

October 3, 2018

Community Resources for Seniors and Their Family Caregivers

Information for UNC Seminar

The contact information below is for some counties surrounding UNC Chapel Hill. These public and private, non-profit providers offer various services and programs to help older adults to remain living safely at home and stay healthy and active in the community. Even if they do not provide all of the services in the community for seniors and their family caregivers, they should know who might. They are a place to begin. Some services about which you might ask include Meals on Wheels (home-delivered meals), Congregate/Senior Center Meals, In-Home Aide Personal Care, Family Caregiver Support Groups and Respite, Transportation (general and medical), Adult Day Care and Day Health Care, and evidence-based Health Promotion (e.g., Arthritis Exercise, Matter of Balance for falls prevention).

General Resources

Aging Service Directory:

<https://files.nc.gov/ncdhhs/documents/files/AgingCountyServicesDirectory.pdf>

Family Caregiver Contacts, Area Agencies on Aging:

<https://files.nc.gov/ncdhhs/documents/files/FamilyCaregiverContacts.pdf>

NC Long Term Care Ombudsman Program: <https://www.ncdhhs.gov/assistance/adult-services/long-term-care-ombudsman>; promoting the rights of residents of nursing homes and assisted living

Official Medicare site: <https://www.medicare.gov/SharedResources/shared/pages/medicare-interim.aspx?PageFailCode=InvalidQSPParams&siteTool=NursingHome>

Alamance County

ALAMANCE ELDERCARE, INC
PO BOX 202
BURLINGTON, NC 27216-0202
Phone: 336-538-8080

Caswell County

CASWELL SENIOR SERVICES
PO BOX 1405
YANCEYVILLE, NC 27379-1405
Phone: 336-694-7447

Chatham County

CHATHAM COUNTY COUNCIL ON AGING
PO BOX 715
PITTSBORO, NC 27312-0715
Phone: 919-542-4512

Durham County

DURHAM CENTER FOR SENIOR LIFE
406 RIGSBEE AVE., SUITE 202
DURHAM, NC 27701
Phone: 919-688-8247

October 3, 2018

Granville County

**GRANVILLE CO SENIOR SERVICES
107 LANIER STREET
PO BOX 1287
OXFORD, NC 27565
Phone: 919-693-1930**

Guilford County

**SENIOR RESOURCES OF GUILFORD
301 E. WASHINGTON STREET
GREENSBORO, NC 27401-2993
Phone: 336-373-4816**

Johnston County

**COMMUNITY & SENIOR SERVICES OF
JOHNSTON COUNTY
1363 WEST MARKET STREET
SMITHFIELD, NC 27577-3340
Phone: 919-934-6066**

Lee County

**LEE COUNTY SENIOR SERVICES
1615 S THIRD STREET
SANFORD, NC 27330-5663
Phone: 919-776-0501**

Notes

Orange County

**ORANGE COUNTY DEPT ON AGING
SEYMOUR CENTER
2551 HOMESTEAD ROAD
CHAPEL HILL, NC 27516-9087
Phone: 919-245-4254**

Person County

**PERSON COUNTY SENIOR CENTER
87 SEMORA ROAD
ROXBORO, NC 27573-0764
Phone: 336-599-7484**

Randolph County

**RANDOLPH COUNTY SENIOR ADULTS
ASSOCIATION
347 W SALISBURY STREET
PO BOX 1852
ASHEBORO, NC 27204-1852
Phone: 336-625-3389**

Wake County

**RESOURCES FOR SENIORS, INC.
1110 NAVAHO DR, STE 400
RALEIGH, NC 27609-7369
Phone: 919-872-7933**