

Telephone: (919) 968-2087 • Fax: (919) 968-2017

Seymour Center, 2551 Homestead Rd., Chapel Hill, NC 27516

Central Orange Senior Center, 103 Meadowland Dr., Hillsborough, NC 27278 (919) 968-2087

Dementia related services at Orange County Department on Aging:

- *Alzheimer's Disease caregivers' monthly support groups with concurrent activity groups.*
- *Caregivers' education.*
- *Dementia library.*
- *In-home assessments.*
- *Individual caregiver counseling*

Safe Return

Telephone: (888) 572-8566

Web site: www.medicalert.org/safereturn

Identifying information is provided to a national registration for people with dementia who wander. Can select either a pendant or bracelet to wear. Fee.

SPECIALTY CARE UNITS ALZHEIMER'S/DEMENTIA

These treatment centers accept patients discharged from facilities for aggressive behavior.

Western NC

Black Mountain Neurological Treatment Center

Telephone: (828) 259-6700

Admissions: (828) 259-6945 • Fax: (919) 259-6670

932 Old US Hwy. 70, Black Mountain, NC 28711

Website: www.bmcnc.org

Eastern NC

Long Leaf Neurological Treatment Center

Telephone: (252) 399-2112 • Fax: (252) 399-2120

4761 Ward Blvd., Wilson, NC 27893

Website: www.longleafneuromedical.ncdhhs.gov

DENTAL CARE CLINICS

ORANGE COUNTY

Carrboro Community Health Center Dental Clinic.

Telephone: (919) 933-9087 • Fax: (919) 537-0254

309 Lloyd St., Carrboro, NC 27501

Mondays - Fridays from 8:00 am - 6:00 pm. Sliding fee scale.

English and Spanish speaking providers.

Department of Veterans Affairs Medical Center

Telephone: (919) 286-0411 • Fax: (919) 286-6825

508 Fulton St., Durham, NC 27705

Veterans only. Call for eligibility criteria.

Orange County Health Department

Telephone: (919) 245-2435 • Fax (919) 644-3368

300 West Tryon St., Hillsborough, NC 27278

Wed., Thurs., Fri. from 8:00am-12:30

or

Telephone: (919) 968-2025 • Fax: (919) 968-2021

Carr Mill Mall, 2nd floor-Suite D15

200 North Greensboro St., Carrboro, NC 27510

Call for an appointment. Sliding fee scale. Basic dental care.

(No dentures, crowns, etc.)

UNC Dental Clinic

Telephone: (919) 966-1485

UNC Dental School Geriatric and Special Care Clinic

Telephone: (919) 966-6917

Special Care Clinic, UNC School of Dentistry, Ground Floor,

#0017 Tarrson Hall, CB#7450, Chapel Hill, NC 27599.

Care provided 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.

DISABILITIES – DEVELOPMENTAL

ORANGE COUNTY

Advanced Health Resources

Telephone: (919) 465-3277 • Fax: (919) 465-3222
1218 Copeland Oaks Drive., Morrisville, NC 27560
Website: www.ahrnc.com

Provides services, including case management for people with developmental disabilities.

Arc of Orange County, Inc.

Telephone: (919) 942-5119 • Fax: (919) 942-2119
208 N Columbia St., Suite 100, Chapel Hill, NC 27514
Email: rbaker@arcoforange.org
Website: www.arcoforange.org

Provides variety of services to people with developmental disabilities of all ages, and their families. Sliding fee scale. Accepts Medicaid.

Club Nova

Telephone: (919) 968-6682 • Fax: (919) 968-1764 or 968-2522
103D West Main St., Carrboro, NC 27510
Email: kdunn@clubnova.org
Website: www.clubnova.org

Provides housing and clubhouse services to individuals who receive mental health, developmental disability and substance abuse services. Ask to speak to an administrator.

OPC Screening, Triage, Access & Referral (STAR)

Telephone: (919) 913-4100 or Toll Free: 1-800-233-6834

Residential Services

Telephone: (919) 942-7391 • Fax: (919) 933-4490
111 Providence Rd., Chapel Hill, NC 27514
Website: www.rsi-nc.org

Housing for people with developmental disabilities.

DISABILITIES – PHYSICAL AND SENSORY

GENERAL

Alliance of Disability Advocates – Center for Independent Living

Telephone: (919) 833-1117 (Voice/TTY) • Fax: (919) 833-1171

401 Oberlin Rd., Suite 103, Raleigh, NC 27605

Email: alliance@alliancecil.org

Website: www.alliancecil.org

Offers individual and systems advocacy, information and referral, independent living skills training, peer mentoring and support, and community inclusion.

North Carolina Assistive Technology Program (NCATP)

NC Dept. of Health and Human Services – Division of Vocational Rehabilitation Services

Telephone: (919) 850-2787 • Fax: (919) 850-2792

1110 Navaho Dr., Suite 101, Raleigh, NC 27609-7322

Website: ncatp.org

State and federally funded program provides assistive technology services to people of all ages and abilities. Has adaptive equipment for demonstrations and short term loan. Some services have a fee.

North Carolina Independent Living Program

Telephone: (919) 560-6815 or (888) 666-4916

4312 Western Park Pl., Durham, NC 27705

Website: dvr.dhhs.state.nc.us

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.

North Carolina Vocational Rehabilitation

Telephone: (919) 969-7350 • Fax: (919) 969-7349

548 Smith Level Rd., Carrboro, NC 27510

Helps people with a disability re-enter the work force.

May provide financial help for people who want to return to school.

Orange County Department on Aging

Telephone: (919) 968-2087 • Fax: (919) 968-2017

2551 Homestead Rd., Chapel Hill, NC 27516

A licensed occupational therapist (OTR/L) is available for consultations on home safety/modifications. Donations accepted.

HEARING IMPAIRMENT

Duke Hospital Speech Pathology and Audiology Clinic

Telephone: (919) 684-3859 • Fax: (919) 668-2741

155 Baker House Trent Dr., Durham, NC 27701

Website: www.dukespeechandhearing.org

Hear Now

Telephone: (800) 648-HEAR [(800) 648-4327]

Website: www.sotheworldmayhear.org

Provides low-cost or free hearing aids. Non-refundable application fee per hearing aid.

National Hearing Aid Society

Telephone: (800) 521-5247

Referrals for assistance with obtaining hearing aids.

North Carolina Department of Health and Human Services – Division of Services for the Deaf and Hard of Hearing

Telephone: (919) 874-2212 (TTY/voice) or (800) 851-6099 (voice)

(800) 851-6099 (TTY) • Fax: (919) 855-6872

Physical Address: 1100 Navaho Dr., Wood Oaks Bldg., Raleigh, NC, 27609

Mailing Address: 2301 MSC, Raleigh, NC 27699-2301

Website: <http://dsdhh.dhhs.state.nc.us/>

Relay North Carolina

Telephone: (800) 374-4833 (TTY) or (800) 735-2962 (voice) • Fax: (877) 877-3291

Website: www.relaync.com

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

Self Help for the Hard of Hearing (SHHH)

Telephone: (919) 967-9955

Support and information provided in a group setting for individuals with hearing impairments.

TACSI Assistive Systems

Telephone: (336) 513-6633

304 S Main St., Graham, NC 27253

Email: joanblack@mebtel.net

Services and equipment for individuals, and groups, who are hard of hearing, deaf, or vision and hearing impaired. Provider for Relay North Carolina System.

UNC Hospitals Hearing and Speech Clinic

Telephone: (919) 843-4479

101 Manning Dr., Chapel Hill, NC 27599

VISUAL IMPAIRMENT

American Foundation for the Blind Information Center

Telephone: (800) 232-5463
2 Penn Plaza, Suite 1102, New York, NY 10121
Email: afbinfo@afb.net
Website: www.afb.org

Duke Hospital Eye Center

Telephone: (919) 684-6611 or (800) 422-1575
2351 Erwin Rd., Durham, NC 27705
Website: www.dukeeye.org

Low Vision Support Group

Meets at the Robert and Pearl Seymour Center, 2551 Homestead Rd., Chapel Hill, NC 27516

Call (919) 968-2070 for meeting dates and times.

National Library for the Blind

Telephone: (888) 657-7323 or (202) 707-5100
Email: nis@loc.gov
Website: www.loc.gov

North Carolina Division of Services for the Blind

Telephone: (888) 222-1546 or (919) 733-4234
309 Ashe Ave., Fisher Bldg., Raleigh, NC 27606
Website: www.dhhs.state.nc.us/dsb

North Carolina Library for the Blind and Physically Handicapped

Telephone: (919) 733-4376 or (888) 388-2460
TDD: (919) 733-1462 • Fax: (919) 733-6910
1841 Capital Blvd., Raleigh, NC 27635
Email: nclbph@ncmail.net

People who cannot use regular printed materials, because of a visual, or other physical handicaps (such as not being able to hold a book), are eligible. Applications can be obtained from your local reference librarian. Free.

Orange County Social Worker for Blind Services - Department of Social Services (DSS)

Telephone: (919) 245- 2876
113 Mayo St., Hillsborough, NC 27278

Radio Reading Service

Telephone: (919) 832-5138

211 E. Six Forks Rd., Raleigh NC, 27609

Email: trserv@nc.rr.com

Newspapers and magazines read over a specific radio channel. Special radios are loaned free.

UNC Low Vision Service, UNC Department of Ophthalmology

Telephone: (919) 966-2061 for an appointment

130 Mason Farm Rd., Chapel Hill, NC 27599

Examinations, rehabilitation, adaptive devices and resources.

DRIVING

AAA (American Automobile Association)

Telephone: (800) 444-8691: (Ext. 7883 Traffic Safety Dept.) or (919) 832-0543

2301 Blue Ridge Rd., Raleigh NC, 27607

Website: www.aaa.com

"Roadwise Review: A Tool to Help Seniors Drive Safely Longer" is an Interactive CD-ROM.

AARP Driver Safety Program

Telephone: (919) 968-2070

Robert and Pearl Seymour Center, 2551 Homestead Rd., Chapel Hill, NC 27516

DRIVING EVALUATIONS

Bryant Driving School

Telephone: (919) 489-7550

1802 MLK Jr. Parkway., Durham, NC 27707

Website: www.bryantdrivingschool.com

Evaluates driving skills. Offers instructions and courses for people with a disability. Fee.

Carolina Meadows Continuing Care Retirement Community

Telephone: (919) 942-4014

100 Carolina Meadows, Chapel Hill, NC 27517

Website: www.carolinameadows.org

Individual pre-driving evaluation by an occupational therapist (not behind the wheel).

Priority given to residents. Fee for non-residents.

Driver Rehabilitation Services, P.A.

Telephone: (336) 697-7841 • Fax: (336) 697-7842

605 Cabaret Rd. Mcleansville NC, 27301

Website: www.drive-rehabnc.com

Individual driving evaluation by an occupational therapist. Includes both driver assessments and behind the wheel/on the road assessment. Comes to your location. Fee.

Duke University - Adult Neurological Physical and Occupational Therapy Services at Lennox-Baker Hospital.

Telephone: (919) 684-4543 or (919) 684-2445 • Fax: (919) 668-2420

3000 Erwin Rd., Durham, NC 27710

Individual pre-driving evaluation by an occupational therapist (not behind the wheel). If appropriate, modifications can be made to a car so that a person can drive more safely. If physician makes referral, evaluation may be reimbursable under Medicare and other insurance policies.

Moses Cone Outpatient Rehabilitation

Telephone: (336) 271- 4840 • Fax: (336) 271-4921

1904 North Church St., Greensboro, NC 27405

Appointments - Wednesdays only. Classroom and driving evaluations. Fee.

Wake Forest University Baptist Medical Center

Telephone: (336) 716-2011 • Fax: (336) 716-8005

Website: wfubmc.edu

Fee.

EDUCATIONAL OPPORTUNITIES

The Senior Times is published quarterly by the Orange County Department on Aging. It lists programs that are held throughout the county, and a variety of educational opportunities. It is available at senior centers, libraries and other public locations.

People 65+ can take classes within the UNC system for free. Obtain registration forms from the continuing education department at the Friday Center (919) 962-1134. Web site: www.fridaycenter.unc.edu

Carolina College for Lifelong Learning (CCLL)

Telephone: (919) 843-5115

Website: www.alumni.unc.edu

Offers comprehensive enrichment opportunities. Sponsored by the UNC General Alumni Association (GAA). Classes are taught primarily by UNC faculty and graduate teaching fellows. Sessions are generally conducted on the UNC-CH campus for three to four weeks.

Durham Academy- Adult Enrichment Classes for the Triangle Community

Telephone: (919) 493-9595 • Fax: (919) 489-9205

3601 Ridge Rd., Durham, NC 27705-5599

Durham Technical Community College

Telephone: (919) 536-7238

525 College Park Dr., Hillsborough, NC 27278

Website: www.durhamtech.edu/orangecountycampus.htm

Offers continuing education courses, as well as a two year degree program.

North Carolina Cooperative Extension in Orange County

Telephone: (919) 245-2050 • Fax: (919) 644-3067

306-E Revere Rd., Hillsborough, NC 27278

Website: www.ces.ncsu.edu (Click on "County Centers")

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.

Osher Lifelong Learning Institute at Duke (OLLI)

Telephone: (919) 684-2703 • Fax: (919) 681-8235

The Bishop's House, Duke University, Durham, NC 27708

Email: catherinefrank@duke.edu

Website: www.learnmore.duke.edu/olli

Offers non-credit 11-12 week courses to people age 50+. Three terms a year. Classes held in various local locations. Fee.

Peer Learning

Telephone: (919) 933-7464

Courses offered in Chapel Hill facilities and taught by seniors for seniors. Fee.

Shared Learning

Telephone: (919) 918-3650

Classes meet in Chapel Hill facilities, and are taught by seniors for seniors. Fee.

UNC Adventures in Ideas

Telephone: (919) 962-1544

Program in the Humanities and Human Values

1700 Martin Luther King Jr., Blvd., CB#3425, UNC, Chapel Hill, NC 27599

Website: www.Adventuresinideas.unc.edu

Offers a wide variety of one-day sessions in various locations.

UNC Community Classroom Series

Telephone: (919) 962-2643 or (800) 845-8640

The William and Ida Friday Center for Continuing Education

Hwy. 54, Chapel Hill, NC

Email: ceinfo@unc.edu

Website: fridaycenter.unc.edu/pdep

Offers short courses every spring and fall. Courses meet weekly for two hour sessions at the Friday Center.

EMPLOYMENT

Employment Security Commission

Area Leader/ Job Counselor for Orange County Seniors

(919) 968-2031 or 630-7051

601 Valley Forge Rd., Hillsborough, NC 27278

END OF LIFE PLANNING (ADVANCED DIRECTIVES)

See also: LEGAL, HOSPICES and AGING AGENCIES

Health Care Power of Attorney and Living Will forms are available at the Senior Centers. Forms must be witnessed and notarized, which can be done for free at the Robert and Pearl Seymour Center in Chapel Hill, the Central Orange Senior Center in Hillsborough, or at your bank.

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

LEGAL AID OF NORTH CAROLINA

Legal Aid has regular appointments available at both Orange County Senior Centers. They provide free legal services - such as wills, Durable/Financial Power of Attorney, and Health Care Power of Attorney.

Telephone: (800) 219-5262 • Fax: (919) 545-0735

Website: www.legalaidnc.org

ON-LINE REGISTRY OF ADVANCE DIRECTIVES

Department of Secretary of State

Telephone: (919) 733-4161 or 807-2155 • Fax: (919) 807-2294

P.O. Box 29622, Raleigh, NC 27626-0622

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

Register advance directives to make them available on-line. Includes: Health Care Power of Attorney, Living Will, advance instructions for mental health treatment, and anatomical gifts (organ donations).

PROJECT COMPASSION

Telephone: (919) 402-1844 • Fax: (919) 402-1843

180 Providence Rd., Suite 1-C, Chapel Hill, NC 27514

Website: www.project-compassion.org

Project Compassion creates volunteer Support Teams that provide practical, emotional, social and quality of life support for people living with illness and caregiving. Teams are created in partnership with community groups, organizations and friendship circles.

FAMILY CARE HOMES

Family care homes are licensed for a maximum of six unrelated residents and are assisted living/adult care homes. They must be licensed by the state, and are monitored by the county's Department of Social Services. To reach the regional ombudsman, call (336) 294-4950.

ALAMANCE COUNTY

A Touch of Country Family Care

Telephone: (336) 570-1748 • Fax: (336) 570-0905

4159 Brandon Lane, Burlington, NC 27217

Website: www.atocfc@yahoo.com

Accepts Special Assistance.

Above and Beyond Adult Care Home

Telephone: (336) 226-6417 • Fax: (336) 226-6417

1616 East Webb Ave., Burlington, NC 27217

Accepts Special Assistance.

Agape Family Care Home

Telephone: (336) 222-0135 • Fax (336) 222-0135

120 Carriage Loop Rd., Burlington, NC 27217

Accepts Special Assistance.

Alvarado's Family Care

Telephone: (336) 222-0303 • Fax: (336) 228-0487

646 Country Club Dr., Burlington, NC 27215

Accepts Special Assistance.

Angel's Family Care Home

Telephone: (336) 270-4413

809 Wicker St., Burlington, NC 27217

Accepts Special Assistance.

Anthony's Street Family Care Home

Telephone: (336) 228-7897 • Fax: (336) 229-2008

123 S. Anthony St., Burlington, NC 27217

Accepts Special Assistance.

Ashley Family Care Home

Telephone: (336) 229-6839 • Fax: (336) 229-6839

220 Hall Ave., Burlington, NC 27217

Accepts Special Assistance.

Bethany Tender Love and Care

Telephone: (336) 584-2763

532 Greenwood Dr., Burlington, NC 27215

Accepts Special Assistance.

C & M Adult Care Home

Telephone: (336) 227-5216

422 North. Main St., Burlington, NC 27215

Accepts Special Assistance.

Caring Hearts Assisted Living

Telephone: (336) 228-7900 • Fax: (336) 228-7900

218 Adams St., Burlington, NC 27215

Accepts Special Assistance.

Cham-Net Family Care Home

Telephone: (336) 226-5060 • Fax: (336) 226-5045

1010 Richmond Ave., Burlington, NC 27217

Accepts Special Assistance.

Creekview Family Care Home

Telephone: (336) 578-8374 • Fax: (336) 578-0633

3524 Dickey Mill Rd., Mebane, NC 27302

Accepts Special Assistance.

D&M Family Care Home

Telephone: (336) 584-8797 • Fax: (336) 421-5456

4327 Burch Bridge Rd., Burlington, NC 27217

Accepts Special Assistance.

Dee & G Enrichment Center

Telephone: (336) 570-3072 • Fax: (336) 222-8338

2822 South Mebane St., Burlington, NC 27703

Accepts Special Assistance.

Dogwood Family Care Home

Telephone: (336) 436-0046 • Fax: (336) 725-5740

840 Ross St., Burlington, NC 27217

Accepts Special Assistance.

Emmanuel Family Care II

Telephone: (336) 585-2025 • Fax: (336) 584-5037

2655 White Oak Dr., Burlington, NC 27215

Accepts Special Assistance.

Evans Forever Young Family Care Home, LLC

Telephone: (336) 584-4500

3746 Danieleley-Water Wheel Rd., Burlington, NC 27217

Accepts Special Assistance.

Faith Family Care Home II

Telephone: (336) 227-9992 • Fax: (336) 228-8939

603 Crestview Dr., Burlington, NC 27217

Accepts Special Assistance.

Fowlers Family Care Home #3

Telephone: (336)228-1525

509 Graham Dr., Graham, NC 27217

Accepts Special Assistance.

Freeland's Place Called Home

Telephone: (336) 226-8512 • Fax: (336) 226-8515

1407 Knollwood Dr., Burlington, NC 27217

Accepts Special Assistance.

Golden Years Family Care Home

Telephone: (336) 227-5854

205-A East Sixth St., Burlington, NC 27215

Accepts Special Assistance.

Golden Years Family Care Home #2

Telephone: (336) 229-0883 • Fax: (336) 222-9068

207 East Sixth St., Burlington, NC 27215

Accepts Special Assistance.

Graves Family Care #3

Telephone: (336) 226-7178 • Fax: (336) 222-6078

222 Guthrie St., Graham, NC 27253

Accepts Special Assistance.

Guardian Angel

Telephone: (336) 222-0114 • Fax: (336) 222-0314

1006 Richmond Ave., Burlington, NC 27217

Accepts Special Assistance.

Gwen's Family Care Home II

Telephone: (336) 622-1842 • Fax: (336) 622-9845

7964A County Line Rd., Liberty, NC 27298

Accepts Special Assistance.

Hearts of Gold

Telephone: (336) 380-0772 • Fax: (336) 270-6303
206 Friendly Rd., Burlington, NC 27215
Accepts Special Assistance.

Hearts of Gold II

Telephone: (336) 227-0108 • Fax: (336) 270-6303
207 Friendly Rd., Burlington, NC 27217
Accepts Special Assistance.

Homewood Avenue Assisted Living Facility

Telephone: (336) 270-6140 • Fax: (336) 222-7569
301 Homewood Ave., Burlington, NC 27217
Accepts Special Assistance.

L M & S Adult Care No. 2

Telephone: (336) 227-0742 • Fax: (336) 227-0742
426 North Main St., Burlington, NC 27216
Accepts Special Assistance.

McCray's Comfort Inn

Telephone: (336) 226-3880 • Fax: (336) 228-9871
4060 North Hwy. 62, Burlington, NC 27217
Accepts Special Assistance.

Mebane's Family Care Home #2

Telephone: (336) 227-0569 • Fax: (336) 226-1460
939 Lakeside Ave., Burlington, NC 27217
Accepts Special Assistance.

Merciful Hands #1

Telephone: (336) 226-8237 • Fax: (336) 226-7405
1313 Elrado St., Burlington, NC 27217
Accepts Special Assistance.

Merciful Hands # 2

Telephone: (336) 227-3344 • Fax: (336) 227-3344
617 Durham St., Burlington, NC 27217
Accepts Special Assistance.

Riverside Assisted Living

Telephone: (336) 570-9424 • Fax: (336) 570-9424
1405 North Sellars Mill Rd. Ext., Burlington, NC 27217
Accepts Special Assistance.

Riverside Assisted Living Wilson Building

Telephone: (336) 513-0396 • Fax: (336) 222-1935
350 North Sellars Mill Rd., Burlington, NC 27217
Accepts Special Assistance.

Sheridanville, Inc.

Telephone: (336) 578-5774 • Fax: (336) 578-9074
2051 Miles Chapel Rd., Mebane, NC 27302
Accepts Special Assistance.

Southern Season Family Care Home

Telephone: (336) 229-9900 or (336) 570 - 6280
1703 Vaughn Rd., Burlington, NC 27217
Accepts Special Assistance.

Springview Assisted Living - Phillips Building

Telephone: (336) 222-8913 • Fax: (336) 222-1935
414 Chapel Hill Rd., Burlington, NC 27215
Accepts Special Assistance.

Stella's Care Home

Telephone: (336) 229-2008
112 Stagg St., Burlington, NC 27217
Accepts Special Assistance.

We Care Family Care

Telephone: (336) 570-0770 • Fax: (336) 570-0775
1718 Morgantown Rd., Burlington, NC 27217
Accepts Special Assistance.

CHATHAM COUNTY

Liselotte Care Home

Telephone: (919) 542-3089 • Fax: (919) 542-9930
3035 Silk Hope Gum Springs Rd., Pittsboro, NC 27312
Private pay only.

DURHAM COUNTY

Angelica House

Telephone: (919) 477-6540 • Fax: (919) 477-6165
2007 Stadium Dr., Durham, NC 27705
Accepts Special Assistance.

Atterbury Lane Family Care Home

Telephone: (919) 477-4556 • Fax: (919) 477-4556

1802 Atterbury Lane, Durham, NC 27712

Accepts Special Assistance.

Avail-Ann Family Care Home

Telephone: (919) 682-3287

1012 N. Guthrie St., Durham, NC 27703

Accepts Special Assistance.

Avail-Flora Family Care Home

Telephone: (919) 682-3252

1008 N. Guthrie St., Durham, NC 27703

Accepts Special Assistance.

B.J.'s Family Care Home

Telephone: (919) 220-5203 • Fax: (919) 220-5203

716 Hugo St., Durham, NC 27704

Accepts Special Assistance.

Banner Family Care Home

Telephone: (919) 220-2361 • Fax: (919) 956-8197

2913 Banner St., Durham, NC 27704

Accepts Special Assistance.

Begin Again Family Care Home #2

Telephone: (919) 682-6079

407 North Hyde Park Ave., Durham, NC 27703

Accepts Special Assistance.

Blevins Too

Telephone: (919) 806-2000

2325 Cook Rd., Durham, NC 27713

Accepts Special Assistance. Specializes in HIV/Aids Care.

Central Family Care Home #1

Telephone: (919) 620-8662 • Fax: (919) 620-8662

1005 Horton Rd., Durham, NC 27704

Accepts Special Assistance.

Central Family Care Home #2

Telephone: (919) 383-5724 • Fax: (919) 383-5724

3714 Cole Mill Rd., Durham, NC 27701

Accepts Special Assistance.

Choice Care Family Care Home

Telephone: (919) 361-1000 • Fax: (919) 361-1000
725 Hanson Rd., Durham, NC 27713
Accepts Special Assistance.

Circle of Daughters

Telephone: (919) 361-0346
106 Oakwood Ave., Durham, NC 27713
Accepts Special Assistance.

Elsie Davis Family Care Home

Telephone: (919) 913-5369
306 Cherry Grove St., Durham, NC 27703
Accepts Special Assistance.

Hunter House, Inc

Telephone: (919) 680-6360 • Fax: (919) 956-7391
2309 Ellington St., Durham, NC 27704
Accepts Special Assistance.

Jones Family Care Home

Telephone: (919) 688- 6205 • Fax: (919) 479-1010
2122 Overland Dr., Durham, NC 27704
Accepts Special Assistance.

Mangum Street Family Care Home

Telephone: (919) 688-6923 • Fax: (919) 220-0407
830 Mangum St., Durham, NC 27701
Accepts Special Assistance.

Maplewood Family Care Home

Telephone: (919) 220-0114
1430 Maplewood Dr., Durham, NC 27704
Accepts Special Assistance.

Ruffin Home

Telephone: (919) 220-6257 • Fax: (919) 220-0407
1913 Haverford St., Durham, NC 27705
Accepts Special Assistance.

The Pickett House Family Care Home

Telephone: (919) 403-0390 • Fax: (919) 489-1412
3811 Pickett Rd., Durham, NC 27705
Email: Cjones1970@nc.rr.com
Accepts Special Assistance.

Zion Family Care Home

Telephone: (919) 425-1683

101 Knothole Lane, Durham, NC 27704

Email: awatson43@nc.rr.com

Accepts Special Assistance.

ORANGE COUNTY

Cedar Grove Family Care Home

Telephone: (919) 732-8850 • Fax: (919) 732-8850

403 Saw Mill Rd., PO Box 57, Cedar Grove, NC 27231

Accepts Special Assistance.

Cedar Grove Family Care Home #2

Telephone: (919) 732-8850 • Fax: (919) 732-8850

403 Saw Mill Rd., Cedar Grove, NC 27231

Accepts Special Assistance.

Orange Community Residence

Telephone: (919) 942-3312 • Fax: (919) 945-1524

1700 N. Greensboro St., Carrboro, NC 27510

Accepts Special Assistance. Specializes in HIV/Aids Care.

FINANCIAL

See: BENEFITS

FINANCIAL COUNSELING

See also: PRESCRIPTION ASSISTANCE

FINANCIAL ADVISORS

The National Association of Personal Financial Advisors

Telephone: (800) 366-2732

Website: www.napfa.org

Fee for services.

COMMUNITY FINANCIAL COUNSELING

Women's Center

Telephone: (919) 968-4610 • Fax: (919) 932-3125

210 Henderson St., Chapel Hill, NC 27514

Email: financial@womenspace.org

Website: www.womenspace.org

Debt, credit, budgeting and financial goals counseling. Counseling provided by trained financial counselor. Sliding scale fee. Workshops available.

Durham Regional Community Development and Counseling

Telephone: (919) 688-3381 • Fax: (919) 680-2281

315 East Chapel Hill St., Suite 304 Durham, NC 27701

Website: drfcenter.org

Accredited debt management and counseling.

EMERGENCY FINANCIAL ASSISTANCE

See also: SOCIAL SERVICES

Limited funds are available for fuel, food, medicine, utilities, rent, and other emergencies for individuals and families in crisis that meet the financial qualifications. Contact local county Departments of Social Services for their guidelines. In addition, there may be local agencies that can provide additional help once people qualify at their local Department of Social Services.

See the web site: www.nccarelink.org for resources throughout North Carolina.

American Red Cross of Orange County

Telephone: (919) 942-4862 (Ext. 221) • Fax: (919) 942-0761

101 Ephesus Church Rd., Chapel Hill, NC 27517

Email: occhapnc@intrex.net

Website: www.ocncredcross.org

Catholic Social Ministries

Telephone: (919) 286-1964
902 Broad St., Durham, NC 27705
Tues. and Wed (9:00 am - 1:00 pm).

Inter-Faith Council for Social Services (IFC)

Telephone: (919) 929-6380 • Fax: (919) 929-3353
110 West Main St., Carrboro, NC 27510
Email: servicedirector@ifcmailbox.org
*Serves Chapel Hill-Carrboro only.
Call for an appointment.*

Jewish Family Services

Telephone: (919) 489-5335 • Fax: (919) 489-5788
3622 Lyckan Pkwy., Suite 6002, Durham, NC 27707
Serves Durham and Orange Jewish community.

Orange Congregations In Mission (OCIM)

Telephone: (919) 732-6194 • Fax: (919) 644-1126
300 Millstone Dr., Hillsborough NC 27278
Email: ocim300mill@mindspring.com
Provides Meals on Wheels to homebound residents in central and northern Orange County, as well as emergency services.

Salvation Army

Telephone: (919) 688-7306 • Fax: (919) 688-3437
909 Liberty St., Durham, NC 27701
Serves Durham and Orange Counties

GERIATRIC ASSESSMENT

See also: DEMENTIA/ALZHEIMER'S DISEASE

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

UNC Center for Aging and Health

Geriatric Evaluation and Treatment Clinic

UNC School of Medicine

Telephone: (919) 957-6599 • Fax: (919) 962-0467

Carolina Pointe II

6013 Farrington Road Bldg 200., Suite 301, Chapel Hill, NC 27599-7550

Website: www.med.unc.edu/aging/geriatric/

Comprehensive geriatric evaluations.

Duke Geriatric Evaluation and Treatment Clinic

Telephone: (919) 620-4070

4020 North Roxboro Rd., Durham, NC 27704

Website: www.geri.duke.edu/service/get

Comprehensive geriatric evaluations.

MEMORY CLINICS

Duke Neurological Disorders Clinic

Telephone: (919) 668-2846

932 Morreene Rd., Durham, NC 27705

Includes memory and movement disorders. In-depth evaluations.

Mood, Memory and Mobility Screening Clinic

Telephone: (919) 732-6600 • Fax: (919) 732-2779

Robert and Pearl Seymour Center

2551 Homestead Rd., Chapel Hill, NC 27516

A partnership between UNC and Orange County Department on Aging. Screening for mobility, memory and mood disorders by a multi-disciplinary team.

UNC Memory Disorders Clinic

Telephone: (919) 966-4401 • Fax: (919) 966-6501

101 Manning Dr., Chapel Hill, NC 27516

Physician's referral needed. In-depth evaluations.

GRIEF

See also: HOSPICE CARE

UNC Hospice

Telephone: (919) 542-5545 or (919) 843-1667 (in Chapel Hill) • Fax: (919) 542-6232
480 Hillsborough St., Suite 800, Pittsboro, NC 27312

and

1101 Weaver Dairy Rd., Suite 200, Chapel Hill NC 27514

Website: www.unchealthcare.org

Bereavement counseling available.

Unicorn Bereavement Center

Telephone: (919) 644-6869 • Fax: (919) 493-0242

1001 Corporate Dr., Hillsborough, NC 27278

Bereavement counseling available.

GUARDIANSHIP

Guardians must be appointed by the County 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 specific counties for more information.

- Orange County: (919) 644-4500
- Alamance County: (336) 438-1002 (Ask for Special Proceedings Department)
- Chatham County: (919) 542-3240 (Ext. 222 or 221)
- Durham County: (919) 564-7070

HISPANIC/LATINO RESOURCES

This complete Community Resource Guide is available in Spanish.
Call (919) 968-2087 to obtain a copy.

El Centro Hispanic

Telephone: (919) 687-4635 • Fax: (919) 687-0401

201 West Main St., Durham, NC 27701

Website: www.elcentronc.org

Offers variety of health and women's programs and services.

El Pueblo, Inc.

Telephone: (919) 835-1525 • Fax: (919) 835-1526

4 N. Blount St., 2nd Floor, Raleigh, NC 27601

Website: www.elpueblo.org

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

HOME CARE

Trained professionals and paraprofessionals provide a range of services to enable a functionally impaired person 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

Provide staff to assist with non-personal care tasks, such as companionship, transportation, meal preparation, errands, etc.

AmeriCare HomeCare

Telephone: (919) 942- 2840 • Fax: (919) 967-0710

Midway Business Center

109 N. Graham St., Suite 102, Chapel Hill, NC 27516

Email: info@americare-homecare.com

Website: www.americare-homecare.com

Always Best Care

Telephone: (919) 357-1440 • Fax: (919) 806-4301

1818 Martin Luther King Jr. Blvd, Suite 137, Chapel Hill, NC 27514

Email: TPalmer@abc-seniors.com

Website: www.alwaysbestcare.com



A Helping Hand
Serving the Triangle Since 1995

- Companionship
- Transportation/errands
- Caregiver Respite
- Correspondence
- Meal Preparation
- Light Housekeeping
- 24 Hrs./7 Days
- Community Awards for Excellence

(919) 969-7111
www.ahelpinghandnc.org

Mothering your mother?
We can help you
be a daughter again.

Whether you are looking for someone to help an aging parent a few hours a week or need more comprehensive assistance, Home Instead can help.

Home Instead
SENIOR CARE
To us, it's personal.

Call for a free,
no-obligation appointment:
919.933.3300
homeinstead.com

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A Helping Hand

Telephone: (919) 969-7111 • Fax: (919) 969-7015

1502 West Highway 54., Suite 405, Durham, NC 27707

Email: info@ahelpinghandnc.org

Website: www.ahelpinghandnc.org

In addition to fee services, provides free limited respite care for caregivers.



AmeriCare
More than caretaking. Caregiving.

**NON-MEDICAL HOME CARE YOU
CAN TRUST & AFFORD**

- Personal Care
- Mobility Assistance
- Medication Reminders
- Dressing & Grooming
- Family Respite
- All Caregivers are CNAs
- Companionship
- Light Housekeeping
- Transportation/ Errands
- Meal Preparation
- Light Exercise
- Fully licensed & Insured

AmeriCare HomeCare

Please call us for a free care assessment
919-942-2840
www.americare-homecare.com
Orange, Durham & surrounding counties

Home Instead Senior Care

Telephone: (919) 933-3300 or 545-2273 • Fax (919) 933-3324

1289 Fordham Blvd., Suite E5, Chapel Hill, NC 27514

Website: www.homeinstead.com

Serving Orange and Chatham counties

or

Telephone: (919) 479-4600 • Fax: (919) 620-3705

2600-B Carver St., Durham 27705

HOME CARE AGENCIES

Provide 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.

You have the right to be 100 percent satisfied with the Home Health Care you receive

"We guarantee that we will be sensitive to your needs while respecting your pride and independence. Please call us."



Mirella Salem, President

Investigated, Trained & Experienced Caregivers

HOME HEALTH AIDES : LIVE - IN / HOURLY

Personal Care	Meal Preparation
Companionship	Light Housekeeping
Respite Care	Bathing/Toileting
Alzheimer/Dementia Care	Transportation

Accessible Home Health Care  **919-896-7679**
Live Person (24/7)

Serving The Triangle



Providing in-home care to those in need in Orange County & the surrounding area.

919-442-5252

www.aegishomecare.com

Special Care for Special People

Locally Owned and Operated

Accessible Home Health Care of Mid Carolina

Telephone: (919) 896-7679 or (919) 900-0728
182 Wind Chime Court, Suite 101., Raleigh, NC 27615
Email: tcallaway@ahcglobal.com
Website: www.accessiblemidcarolina.com

Aegis Home Care

Telephone: (919) 442- 5252 • Fax: (919) 240-5735
50101 Governors Drive, Suite 105 A., Chapel Hill, NC 27517
Email: alan@aegishomecare.com
Website: www.aegishomecare.com

Arcadia Health Care

Telephone: (919) 967-7572 or 304-2004 • Fax: (919) 304-9015
101 North Third St., Mebane, NC 27302
Web site: www.arcadiaservices.com

Happy Home Care Staffing

Telephone: (919) 563-0129 or 919-732-HOME • Fax: (919)-732-4661
201 Mt. Willing Rd., Efland, NC 27243
Web site: www.hhomecarestaffing.com

Helping Hands of America

Telephone: (919) 829-2505 • Fax: (919) 829-4206
211 E. Six Forks Rd., Suite 222., Raleigh, NC 27609
Web site: www.hhamerica.com

Home Health Professionals

Telephone: (336) 597-3050 • Fax: (336) 597-4703
807 North. Madison Blvd., Roxboro, NC 27573

Home Helpers

Telephone: (919) 732-1143 • Fax: (919) 732-1162
220-C South Churton St., Hillsborough, NC 27278
Email: Help@trianglehomehelpers.com
Website: www.trianglehomehelpers.com

Homecare Providers

Telephone: (336) 538-8557 or (800) 525-3550 • Fax: (336)538-8634
2732 Anne Elizabeth Dr., Burlington, NC 27215



**Homewatch
CareGivers**
Let our family care for yours.

Your Neighborhood Home Care Agency

- Personal Care
- Transportation
- Companionship
- Case Management
- Light Housekeeping
- Flexible 4 to 24 hour care

We also offer a specialized memory enhancement program, designed to help individuals with dementia such as Alzheimer's.

For a free nurse assessment call **(919) 960-6038**
Serving the Triangle and surrounding areas

www.homewatchcaregivers.com

Homewatch Caregivers of the Triangle

Telephone: (919) 960-6038 • Fax: (919) 933-0901

1004 Mount Carmel Church Rd., Chapel Hill, NC 27517

Email: anzor@homewatchcaregivers.com

Website: www.homewatchcaregivers.com

<p>Professional Compassionate Hands-On Care</p>  <p>Nurse Care of North Carolina</p> <ul style="list-style-type: none">• In-Home, Hospital or Facility Care• Help with Daily Living• Aides and Skilled Nurses• Customized Schedules and Services <p>From simple companionship to nursing assistants and skilled nursing, our staff is ready to assist you with your individual care needs.</p> <p><i>Serving the Triangle for over 10 years.</i> (919) 309.4333 • www.nursecarenc.com</p>	<p>Maintaining Independence is an Option.</p> <p>Right at Home caregivers can help you with:</p> <ul style="list-style-type: none">• Eating and meal preparation• Light housekeeping• Conversation/companionship• Personal care including bathing• Facility sitters• Medication reminders• Family respite care and lots more! <p>Serving Durham Orange and Person Counties. We can help wherever home is.</p> <p>Call today for more information!</p> <p>Operator on duty 24/7. www.rightathome.net 919-241-5292</p> <p>Free consultation. rahdech.com</p>  <p><small>In Home Care & Assistance Each office is independently owned and operated.</small></p>
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Interim Healthcare of the Triangle

Telephone: (919) 493-7575 • Fax: (919) 493-0454

3710 University Dr., Suite 330, Durham, NC 27707

Website: www.interimhealthcare.com

Email: lewing@interimhealthcare.com

Keston Care

Telephone: (919) 967-0507 • Fax: (919) 967-1371

Chatham Crossing, 11312 Hwy. 15-501 North, Suite 400, Chapel Hill, NC 27517

Liberty Home Care

Telephone: (919) 382-7474 • Fax: (919) 479-8296
2608-G Carver St., Suite 2608 G, Durham, NC 27704
or

Telephone: (919) 774-9522 • Fax: (919) 774-8560
1005 Carthage St., Sanford, NC 27330
or

Telephone: (919) 742-4843 • Fax: (919) 742-5337
401 East Third St., Siler City, NC 27344

Maxim

Telephone: (919) 419-1484 or (800) 745-6071 • Fax: (919) 419-1681
2634 Chapel Hill Blvd., Suite 210, Durham, NC 27707
Website: www.maxhealth.com

Medi Home Health

Telephone: (919)870-6733
108 Wind Chime Court., Raleigh, NC 27615
Website: www.medicalservicesofamerica.com

Nurse Care of North Carolina

Telephone: (919) 309-4333 • Fax: (919) 309-4430
3200 Croasdaile Dr., Suite 701 Durham, NC 27705
Website: www.nursecarenc.com
Email: staffing@nursecarenc.com

Right At Home

Telephone: (919) 241-5292 • Fax: (919) 241-4323
105 West Corbin St., Suite 203, Hillsborough, NC 27278
Website: www.rahdch.com
Email: info@rahdch.com

ResCare Home Care

Telephone: (919) 929-1322 • Fax: (919) 929-1351
104 S. Estes Dr., Suite 107, Chapel Hill, NC 27514
Website: www.rescare.com

Senior Helpers

Telephone: (919) 544-6848 • Fax : (919)544-0459
5007 Southpark Drive, Suite 200-H, Durham, NC 27713
Email: mpetrin@seniorhelpers.com
Website: www.seniorhelpers.com

Tender Loving Care

Telephone: (336) 584-4440 • Fax: (336) 584-4404
1111 Huffman Mill Rd., Burlington, NC 27215

or

Telephone: (919) 220-0867 • Fax: (919) 220-7362
2609 Duke St., Suite 102, Durham, NC 27703

Website: www.amedisys.com

Visiting Angels of Central North Carolina

Telephone: (919) 968-3724 • Fax: (919) 968-8193
368 Deer Path, Chapel Hill, NC 27516

Visiting Nurse Service of Durham

Telephone: (919) 560-7700 • Fax: (919) 560-7740
414 East Main St., Durham, NC 27701

Zoe Health Care Systems

Telephone: (919) 765-0023 • Fax: (919) 354-1011
2 Davis Drive, Suite 113-A, RTP, NC 27709

Website: www.zoehealthcare.com

Email: Vanessa@zoehealthcare.com

HOME HEALTH/SKILLED AGENCIES

Provide 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

Telephone: (919) 401-3000 or (800) 467-2662 • Fax: (919) 402-1952
120 Providence Rd., Suite 200, Chapel Hill, NC 27514

Central Home Health Service

Telephone: (919) 682-6877
507 Linwood Ave., Durham, NC 27701

Duke Community Home Health Services

Telephone: (919) 620-3853 or (800) 599-9339 • Fax: (919) 479-9872
4321 Medical Park Dr., Suite 101, Durham, NC 27704

Heartland Home Health, Hospice, & IV

Telephone: (919) 877-9959 • Referrals: (919) 981-6238
3200 Atlantic Avenue, Suite 100, Raleigh, NC 27604

Interim Health Services

Telephone: (919) 493-7575 • Fax: (919) 493-0454
3710 University Dr., Suite 218, Durham, NC 27707
Website: www.interimhealthcare.com

Interim Healthcare of the Triad, Inc.

Telephone: (336) 273-4600 • Fax: (336) 370-0790
2100-T West Cornwallis Dr., Greensboro, NC 27408

Rex Home Health Care

Telephone: (919) 784-4474 • Fax: (919) 784-4442
2709 Blue Ridge Rd., Suite 220, Raleigh, NC 27607

Tender Loving Care

Telephone: (336) 584-4440 • Fax: (336) 584-4404
1111 Hoffman Mill Rd., Burlington, NC 27215
or
Telephone: (919) 220-0867 • Fax: (919) 220-7362
2609 North Duke St., Suite 603, Durham, NC 27704

UNC Home Health

Telephone: (919) 966-4915 or (888) 424-6273 • Fax: (919) 843-3035
1101 Weaver Dairy Rd., Suite 200, Chapel Hill, NC 27514

HOME DELIVERED MEALS

MEALS ON WHEELS

Volunteers deliver one hot lunch per day to homebound adults Monday - Friday.
Sliding scale fee.

Southern Orange County - Meals on Wheels

Telephone: (919) 942-2948 • Fax: (919) 942-2903

PO Box 2102, Chapel Hill, NC 27514

Serves Chapel Hill-Carrboro area only. Located in Binkley Baptist Church.

Northern Orange County - Orange Congregations in Mission (OCIM) – Meals on Wheels

Telephone: (919) 732-6194

300 Millstone Dr., Hillsborough, NC 27278

Agency also has a food pantry.

PRIVATE MEAL AND GROCERY DELIVERY SERVICES

Tarheel Takeout Express

Telephone: (919) 942-7678 • Fax (919) 942-5667

Website: www.tarheeltakeout.com

Delivers meals within Chapel Hill from over 30 Chapel Hill-Carrboro area restaurants.

Delivery charge (does not include tip for the driver).

The Food Fairy, Inc

Telephone: (919) 933-4431

PO Box 3184, Chapel Hill, NC 27515

Email: contact@food-fairy.com

Website: www.food-fairy.com

Personal chef prepares meals in private homes - weekly, monthly, or as needed.

Triangle to Go

Telephone: (919) 967-8600 • Fax: (919) 942-5667

Website: www.triangletogo.com

Delivers meals from 11 restaurants. Delivery charge (does not include tip for the driver).

Minimum food order.

Weaver Street Market (must be a co-op member)

Telephone: (919) 929-0010 • Fax: (919) 942-4889

101 East Weaver St., Carrboro, NC 27510

Web site: www.weaverstreetmarket.coop

HOME DELIVERED MEDICATIONS

Carrboro Family Pharmacy

Telephone: (919) 933-7629

104 NC 54, Carrboro, NC 27510

Delivers within Chapel Hill-Carrboro city limits.

Kerr Drug Stores

Telephone: (919) 942-8738 (Pharmacy)

1106 Environ Way., Chapel Hill, NC 27517

Delivers within Chapel Hill city limits.

Sutton's Drug Store

Telephone: (919) 942-5161 • Fax: (919) 967-0185

159 East Franklin St., Chapel Hill, NC 27514

For emergencies only (within Chapel Hill city limits). Delivery charge.

HOME MODIFICATIONS & REPAIR PROGRAMS (Non Profit)

Provides labor and materials necessary to correct safety hazards or accessibility problems within existing homes. Contact Local Agency.

JOCCA Weatherization

(Weatherization & Home Improvement Loan and Grant Program)

Telephone: (919) 542-4781 • Fax: (919) 542-0563

PO Box 27, 35 Chatham St. West, Pittsboro, NC 27312

Orange and Chatham County residents should call for an application.

Must own home and meet financial requirements. Does weatherization.

Orange County Department on Aging

Telephone: (919) 968-2087

Robert and Pearl Seymour Center

2551 Homestead Rd., Chapel Hill, NC 27516

Home safety assessments and recommendations for home modifications.

Orange County Urgent Repair Program

Orange County Housing and Community Development

Telephone: (919) 245-2490 • Fax: (919) 644-3056

300 West Tryon St., Hillsborough, NC 27278

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.

Rebuilding Together of the Triangle

Telephone: (919) 341-5980

321 South Wilmington, Suite 118, Raleigh, NC 27601

Program participants must own home and meet financial requirements.

USDA Rural Development

Telephone: (919) 732-9388 (Ext. 4)

306-G Revere Rd., Hillsborough, NC 27278

Program participants must live in rural Orange County. Call office for details.

HOSPICE CARE

Provides palliative (comfort) care for terminally ill patients by an inter-disciplinary 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.

UNC HOME HEALTH AND HOSPICE
Because **QUALITY CARE** and **LIVING** matters

UNC Hospice provides support and care for persons in the last phases of incurable disease so that they may live fully and as comfortably as possible.

UNC Home Health provides expert health care services to adults in the comfort and privacy of their own homes, whether for acute or chronic illness or as a follow-up to hospital care

Serving: Alamance, Chatham, Durham, Orange, and Lee Counties

With Offices in Pittsboro and Chapel Hill:
Contact Numbers:
UNC Hospice (919) 542-5545
UNC Home Health (919) 966-4915

The logo for UNC Health Care, featuring a stylized blue building icon on the left and the text "UNC HEALTH CARE" in blue on the right.

Carolinas Center for Hospice and End of Life Care

Telephone: (919) 677-4100 or (800) 662-8859

PO Box 4449, Cary, NC 27519

Web site: www.carolinasendoflifecare.org

Duke Hospice

Telephone: (919) 620-DUKE (620-3853) • Fax: (919) 471-5509

4321 Medical Park Dr., Suite 101, Durham, NC 27704

Web site: www.dukehealth.org

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

Telephone: (336) 532-0100 or (800) 588-8879

914 Chapel Hill Rd., Burlington, NC 27215

Web site: www.hospiceac.org

Hospice of Wake County

Telephone: (919) 828-0890 • Fax: (919) 828-0664

250 Hospice Circle, Raleigh, NC 27605

UNC Hospice

Telephone: (919) 542-5545 or (919)843-1667 (in Chapel Hill) • Fax: (919) 542-6232

Address (Main): 480 Hillsborough St., Suite 800, PO Box 1077, Pittsboro, NC 27312

(Chapel Hill): 1101 Weaver Dairy Rd., Suite 200, Chapel Hill NC 27516

Web Site: www.unchealthcare.org

HOUSING

Rent Subsidy (Section 8) Low Income Housing Assistance

ALAMANCE COUNTY

Graham Housing Authority

Telephone: (336) 229-7041 • Fax: (336) 227-0561

107 East Hill St., Graham, NC 27253

Call to see if they are taking Section 8 applications.

CHATHAM COUNTY

Chatham County Housing Authority

Telephone: (919) 542-3742 • Fax: (919) 542-6834

190 Sanford Rd., Pittsboro, NC 27513

Call to see if they are taking Section 8 applications.

DURHAM COUNTY

Durham County Housing Authority

Telephone: (919) 683-1551 • Fax: (919) 683-1237

330 East Main St., Durham, NC 27701

Call to see if they are taking Section 8 applications.

ORANGE COUNTY

Richard Whitted Human Services Building

Telephone: (919) 245-2490

300 West Tryon St., Hillsborough, NC 27278

or

Orange County Southern Human Services Center

Telephone: (919) 969-3016

2501 Homestead Rd., Chapel Hill, NC 27516

Call to see if they are taking Section 8 applications.

Apartments

These apartments are available to people of all ages and do not provide extra services for senior adults.

ORANGE COUNTY

Archstone Poplar Place Apartments

Telephone: (919) 967-0955 • Fax: (919) 967-5676

605 Jones Ferry Rd., Carrboro, NC 27510

Website: www.westdale.com

1 and 2 bedroom apartments. Some handicapped accessible units on the first floor. On a bus route.

Ashbrook Apartments

Telephone: (919) 968-1252

601 Jones Ferry Rd., Carrboro, NC 27510

Website: www.ashbrookjmg.com

Email: ashbrookclosing@gmgrealty.com

1 and 2 bedroom apartments. Some handicapped accessible units on the first floor. On bus routes.

Ashford Lake

Telephone: (919) 732-8418

600 South Churton St., Hillsborough, NC 27278

Chapel Ridge Apartments

Telephone: (919) 945-8875 • Fax: (919) 945-8877

101 Legacy Terrace, Chapel Hill, NC 27516

Email: chapelridge@collegepark.org

1 and 2 bedroom apartments. Some handicapped accessible units on the first floor.

Chapel View Apartments

Telephone: (919) 942-2800 • Fax: (919) 942-1405

2701 Homestead Rd., Chapel Hill, NC 27516

Email: chapelview@collegepark.org

1 and 2 bedroom apartments. Some handicapped accessible units on the first floor.

Coachwood

Telephone: (919) 732-9844

200 Cheshire Dr., Hillsborough, NC 27278

Some apartments are handicapped accessible.

Accepts Section 8 subsidy.

Glen Lennox Apartments

Telephone: (919) 967-7081 • Fax: (919) 967-7090

5 Hamilton Rd., Chapel Hill, NC 27516

1, 2 and 3 bedroom apartments. Some handicapped accessible units. On several bus routes. Near shopping.

Meadowmont Apartments

Telephone: (919) 929-5010

1201 Raleigh Rd., Suite 209, Chapel Hill, NC 27517

Email: clupton@meadowmont.com

Website: www.meadowmontchapelhill.com

Notting Hill

Telephone: (919) 928-8000 • Fax: (919) 928-8007

100 Drew Lane, Chapel Hill, NC 27514

Email: nottinghill@sdbell.com

Website: www.nottinghillapts.com

1, 2 and 3 bedroom apartments. Some handicapped accessible units on the first floor.

Southern Village Apartments

Telephone: (919) 933-5577 • Fax: (919) 933-9070

200 Copperline Dr., Chapel Hill, NC 27516

Email: svillageap@aol.com

Website: www.southernvillageapts.com

1, 2 and 3 bedroom apartments. Some handicapped accessible units on the first floor. On two bus routes and there is a park and ride lot on the site.

Apartment Buildings For Seniors - Independent Living with Services

Services include meals, transportation and housekeeping. No personal services or help with medication is provided.

ALAMANCE COUNTY

Oak Creek Retirement Community

Telephone: (336) 226-5739

343 Baldwin Rd., Burlington, NC 27217

For people age 60+. Emergency call alert system.

DURHAM COUNTY

Alta Walk

Telephone: (919) 401-0100 • Fax: (919) 544-8402
5705 Fayetteville Rd., Durham, NC 27713
Website: www.altawalk.com

Durham Regent

Telephone: (919) 490-6224
3007 Pickett Rd., Durham, NC 27705
For people age 55+. Provides three meals a day, housekeeping and transportation. Managers live on the premises. May hire help privately. Emergency pull cords.

Emerald Pond

Telephone: (919) 493-4713
205 Emerald Pond Lane, Durham, NC 27705
For people age 55+. Provides three meals a day, housekeeping and transportation. Managers live on the premises. May hire help privately. Emergency Pull cords.

Apartment Buildings For Seniors - Subsidized

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 information on eligibility requirements (including income maximums) and services. Some are Housing and Urban Development (HUD) properties with rents based on income. The Section 8 program provides rental assistance to pay a portion of the rent. Applications may be obtained at the following locations:

ALAMANCE COUNTY

Alamance Plaza

Telephone: (336) 226-1818 • Fax: (336) 226-1854
111 Maple Ave., Burlington, NC 27215
For people age 62+, or younger if have a physical disability. Emergency call alert system.

Burlington Housing Authority

Telephone: (336) 226-8421
133 N Ireland St., Burlington, NC 27217
For people age 62 +, or age 50 - 62 if have a physical disability. Emergency call alert system.

Graham Housing Authority

Telephone: (336) 229-7041
109 East Hill St., Graham, NC 27253
For people age 62+, or younger if have a physical disability. Emergency call alert system.

Ralph Clayton Homes - Graham Housing Authority

Telephone: (336) 229-7041

22-D Cates Circle Dr., Graham, NC 27253

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

Spencer Brown Thomas Homes

Telephone: (336) 226-8421

133 North Ireland St., Burlington, NC 27216-8421

For people age 62+. Emergency call alert system.

Westhampton Apartments

Telephone: (336) 563-3700

1015 Airport Rd., Mebane, NC 27302

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

The Willows

Telephone: (336) 228-0597 • Fax: (336) 228-3648

124 Tarpley St., Burlington, NC 27215

For people age 62+. Congregate meal site Mon-Fri. Emergency call alert system. Include some utilities. HUD property.

Woodridge Apartments

Telephone: (336) 228-8581

1620 Morningside Dr., Burlington, NC 27217

For people age 62+. Emergency call alert system

DURHAM COUNTY

Carver Creek

Telephone: (919) 471-6913 • Fax: (919) 471-6913

531 East Carver St., Durham, NC 27704

For people age 55+.

Lakeside Gardens

Telephone: (919) 484-0390

820 Martin Luther King Pkwy., Durham, NC 27713

For people age 55+.

Mutual Manor

Telephone: (919) 956-7481

3146 Fayetteville St., Durham, NC 27707

For people age 62+.

Preiss-Steele Place

Telephone: (919) 479-5050
500 Pickwick Trail, Durham, NC 27704
For people age 55+.

Rockwood Cottages

Telephone: (919) 403-9051
1 Rockwood Court, Durham, NC 27707
For people age 62+, or younger with a physical disability.

ORANGE COUNTY**Adelaide Walters Apartments**

Telephone: (919) 968-8018
603 Martin Luther King Junior Blvd., Chapel Hill, NC 27514
For people age 62+ or younger if they have physical disability. Building manager. HUD property.

Carolina Spring

Telephone: (919) 942-9559 • Fax: (919) 942-6771
600 West Poplar Ave., Carrboro, NC 27510
For people age 55+. Apartments have emergency pull cords. Manager lives on premises. Accepts Section 8 subsidies. Tax credit apartments - not a HUD property.

Covenant Place

Telephone: (919) 929-0061
103 Culbreth Rd., Chapel Hill, NC 27516
For people age 62+ only. Building manager. HUD property.

First Baptist and Manley Estates

Telephone: (919) 968-9778
805 South Merritt Mill Rd., Chapel Hill, NC 27516
For people age 62+ only. Part-time service coordinator, as well as a building manager. HUD property.

LEGAL

FINDING A LAWYER

National Academy of Elderlaw Attorneys

Website: www.naela.org

Find an elder law attorney anywhere in the U.S.

North Carolina Lawyer Referral Service

Telephone: (919) 677-8574 or (800) 662-7660

Website: www.ncbar.org/nc/findalawyer

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

North Carolina State Bar Association

Telephone: (919) 828-4620 • Fax: (919) 821-9168

North Carolina State Bar

PO Box 25908, Raleigh, NC 27611

Website: www.ncbar.gov

Has list of certified attorneys in various specialty areas, such as estate planning. Can be downloaded from their web site, or can request book.

LEGAL AID

Disability Rights North Carolina

Telephone: (800) 821-6922

2626 Glenwood Ave., Suite 550, Raleigh, NC 27608

Website: www.disabilityrightsnc.org

Legal Aid of North Carolina

Telephone: (919) 542-0475 or (866) 219-5262 • Fax: (919) 545-0735

959 East St., Suite A, Pittsboro, NC 27312

Website: www.legalaidnc.org

Free legal assistance on limited legal issues - such as wills, Health Care Powers of Attorney, Living Wills and Powers of Attorney. In Orange County, monthly appointments available at the Seymour Center in Chapel Hill and the Central Orange Senior Center in Hillsborough. Call (866) 219-5262 for more information and to make an appointment between the hours of 9 am – 1 pm Mon – Fri.

Orange County Women's Center (Women's Legal Issues)

Telephone: (919) 968-4610 or 1-888-669-4736 • Fax: (919) 932-3125

210 Henderson St., Chapel Hill, NC 27514

Email: everywoman@mindspring.com

Website: www.womenspace.org

Offers 15 minutes of free telephone consultation with an attorney. In addition, UNC Law School students will consult with individuals, then their professors

ADVANCED HEALTH CARE DIRECTIVE REGISTRY

Telephone: (919) 807-2167 • Fax: (919) 807-2294

PO Box 29622, Raleigh, NC 27626

Email: trademark@sosnc.com

Website: www.sosnc.com

Web site has forms for filling out advance care directives.

CONSUMER PROTECTION - ATTORNEY GENERAL'S OFFICE

Telephone: (919) 716-6000

Website: www.ncdoj.com

Call with consumer complaints, including reports of scams against seniors.

LIBRARIES

In addition to traditional books, many libraries have CDs and DVDs. Some have computers available for public use.

ALAMANCE COUNTY

Graham Public Library

Telephone: (336) 570-6730

211 South Main St., Graham, NC 27253

Website: alamancelibraries.org

Memorial Library

Telephone: (336) 229-3588

342 South Spring St., Burlington, NC 27215

Website: alamancelibraries.org

Mebane Public Library

Telephone: (919) 563-6431

101 South First St., Mebane, NC 27302

Website: alamancelibraries.org

North Park Library

Telephone: (336) 226-7185

849 Sharpe Rd., Burlington, NC 27217

Website: alamancelibraries.org

CHATHAM COUNTY

Goldston Library

Telephone: (919) 898-4522

9325 Pittsboro-Goldston Rd., Goldston, NC 27252

Pittsboro Memorial Library

Telephone: (919) 542-3524

158 West St., Pittsboro, NC 27312

Wren Memorial Library

Telephone: (919) 742-2016

500 North Second Ave., Siler City, NC 27344

DURHAM COUNTY

Bragtown Branch Library

Telephone: (919) 560-0210
3200 Dearborn Dr., Durham, NC 27704

Durham County Library

Telephone: (919) 560-0100
300 North Roxboro St., Durham, NC 27702

McDougald Terrace Branch Library

Telephone: (919) 560-0240
1101 Lawson St., Durham, NC 27701

North Durham Branch Library

Telephone: (919) 560-0250
5120 North Roxboro Rd., Durham, NC 27704

Parkwood Branch Library

Telephone: (919) 560-0260
5122 Revere Rd., Durham, NC 27713

Stanford L Warren Branch Library

Telephone: (919) 560-0270
1201 Fayetteville St., Durham, NC 27702

ORANGE COUNTY

Carrboro Branch Library

Telephone: (919) 969-3006
900 Old Fayetteville Rd., Carrboro, NC 27510

Carrboro Cybrary

Telephone: (919) 918-7387 • Fax: (919) 918-3960
100 North Greensboro St., Carrboro, NC 27510

Chapel Hill Public Library

Telephone: (919) 968-2777
100 Library Dr., Chapel Hill, NC 27514
Website: www.chapelhillpubliclibrary.org

Orange County Public Library

Telephone: (919) 245-2525 • Fax: (919) 664-3003

137 West Margaret Lane., Hillsborough, NC 27278

Website: www.co.orange.nc.us/library

MEDICAID

(See *BENEFITS*)

The local Department of Social Services (DSS) in the county of your residency determines eligibility.

- Orange County: (919) 245-2800 or (919) 968-2000
- Alamance County: (336)229-2935
- Chatham County: (919) 542-2759
- Durham County: (919) 560-8600

Ask if you can download the Medicaid application and mail it to the local Medicaid office, or if you must apply in person.

MEDICAL EQUIPMENT AND SUPPLIES

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

Healthcare Equipment

Telephone: (919) 489-7408 • Fax: (919) 490-5909
4228 Garrett Rd., Durham, NC 27707

Medi Home Care

Telephone: (919)873-1001• Fax: (919) 873-1110
5840 McHines Place, Suite A, Raleigh, NC, 27616
Website: www.medicalservicesofamerica.com

Medical Supply Super Store

Telephone: (919) 960-8100 • Fax: (919) 960-8816
Chatham Crossing, 11312 US 15-501 North., Suite 306, Chapel Hill, NC 27517
or
Telephone: (919) 220-0740 • Fax: (919) 220-0308
3300 North Guess Rd., Durham, NC 27705

Orange County Department on Aging

Telephone: (919) 968-2087 • Fax: (919) 968-2017
Robert and Pearl Seymour Center, 2551 Homestead Rd., Chapel Hill, NC 27516
Limited amount of medical equipment and supplies available on a loan basis.
Donations accepted.

Triangle Aftercare

Telephone: (919) 544-1336
105 West Hwy. 54, Suite 267, Durham, NC 27713

MEDICAL INSURANCE INFORMATION/ CLAIMS ASSISTANCE

See also: WEB SITES

Organizations that help prepare medical insurance claims and assist clients in understanding health insurance issues, making coverage decisions, etc.

Medicare got you asking questions?

As part of the North Carolina Department of Insurance, the **Seniors' Health Insurance Information Program (SHIIP)** has experts specially trained to answer your Medicare questions — and to help you with other insurance issues important to seniors, such as:

- long term care insurance
- selecting a Medicare prescription drug plan
- preventing fraud and abuse in Medicare billing
- choosing a Medicare supplement plan



Call **1-800-443-9354** or
visit **www.ncshiip.com** to find out how
SHIIP can help you.

Comfort Assurance Group, LLC

Telephone (919)259- 6401

600 Hamecon Place, Cedar Grove, NC 27231

Email: Carynltc@gmail.com

Medical Claims RX, Inc.

Telephone (919) 942-7211

1201 Raleigh Rd., Suite 208, Chapel Hill, NC 27517

Email: medicalclaimsrx@mindspring.com

Medicare

Telephone: (800) MEDICARE or (800) 633-4227 (24 hrs a day)

Website: www.medicare.gov

Can obtain information, and answer questions concerning, Medicare Part A and Part B coverage and claims, durable medical equipment, and Medicare Part D Prescription Drug Plans.

Can enroll in Medicare Part D plans during enrollment periods by calling the above number.

Seniors' Health Insurance Information Program (SHIIP)

Telephone: Main Office in Raleigh: (800) 443-9354 or (919) 807-6900

Email: shiip@ncdoi.net

Website: www.ncshiip.com

or

Telephone: (919) 968-2082

Robert and Pearl Seymour Center

2551 Homestead Rd., Chapel Hill, NC 27516

NC Department of Insurance trained volunteers help Medicare beneficiaries with health (and prescription) insurance decisions, as well as sorting out medical bills. Professional staff in Raleigh will provide telephone consultations, and will give people the contact information for their local county coordinator. Free.

MEDICAL RIGHTS

Carolinas Center for Medical Excellence

Telephone: (800) 682-2650

100 Regency Forest Dr., Suite 200, Cary, NC 27511-8598

Email: webmaster@mrnc.org

Website: www.thecarolinascenter.org

Medicare Quality Improvement Organization for North Carolina and South Carolina conduct individual medical record reviews for mediation for Medicare beneficiaries when complaints or questions arise regarding the services provided. It handles complaints regarding care provided by hospitals in NC, hospital outpatient departments, physician's offices, home health agencies, ambulatory surgery centers, skilled nursing facilities, or hospices.

MENTAL HEALTH RESOURCES/SERVICES

See also: SUPPORT GROUPS and WEB SITES

Mental Health, Developmental Disabilities & Substance Abuse Services

24 Hour Crisis Services

OPC Screening, Triage, Access & Referral (STAR)

Telephone: (919) 913-4100 or Toll Free (800) 233-6834

If deaf or hard of hearing, dial 711 for NC Relay or our TTY number: 1-866-587-6459
Your call will be answered by a licensed clinician who will ask you a series of questions. These will help determine the level and type of service that best matches your needs. Based on your responses, you may be referred to a provider agency for further assessment, to a community resource or for immediate assistance in an emergency situation.

Mobile Crisis (operated by Freedom House)

Telephone: (919) 967-8844 or (919) 968-8229

Up to six hours of face-to-face crisis counseling provided in the community to consumers of any age. Telephone counseling also available. Mobile Crisis is for people who do not have a service provider or can not reach their service provider.

Facility-Based Crisis and Detox (operated by Freedom House)

Telephone: (919) 967-8844 or (919) 968-8229

104 New Stateside Dr., Chapel Hill, NC 27516-1165

TROSA - Triangle Residential Options for Substance Abusers

Telephone: (919) 419-1059

1820 James St., Durham, NC 27707

Chapel Hill Police Department Crisis Unit

Telephone: (919) 968-2806

Non-police crisis assistance for Chapel Hill residents only. NOT police response. Those in need of Chapel Hill police in Chapel Hill should call 911

HOSPITALS

Chatham Hospital (UNC Healthcare)

Telephone: (919) 799-4550 or (919) 799-4000

475 Progress Blvd., Siler City, NC 27344

Duke Medical Center

Telephone: (919) 684-8111

2301 Erwin Rd., Durham, NC 27710

Durham Regional Hospital (Duke Healthcare)

Telephone: (919) 470-4000

3643 Roxboro Rd., Durham, NC 27704

UNC Hospitals

Telephone: (919) 966-4131

101 Manning Dr., Chapel Hill, NC 27514

LAW ENFORCEMENT

Orange County

- Orange County Sheriff: (919) 942-6300
- Carrboro Police Department: (919) 918-7397
- Chapel Hill Police Department: (919) 968-2760, in Chapel Hill call 911
- Hillsborough Police Department: (919) 732-9381

Chatham County

- Chatham County Sheriff: (919) 542-2811
- Pittsboro Police Department: (919) 542-3200
- Siler City Police Department: (919) 742-5626

Daytime Crisis Services

CHATHAM COUNTY

Chatham Counseling Center - Freedom House

Telephone: (919) 542-4422

287 East St., Suite 221, Pittsboro, NC 27312

or

Telephone: (919) 742-5612

1105 E. Cardinal St., Siler City, NC 27344

Call for availability.

DURHAM COUNTY

Duke Outpatient Psychiatry Clinic

Telephone: (919) 684-0100

2213 Elba St., Durham, NC 27705

No referral needed.

The Durham Center

Telephone: (919) 560-7200

501 Willard St., Durham, NC 27701

Veterans Affairs Medical Center (Veterans only)

Telephone: (919) 286-0411, Ext. 6078

508 Fulton St., Durham, NC 27705

ORANGE COUNTY

Chapel Hill Outpatient Clinic - Freedom House

Telephone: (919) 942-2803

121 Estes Dr., Suite 100, Chapel Hill, NC 27514

Family Counseling Center - Freedom House

Telephone: (919) 732-1150

300 W. Tryon St., Hillsborough, NC 27278

Call for availability.

Mental Health Association in Orange County

Telephone: (919) 942-8083

3729 Murphy School Road, Durham, NC 27705

Email: info@mhaorangeco.org

MHA in Orange County offers Pro Bono Counseling, providing counseling to people who are uninsured or underinsured.

UNC Hospitals/Department of Psychiatry Walk-In Clinic

Telephone: (919) 966-5217

Neurosciences Hospital, 1st Floor

101 Manning Dr., Chapel Hill, NC 27514

Advocacy, Support and Referral

Mental Health Association in Orange County

Telephone: (919) 942-8083

3729 Murphy School Road, Durham, NC 27705

Non-clinical services, including education, advocacy, information and referral, and support groups.

Mental Health Association in North Carolina

Helpline: 1-800-897-7494

National Alliance on Mental Illness (NAMI) - Orange County

Telephone: (919) 929-7822

PO Box 4201, Chapel Hill, NC 27514

National Alliance on Mental Illness (NAMI) - North Carolina

Helpline: 1-800-451-9682

Disability Rights North Carolina
1-800-821-6922

Governmental Agencies

NC Division of Mental Health, Developmental Disabilities and Substance Abuse Services (NC DMH/DD/SAS)

Advocacy and Customer Service: (919) 715-3197

OPC Area Program

Telephone: (919) 913-4100 or Toll Free (800) 233-6834

OPC Area Program is the local governmental agency with responsibility for oversight and management of publicly-funded mental health, developmental disability and substance abuse services in Orange, Person and Chatham Counties. OPC provides telephonic screening, triage and referral for individuals needing services in the area; recruits and monitors an array of community service providers; and manages the distribution of state monies to providers for the provision of services to customers.

Orange County Department on Aging

Telephone: (919) 968-2087

Robert and Pearl Seymour Center, 2551 Homestead Rd., Chapel Hill, NC 27516

Short-term counseling regarding geriatric mood disorders and caregiving issues only.

MOVING SERVICES

TROSA Moving

Telephone: (919) 489-3941 or (919) 419-1059

1820 James St., Durham, NC 27707

Email: moving@trosainc.org

Moving, packing, and storage services available.

The Right Moves

Telephone: (919)942 -5993

PO Box 17104., Chapel Hill, NC 27516

Email: Kwhite5053@earthlink.net

Website: www.therightmoves.net

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

NEWCOMERS

The Orange County Department on Aging has an Aging Transitions Information Line. Call for specific information about the Orange County area, resources and services.

Telephone: (919) 968-2087

Robert and Pearl Seymour Center

2551 Homestead Rd., Chapel Hill, NC 27516

Chapel Hill-Carrboro Chamber of Commerce

Telephone: (919) 967-7075

104 South Estes Dr., Chapel Hill, NC 27514

Website: www.carolinachamber.org

Chapel Hill/Orange County Visitors Bureau

Telephone: (919) 968-2060 or (888) 968-2060 • Fax: (919) 968-2062

501 West Franklin St., Chapel Hill, NC 27516

Email: info@visitchapelhill.org

Website: www.visitchapelhill.org

- **Orange County**
Website: www.co.orange.nc.us
- **Town of Carrboro**
Website: www.townofcarrboro.org
- **Town of Chapel Hill**
Website: www.townofchapelhill.org
- **Town of Hillsborough**
Website: www.ci.hillsborough.nc.us
- **University of North Carolina**
Website: www.unc.edu

Newcomers Club of Greater Chapel Hill

Telephone: (919) 942-2298

PO Box 4032, Chapel Hill, NC 27515

Email: newcomerschapelhill@hotmail.com

NURSING HOMES

Nursing Homes/Rehabilitation Facilities

See also: OMBUDSMEN

Nursing homes facilities provide skilled nursing care, personal care, as well as physical, occupational, and speech therapies. All Medicare approved facilities accept Medicare payment, if the patient meets its medical criteria. If someone has a Medicare Advantage plan instead of original Medicare, check with individual facilities to find out if a particular plan will be accepted.

A web site for general nursing home information is www.nursinghomeinfo.com. Orange County Nursing Home Committee files regular reports, which may be found at www.co.orange.nc.us/aging/nhlist.htm.

Contact the Triangle J Area Agency on Aging (AAA) ombudsman at (919) 558-9401 for additional information about particular facilities, questions, or complaints about a specific nursing home.

Medicare maintains lists of certified nursing homes. These are available at www.medicare.gov by following the Nursing Home Compare link. The Nursing Home Compare tool provides detailed information about the performance histories of every Medicare and Medicaid certified nursing home in the United States. Nursing homes are rated on a 5-star rating basis at medicare.gov/nursinghomecompare.

ALAMANCE COUNTY

Alamance Health Care Center

Telephone: (336) 226-0848 • Fax: (336) 226-6247

1987 Hilton Rd., Burlington, NC 27215

Accepts Medicaid.

Liberty Commons Nursing & Rehabilitation Center of Alamance County

Telephone: (336) 586-9850 • Fax: (336) 586-9811

791 Boone Station Dr., Burlington, NC 27215

Accepts Medicaid.

Rehabilitation and Healthcare Center of Alamance

Telephone: (336) 228-8394 • Fax: (336) 228-8170

779 Woody Dr., Graham, NC 27253

Accepts Medicaid.

The Presbyterian Home of Hawfields

Telephone: (336) 578-4701 • Fax: (336) 578-4728
2502 South NC 119, Mebane, NC 27302
Accepts Medicaid.

White Oak Manor-Burlington

Telephone: (336) 229-5571 • Fax: (336) 229-2333
323 Baldwin Rd., Burlington, NC 27217
Accepts Medicaid

CHATHAM COUNTY**SunBridge Care & Rehabilitation of Siler City**

Telephone: (919) 663-3431 • Fax: (919) 633-5785
900 West Dolphin St., Siler City, NC 27344
Accepts Medicaid.

The Laurels of Chatham

Telephone: (919) 542-6677 • Fax: (919) 542-1803
72 Chatham Business Dr., Pittsboro, NC 27312
Dementia unit available. Accepts Medicaid.

DURHAM COUNTY

Reports from the Durham Nursing Home Advisory Committee can be found on the Durham County Web site at: www.co.durham.nc.us. Click on Boards and Commissions, then click on Nursing Home Community Advisory Committee.

Brian Center Health & Rehabilitation

Telephone: (919) 544-9021 • Fax: (919) 544-0345
6000 Fayetteville Rd., Durham, NC 27713
Accepts Medicaid.

Carver Living Center

Telephone: (919) 471-3558 • Fax: (919) 477-5133
321 East Carver St., Durham, NC 27704
Dementia unit available. Accepts Medicaid.

Grace Healthcare of Durham

Telephone: (919) 383-5521 • Fax: (919) 383-8580
411 South Lasalle St., Durham, NC 27705
Accepts Medicaid.

Hillcrest Convalescent Center

Telephone: (919) 286-7705 • Fax (919) 286-3772

1417 West Pettigrew St., Durham, NC 27705

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

Pettigrew Rehabilitation and Health Care Center

Telephone: (919) 286-0751 • Fax: (919) 286-5992

1515 West Pettigrew St., Durham, NC 27705

Accepts Medicaid.

Rose Manor Healthcare Center

Telephone: (919) 477-9805 • Fax: (919) 479-5261

4230 North Roxboro St., Durham, NC 27704

Dementia care. Accepts Medicaid.

Treyburn Healthcare Inc.

Telephone: (919) 471-0781 • Fax: (919) 471-8068

2059 Torredge Rd., Durham, NC 27712

Accepts Medicaid.

Unihealth Post-Acute Care of Durham

Telephone: (919) 383-1547 • Fax: (919) 383-0862

3100 Erwin Rd., Durham, NC 27705

Private pay.

ORANGE COUNTY**Britthaven of Chapel Hill**

Telephone: (919) 942-2280 • Fax: (919) 969-7466

1716 Legion Rd., Chapel Hill, NC 27517

Dementia unit available. Accepts Medicaid.

Brookshire Nursing Center

Telephone: (919) 644-6714 • Fax: (919) 644-0812

300 Meadowland Dr., Hillsborough, NC 27278

Accepts Medicaid.

Chapel Hill Rehabilitation and Healthcare Center

Telephone: (919) 967-1418 • Fax: (919) 967-1457

1602 E. Franklin St., Chapel Hill, NC 27514

Accepts Medicaid.

OMBUDSMEN - For Long Term Care Issues

Ombudsmen investigate complaints about the care of residents in long-term care facilities and serve as residents' advocates. They provide mediation and education in an effort to resolve grievances and increase understanding of long-term care residents' rights. Long-term care facilities are defined as nursing homes and adult care homes (rest homes/assisted living).

The toll free number is (800) 310-9777.

Local numbers are:

- Orange County (919) 558-9401
- Alamance County (336) 294-4950
- Chatham County (919) 558-9404
- Durham County (919) 558-9401

PERSONAL EMERGENCY RESPONSE SYSTEMS

Pendants or bracelets worn by individuals use telephone lines to alert a central monitoring facility in an emergency – such as a fall.

Direct Link – Home Helpers

Telephone: (919) 732-1143

Hasten System

Telephone: (800) 582-3073 or (336) 271-6395 or 271-6393 • Fax: (336) 272-2260
301 Creek Ridge Rd., Greensboro, NC 27416

Help- Personal Medical Connection

Telephone: (919) 873- 1001 or (866) 672- 4852

Website: www.helpforyou.com

Phillips Lifeline - UNC Hospital Department of Volunteer Services

Telephone: (919) 966-4793

101 Manning Dr., Chapel Hill, NC 27514

Triangle Lifeline

Telephone: (919) 479-6050 • Fax: (919) 477-5474

3414 North Duke St., Durham, NC 27704

Website: www.trianglelifeline.com

PHYSICAL THERAPY/REHAB CLINICS




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

Balanced Physical Therapy & Movement Studio

Telephone: (919) 942-0240 • Fax: (919) 942-0280
304 W Weaver St. Suite 103, Carrboro, NC 27510
Email: info@balancedpt.com
Website: www.balancedpt.com

ElderFit In Home Rehab

Telephone: (919) 614-1923 • Fax: (919) 644-6646
1101 Bartlett Circle, Hillsborough, NC 27278
Email: info@elderfitpt.com
Website: www.elderfitpt.com

 <p>Personalized outpatient physical therapy services for seniors ... at home.</p> <p>Therapy in the privacy of the home is more accessible and comfortable for many seniors, and it may be critical to continued independence. Call us to find out how we can work with your physician to develop a program for you or someone you love.</p> <p>ElderFit In Home Rehab North Carolina</p> <p>Vicki Tilley, PT, GCS 1101 Bartlett Circle Hillsborough, NC 27278 PH: (919) 614-1923 FX: (919) 644-6646 info@elderfitpt.com www.elderfitpt.com</p> <p>Dedicated to helping seniors attain mobility & independence.</p>	 <p><i>University Physical Therapy</i></p> <p>Specialty clinics for older adults staffed by UNC Physical Therapy faculty with expertise in geriatrics.</p> <p>Our goal: To provide up-to-date, accessible treatment to keep older adults functioning independently in the community.</p> <p>Our services focus on:</p> <ul style="list-style-type: none">◆ Balance and mobility◆ Fall prevention◆ Custom foot orthotics◆ Clients with stroke, Parkinson's disease, and other disorders likely to limit mobility  <p>To make an appointment: 919-732-6600</p> <p>Seymour Center 2551 Homestead Road, Chapel Hill Hillsborough Clinic 400 Millstone Dr, Hillsborough</p>
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UNC Physical Therapy

Telephone: (919) 732-6600

400 Millstone Drive, Hillsborough, NC

or

Telephone: (919) 966-0210

UNC Family Medicine Center, Chapel Hill, NC

UNC Physical Therapy is also available at the Seymour Center in Chapel Hill as well as the UNC Geriatric Evaluation Clinic.

UNC Hospitals Cardiac Rehab

Telephone: (919) 843-2154 • Fax: (919) 843-2191

100 Sprunt St., Chapel Hill, NC, 27517

Website: www.uncwellness.com, www.uncheartandvascular.org

Also offers a Bridge to Wellness Program teaching safe exercise.

PRESCRIPTION ASSISTANCE AND MANAGEMENT

See also: CLINICS – LOW COST and MEDICAL INSURANCE INFORMATION

CHATHAM COUNTY

Chatham CARES Community Pharmacy

Telephone: (919) 663-0177 • Fax: (919) 663-0218

122 Village Lake Rd., Siler City, NC 27344

Email: info@chathamcares.com

Website: www.chathamcares.com

Provides access to pharmacy services for low-income, uninsured Chatham County residents.

DURHAM COUNTY

Senior PHARMAssist

Telephone: (919) 688-4772

406 Rigsbee Ave., Durham, NC 27701

Website: www.seniorpharmassist.org

Pharmacists help people with low incomes, living in Durham and/or Durham County, access prescription medications. Provides medication management and education.

ORANGE COUNTY

Seniors' Health Insurance and Information Program (SHIIP)

Telephone: (919) 968-2082 in Orange County

(800) 443-9354 or (919) 807-6900 in Raleigh

Website: www.ncshiip.com

Local volunteers are trained by SHIIP, a division of the NC Department of Insurance, to help people on Medicare make health insurance decisions, and/or sort out medical bills. The SHIIP office in Raleigh is professionally staffed. Call for coordinators in other counties. Free

UNC School of Pharmacy

Telephone: (919) 966-2626 • Fax: (919) 962-0644

University of North Carolina at Chapel Hill, Kerr Hall, Chapel Hill, NC 27599

Email: UNCgeriatricpharmacy@yahoo.com

Helps people with a low income, and/or high prescription costs access prescription assistance and resources - especially those with specialized needs. Medication evaluation and education is available. In addition to older adults, Medicare beneficiaries who are disabled may utilize this program.

UNC Hospitals - Prescription Assistance

Telephone (outpatient): (919) 966-5128 or 966-0937

Telephone (inpatient): (919) 966-0937

Income based. Must have UNC physician(s). Sliding Fee scale. Work with a financial counselor.

Must be renewed annually.



Orange County Senior Centers Welcomes You!!!

It is the mission of the Orange County Senior Centers to provide personal services, information, enrichment, community involvement, and socialization, as well as to enhance the quality of life, well-being and promote longevity and independence for all Orange County older adults.

Come visit us!

Robert and Pearl Seymour Center
2551 Homestead Road
Chapel Hill, N.C. 27516
919-968-2070



Central Orange Senior Center
103 Meadowland Drive
Hillsborough, N.C. 27278
919-245-2015



Visit us on the web at www.orangecountync.gov/aging.

Check out the on-line version of Senior Times, our quarterly publication.

It has a complete listing of all of our programs and services.

SENIOR CENTERS

ALAMANCE COUNTY

John Robert Kernodle Senior Center

Telephone: (336) 222-5135
1535 South Mebane St., Burlington, NC 27215

CHATHAM COUNTY

Eastern Chatham Senior Center

Telephone: (919) 542-4512
365 Highway 87 North, Pittsboro, NC 27312

Western Chatham Senior Center

Telephone: (919) 742-3975
112 Village Lake Rd., Siler City, NC 27344

DURHAM COUNTY

Center for Senior Life

Telephone: (919) 688-8247 • Fax: (919) 683-3406
406 Rigsbee Ave., Suite 202, Durham, NC 27701
Website: www.councilseniorcitizens.org

ORANGE COUNTY

Specific programs for all Orange County centers are listed in *The Senior Times* newspaper which is available at all the senior centers, libraries, other locations, and the Orange County Department on Aging web site, www.co.orange.nc.us/aging. Individuals can be added to The Senior Times' mailing list by calling (919) 968-2080.

Central Orange Senior Center

Telephone: (919) 245-2015 • Fax: (919) 732-2239
103 Meadowland Dr., Hillsborough, NC 27278

Lunch served Mon - Fri at noon. Reservation required and donation requested.

Robert and Pearl Seymour Center

Telephone: (919) 968-2070 • Fax: (919) 968-2093
2551 Homestead Rd., Chapel Hill, NC 27516

Lunch served Mon - Fri at noon. Reservation required and donation requested.

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.

- **Orange County Senior Games Coordinator**
Cydnee Sims and Terry Colville
Telephone: (919) 918-7372
Email: csims@co.orange.nc.us
Email: Tcoville@co.orange.nc.us
- **Alamance County Senior Games Coordinator**
Jane Smith
Telephone: (336) 222-5135
Email: jessmith@burlington.nc.us
- **Chatham County Senior Games Coordinator**
Lindsay Straughn
Telephone: (919) 542-4512
Email: Lindsay.straughn@ncmail.net
- **Durham County Senior Games Coordinator**
Allison Hubbard
Telephone: (919) 354-2710
Email: allison.hubbard@durhamnc.

SOCIAL/RECREATIONAL RESOURCES

See also: SENIOR CENTERS, SENIOR GAMES

ORANGE COUNTY

Orange County Parks and Recreation Department

Telephone: (919) 245-2660

300 West Tryon St., Hillsborough, NC 27278

Website: www.co.orange.nc.us/recparks

Town of Carrboro Recreation and Parks Department

Telephone: (919) 918-7364

100 North Greensboro St., Carrboro, NC 27510

Website: www.townofcarrboro.org/rp

Town of Chapel Hill Parks and Recreation Department

Telephone: (919) 968-2784

200 Plant Rd., Chapel Hill, NC 27514

Triangle SportsPlex

Telephone: (919) 644-0339

One Dan Kidd Dr., Hillsborough, NC 27278

Website: www.trianglesportsplex.com

UNC Wellness Center at Meadowmont

Telephone: (919) 966-5500 Fax: (919) 843-3276

100 Sprunt St., Chapel Hill, NC 27515

Offers fitness classes, group exercise, personal training, swim lessons, nutrition and weight management, massage therapy, and health evaluations.

YMCA of Chapel Hill/Carrboro

Telephone: (919) 942-5156

980 Martin Luther King Blvd., Chapel Hill, NC 27514

Website: chcymca.org

SOCIAL SECURITY

Social Security Administration

Telephone: (800) 772-1213

TTY: (800) 325-0778

3004 Tower Blvd., Durham, NC 27707

Website: www.ssa.gov

Apply for Medicare, disability, social security card replacement, record of earnings etc. either on the telephone or by using the web site. Supplemental Security Income (SSI) may be available to people on low income. People who qualify, will also be entitled to full Medicaid.

Call the toll-free number to schedule a telephone interview if unable to travel to the local office, or to make an appointment at the local social security office.

To stay updated on matters concerning social security the following web site is available: www.socialsecurity.gov/enews.

SOCIAL SERVICE AGENCIES

ALAMANCE COUNTY

Department of Social Services

Telephone: (336) 570-6532

319 North Graham-Hopedale Rd., Suite C, Burlington, NC 27217

CHATHAM COUNTY

Department of Social Services

Telephone: (919) 542-2759

102 Camp St., Pittsboro, NC 27312

DURHAM COUNTY

Department of Social Services

Telephone: (919) 560-8102

220 East Main St., Durham, NC 27701

ORANGE COUNTY

Department of Social Services

Telephone: (919) 245-2800

113 Mayo Street Hillsborough, NC 27278

or

Telephone: (919) 968-2000

Southern Human Services Bldg.,

2501 Homestead Rd., Chapel Hill, NC 27516

SUPPORT GROUPS

See also: DEMENTIA/ALZHEIMER'S, HOSPICE, WEB SITES

AGING

Alamance Eldercare Inc.

Telephone: (336) 538-8080 • Fax: (336) 536-8534
2732 Anne Elizabeth Dr., Burlington, NC 27215

Chatham County Council on Aging

Telephone: (919) 542-4512
365 Highway 87 North, Pittsboro, NC 27312
Website: www.chathamcouncilonaging.org
Call for information.

Durham Council for Senior Citizens

Telephone: (919) 688-8247
406 Rigsbee Ave., Durham, NC 27701
Website: www.councilseniorcitizens.org
Call for information.

Orange County Department on Aging

Telephone: (919) 968-2087 (Aging Information and Help Line)
Robert and Pearl Seymour Center, 2551 Homestead Rd., Chapel Hill, NC 27516
103 Meadowland Dr., Hillsborough, NC 27278
Website: www.co.orange.nc.us/aging
Multiple support groups available. Call for information.

ADDICTION

Alanon

Telephone: (919) 787-1653 or (888) 425-2666
Fellowship of family and friends of alcoholics.
Call for meeting times and locations.

Alcoholics Anonymous

Alamance, Chatham and Orange Counties
Telephone: (919) 933-3877 or (866) 640-0180
Website: www.aanc33.org
Durham County
Telephone: (919) 286-9499
Web site: www.aanc32.org
Meetings available seven days a week. Call, or go to web site, for times and locations.

Durham Regional Hospital

Telephone: (919) 470-4000

Website: www.durhamregional.org

Freedom House - Chapel Hill Outpatient Clinic

Telephone: (919) 942-2803

121 Estes Dr., Suite 100, Chapel Hill, NC 27514

Freedom House - Family Counseling Center

Telephone: (919) 732-1150

300 W. Tryon St., Hillsborough, NC 27278

Call for availability.

Gamblers Anonymous

Telephone: (919) 968-8843

Amity United Methodist Church,
825 North Estes Dr., Chapel Hill, NC 27514

Website: gamblersanonymous.org

Meets every Monday at 7:30 pm.

Overeaters Anonymous

Telephone: (919) 406-9300

Website: www.trianglearray.org

Meets at various locations on different days and times. Call for details.

SMART Recovery

Telephone: (919) 408-0121

Binkley Baptist Church, Willow Dr., Chapel Hill, NC 27514

Self-help group for people with an alcohol or other substance abuse problem. Meets Tues at 7:30 pm, and Sat at 9:30 am at Caramore Bldg, 550 Smith Level Dr., Carrboro.

UNC Hospitals Healthlink

Telephone: (919) 966-4000

Website: www.unchealthcare.org

ALZHEIMER'S AND DEMENTIA

Alzheimer's North Carolina, Inc.

Telephone: (919) 832-3732 or (800) 228-8738

400 Oberlin Rd., Suite 200, Raleigh, NC 27605

Website: www.alznc.org

Duke Family Support Program

Telephone: (919) 660-7510 or (800) 672-4213 • Fax: (919) 684-8569

Duke Hospital South, Trent Dr., Durham, NC 27710

Website: www.dukefamilysupport.org

Call for information on meeting location.

DEMENTIA CAREGIVER GROUPS - ORANGE COUNTY

Cedars of Chapel Hill Dementia Caregivers Group

Telephone: (919) 968-2087

100 Cedar Club Circle, Chapel Hill, NC 27517

Central Orange Senior Center Dementia Caregivers Group

Telephone: (919) 968-2087

103 Meadowland Dr., Hillsborough, NC 27278

Robert and Pearl Seymour Center Dementia Caregivers Group

Telephone: (919) 968-2087

Robert and Pearl Seymour Center, 2551 Homestead Rd., Chapel Hill, NC 27516

GENERAL CAREGIVER

Patient and Caregiver Support Group - Duke

Telephone: (919) 668-2836

Neurological Disorders Clinic, Duke Health Center

932 Morreene Rd., Durham, NC 27710

Meets 4th Tuesday of the month, 10:30 am - 12 noon.

Daughters as Caregivers

Telephone: (919) 660-7510 or (800) 672-4213 • Fax: (919) 684-8569

Duke Hospital South-Room 3506, Trent Dr., Durham, NC 27710

Website: www.dukefamilysupport.org

For daughters, or daughters-in-law, who are caregivers.

DISEASE SPECIFIC SUPPORT GROUPS

For complete information on sponsored support groups contact:

UNC Hospitals HealthLink

Telephone: (919) 966-3820

Website: www.unchealthcare.org

Information on UNC sponsored support groups.

Duke University Medical Center

Telephone: (919) 684-4497

Information on Duke sponsored support groups.

ARTHRITIS

Arthritis Support Group

Telephone: (919) 968-6640 or (919) 408-0307

Meeting Robert and Pearl Seymour Center, 2551 Homestead Rd., Chapel Hill, NC 27516

Meets the 2nd Tues of the month at 7:00 pm.

CANCER

American Cancer Society

Telephone: (800) ACS-2345 (800-227-2345).

Person will answer questions.

Cornucopia House Cancer Support Center

Telephone: (919) 401-9333

Eastowne Office Complex, 111 Cloister Ct., Suite 220, Overlook Bldg., Chapel Hill, NC 27514

Email: chsupport@mindspring.com

Website: www.cornucopiahouse.org

Offers many groups and services. Call for details.

Prostate Cancer

Telephone: (919) 843-5307

Binkley Church, Willow Dr., Chapel Hill, NC 27514

Meets first Wed of the month at 4:00. Call for information.

HEARING

Hearing Loss Association of Chapel Hill

Telephone: (919) 622-8467

Robert and Pearl Seymour Center, 2551 Homestead Rd., Chapel Hill, NC 27516

Email: ruthmiller@mac.com (preferred contact method)

MENTAL ILLNESS

National Alliance for the Mentally Ill (NAMI)

Orange County

Telephone: (919) 929-7822

Church of Reconciliation, 110 N. Elliott Rd., Chapel Hill, NC 27514

Meets 2nd Saturday at 9:30 am - September through June.

PARKINSON'S DISEASE

Central Orange Senior Center

Telephone: (919) 245-2015

103 Meadowland Dr., Hillsborough, NC 27278

Meets fourth Wed. from 11:30-1:30. If people would like a lunch, call to make a reservation.

Meeting begins at 12:00

Binkley Baptist Church

Telephone: (919) 942-4964

1712 Willow Dr., Chapel Hill, NC 27514

Meets third Wed. at 1:30 pm.

STROKE

Stroke Support Group

Telephone: 966-8044 (UNC Healthcare)

Call for information.

VISION (LOW OR BLIND)

Low Vision Support Group

Telephone: (919) 942-2571 or (919) 968-2087

Robert and Pearl Seymour Center

2551 Homestead Rd., Chapel Hill, NC 27516

OTHER

Aphasia Support Group

(Includes other speech disorders)

Telephone: (919) 968-2073 • Fax: (919) 968-2093

Robert and Pearl Seymour Center

2551 Homestead Rd., Chapel Hill, NC 27516

Widows Support Group

Telephone: (919) 218-7995

Sponsored by UNC Hospice. Call for information and other group locations.

SUPPORT TEAMS

PROJECT COMPASSION

Telephone: (919) 402-1844 • Fax: (919) 402-1843

180 Providence Rd., Suite 1-C, Chapel Hill, NC 27514

Website: www.project-compassion.org

Project Compassion creates volunteer Support Teams that provide practical, emotional, social and quality of life support for people living with illness and caregiving. Teams are created in partnership with community groups, organizations and friendship circles.

TAXES

PERSONAL INCOME TAX ASSISTANCE

Volunteer Income Tax Assistance (VITA)

Telephone: (919) 968-2070

IRS trained volunteers complete individual income tax forms between Feb. 1 and April 15. Call for locations and schedules. No cost.

REAL ESTATE TAX INFORMATION

The NC Homestead Exemption Act applies to low-income people age 65+ and individuals with disabilities. Contact your local county tax assessor's office for an application and more information.

Orange County Tax Assessor's Office

Telephone: (919) 245-2100

200 South Churton St., Hillsborough, NC 27278

Website: www.co.orange.nc.us

TELEPHONE PROGRAMS

CELL PHONES FOR EMERGENCIES

Orange County Department on Aging

Telephone: (919) 968-2087

Robert and Pearl Seymour Center

2551 Homestead Rd., Chapel Hill, NC 27516

Used cell phones are available for no cost. Even without service, cell phones can be used to call 911 in an emergency when away from home. When at home, use a regular phone to call 911 so that responders will know your location.

TELEPHONE REASSURANCE PROGRAM FOR SENIORS

Orange County Department on Aging

Telephone: (919) 968-2087

Robert and Pearl Seymour Center, 2551 Homestead Rd., Chapel Hill, NC 27516

Telephone calls are made Monday through Friday to check on seniors' well being. Call for an in-home assessment prior to beginning telephone reassurance. Free

TELEPHONE SERVICE – SUBSIDIZED

See: Social Services

People who live in subsidized housing or receive Medicaid or food stamps through the Department of Social Services (DSS) are generally eligible for a reduction in their local telephone company rate. In Orange County, contact DSS at (919) 245-2800 or (919) 968-2000 for more information.

TRANSPORTATION

E-Z Rider/Chapel Hill Transit Authority

Telephone: (919) 969-5544 or (919) 968-2772

306 North Columbia St., Chapel Hill, NC 27516

Provides service to people, unable to drive or walk to bus stops or unable to navigate stairs, who live within the Chapel Hill-Carrboro city limits. Call for an application.

Free, except for evenings and weekends. Reservations required.

Orange Public Transportation (OPT-Orange Bus) - Orange County Department on Aging

Telephone: (919) 245-2008

PO Box 8181, Hillsborough, NC 27278

Website: www.co.orange.nc.us/aging

Serves areas in Orange County outside the Chapel Hill & Carrboro city limits. Transports people who are either disabled or elderly to medical appointments, senior centers and weekly shopping trips. Public routes are also available. Reservations required. Fee.

Paratransit – Provided by Triangle Transit Authority (TTA)

Telephone: (919) 485-7467

Website: www.ridetta.org

Provides transportation between Chapel Hill, Durham and Raleigh for people unable to take regular buses. Must meet qualification criteria. Fee.

NON-EMERGENCY AMBULANCE SERVICE

Johnston Ambulance Service

Telephone: (800) 625-3500 • Fax: (919) 739-5989

2803 Hwy. 70W, Goldsboro, NC 27530

Non-emergency transportation for non-ambulatory individuals. Fee. May accept Medicaid.

VETERANS' SERVICES

See also: SOCIAL SERVICES

In other counties, contact your local Department of Social Services.

Veterans Affairs Counselor (Orange County)

Telephone: (919) 245-2890

118 Churton St., Hillsborough, NC 27278

A veterans' affairs counselor is available through Orange County Social Services for Orange County Veterans and their families.

Veterans Administration Healthcare Benefits

Telephone: (877) 222-VETS or (877) 222-8387

Website: www.va.gov/healtheligibility

Veterans Administration Patient Advocates

Telephone: (919) 286-0411 ext. 6971 or 6414

Call for questions, concerns or complaints about veterans' services. These advocates can help you navigate the VA system.

Veterans Affairs Regional Office

Telephone: (800) 827-1000

251 North Main St., Winston Salem, NC 27155

Website: www.va.gov

VOLUNTEER SERVICES

ORANGE COUNTY

Orange County Retired and Senior Volunteer Program (RSVP)

Telephone: (919) 968-2054

Robert and Pearl Seymour Center, 2551 Homestead Rd., Chapel Hill, NC 27516

Website: www.co.orange.nc.us/aging.

Matches volunteers age 55 + with a large variety of positions within community organizations. Volunteer opportunities are listed in local newspapers, The Senior Times, and on the Orange County web site.

WEBSITES

There are many web sites that offer information on aging issues. Many of them have links to other sites. Some web sites are listed here, but it does NOT guarantee their quality or accuracy.

AARP

www.aarp.org

Links to a wide variety of topics, including discounts for AARP members.

Administration on Aging

www.aoa.dhhs.gov

A clearinghouse for information on aging from the federal government.

Aging with Dignity

www.agingwithdignity.org

Information about advanced directives and dying. Includes access to "Five Wishes," a booklet which provides spaces to complete with pertinent personal information about a person's wishes for the end of life. To be used in conjunction with the Health Care Power of Attorney and Living Will.

Alzheimer's Association

www.alz.org

Inside the Brain - An interactive education for individuals with Alzheimer's disease and their caregivers.

American Association of Geriatric Psychiatry

www.AAGPonline.org

Dedicated to the mental health and treatment of mental health of individuals over age 60. Education, links, and resources.

American Association of Homes and Services for the Aging

www.aahsa.org

Consumer tips on evaluating assisted living facilities, nursing homes, and Continuing Care Retirement Communities (CCRC's).

American Bar Association Commission on Legal Problems of the Elderly

www.abanet.org/elderly

Assisted Living Federation of America

www.alfa.org

Information on assisted living facilities. Has a tool that can help people find a facility in specific areas.

Benefits Check-Up

www.benefitscheckup.org

National Council on Aging. Federal and state assistance program for older Americans. Designed to help older adults find the right benefits programs to meet their needs.

Caregivers Education

www.caring.com

Easy to find specific information, to-do lists, conversations with experts.

Caring Connections

www.caringinfo.org

Advanced directives forms available to meet each state's unique requirements.

Carolinas Center for Hospice and End of-Life Care

www.carolinasendoflifecare.org

Links to local Hospices, education, and resources

Center for Disease Control (CDC)

www.cdc.gov/aging

Center for Medicare Advocacy

www.medicareadvocacy.org

Advocacy agency for Medicare recipients, and is involved in policy development.

Centers for Medicare and Medicaid Services (CMS)

www.cms.gov

Publications about Medicare and Medicaid are available in large print.

Consumer Consortium on Assisted Living

www.ccal.org

Non-profit organization that advocates for residents in assisted living facilities.

DUKE

www.dhcc.dukehealth.org

Duke Family Support Program (Dementia)

www.geri.duke.edu/service/dfsp/links.htm

Educational and practical information for family caregivers. Free newsletter, links to resources, and an excellent bibliography for family caregivers and professionals.

Duke University Center for the Study of Aging and Human Development

www.geri.duke.edu/index.htm

Information on research, education, services, and web sites for the Duke Long Term Care Resources Program and the Geriatric Evaluation and Treatment (GET) Clinic.

Duke Institute on Care at the End of Life

www.iceol.duke.edu

Education and links to resources about palliative care and dying with dignity.

Dying Well

www.dyingwell.org

Practical help for families, including how to communicate with individuals at the end of life.

Eldercare Locator

www.eldercare.gov

Locate resources for seniors throughout the U.S.

Family Caregiver Alliance

www.caregiver.org

Information on a variety of issues of interest to caregivers.

First Gov

www.firstgov.gov or call (800) 333-4636.

US government's official web portal. Can apply for benefits.

Full Circle of Care (Caregivers)

Triangle J Area Agency on Aging

www.fullcirclecare.org

For family caregivers.

Geriatric Care Managers

www.napgcm.org

National Association of Geriatric Care Managers - locate a certified care manager nationwide.

Hospice Foundation of America

www.hospicefoundation.org

Educational and practical help family caregivers when death is near.

Medicare

www.medicare.gov

Official federal web site for Medicare recipients. Also has reports for nursing homes, home health agencies, and hospitals throughout the USA. Can establish a site for personal health insurance/billing information.

National Academy of Elder Law Attorneys

www.naela.org

Lists attorneys who specialize in elder law throughout the USA.

National Aging Information Center (NAIC)

www.aoa.dhhs.gov/naic/about.html

Wide variety of program and policy-related materials; demographic and other statistical data on the health, economic, and social status of older Americans.

National Alliance for Caregiving

www.caregiving.org

National Alliance on Mental Illness

www.nami.org

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

National Alzheimer's Association

www.alz.org

National web site for the Alzheimer's Association. Educational materials on dementia and links to local support groups.

National Association of Professional Care Managers

www.napgcm.org

Information on locating private geriatric care managers throughout the USA.

National Center on Elder Abuse

www.elderabusecenter.org

Educational web site with links to local agencies that investigate allegations of elder abuse, neglect and exploitation.

National Citizens' Coalition for Nursing Home Reform

www.nccnhr.org

Advocacy, education and a consumer's guide to choosing a nursing home.

National Council on Aging

www.ncoa.org

A non-profit network of organizations and aging leaders.

National Family Caregivers Association

www.nfcacares.org

National Institute on Health/Aging

www.nih.gov/nia

Excellent educational material and links to other valuable sites.

National Institute on Health/Aging

www.nia.nih.gov

Research and educational materials on aging and health issues.

National Institute on Mental Health

www.nimh.gov

Education, resources, and links about mental health and treatment.

National Mental Health Association

www.nmha.org

Offers fact sheets, pamphlets and resources on mental health.

NIHSeniorHealth.gov

A collaboration of the National Institute of Health and National Library of Medicine that provides authoritative information on all diseases and disorders of old age.

NC Health Information

www.healthycarolinians.org

Up-to-date demographic and health information about NC residents.

North Carolina Bar Association

www.ncbar.org

Board certified attorneys who practice in specialized areas, such as estate planning. Publishes Senior Citizens Handbook, which can be downloaded.

North Carolina Department of Health and Human Services

www.nccarelink.com

Provides up-to-date, and comprehensive, health and human services information throughout North Carolina.

North Carolina Division on Aging and Adult Services

www.dhhs.state.nc.us/aging/

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

North Carolina Division of Medical Assistance (Medicaid)

www.dhhs.state.nc.us/dma/

Official site for Medicaid recipients or individuals who want to apply for Medicaid in North Carolina.

North Carolina State Cooperative Extension

www.ces.ncsu.edu

Research based information for NC residents on a wide variety of topics.

Project Compassion

www.project-compassion.org

Project Compassion creates volunteer Support Teams that provides practice, emotional, social and quality of life support for people living with illness and caregiving. Teams are created in partnership with community groups, organizations and friendship circles.

**Seniors' Health Insurance Information Program (SHIIP)
North Carolina Department of Insurance**

www.ncshiip.com

Information on Medicare, supplemental health insurance, Medicare Advantage plans, and Medicare Part D plans.

Social Security Administration

www.socialsecurity.gov

Information on benefits, frequently asked questions, etc. Can apply for benefits on-line.

The National Hospice and Palliative Care Organization

www.nhpco.org

Triangle J Area Agency on Aging

www.tjaaa.org

Triangle J Area Agency on Aging serves the following counties: Orange, Durham, Wake, Chatham, Moore, Johnston, and Lee.

UNC Health Sciences Library

South Columbia St., Chapel St., Chapel Hill, NC 25599

www.hsl.unc.edu

Telephone: (919) 962-0800

Librarians will help access information on health questions. Web site provides links to major health information web sites. Can e-mail questions to www.hsl.unc.edu/asklib

U.S. Administration on Aging

www.aoa.gov

US House of Representatives

www.house.gov

US Senate

www.senate.gov

Veterans Affairs Department

www.va.gov

LEADING, TEACHING, CARING?

YES.

BUT AT THE END OF THE DAY, IT'S REALLY ALL ABOUT

CARING.



Caring. There is simply no other single word that sums up all that we do. Leading edge technologies, pioneering research, premier medical and health education—all are part of our work here. And all contribute to what's most important to our patients, to you: Caring. www.unchealthcare.org



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