

Durham Center for Senior Life (DCSL)

This Senior Resource Guide is provided free of charge as part of DCSL's mission to advance the well-being of adults 55+ living in and around Durham. Read more about DCSL and our programs & services on page 8, including:

Adult Day Health
Transportation
Senior Centers
Health Promotion/Disease
Prevention
Volunteering

Information and Referrals
Options Counseling
Congregate Nutrition
DCSL EATS
Family Caregiver Support
Learning

To receive information about these or other programs, or to request additional guides, contact us:

406 Rigsbee Avenue, Suite 202
Durham, NC 27701
Email: info@dcslnc.org
Website: www.dcslnc.org
Phone: 919-688-8247
Fax: 919-683-3406

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The information in the following pages is subject to change. If you find any outdated or missing information, please contact DCSL using one of the contact methods above.

Frequently Called Numbers

Emergency Numbers

Call 911 First!

Poison Control Center	800-222-1222
Durham Crisis Response Center	919-403-6562
National Suicide Prevention Hotline	800-273-8255
HopeLine (24-Hour Crisis Line; call or text)	919-231-4525 (877-235-4525)

To Report a Missing Person:

NC Center for Missing Persons Hotline (for creating Silver Alert or Amber Alert)	800-522-5437
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To Report a Power Outage:

Duke Energy Progress	800-419-6356
Piedmont Electric Membership Corporation	800-449-2667

To Report a Gas Leak:

Call 911 First!

Duke Energy Progress	800-452-2777
PSNC/Dominion Energy	877-776-2427

To Report Abuse of a Child or an Adult:

Durham County Social Services (DSS):	
Adult Protective Services	919-560-8600
Child Protective Services	919-560-8424

Para Servicios en Español

Poison Control Center	800-222-1222
Durham Crisis Response Center en Español	919-519-3735
National Suicide Prevention Hotline en Español	888-628-9454
Durham Police Department en Español	919-560-4925

Non-Emergency Numbers

Durham County EMS (Business)	919-560-8285
Durham County Sheriff Department	919-560-0897
Durham Police Department	919-560-4600
Durham City Fire Dept. (Administration)	919-560-4242
Durham County Fire Marshall	919-560-0660
Durham City ONE-CALL (City Services)	919-560-1200
Durham County Animal Control	919-560-0630

Duke Medical Numbers

Duke Regional Hospital: General Information	919-470-4000
Duke Medical Center: Clinic Information	919-684-8111
Duke Medical Center: Patient Information	919-684-2410
Duke Health: Referral Center	888-275-3853
Duke University Hospital: Emergency Department	919-684-2413
Duke Eye Center (Appointments)	919-681-3937 (800-422-1575)

Other Important Numbers

Durham Center for Senior Life	919-688-8247
ElderCare Locator	800-677-1116
Durham Area Transit Authority	919-560-1535
DATA Access Paratransit	919-560-1551 x303
Go Triangle Transit Information Center	919-485-7433
Social Security Administration	800-772-1213
National Federal Citizen Information Center	800-333-4636
Federal Trade Commission: Identity Theft	877-438-4338
Better Business Bureau of Eastern NC	919-277-4222

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About Durham Center for Senior Life

Mission and Vision

The mission of Durham Center for Senior Life is to advance the well-being of adults 55+ living in and around Durham. We envision neighborhoods where seniors can live vibrantly, and where together, we ensure that Durham is one of the best places to grow older.

We do this by:

Centering seniors' voices, talents, friendships, joy, peace of mind and health in everything we do.

Coordinating limitless opportunities for seniors to move, learn, grow, and engage.

Being welcoming and inclusive.

Connecting seniors to resources.

Supporting older adults' care-partners and family members.

Programs and Services

Adult Day Programs: Our Adult Day Programs are designed to provide adults with structured activities, care, and supervision throughout the day. Participants, many of whom are experiencing difficulties associated with dementia, stroke, isolation and confusion, enjoy a safe and comfortable environment while enjoying stimulating activities designed to meet their physical, social, emotional, and mental needs. Activities include crafts, discussion groups, and light exercise for functionally impaired individuals. RN care is available as needed.

Congregate Meal Program: The Congregate Meal Program is intended to promote social, emotional, and physical well-being in older adults age 60 years and older. We do this by providing a nutritious hot meal 5 days a week and many diverse programs at 3 satellite senior centers in Durham (see Locations on page 13). Currently, Congregate Meal Program serves 90 individuals each day.

DCSL EATS: DCSL EATS serves residents of Durham County aged 60 and older who are without reliable access to a sufficient amount of affordable, nutritious food. Participants are connected with resources specific to their needs, including referrals to congregate meal sites, assistance enrolling in a meal delivery service, food pantry items, and trips to a local grocery store with a DCSL EATS volunteer. Eligibility is determined by income for most resources.

Family Caregiver Support Program: This program is designed to provide family caregivers with help making caregiving decisions and solving problems related to caregiving. Eligible caregivers are spouses, children, relatives or friends of persons over 60 who have significant memory loss or confusion. There is also limited funding for respite care.

Health Promotion/Disease Prevention: These programs focus on keeping people healthy. They aim to engage and empower individuals and communities to choose healthy behaviors, and make changes that reduce the risk of developing chronic diseases and other morbidities. Programs consist of educational seminars and materials, lifestyle change programs (nutrition, exercise), and chronic disease self-management. Sample classes include living health with chronic disease, pain, and diabetes.

Housing Assistance: Staff can provide assistance to seniors who are seeking housing by providing a listing, assistance with completion of applications, and obtaining necessary documentation. The staff can assist with referral to key programs for disabled seniors receiving SSI benefits. Staff can also assist with applications for the Resources for Seniors Weatherization program

Legal Services: No cost elder law support is offered to seniors several times a year. Referrals can be made to North Central Legal Aid for seniors aged 60 and older.

Medicaid: A Medicaid case worker from the Department of Social Services is on site at the Durham Center for Senior Life the second Tuesday each month from 1:00pm to 3:30pm. Seniors or designated family members may apply.

Options Counseling: Options Counseling provides guidance to individuals as they make informed choices about long-term services and supports. This service helps people think through the pros and cons of the various options while taking into consideration their situation, values, resources, and preferences. The Options Counselor can also assist with making an Action Plan for the individual to implement.

Senior Centers: Our senior centers provide exercise and nutrition classes, special events, and educational workshops. DCSL exercise classes are well attended, with over 600 seniors participating annually. Some of our classes include aerobics, belly dancing, line dancing, and yoga. We also provide specialized classes including arthritis exercise class, yoga, and Tai Chi to improve balance.

Support Services: Specialists help empower seniors to solve complex problems. All assistance is confidential. Services are accessed by phone, in-person, and via e-mail. All requests are recorded and follow up is required. The agency received over 2,000 contacts for services related to health issues, food insecurity, housing, utilities, insurance, and other areas. These services are designed to reduce barriers to access, increase the knowledge of the senior and assist with implementation of services.

Telephone Reassurance: This program is designed to help homebound elderly and/or disabled individuals to remain independent in their own homes for as long as possible by providing reassuring telephone calls, social support, and safety checks. Volunteers make brief and consistent reassurance calls several times a week.

Transportation: DCSL provides transportation to DCSL's Congregate Meal Sites and the Downtown centers. Assistance and referrals to local transportation options is also provided.

Volunteering at DCSL

Durham Center for Senior Life offers a variety of short- and long-term volunteer opportunities. With volunteer opportunities available for individuals and groups, you're sure to find a volunteer option that suits your needs and schedule. Below are ongoing volunteer opportunities.

Class Instructor: Lead weekly exercise or arts and crafts classes or begin a new class! Current exercise classes include yoga, total body workout, Tai' Chi, belly dancing, line dancing, aerobics, and other activities. Current arts and crafts classes include watercolor painting, crocheting, ceramics, jewelry-making, and quilting. *Time Commitment: Weekly, Ongoing*

Lunch & Learn Instructor: Teach an instructional seminar on health/wellness related issues concerning older adults. *Time Commitment: One-Time, Monthly*

Office Assistant: Help with mass mailing, data entry, and filing. *Time Commitment: As Needed/Ongoing*

Special Events Committee Member: Help with the planning and facilitation of special events. *Time Commitment: As Needed/Ongoing*

Greeter: Serve as the first point of contact for visitors and members, give facility tours, orient new members to fitness center, help with publicity and other day to day operations. *Time Commitment: Ongoing*

Telephone Reassurance: Make phone calls to home-bound seniors that live alone. *Time Commitment: Ongoing*

Adult Day Health: Assist with the Adult Day Health program by working with seniors during the day to help them remain in their homes with family members. *Time Commitment: Ongoing*

For more information, contact DCSL at 919-688-8247 or email info@dcslnc.org.

Locations

Downtown Senior Center: 919-688-8247
406 Rigsbee Avenue, Ste. 202, Durham, NC 27701
Hours: 8:30am - 5:00pm, Monday - Friday
Congregate meals are not available at this location.

Adult Day Health Center: 919-682-0215
406 Rigsbee Avenue, Ste. 102 Durham, NC 27701
Hours: 8:30am - 5:00pm, Monday - Friday
Congregate meals are not available at this location.

Congregate Meal Satellite Sites*

W.D. Hill – Congregate Meal Site*: 919-688-9158
1308 Fayetteville Street, Durham, NC 27707
Hours: 8:30am - 1:30pm, Monday - Friday

Little River – Congregate Meal Site*: 919-477-6066
8307 Roxboro Road, Bahama, NC 27503
Hours: 8:30am - 1:30pm, Monday - Friday

JFK Towers – Congregate Meal Site*: 919-748-1422
4900 N Roxboro St, Durham, NC 27704
Hours: 8:30am - 1:30pm, Monday - Friday

***About the Congregate Meal Program:**

Participants must meet eligibility requirements listed below. Call the phone number for your chosen location to find out more information.

- ✓ *Aged 60 or older*
- ✓ *Completed registration application on file*

Section 1: Healthy Living

Disability and Accessibility Resources

The resources below are intended to support the independence of individuals living with disabilities.

General Disability and Accessibility Resources and Programs

Disability Information

www.disability.gov

Easy access to comprehensive disability-related information and resources.

Disability Rights NC: 919-856-2195, 877-235-4210 (TTY: 888-268-5535)

www.disabilityrightsc.org

3724 National Drive, Raleigh

Protection and advocacy for those with disabilities.

NC Assistive Technology Program: 919-859-8360

www.ncdhhs.gov/divisions/vocational-rehabilitation-services/north-carolina-assistive-technology-program

Raleigh Regional Center

4900 Waters Edge Drive, Suite, 250, Raleigh

Assistive technology services for people of all ages and abilities (statewide).

NC Division of Vocational Rehabilitation: 919-560-6815, 888-666-4916

dvr.dhhs.state.nc.us

4312 Western Park Place, Durham

Job placement, guidance and counseling, restoration training, and post-employment support for the disabled.

NC Independent Living Rehabilitation Program: 919-560-6810, 888-666-4916

www.ncdhhs.gov/dvrs/pwd/ils.htm

4312 Western Park Place, Durham

Durable medical equipment for severely disabled individuals to prevent skilled nursing facility placement.

Hearing Assistance

AT&T Accessible Communication: 800-246-8464 (TTY: 800-397-3172)

about.att.com/sites/accessibility

Communication products and devices for use by persons with hearing and vision impairments.

Hearing Loss Association of America: 301-657-2248 (TTY: 301-657-2248)

www.hearingloss.org

Assistance and resources for people with hearing loss and their families, to learn how to adjust to living with hearing loss.

Relay NC: 800-857-6099 (TTY/Voice)

www.relaync.com

Contact: Bola Desalu at 919-324-3792 (Videophone/Video); 919-238-4137 (TTY); or email bola.desalu@sprint.com

RelayNC is a free service that allows individuals who are Deaf, Hard of Hearing or Deaf-Blind to place calls to standard telephone users through the use of various equipment or assistive devices and a relay operator.

Vision Assistance

NC Division of Services for the Blind: 919-733-9822, 866-222-1546

www.ncdhhs.gov/divisions/dsb

309 Ashe Avenue, Fisher Building, Raleigh

Services for those who are blind or vision impaired.

NC Library for the Blind and Physically Handicapped: 919-733-4376, 888-388-2460 (TDD 919-733-1462)

statelibrary.ncdcr.gov/lbph

Email: nclbph@ncdcr.gov

1841 Capital Boulevard, Raleigh

Books and magazines especially made for persons who cannot use regular printed material because of a visual or physical disability.

Oasis Program (Durham County Library): 919-560-0152

durhamcountylibrary.org/services/oasis

Library services for older adults and homebound individuals.

Triangle Radio Reading Service: 919-832-5138

www.trianglereadingservice.org

Email: reading@trrs.nc.org

211 E. Six Forks Road Suite 103, Raleigh

Operates 24 hours a day on an audio network of radio, television, cable and Internet streams that disseminates current news, information and entertainment from print media for those who are blind or have low vision.

Health Care Resources

The resources listed below are intended to support healthy living for all individuals in Durham County. Specialists are listed below general health centers.

Health Centers

Duke Geriatric Evaluation and Treatment Clinic: 919-620-4070

www.dukehealth.org/locations/duke-geriatric-evaluation-and-treatment-clinic

40 Duke Medicine Circle, Clinic 1J, Durham

Provides a variety of services to older adults and their families.

Duke Neurological Disorders Clinics: 919-668-7600

932 Morreene Road, Durham

3116 North Duke St, Durham

40 Duke Medicine Circle, Durham

4309 Medical Park Drive, Durham

Clinical services provided by neurologists specializing in movement and memory disorders like Alzheimer's, Parkinson's, and Huntington's disease.

Duke Regional Hospital: 919-470-4000

www.dukeregional.org

3643 N. Roxboro Road, Durham

Duke University Medical Outpatient Clinic: 919-471-8344, 919-684-4111

www.dukehealth.org/locations/duke_outpatient_clinic

4220 N. Roxboro Road, Durham
Provides primary care for residents of Durham and surrounding counties.

Hillside Wellness Center: 919-956-4519
3727 Fayetteville Street, Durham

Joseph & Kathleen Bryan Alzheimer's Disease Research Center: 919-444-2372
neurology.duke.edu/research/research-centers/bryan-alzheimers-disease-research-center

2200 W. Main Street, Suite A200, Durham
Referrals to the Memory Disorders Clinic are made by physician only.

Lincoln Community Health Center: 919-956-4000
www.lincolnchc.org
1301 Fayetteville Street, Durham

Lincoln Health Center / Early Intervention Clinic: 919-560-7726
lincolnchc.org/?page_id=7990
414 E. Main Street, Durham

Lincoln Health Center / Healthcare for the Homeless Clinic: 919-808-5604
www.lincolnchc.org/patient-services/healthcare-for-the-homeless.html
412 Liberty Street, Durham

Lincoln Health Center / Holton Clinic: 919-530-8210
lincolnchc.org/?page_id=8007
401 N. Driver Street, Suite 1106, Durham

VA Outpatient Clinic: 919-383-6107 or 286-0411
1824 Hillandale Road, Durham

Hospitals

Duke Regional Hospital: 919-470-4000
www.dukeregional.org
3643 N. Roxboro Road, Durham

Duke University Medical Center: 919-684-8111, 888-275-3853
www.dukehealth.org/
2301 Erwin Road, Durham

Durham VA Medical Center: 919-286-0411
www.durham.va.gov
508 Fulton Street, Durham

University of North Carolina Memorial Hospital: 919-966-4131
www.unchealthcare.org
101 Manning Drive, Chapel Hill

Specialty Care Centers

Ear Care:

NC Eye, Ear, Nose & Throat

www.nceent.com

4102 North Roxboro St., Durham

919-595-2000

5726 Fayetteville Road, Suite 102, Durham

919-287-3443

1110 S.E. Cary Parkway, Suite 100, Cary

919-859-6771

911-A Bridge Road, Roxboro

336-597-2826

Eye Care:

Duke Eye Center: 919-887-8184

www.dukehealth.org/treatments/eye-care

2351 Erwin Road, Durham

Eye Care Center

www.eyecarecenter.com

14 Consultant Place, Durham

919-493-3668

1058 W Club Blvd, Durham (Northgate Mall)

919-286-7732

NC Eye, Ear, Nose & Throat

www.nceent.com

4102 North Roxboro St., Durham

919-595-2000

5726 Fayetteville Road, Suite 102, Durham 919-287-3443
1110 S.E. Cary Parkway, Suite 100, Cary 919-859-6771
911-A Bridge Road, Roxboro 336-597-2826

Upchurch Optical: 919-477-9113

www.upchurchoptical.com/

5108 N. Roxboro Road, Durham

5826 Fayetteville Road Suite 104, Durham

Licensed optician provides eye exams and carries a full array of eyeglasses and contacts.

Dental Care:

Lincoln Community Health Center: 919-956-4000

lincolnchc.org/?page_id=6420

1301 Fayetteville Street, Durham

Providing accessible, affordable, high quality outpatient health and dental care services to the medically underserved.

National Foundation of Dentistry for the Handicapped:

Donated Dental Services Program: 888-471-6334

dentallifeline.org/

Through collaboration, arranges comprehensive dental treatment and long-term preventive services to needy, disabled, elderly or medically compromised individuals through a national network of direct service programs.

UNC Dental School Clinic: 919-537-3737 (General Information)

Urgent Care: 919-537-3737

Dentures: 919-537-3997

www.dent.unc.edu

101 Manning Drive, Chapel Hill

Foot Care:

The Traveling Pedicurist: 919-621-7027

www.thetravelingpedicurist.com/

Providing mobile, affordable, and high quality foot care services.

Medicare and Insurance

Resources listed below are intended to support individuals' decisions about Medicare and Insurance.

Insurance Counseling and Assistance

Durham County Cooperative Extension Service: 919-560-0525

durham.ces.ncsu.edu

721 Foster Street, Durham

Medicare Claims Medical Insurance Claim Service: 800-228-8662

510 Summit Avenue, P.O. Box 188, Greensboro

Assists with filing and tracking claims for a fee.

Medicare Durable Medical Equipment: 800-618-5481

Intermediary: Palmetto GBA of South Carolina

Medicare Part A Hospital Coverage and Claims:

Blue Cross Blue Shield in Durham 919-688-5528 or 800-685-1512

Intermediary: Palmetto GBA

Medicare Part B Coverage and Claims: 800-672-3071

Intermediary: CIGNA Medicare Part B Carrier

Seniors' Health Insurance Information Program (SHIIP): 855-408-1212

www.ncdoi.com/SHIIP/

Monday - Friday 8:00am - 5:00pm

Answers questions and counsels Medicare beneficiaries and caregivers about Medicare, Medicare supplements, Medicare Advantage, Medicare prescription drug plans, long-term care and other health insurance concerns.

Senior PharmAssist: 919-688-4772

www.seniorpharmassist.org

406 Rigsbee Avenue, Suite 201, Durham

Provides practical help to manage and appropriately use necessary medications, pay for

prescriptions, choose Medicare-approved drug plans, and access other community resources. This nonprofit has served Durham since 1994 and participates with NC Seniors' Health Insurance Information Program (SHIIP).

Health Insurance

Blue Cross/Blue Shield of North Carolina: 919-765-4197, 800-665-8037

www.bluecrossnc.com

P.O. Box 2291, Durham

Offers Blue Medicare plans and long-term care insurance.

Providers, Supplies, or Medications

Resources below are intended to help individuals find the providers, equipment, and medications they need to support their health.

Locating a Physician

Duke Regional Hospital Physician Locator Service: 919-403-4374

www.dukehealth.org/find-doctors-physicians/

3643 N. Roxboro Road, Durham

Duke Regional Hospital: 919-470-6137

www.durhamregional.org/services/psychiatry

3643 N. Roxboro Street, Durham

Durham-Orange County Medical Society: 919-833-3836

www.docmedsoc.org

EmergeOrtho of the Triangle: 877-912-8952

www.triangleortho.com/

A physician directed medical practice, caring for patients with musculoskeletal pain problems. Our main office, located in Durham, has nearly 20 healthcare providers ready to give your needs the highest priority with respect, compassion and dignity.

Vascular Carolina Vein Institute: 919-929-6777

www.carolinaveininstitutenc.com

100 Europa Drive, Suite 100, Chapel Hill

Wake Radiology: 919-787-7411

www.wakerad.com

3949 Browning Place, Raleigh

Locating a Nurse

Everybody Needs a Nurse: 919-606-1819

www.everybodyneedsanurse.com

Email: yournurse@everybodyneedsanurse.com

Offers the advice and guidance of a registered nurse to help seniors and their families navigate the health care system and specializes in complex medical situations, medication reconciliation, home visits, and doctor's appointments.

Nurse Care of North Carolina: 919-309-4333

www.nursecarenc.com

3200 Croasdaile Drive, Suite 701, Durham

Provides in-home hands-on care for children, and adults of all ages.

Locating a Mental Health Care Provider

Duke Hospital Geriatric Mental Health: 919-684-0100

www.dukehealth.org/treatments/psychiatry

The Geriatric Evaluation and Treatment Clinic (GET) offers comprehensive evaluations for older adults (919-620-4070). For evaluation and treatment of a Mood or Anxiety Disorder by a geriatric psychiatrist, call 919-684-0100.

Mental Health Clinics Alliance Behavioral Health Care: 919-651-8401

Alliance Access and Information Center (call 24/7 if you have questions or want to talk about receiving services): 800-510-9132

4600 Emperor Boulevard, Durham

Values recovery, self-determination, resiliency, person-centered planning, and consumer and family-driven services. Meets the challenges of mental health,

intellectual/developmental disabilities and substance use/addiction service needs.

MindPath Care Centers Durham:

www.mindpathcare.com/

1502 W. NC Highway 54, Suite 103, Durham 919-354-0850

3604 Shannon Road, Suite 200, Durham 919-403-2122

1415 W. Highway 54, Suite 207, Durham 919-401-2933

1415 W. Highway 54, Suite 121, Durham 919-401-2933

Treating Mental Health Disorders, Substance Abuse, Mood, Anger, Anxiety, Personality, Behavioral, Trauma, Cognitive, Depression, Relationships/Divorce, Eating Disorders, and more with Psychiatry, Psychology, Naturopathy, Homeopathy, Nutritional Counseling, Massage Therapy, Hydrotherapy, Integrative Medicine, Mindfulness Meditation and Dietary Supplement Counseling.

NC Association of Social Workers: 919-828-9650, 800-280-6207

www.naswnc.org

NC Psychology Association: 919-872-1005

www.ncpsychology.com

Email: ncpa1@mindspring.com

1004 Dresser Court, Suite 106, Raleigh

Medical Equipment & Supplies

Gurley's Medical Supply: 919-237-3608

www.gurleysmedicalsupply.com

1720 Guess Road, Number 72, Durham

Medical Supply Superstore: 919-220-0740

www.medicalsupplync.com

3300 Guess Road, Durham

PLM Equipment Services: 919-233-2231

www.plmequipment.com

212 Powell Drive, Suite 122, Raleigh

Installation, service and repair of medical equipment.

Right Choice Medical Supplies: 252-753-5538, 866-532-3026

www.rightchoicemedicalsupplies.com/

3637 S. George Street, Farmville

Prescription Drug Assistance

Department of Social Services: 919-560-8000

300 N. Duke Street, Durham

Medicine Assistance Tool: 888-477-2669

medicineassistancetool.org/

Provides assistance with getting medication at minimal or no cost to qualifying patients without prescription drug coverage.

NeedyMeds: *ONLINE ONLY*

www.needymeds.org

RxAssist: 401-729-3284

www.rxassist.org

Email: info@rxassist.org

RxOutreach: 800-769-3880

www.rxoutreach.com

Salvation Army: 919-688-7306

www.salvationarmycarolinas.org/commands/durham

909 Liberty Street, Durham

Call for requirements.

Senior PharmAssist: 919-688-4772

www.seniorpharmassist.org

406 Rigsbee Avenue, Suite 201, Durham

Helps Durham County seniors remain healthy and independent by providing practical help to manage and appropriately use necessary medications, pay for prescriptions, choose Medicare-approved drug plans, and access other community resources. This nonprofit has served Durham since 1994 and participates with NC Seniors' Health Insurance Information Program (SHIIP).

Together Rx Access: 800-444-4106

www.togetherrxaccess.com

Urban Ministries: 919-220-8757

2004 N. Roxboro Street, Durham

Provides assistance by appointment only.

Rehabilitation Services

ElderFit Physical Therapy: 919-614-1923

www.elderfitpt.com

1101 Bartlett Circle, Hillsborough

Peak Resources/Treyburn: 919-477-4474

www.treyburnrehabilitation.com/

2059 Torredge Road, Durham

EmergeOrtho of the Triangle: 877-912-8952

www.triangleortho.com/

A physician directed medical practice, caring for patients with musculoskeletal pain problems. Our main office, located in Durham, has nearly 20 healthcare providers ready to give your needs the highest priority with respect, compassion and dignity.

Section 2: Community Resources

Community Assistance Agencies Information

This section includes information about assistance programs for those needing information and support for Alzheimer's disease and related disorders, cancer resources and support, HIV/AIDS services, food, medicine, rent, utilities, and temporary shelter.

Adult Day Health and Caregiver Services

Alzheimer's Association Eastern NC Chapter: 919-803-8285, 800-272-3900

www.alz.org/nc?set=1

5171 Glenwood, Suite 101, Raleigh

Charles House Daytime Elder Care Center: 919-967-7570

www.charleshouse.org

7511 Sunset Road, Chapel Hill

The Center provides quality personalized care to elders and respite for their caregiving families.

Dementia Alliance of NC: 800-228-8738, 919-832-3732

www.dementianc.org

9131 Anson Way, Suite 206, Raleigh

Alzheimer's North Carolina, Inc. is dedicated to providing education, support and services to patients, their families, health care professionals and the general public while raising awareness and funding for research for a cause(s), treatment, prevention and cure for Alzheimer's disease and related disorders.

Durham Center for Senior Life Adult Day Health: 919-682-0215

www.dcslnc.org

406 Rigsbee Avenue, Suite 101, Durham

A therapeutic service where the participants are often experiencing difficulties associated with dementia, stroke, isolation and confusion. Approximately 79 percent of participants in the center maintained or improved their cognitive condition due to the structure and stimulation of activities within the center. Participants enjoy a safe

and comfortable surrounding and are provided stimulating activities designed to meet the physical, social, emotional, and mental needs of the adults. The activities include arts and crafts, discussion groups, and light exercise designed for functionally impaired individuals.

The Florence Gray Soltys Adult Day Health Program: 919-245-2017

soltysadultday.org/

105 Meadowland Drive, Hillsborough

Provides an environment that is safe and caring, to address the social, physical and emotional needs of the participants. Veterans are welcome.

Golden Horizons Adult Day Care Program: 919-286-4489

www.goldenhorizons.net/

1106 Hillandale Rd, Durham

PACE (Program of the All-Inclusive Care for the Elderly) Health Center at Senior CommUnity Care of North Carolina: 919-425-3050, 919-425-3000

www.seniorcommunitycarenc.org

4022 Stirrup Creek Drive, Suite 315, Durham

The program provides health care services for seniors living at home who need help with daily activities.

Cancer

American Cancer Society Road to Recovery: 800-227-2345

www.cancer.org

Provides rides by volunteers to patients who have no way to get to their cancer treatment.

Cancer Care: 800-813-4673

www.cancercare.org

Provides supports services including counseling, education, financial assistance, and practical help.

Patient Advocate Foundation: 800-532-5274

www.patientadvocate.org

The patient advocacy foundation provides education, legal counseling and referrals,

specializing in managed care, insurance, financial issues, job discrimination, and debt crisis.

Caregiver Resources and Support

Durham Center for Senior Life Family Caregiver Support Program:

919-688-8247

www.dcsinc.org

Email: info@dcsinc.org

406 Rigsbee Avenue, Suite 202, Durham

Offers support to family members who care for senior relatives over the age of 60 at home. Direct assistance is provided about available community services, assistance in accessing services, support groups, caregiver training, individual counseling, respite care and supplemental services of various kinds.

Parentcare 101: 919-265-4297

www.parentcare101.com/

Email: LaVerne@parentcare101.com

4711 Hope Valley Road, Suite 128, Durham

Supportive website created by experienced caregiver, speaker, and information guide, LaVerne Coan; promoting a healthy balance of caring and thriving, with links to core triangle and on-line resources, caregiving books, and a Balanced Eldercare blog.

Dementia and Alzheimer's Disease

Alzheimer's Association Eastern North Carolina Chapter: 919-803-8285

24-hour Helpline: 1-800-272-3900

www.alz.org

5171 Glenwood Drive, Raleigh

The Alzheimer's Association is the world's leading voluntary health organization in Alzheimer's care, support and research.

Dementia Alliance of North Carolina: 919-832-3732, 800-228-8738

www.dementianc.org

9131 Anson Way, Suite 206, Raleigh

Duke Dementia Family Support Program: 919-660-7510, 800-646-2028

www.dukefamilysupport.org

3600 DUMC (Duke South Clinics), 3rd Floor, Room 3513, Durham

Provides help with Alzheimer's, memory disorders and elder care decisions. The program serves families and professionals concerned about or caring for persons with memory disorders in North Carolina. The program also assists Duke employees who are seeking help with elder care decisions.

Good Shepherd Lutheran Church: 919-848-1573

gslchurch.org/

Ginny Poston at 919-846-7650

Email: ginnyposton@nc.rr.com

7000 Creedmoor Road, Raleigh

Individuals experiencing dementia and their caregivers who wish to socialize with others in similar circumstances while enjoying an evening out are invited to participate. Please call Ginny with your RSVP (required).

Jewish Family Services

Jennifer Schwartz at 919-354-4922

Email: jschwartz@shalomdch.org

Jewish Community Center 1937 Cornwallis Road, Durham

1st Thursday of each month from 10:00 to noon, (Memory Café). For individuals who are experiencing memory problems to get out of the house and engage in a fun, and mentally stimulating activity. Friends and family of these individuals are also welcome to attend and can drop in without an appointment to talk to an experienced volunteer or professional member of the JFS counseling team. They also have Early Alzheimer's Group Meeting.

Food

The table below lists organizations that provide food to individuals in the community. If the organization provides food directly or meals, the information is in the appropriate column. Please contact Durham Center for Senior Life if you need assistance connecting with any of the listed resources.

Organization	Pantry Information	Meal Information
<p>Antioch Baptist Church (Yates Baptist Association Food Pantry) 919-688-8893 www.yatesba.org/ 1415 Holloway Street, Durham Must call for appointment. Limit 1x every 3 months.</p>	<p>Tuesdays & Thursdays: 9:00am – 12:00pm</p>	
<p>Bell Yeager Free Will Baptist Church 919-489-3963 128 E. Cornwallis Road, Durham</p>	<p>Wednesdays: 10:00am - 12:00pm</p>	
<p>CAARE 919-683-5300 214 Broadway Street, Durham Call at 9:00am to make an appointment. Limit 2x every 1 month.</p>	<p>Monday & Friday: 1:00pm - 3:00pm</p>	
<p>Calvary Baptist Church 919-596-2592 www.calvarybaptistdurham.org 1204 Lynn Road, Durham Call at 9:00am Thursday to get on the list (first 10 families served). Limit 1x every 1 month.</p>	<p>1st & 3rd Thursdays: 6:00pm - 7:00pm</p>	
<p>Christian Assembly Emergency Food Pantry 919-471-0220 www.cadurham.org/ 5516 N. Roxboro Road, Durham Requires photo ID. Limit 1x every 3 month.</p>	<p>2nd & 4th Thursdays: 4:00pm - 6:00pm</p>	
<p>Durham County Department of Social Services NO CHILDREN: 919-560-8600 WITH CHILDREN: 919-560-8301 or 919-560-8000 www.dconc.gov/government/departments-f-z/social-services/aging-and-adult-services/crisis-services 414 E Main Street, Durham Must call for appointment. Food card.</p>	<p>NO CHILDREN: Monday – Friday: 7:45am - 4:45pm</p> <p>WITH CHILDREN: Monday – Friday 7:30am - 5:30pm</p>	
<p>Durham Center for Senior Life 919-688-8247 www.dcsln.org Email: info@dcsln.org</p>	<p>Monday – Friday: 8:30am – 5:00pm</p>	

406 Rigsbee Avenue, Suite 202, Durham Must call for appointment. 60 years or older.		
First Calvary Baptist Church 919-489-4184 or 919-489-6576 firstcalvary.org 1311 Morehead Avenue, Durham Requires photo ID. Limit 1x every 1 year.	Tuesdays & Thursdays: 10:00am - 12:00pm	
Fisher Memorial United Holy Church 919-682-7416 420 E. Piedmont Avenue, Durham First 70 clients (at least).	Wednesdays: 12:00pm	
Five Oaks Seventh Day Adventist 919-489-7777 www.fiveoakschurch.net 4124 Farrington Road, Durham Must call for appointment.	Wednesdays: 11:00am - 12:00pm Saturdays: 12:30pm – 1:30pm	Lunch provided after Saturday Food Pantry
Greater Emmanuel Temple of Grace 919-957-1783 getgraceonline.org/ 2722 E. Main Street, Durham Email foodpantry@getgraceonline.org for intake.	By appointment only.	
Greystone Baptist Church/Second Mile Ministries 919-286-3596 www.greystonechurch.com 2601 Hillsborough Road, Durham First 35 clients.	Wednesdays: 7:00am - 9:30am	
Immanuel Temple Seventh Day Adventist 919-957-0032 www.immanueltemplechurch.com 2104 S. Alston Avenue, Durham Limit 1x every 1 month.	<i>Senior Food Bags:</i> 1st Thursdays <i>Food Pantry:</i> 1st & 3rd Wednesdays: 10:00am – 1:00pm (2nd & 4th Wednesdays in October & November)	Sundays: 12:00pm – 1:30pm
Meals on Wheels 919-667-9424 www.mowdurham.org 2522 Ross Road, Durham Provides home-delivered meals to qualified older adults and persons with disabilities who are homebound.		Monday – Friday: 10:00am - 12:30pm

<p>Monument of Faith 919-688-7838 www.mof-church.org/ 900 Simmons Street, Durham Requires photo ID. Emergency only. Limit 1x every 1 year.</p>	<p>3rd Saturdays: 7:00am - 9:00am</p>	
<p>Mt. Calvary United Church of Christ 919-688-5066 1715 Athens Avenue, Durham Must call for appointment.</p>	<p>Monday – Friday: Call and leave a message with your contact information to make an appointment.</p>	
<p>Mt. Zion Christian Church 919-688-4245 3519 Fayetteville Street, Durham Must call for appointment.</p>	<p>Monday – Thursday: 9:30am - 11:30am</p> <p>Monday, Tuesday & Thursday: 2:30pm - 4:00pm</p>	
<p>Oak Grove UA Free Will Baptist Church 919-682-4710 801 Colfax Street, Durham Limit 1x every 2 months.</p>	<p>Mondays: 9:00am - 1:00pm</p> <p>Thursdays: 9:30am - 1:30pm</p>	
<p>Rise and Shine 919-471-9766 4625 Denfield Street, Durham Priority to zip codes 27704 and 27712.</p>	<p>Every other Friday: 11:00am - 1:00pm</p>	
<p>Russell Memorial 919-682-2523 703 S. Alston Avenue, Durham</p>	<p>Wednesdays: 9:00am – 12:00pm</p>	<p>Sunday morning at 7:15am.</p> <p><i>Two van loads picked up from the Urban Ministries of Durham between 6:30 - 7:00am.</i></p>
<p>St. James of Durham Baptist Church 919-286-3680 www.stjamesfgbc.org 1305 West Club Blvd, Durham Must call for appointment.</p>	<p>4th Saturdays: 10:00am - 12:00pm</p>	
<p>Salvation Army 919-688-7306 www.salvationarmycarolinas.org/commands/durham 909 Liberty Street, Durham</p>	<p>Fridays: 9:00am - 11:00am</p>	

<p>Southside Church of Christ 919-688-3535 www.sside.org 800 Elmira Avenue, Durham Requires photo ID.</p>	<p>Wednesdays: 11:00am - 1:00pm</p>	
<p>Urban Ministries of Durham 919-682-0538 (Food Pantry: ext. 6) www.umdurham.org www.umdurham.org/what-we-do/cafe.html 410 Liberty Street, Durham (<i>in front of WTVD ABC11 TV station</i>)</p> <p>The Food Pantry is limited to one visit every 30 days (from the last date of your visit). Food is available for families with children, persons over 62 or persons receiving disability payments. The first time, please bring proof of children and/or disability payments.</p> <p>The Community Café serves three meals a day, seven days a week to shelter residents and others in need</p>	<p>Monday – Thursday: 9:00am</p>	<p>Monday - Friday: <i>Breakfast & Bag Lunch pickup:</i> 8:00am - 9:00am <i>Dinner:</i> 7:00pm – 8:00pm</p> <p>Saturday, Sunday, & Holidays: <i>Breakfast:</i> 9:30 - 10:30am <i>Lunch:</i> 12:30 - 1:30pm <i>Dinner:</i> 6:00 - 7:00pm</p>
<p>Victorious Praise Fellowship Church 919-957-7500 victoriouspraise.org/ 2116 Page Road, Durham Requires photo ID. Must call on Tuesdays to have your name put on the list.</p>	<p>Wednesdays: 2:00pm - 3:00pm</p>	

HIV/AIDS Services

Affordable Community Residence Association: 919-973-4369

www.acradurham.org

1017 Cook Road, #15, Durham

For persons living with disabilities and HIV/AIDS so they can thrive in the community

Alliance of AIDS Services: 919-212-7801

www.aas-c.org

Tillery Place 1637 Old Louisburg Road, Raleigh

Provides emergency financial assistance for housing, utilities, bus tickets, basic needs;

assists with applications for Medicaid and food stamps.

CAARE, Inc.: 919-683-5303

www.caare-inc.org

214 Broadway Street, Durham

Provides supportive services for individuals living with HIV/AIDS and their affected families.

North Carolina Department of Health and Human Services: 919-855-4800

800-662-7030

www.ncdhhs.gov/

2001 Mail Service Center, Raleigh

ADAP/AIDS Drug Assistance Program HIV/STD Prevention and Care

Provides financial assistance for the purchase of medications specifically used to combat HIV for low income residents of North Carolina.

Kidney Disease

Briggs Avenue Dialysis Center: 919-598-9992

1209 S. Briggs Avenue, Durham

Provides In-Facility Dialysis, Home Dialysis, and Transplant Support.

DaVita Durham: 800-424-6589

www.davita.com

601 Fayetteville Street, Durham

Provides In-Center Hemodialysis, Self-Care, Peritoneal Dialysis, and In-home Hemodialysis

Freedom Lake Dialysis Center: 919-471-1718

4016 Freedom Lake Drive, S-100, Durham

Provides In-Center Hemodialysis.

South Durham Dialysis Center: 919-544-3451

3516 TriCenter Blvd, Durham

Provides In-Facility Dialysis, Home Dialysis, and Transplant Support.

West Pettigrew Dialysis Center: 919-286-4777

1507 W. Pettigrew Street, Durham
Provides In-Facility Dialysis, Home Dialysis, and Transplant Support.

Used Furniture and Clothes

Durham Rescue Mission Thrift Store #1: 919-401-1935

3220 Apex Hwy 55, Durham

Furniture, appliances, household items. Hours: Monday - Saturday from 8:00am - 7:30pm.

Durham Rescue Mission Thrift Store #2: 919-401-1935

10701 Glenwood Avenue, Durham

Furniture, appliances, household items. Hours: Monday - Saturday from 8:00am - 8:00pm.

Durham Rescue Mission Thrift Store # 3: 919-401-1935

3900 Chapel Hill Street, Durham

Furniture, appliances, household items. Hours: Monday - Saturday from 8:00am - 8:30pm.

Goodwill Industries: 919-493-1182

4318 Garrett Road, Durham

5267 N. Roxboro Road, Durham

Hours: Monday - Friday 9:00am - 8:30pm, Saturday 9:00am - 6:00pm, Sunday 12:00pm - 6:00pm. Furniture, appliances, household items.

Habitat for Humanity: 919-403-8668

5501 Chapel Hill Blvd, Durham

Hours: Tuesday – Saturday from 10:00am - 6:00pm

Used furniture and appliances, household items.

Salvation Army Thrift Store: 919-384-7130

3167 Hillsborough Road, Durham

Hours: Monday – Saturday from 9:00am - 6:00pm

Furniture, appliances, household items.

Trosa Thrift Store: 919-220-6119

3500 North Roxboro Street, Durham (Oxford Common Plaza)

Hours: Closed Monday; Tuesday - Saturday from 10:00am - 7:00pm, Sunday from 12:00pm - 5:00pm.

Used furniture and household items.

Utilities

Assurance Wireless: 888-898-4888, 877-378-1761

www.assurancewireless.com

Provides free cell phone and minutes for eligible persons receiving food stamps/SNAP, SSI, Medicaid, temporary assistance to needy families (TANF), federal public housing assistance (Section 8), low income home energy assistance program (LIHEAP) or participate in the National school lunch program's free lunch program. Application are provided at Durham DHHS office.

Durham Center for Senior Life: 919-688-8247

www.dcsinc.org

Email: info@dcsinc.org

406 Rigsbee Avenue, Suite 202, Durham

Provides limited utilities assistance for adults 60 years or older. ID and cut off notice required.

SafeLink Wireless: 800-977-3768, 800-723-3546

www.safelinkwireless.com

Provides free cell phone and minutes for eligible clients (persons receiving food stamps, SSI, Medicaid, public housing or Section 8, Low Income Energy Assistance, or TANF).

Salvation Army: 919-688-7306 ext. 100

www.salvationarmycarolinas.org/commands/durham

909 Liberty Street, Durham

Provides limited assistance. Call for appointment. Telephone Service Assistance.

Food pantry hours: Monday, Wednesday, and Friday by appointment. Accepts food stamps and non-food stamps recipients; call for details.

Urban Ministries: 919-220-8757

2004 N. Roxboro Street, Durham

Provides limited assistance.

Education and Recreation

Resources listed below provide a variety of opportunities to individuals in the areas of the arts, cultural heritage, exercise and recreation, and learning.

Arts and Cultural Activities

Carolina Theater Fletcher Hall: 919-560-3030 or 919-560-3040

www.carolinatheatre.org

309 W. Morgan Street, Durham

Provides vibrant, thought-provoking film and live performances that contribute to the cultural and economic vitality of downtown Durham and the Triangle Region.

Duke University Box Office: 919-684-4444

tickets.duke.edu

125 Science Dr. Durham

104 Bryan University Center, Durham

Located in the Bryan Student Center on the Upper Level off of Science Drive. Provides ticket sales for events held at Page Auditorium, Reynolds Theater, Baldwin Auditorium, Sheaffer Theater and Griffin Film Theater.

Durham Arts Council: 919-560-2787

www.durhamarts.org

120 Morris Street, Durham

Helps residents and visitors find, enjoy and participate in the artistic and cultural events available in the community; offers classes in the performing, literary and visual arts for toddlers through seniors.

Durham Center for Senior Life: 919-688-8247

www.dcsln.org

Email: info@dcsln.org

406 Rigsbee Avenue, Durham

Offers diverse creative and ongoing activities that enhance the lives of older adults in a welcoming community setting.

Museum of Life and Science: 919-220-5429

www.ncmls.org

433 Murray Avenue, Durham

Provides a place for lifelong learning for people, from youth to seniors, to embrace science as a way of gaining self-awareness and to learn about their community, and their world. Admission is charged.

St. Joseph's Historic Foundation Hayti Heritage Center: 919-683-1709

www.hayti.org

804 Old Fayetteville Street, Durham

Dedicated to advancing cultural understanding through diverse programs that examine the experiences of Americans of African descent and through preserving, restoring and developing the Hayti Heritage Center (formerly St. Joseph's AME Church), a National Historic Landmark, as a cultural and economic anchor to the greater Durham community.

Games and Exercise

City of Durham Parks and Recreation Department: 919-560-4355

www.dprplaymore.org/

Provides opportunities to help citizens discover, explore, and enjoy life through creative and challenging recreational choices that contribute to their physical, emotional, and social health.

Duke Center for Living: 1-855-855-6484 or 1-888-275-3853

www.dukehealth.org/locations/center_for_living

3475 Erwin Road, Durham

Provides a host of health and wellness programs for innovative, personalized care.

Durham Center for Senior Life: 919-688-8247

www.dcsln.org

Email: info@dcsln.org

406 Rigsbee Avenue, Durham

The Durham Center for Senior Life provides opportunities for older adults to remain active, healthy and independent through a variety of free exercise classes, games, health promotion and innovative social activities.

YMCA

www.ymcatriangle.org

Downtown Location: 218 Morgan Street, Durham (919-667-9622)

American Tobacco Location: 410 Blackwell Street, Durham (919-956-9602)
Provides programs and services that build healthy spirits, minds and bodies.

Education

Duke Continuing Education/Osher Lifelong Learning Institute (OLLI):
919-684-6259

www.learnmore.duke.edu/olli

Offers non-credit courses for adults; call for fees, scholarship information, and class schedule.

Durham County Cooperative Extension: 919-560-0525

durham.ces.ncsu.edu

721 Foster Street, Durham

Offers a variety of classes.

Durham Technical Community College: 919-536-7200

www.durhamtech.edu

Offers a variety of classes.

Road Scholar: 800-454-5768

www.roadscholar.org

Offers group education and travel adventures designed for ages 55 and older.

Professional Services

This section lists professional services especially for seniors, such as Geriatric Care Managers, certified Senior Advisors, Home Care services, home-delivered meal and medication providers, Elder Service locators, and Crisis Lines.

Crisis Lines

Durham Crisis Response Center: 919-403-6562 (Español: 919-519-3735)

www.durhamcrisisresponse.org

24 hour line for victims of abuse or violence providing case management, counseling

and advocacy.

Hope Line, Inc.: 919-231-4525 or 877-235-4525

www.hopeline-nc.org

National Suicide Prevention Lifeline: 800-273-8255 (TTY: 800-799-4889)

www.suicidepreventionlifeline.org

Elder Service Locators

Durham Center for Senior Life: 919-688-8247

www.dcsln.org

Email: info@dcsln.org

406 Rigsbee Avenue, Durham

Information and Options Counseling specialists help empower seniors to solve complex problems. All assistance is confidential. Services are accessed by phone, in-person and via e-mail. All requests are recorded and follow up is required. The agency received over 4000 contacts for services related to health issues, food insecurity, housing, utilities, insurance, and other areas. These services are designed to reduce barriers to access, increase the knowledge of the senior and assist with implementation of services. Provides confidential information, referrals and assistance to older adults, family members, and caregivers on housing, long term care, emergency assistance (rent, mortgage, utilities, food), legal issues, transportation, financial issues, reverse mortgage, caregiver issues, tax assistance, in-home aide services, disaster preparedness, senior centers, nutrition/congregate meal programs, employment assistance, medical equipment, end-of-life care, health care, mental health, rehabilitation services, respite services, adult day programs, elder abuse, neglect and exploitation, crime and safety, Medicare and Medicaid.

Eldercare Locator: 800-677-1116

eldercare.acl.gov/

The Eldercare Locator is a public service of the U.S. Administration on Aging and for helping older persons and their families find home and community-based services like transportation, meals, home care, and caregiver support services in every U.S. community.

Federal Information Line: 800-333-4636

www.usa.gov

Provides information on Federal programs and services.

Senior PharmAssist: 919-688-4772

www.seniorpharmassist.org

406 Rigsbee Avenue, Suite 201, Durham

Helps Durham County seniors remain healthy and independent by providing practical help to manage and appropriately use necessary medications, pay for prescriptions, choose Medicare-approved drug plans, and access other community resources. This nonprofit has served Durham since 1994 and participates with NC Seniors' Health Insurance Information Program (SHIIP). If you are 60 or older or have Medicare and need help with your medications, please call Senior PharmAssist.

Triangle J Area Agency on Aging: 919-558-2711

www.tjaaa.org

4307 Emperor Boulevard, Suite 110, Research Triangle Park

Focuses on its partnership efforts as a means of leveraging a quality continuum of support for the region's older adults. The mission is to promote the highest level of well-being of older adults in the seven-county region by partnering with organizations to provide a comprehensive system of opportunities, services and protective supports.

Geriatric Care Management

Professional Geriatric Care Managers are health and human service specialists trained and experienced in any of several fields related to care management, including, but not limited to nursing, gerontology, social work, or psychology, with a specialized focus on issues related to aging and elder care. They assist older and disabled adults, and family caregivers in managing care needs to promote maximum functional potential of the care recipient.

Always Best Care Senior Services: 919-357-1440

www.alwaysbestcare.com/nc/chapel-hill/

1340 Environ Way, Chapel Hill

Always Best Care Senior Services: 919-554-2223

www.alwaysbestcare.com/nc/wake-forest/

12324 Hampton Way Drive, Suite 104, Wake Forest

There is never a charge for our initial assessment for personal and companion care or

help with selecting a supportive living option that fits your physical, social and financial requirements.

Everybody Needs a Nurse: 919-606-1819

www.everybodyneedsanurse.com

81110 Alexander, Chapel Hill

Senior Care Management Associates, LLC: 919-794-1888

www.senior-care-management.com

4711 Hope Valley Rd., Suite 4F-519 Durham

Senior Transitions of North Carolina, PLLC: 919-240-7476

www.seniortransitionsnc.com

1289 N. Fordham Boulevard, #353, Chapel Hill

Home Care Services

Accessible Home Health Care of Mid Carolina: 919-896-7679

www.accessiblemidcarolina.com

Advantage Care In-Home Services, Inc.: 919-471-1314

3600 N. Duke Street, Suite 100A, Durham

Amedisys Home Health: 919-941-5793

(Toll Free: 800-682-6670)

www.amedisys.com/services/home-health-care/

1005 Slater Road, Suite 105, Durham

AmeriCare HomeCare of North Carolina: 919-942-2840

www.americare-homecare.com

1829 E. Franklin Street Suite 100B, Chapel Hill

B & C Care System, Inc.: 919-638-2190

3020 Pickett Road, Suite 129, Durham

Accepts Medicaid.

Comfort Keepers: 919-338-2044
durham-832.comfortkeepers.com
1415 W. NC Highway 54, Suite 209, Durham

Comprehensive Community Care Inc.: 919-402-0323
www.compcarenc.com
3308 Durham Chapel Hill Boulevard # 160 (Building F), Durham

Diverse Family Services: 919-572-8833
www.dfservices.org
2402 S. Miami Boulevard, Suite 108, Durham

Home-Delivered Meals

Meals on Wheels: 919-667-9424
www.mowdurham.org
2522 Ross Road, Durham

Home-Delivered Medications

Adhere Rx: 919-463-5555
www.adhererx.com/
118 Mackenan Drive, Suite 200 Cary

Central Pharmacy: 919-220-5121
www.centralpharmacync.com
2609 N. Duke Street, Suite 103, Durham

Clinic Pharmacy: 919-383-7495
theclinicpharmacy.com
2726 Croasdaile Drive Suite 104, Durham

Gurley's Pharmacy, Inc.: 919-688-8978
gurleyspharmacy.com
114 W. Main Street, Durham

Main Street Pharmacy: 919-688-1368

mymainstreetpharmacy.com

E-mail: mainSt.rx@nc.rr.com

213 W. Main Street, Durham

Upchurch Drugs and Gifts: 919-477-7325

upchurchdrugsandgifts.com

5108 N. Roxboro Street, Durham

Medicare-Only Options

Divine Support Edge Healthcare Services: 919-401-6655

www.divinesupportededgehealthcare.com/

4307 Western Park Place, Suite 206, Durham

Duke HomeCare and Hospice: 919-620-3853

www.dhch.duhs.duke.edu

4321 Medical Park Drive, Suite 101, Durham

Durham County Social Services - In-Home Services: 919-560-8600

www.dconc.gov/government/departments-f-z/social-services/aging-and-adult-services/in-home-care-home-delivered-meals

414 E. Main Street, Durham

Home Instead Senior Care: 919-479-4600, 919-794-5130

www.homeinstead.com/157

2726 Croasdaile Drive, Suite 203, Durham

Homewatch Caregivers: 919-960-6038

www.homewatchcaregivers.com/chapel-hill/

101 Cosgrove Avenue, Suite 120, Chapel Hill

Interim Health Care of the Triangle, LLC: 919-493-7575

www.interimhealthcare.com

3710 University Drive, Suite 330, Durham

Jareh Healthcare, Inc.: 919-957-3354
2116 S. Miami Boulevard, Durham

Kindred at Home: 919-361-1921
www.kindredhealthcare.com/locations/home-health/durham-nc-5028
2500 Meridian Parkway Suite 106, Durham

Liberty Home Care: 919-382-7474
www.libertyhomecare.com
3414 N. Duke Street, Suite 201, Durham
Accepts Medicaid

Maxim Healthcare Services, Inc.: 919-419-1484
www.maximhealthcare.com/locations/durham-nc
Email: durhamhh@maxhealth.com
2634 Durham Chapel Hill Blvd., Suite 210, Durham
Accepts Medicaid.

Nurse Care of North Carolina: 919-309-4333
www.nursecarenc.com
3200 Croasdaile Drive, Suite 701, Durham

P.H.P. of N.C., Inc.: 919-220-0021
www.phpofncinc.com/
1500 E. Club Boulevard, Durham

Rainbow 66 Storehouse Home Care: 919-403-9193
www.rainbow66storehouse.com
3020 Pickett Road, Suite 449, Durham
Accepts Medicaid.

Reliable Home Care Agency: 919-596-9479
1020 S. Miami Boulevard, Suite 106, Durham

Right at Home Durham/Chapel Hill: 919-237-2333
www.rahdch.com
4905 Pine Cone Drive, Suite 2, Durham

Senior Helpers: 919-213-7282

www.seniorhelpers.com

5007 Southpark Drive, Suite 200-H Durham

Shalom Home Health, Inc.: 919-475-4541

3100 Pickett Road, Suite 112, Durham

The Cedars of Chapel Hill Home Care Agency: 919-259-7000

100 Cedar Club Circle, Chapel Hill

Wanda Best Health Care, Inc.: 919-381-4590

400 W. Main Street, Durham

Warm Home Health Care Agency, Inc.: 919-596-2706

212 Corcoran Street, Suite 207, Durham

Wisdom Senior Care: 919-323-3693

wisdomseniorcare.com/our-services/

3622 Shannon Road, Suite 103, Durham

Private Pay, Non-Medical, Non-Medical In-Home Services

These agencies provide companionship and help with errands, light housekeeping, meal preparation, and other non-medical services.

A Helping Hand: 919-403-5555

www.ahelpinghandnc.org

1502 North Carolina 54, Suite 405, Durham

East Carolina Home Care: 252-451-1333

301 S. Church Street, Rocky Mount

Handy Hands Services: 919-556-4181

U.S. 1 North, Wake Forest

Provides live-in aide service, minimum 30 hours weekly.

Senior Transitions of North Carolina, PLLC: 919-225-0379

www.seniortransitionsnc.com
Email: caringforseniors@aol.com
2801 Summerwind Road, Chapel Hill

Senior Advisors

A Place for Mom: 919-948-2983
www.aplaceformom.com

Support Groups

This section provides older adults and caregivers with information on the support network in our area. Some groups may be for people with a disease or their families, for example, Alzheimer's disease. Others may provide support for losing loved ones. Most groups are open to everyone.

Caregiver Support Groups

Alzheimer's Association Eastern NC Chapter: 919-803-8285
www.alznc.org
The Cumberland Building 3739 National Drive, Suite 110, Raleigh

Durham Center for Senior Life: 919-688-8247 ext. 122
www.dcsln.org
Email: info@dcsln.org
406 Rigsbee Avenue, Durham
Call for meeting dates and times.

Jewish Family Services: 919-354-4923
www.shalomdch.org
3622 Lyckan Parkway, Suite 3003, Durham

Dementia Alliance of NC: 919-832-3732
www.dementianc.org

Community Support Groups

Alcoholics Anonymous: 919-286-9499

www.aa.org

American Cancer Society: 800-227-2345

www.cancer.org

Cornucopia House Inc. (Cancer Support Center): 919-407-9333

www.cancersupport4u.org

National Alliance on Mental Illness (NAMI) - NC: 919-788-0801 or 800-451-9628

naminc.org/

Duke Medicine Support Groups:

For any of the support groups listed below, contact the person listed to find out about meeting times, please, and any requirements for attending. For Duke Dementia Support Group information, call 919-660-7510. For Cancer Support Group information, call 919-684-4497.

Name of Group	Contact Information
Duke Hospice Unicorn Bereavement Center	919-644-6869
Durham Alzheimer's Evening Family Support Group	Natalie Leary or Cornelia Poer: 919-660-7510
Daughters Concerned for Aging Relatives Support Group	Bobbi Matchar: 919-660-7510
Cary & Ruth Henderson Person with Dementia and Care Partner Support Group	Lisa Gwyther: 919-660-7510
Memory Makers: An Early-Stage Memory Loss Education and Support Group	Bobbi Matchar: 919-660-7510
Younger-Onset Support Group	Janeli McNeal: 919-660-7510
Cancer: Art Therapy (for Patients)	919-668-4029
Cancer: Breast and GYN Cancers	919-684-4497
Cancer: General Cancer	919-684-4497

Cancer: Caregiver Support Group	919-684-4497
Cancer: LGBTQ+ Patients, Families, Caregivers	919-684-4497
Cancer: Prostate Cancer	919-684-4497
Stroke Survivors Support Group (Survivors and Caregivers)	Heather Forrest: 919-660-0096

Technology Services

This section lists resources for information technology services, such as set-up and installation of computers hardware and software, computer repairs, networking, website design, and other related services.

Data Tech Services, LLC: 919-225-1742

www.datatechservicesllc.com

Offers computer set-up, troubleshooting and training for technophobic boomers and seniors and provides IT support services and website development for non- profits and small businesses.

Skytel: 919-443-1551

www.skytelglobal.com

Transportation

The resources below provide transportation opportunities for seniors, including organizations that provide transportation to their participants, public and accessible transportation options, interstate travel options, driver safety courses, and information about disability placards and plates.

Bus/Train Travel

AMTRAK: 919-956-7932 or 800-872-7245

www.amtrak.com

601 W. Main Street, Durham

Greyhound Lines: 919-687-4800

www.greyhound.com

515 W. Pettigrew Street, Durham

Driver Safety Courses

AAA Driver Safety Information and Resources:

exchange.aaa.com/safety/senior-driver-safety/

AARP Safe Driving: 800-227-7669 (888-AARP-NOW)

www.aarpdriversafety.org/

24 hours daily.

Handicap Placards

NC Division of Motor Vehicles: 919-715-7000

www.ncdot.gov/dmv/title-registration/license-plates/Pages/disability-placards-plates.aspx

3148 Mail Service Center, Raleigh

Private Ambulance Services and Wheelchair Vans

Carolina Livery Service: 919-957-1111

www.carolinalivery.net/

Johnston Ambulance Service, Inc.: 919-957-8993 or 800-625-3500

Transportation Choices for Persons 65 Years and Older

A Helping Hand: 919-403-5555

www.ahelpinghandnc.org

Call for reservations and fees. Can provide transportation from 6:30am - 8:00pm for seniors and adults with disabilities. Can provide escorted transportation by appointment only. Mileage fees apply. Cannot transport wheelchairs.

Durham Center for Senior Life: 919-688-8247

www.dcsInc.org

406 Rigsbee Avenue, Durham

Provides transportation to congregate meal sites.

Go Durham Access: 919-560-1551

godurhamtransit.org/access

Can provide transportation 5:30am - 12:30am Monday - Saturday, 6:30am - 7:30pm Sundays and Holidays.

DATA Access is an ADA certified curb-to-curb paratransit system is designed for those persons whose disabilities prevent them from using accessible fixed-route transit. FREE to Medicaid clients for medical transportation with prior approval from Durham County Department of Social Services (call: 919-560-8600 for information). Application process required. \$2 each way or can purchase discounted vouchers. All locations in Durham City Limits. Reservations must be made by 4:30pm at least one day before date of trip but no more than 14 days in advance.

Go Triangle Access: 919-485-7433 (*TDD/TTY 800-735-2965*)

www.triangletransit.org/bus/accessibility

Provides ADA paratransit services for certified disabled available on certain routes (check with TTA) for persons within ¾ miles of route. Buses are wheelchair accessible. Must complete application process. Call for fees.

GoGoGrandparent: 855-464-6872

www.gogograndparent.com

Kerr Area Rural Transportation System (KARTS): 252-438-2573

www.KARTSNC.com

Transportation service provide for regional community system in the Durham, Franklin, Chapel Hill, Granville, Raleigh, Vance, and Warren County. Transportation provided for medical and non-medical. Medicaid accepted for medical appointments. Call for reservation and fees.

Lincoln Community Health Center: 919-956-4000

www.lincolnchc.org

Reservations accepted from 10am - 11:00am and 2:00pm - 3:00pm. Persons with confirmed medical appointments at Lincoln, or referred by Lincoln elsewhere. Ride free within city limits. Transportation for medical appointments only (excludes lab and pharmacy).

North State Medical Transport: 919-261-8911
www.nsmt.biz

Seniors on the Go, LLC: 800-517-4149
www.ncseniorsonthego.com
The Triangle's exclusive transporter for the active senior.

Wisdom Care Transportation: 919-825-0902
www.wisdomcaretrans.com

Veterans Benefits and Resources

Resources listed below are intended to support veterans in the area.

Durham County Veterans Services: 919-560-8387
www.dconc.gov/government/departments-f-z/veteran-services
414 E. Main Street, Second Floor Durham

Durham VA Medical Center: 919-286-0411 or 888-878-6890
www.durham.va.gov
508 Fulton Street, Durham

Gerofit (Durham VA Medical Center): 919-286-0411 ext. 6776
508 Fulton Street, Durham
Provides exercise and health promotion for older veterans. Limited to VA patients, contact VA physician for referral.

NC Division of Veterans Affairs: 919-560-6672
www.doa.nc.gov/vets
115 Market Street, Suite 205, Durham

Veterans Helping Veterans of America: 919-598-9997
www.vhva.org
vhvainc@yahoo.com
208 S. Hoover Road, Durham
The mission is to serve as a "one-stop resource center" where veterans can find

information about and access to services they need to help them sustain a healthy and productive civilian life. In most cases, a veteran seeking help typically has to travel a difficult maze of organizations and people to identify the appropriate service and its source when he or she needs it. A “one-stop resource center” concept and a vested interest are welcomed among the veteran community. Veterans are offered camaraderie and understanding, benefit rights information and monitoring, housing and health care referrals, job training and classes (truck driving, starting a business, resume and communication, etc.), an art therapy program, and more.

Volunteering in the Community

Many seniors like to stay active in their retirement by volunteering. This section provides information about agencies that place seniors in volunteer positions.

Durham Center for Senior Life: 919-688-8247

www.dcslnc.org

Email: info@dcslnc.org

406 Rigsbee Avenue, Durham

Short- and long-term volunteer opportunities available.

Executive Service Corps: 919-294-9803

www.esctriangle.org/

3211 Shannon Rd., Durham

Meals on Wheels: 919-667-9424

www.mowdurham.org

Retired and Senior Volunteer Program (RSVP):

919-536-7247 ext. 5303 or ext. 5301

durhamtech.edu/community-engagement/rsvp

Email: rsvpdurhamnc@durhamtech.edu

1637 Lawson Street, Durham

Provides opportunities for persons age 55 and over to make a difference in their communities through volunteer service. RSVP volunteers contribute anywhere from one to over forty hours a week, serving nonprofit and public organizations to help meet critical community needs.

Service Corp of Retired Executives (SCORE):

National: www.score.org

Chapel Hill Office: 919-968-6894; www.scorechapelhill.org

104 S. Estes Drive, Chapel Hill

Raleigh Office: 919-856-4739; www.raleighscore.org

300 Fayetteville Street, Suite 306, Raleigh

Email: contactus@raleighscore.org

The Triangle Nonprofit & Volunteer Leadership Center: 919-321-8910

www.thevolunteercenter.org

3333 Chapel Hill Blvd. Building A-Suite 100, Durham

Connecting people with meaningful opportunities to help the community, Durham and surrounding areas.

Section 3: Financial/Legal Resources

Advocacy Services

Resources listed in this section may be useful to you as advocates regarding legal and medical concerns.

Care-Line: 919-855-4400 (*TTY 919-733-4851*); 800-662-7030 (*TTY 877-452-2514*)
The CARE LINE is the North Carolina Department of Health and Human Services' (NCDHHS) toll-free Information and Referral telephone service. Information and Referral specialists provide information and referrals regarding human services in government and non-profit agencies.

Disabilities Rights NC: 919-856-2195, 877-235-4210 (*TTY: 888-268-5535*)
disabilityrightsncc.org/

3724 National Drive, Suite 100, Raleigh

A team of attorneys, advocates, paralegals and support staff provide advocacy and legal services at no charge for people with disabilities across North Carolina. As the state's federally mandated protection and advocacy system, Disability Rights North Carolina is charged with protecting the rights of children and adults with disabilities living in North Carolina.

Legal Aid of North Carolina: 919-688-6396 or 800-331-7594
(*Senior Law Project: 877-579-7562*)

www.legalaidnc.org

201 W. Main Street, Suite 400, Durham

Provides free legal services to low-income individuals to ensure equal access to justice and remove barriers to economic opportunities. Individuals, families and communities are helped with legal problems affecting basic human needs, such as housing, employment and income.

National Council on Aging: 800-424-9046 or 571-527-3900

www.ncoa.org

251 18th Street South, Suite 500, Arlington, VA

Assists vulnerable and disadvantaged older adults with access to benefits, development of personal economic action plans, secure training and jobs, explore options for use of home equity, better manage chronic conditions, learn to prevent falls, improve health, and strengthen aging services programs.

NC Department of Insurance: 919-807-6900 or 919-807-6750
Consumer Services Division: 855-408-1212 (Toll free inside North Carolina)
www.ncdoi.com/Consumer/

Patient Advocacy Foundation: 800-532-5274

www.patientadvocate.org

421 Butler Farm Road, Hampton, VA

Provides effective mediation and arbitration services to patients and removes obstacles to accessing healthcare. These include: medical debt crisis; insurance access issues; and employment issues for patients with chronic, debilitating and/or life-threatening illnesses.

SHIP (Senior Health Insurance Information Program): 800-408-1212 (*Helpline*)

www.ncdoi.com/shiip/

Albemarle Building; 325 N. Salisbury St, Raleigh

Respond to consumers' insurance-related questions and complaints, assist consumers in resolving those complaints whenever possible, and help consumers understand their options for dealing with insurance-related matters.

Triangle J Area Agency on Aging Long Term Care Ombudsman: 800-310-9777

www.tjcog.org/ombudsman.aspx

The Ombudsman Program gives long-term care facility residents and their families a voice. Ombudsmen advocate on behalf of long-term care facility residents to uphold residents' rights and address quality of care and quality of life issues through information, education and mediation. Ombudsmen monitor the implementation of federal, state and local laws governing long-term care facilities, and work to educate the public, residents, family members and facility staff regarding long-term care issues and elder abuse prevention, detection and reporting requirements.

Consumer Issues and Complaints

Resources listed below are intended to help you determine how to file complaints regarding services or medical care you receive. Additional crime and fraud reporting resources are in the next section.

Denied Benefits or Services

City of Durham Human Relations Commission: 919-560-4214

durhamnc.gov/1193/Human-Relations-Commission

101 City Hall Plaza, Durham

Legal Aid of North Carolina: 919-688-6396 or 866-219-5262

www.legalaidnc.org

201 W. Main Street, Suite 400, Durham

Filing a Complaint about an Attorney

North Carolina State Bar: 919-828-4620

www.ncbar.gov

208 Fayetteville Street, Raleigh

Filing a Complaint about General Services

Better Business Bureau of Eastern North Carolina: 919-277-4222

www.bbb.org/local-bbb/bbb-of-eastern-north-carolina

5540 Munford Road, Suite 130, Raleigh

Provides information that allows a consumer to check out a business or charity.

The Dispute Settlement Center: 919-929-8800

www.disputesettlement.org

302 Weaver Street, Carrboro

Provides assistance to resolve dispute and prevent escalation of conflict through mediation, conciliation, facilitation and training.

NC Bar Association: 919-677-0561 (*Referral: 800-662-7407*)

www.ncbar.org

8000 Weston Parkway, Cary

Serves the public and the legal profession by promoting the administration of justice and encouraging the highest standards of integrity, competence, civility and well-being of all members of the profession.

NC Crime Victim Compensation Services: 919-733-7974 or 800-826-6200
www.ncdps.gov/dps-services/victim-services/crime-victim-compensation

NC Department of Justice Attorney General's Office: 919-716-6000
www.ncdoj.gov

NC Victims Assistance Network: 919-831-2857 or 800-348-5068
www.nc-van.org
5700 Six Forks Road Suite 101, Raleigh

Filing a Complaint about a Nursing Home or Adult Care Home

NC Division of Health Service Regulations: 919-855-3750 or 800-624-3004 (*within NC*)
www.ncdhhs.gov/dhsr

Triangle J Council of Governments: 919-549-0551
www.tjcog.org
Ask to speak with your regional ombudsman.

Filing a Complaint about a Physician

NC Medical Board: 919-326-1109 or 800-253-9653
www.ncmedboard.org
1203 Front Street, Raleigh
Regulates medicine and surgery for the benefit and protection of the people of North Carolina. 8:30am - 5:00pm Monday through Friday.

Filing a Complaint about Patient Care (Duke)

Duke Patient and Visitor Relations: 919-681-2020
www.dukehealth.org/hospitals/duke-university-hospital/contact-us
A patient or visitor may compliment an employee or share a concern regarding care received at Duke Hospital or Duke Clinic.

Duke Regional Hospital Patient Advocacy / Help Line: 919-470-4747

www.dukehealth.org/hospitals/duke-regional-hospital/contact-us

3643 N. Roxboro Road, Durham

A patient or visitor may express concerns about the care provided at Duke Regional Hospital by calling the Patient Help Line.

Crime and Fraud

Resources listed below are intended to help you determine how to report crime or fraud if you or someone you know experiences it, including crime or landlord/tenant complaints. *Resources in the section above may be useful if you or someone you know needs to report consumer concerns such as fraudulent or unethical business practices.*

Reporting a Crime

Police / Emergency Number: 911 (24 hours)

Police / Non-Emergency Number: 919-560-4600 (24 hours)

durhamnc.gov/149/Police-Department

Crime Stoppers: 919-683-1200 (24 hours)

durhamcrimestoppers.org/

Homeowner/Tenant Rights

City of Durham Community Development Department: 919-560-4570

durhamnc.gov/445/Community-Development

807 E. Main Street, Suite 2-200, Durham

Legal Aid of North Carolina: 919-688-6396 or 866-219-5262

www.legalaidnc.org

201 W. Main Street, 4th Floor, Durham

Provides free legal services in civil matters to low-income people in order to ensure equal access to justice and to remove legal barriers to economic opportunity.

Reinvestment Partners: 919-683-1185 or 919-677-1000

www.reinvestmentpartners.org

110 E. Geer Street, Durham

Advocates for change in the lending practices of financial institutions to promote wealth building of underserved communities and to end predatory lending practices that strip wealth.

Landlord Complaints

City of Durham Human Relations Commission: 919-560-4107 ext. 34277

durhamnc.gov/1193/Human-Relations-Commission

101 City Hall Plaza, Durham

Legal Aid of North Carolina: 919-688-6396 or 866-219-5262

www.legalaidnc.org

201 W. Main Street, 4th Floor, Durham

Provides free legal services in civil matters to low-income people in order to ensure equal access to justice and to remove legal barriers to economic opportunity.

NC Bar Association: 919-677-0561 or 800-662-7407

www.ncbar.org

Unsafe/ Substandard Housing/Code Violations

City of Durham Community Development Department: 919-560-4570

durhamnc.gov/ich/cb/cdd/Pages/Home.aspx

807 E. Main Street, Suite 2-200, Durham

Durham County Government: 919-560-4144

www.dconc.gov/

101 City Hall Plaza, Durham

Employment

Resources below may be useful to you as you consider employment options, such as moving into the workplace after an absence.

General Job Search Information

AARP Work and Retirement: 888-687-2277

www.aarp.org/work

Provides resources for people who are age 55 and over to obtain new job knowledge and enhance skills.

Employment Assistance

NC Department of Commerce Division of Employment Security: 919-560-6880

des.nc.gov/des

1105 Briggs Avenue, Durham

Provides employment services, unemployment insurance, and labor market information to the North Carolina workers, employers, and the public.

Part-Time Employment

National Caucus and Center on Black Aged

Senior Community Service Employment Program: 919- 572-2964

www.ncba-aged.org

2800 Meridian Parkway, Suite 175, Durham

Provides part-time work experience and training in community service for low-income persons over the age of 55.

NC Department of Commerce Division of Employment Security: 919-560-6880

desncc.com

1105 Briggs Avenue, Durham

Provides employment services, unemployment insurance, and labor market information to the North Carolina workers, employers, and the public.

Elder Abuse, Neglect, Exploitation and Domestic Violence

North Carolina General Statutes state that a disabled adult age 18 years or older “shall be in need of protective services if that person, due to physical or mental incapacity, is unable to perform or obtain for himself [herself] essential services and, if that person is without able, responsible, and willing persons to perform or obtain for him [her] essential services.” North Carolina General Statutes further require that “any person having reasonable cause to believe that a disabled adult is in need of protective services, shall report such information” to the County Department of Social Services. Reports can be made anonymously, and DCSL Staff can assist in making referrals to appropriate agencies.

Department of Social Services Adult Protective Services: 919-560-8000

www.dconc.gov/government/departments-f-z/social-services/aging-and-adult-services

414 E. Main Street, Durham

Assesses reports of abuse, neglect or exploitation of elderly or disabled adults. Services may include guardianship, adult day care or in-home aides to assure safety.

Durham Crisis Response Center: 919-403-9425

(24 Hour Crisis Line: English 919-403-6562 or español 919-519-3735)

www.durhamcrisisresponse.org

206 N. Dillard Street, Durham

Provides comprehensive shelter and support services in the Durham area, including counseling, legal advocacy, support groups, and shelter to survivors and their families in the aftermath of domestic or sexual violence.

Durham Police Department Emergency: 911

Elna B. Spaulding Conflict Resolution Center: 919-680-4575

www.crc-mediation.org

634 Foster Street, Durham

Assists domestic violence victims through mediation and conflict resolution.

National Center on Elder Abuse (at the Tech School of Medicine at the University of Southern California): 1-855-500-3537

To report elder abuse or abuse in a nursing home or long term care facility, call NCDHHS: 800-662-7030

ncea.acl.gov/

Email: ncea-info@aoa.hhs.gov

Directed by the U.S. Administration on Aging, the National Center on Elder Abuse is committed to helping national, state, and local partners to be fully prepared to ensure that older Americans will live with dignity, integrity, independence, and without abuse, neglect, and exploitation.

NC Coalition against Domestic Violence:

919-956-912 or 888-232-9124

www.nccadv.org

3710 University Drive, Suite 140, Durham

Creates social change through the elimination of the institutional, cultural, and individual oppressions that contribute to domestic violence.

Financial Counseling

A financial broker is an expert in financial matters, providing services to both companies and individuals. Services can include: personal financial planning, life and serious illness insurance coverage, income protection, health insurance, savings, investments, pensions, retirement planning, business financial planning, inheritance tax planning, mortgages and commercial finance.

Certified Financial Planners Board of Standards: 800-487-1497

www.cfp.net

On-line Locator service to find a Certified Financial Planner

Homeland Estate and Financial Services: 919-443-1632 or 919-641-2773

www.homelandestateandfs.com/

3626 Shannon Rd., Suite 104, Durham

HPF Hope Hotline: 888-995-4673

The purpose of this organization is to help homeowners avoid foreclosure

www.995hope.org

Legal Aid of North Carolina: 919-688-6396 or 800-331-7594

(*Senior Law Project: 877-579-7562*)

www.legalaidnc.org

201 W. Main Street, Suite 400, Durham

Provides free legal services to low-income individuals to ensure equal access to justice and remove barriers to economic opportunities. Individuals, families and communities are helped with legal problems affecting basic human needs, such as housing, employment and income. Ask about the **Mortgage Foreclosure Project**.

National Association of Personal Financial Advisors: 847-483-5400

www.napfa.org

Free locator service online.

Retirement and Asset Protection, Inc.: 919-493-3977

2 Claire Court, Durham

1415 W. North Carolina 54 Durham

U.S. Financial Literacy and Education Commission: 888-696-6639

www.mymoney.gov

Provides information on budgeting and retirement planning.

Financial and Legal Preparations

Resources below are intended to support you as you plan for the future legally and financially. *More information about planning for the future can be found in Section 5 (Planning Ahead).*

Advanced Directives and Other Services

Legal Aid of North Carolina: 919-688-6396 or 800-331-7594

(*Senior Law Project: 877-579-7562*)

www.legalaidnc.org

201 W. Main Street, Suite 400, Durham

Provides free legal services to low-income individuals to ensure equal access to justice and remove barriers to economic opportunities. Individuals, families and communities are helped with legal problems affecting basic human needs, such as housing, employment and income.

NOLO Self Help Law Center: 800-728-3555

www.nolo.com

950 Parker Street, Berkeley, CA

Free legal information, law books, legal software, legal forms and lawyer directory.

NC Department of the Secretary of State: 919-807-2167

www.dconc.gov/government/departments-f-z/tax-administration

Advanced Health Care Directive Registry.

Elder Law and Estate Attorneys

Carolina Estate Counsel: 919-656-2959

www.carolinaestatecounsel.com

5540 Centerview Drive, Suite 200, Raleigh

Dewitt Law, PLLC: 919-388-8200

118 E. Main Street, Suite A, Carrboro

Law Office of Douglas E. Koenig, PLLC: 919-883-2800

www.dougkoeniglaw.com

6208 Fayetteville Road, Suite 104, Durham

Walker Lambe, PLLC: 919-493-8411

www.walkerlambe.com

240 Leigh Farm Road, Suite 100, Durham

102 Market Street, Suite 105, Chapel Hill

Retirement

AARP: 888-687-2277 (*TTY: 877-434-7598; Español: 877-342-2277*)

www.aarp.org/money/retirement

On-line tools and information.

Choose to Save: 202-659-0670

www.choosetosave.org/calculators

Retirement calculator and information on-line.

Federal Deposit Insurance Corporation: 877-275-3342

www.fdic.gov/consumers/consumer/moneysmart/index.html

The Money Smart program may be used by financial institutions and other organizations interested in sponsoring financial education workshops.

Future Planning Services, LLC: 919-451-9223

www.futureplanningservices.com

P O Box 51807, Durham

Provides help to pre-plan and pre-fund for end of life events. This includes, but is not limited to: funeral and final expense planning, as well as other details associated with this stressful time.

Money Matters: 919-560-0521 or 919-560-0525

moneymatters.ces.ncsu.edu/

721 Foster Street, Durham

Provides opportunities to continue to learn, adapt, and improve our approach to financial decisions

Social Security Administration: 800-772-1213

www.ssa.gov/retire2

Retirement Planner available on line application for Social Security benefits.

U.S. Financial Literacy and Education Commission: 800-333-4636

www.mymoney.gov

One-stop shop for federal financial literacy and education programs, grants and other information.

Women's Institute for a Secure Retirement (WISER): 202-393-5452

www.wiserwomen.org

Provides retirement and estate planning information.

Reverse Mortgages

Reverse Mortgage/Home Equity Conversion Mortgage Counseling

Reverse mortgage is a loan secured by home equity that does not need to be repaid until the end of the loan term, which is usually when the homeowner can no longer occupy the home as a principal residence, sells the home, or dies. According to a North Carolina

statue, you are required to receive counseling from a state-certified housing counselor who will help you understand. A borrower may be charged for this service. If you receive a reverse mortgage, you are still responsible for maintenance, insurance and taxes for the home. You may use the money however you choose. To qualify for a reverse mortgage, you and any co-borrower must be at least 62 years old, must own your home free and clear (or have a very low outstanding debt) and must occupy the home as your primary residence.

Bank of England/ENG Lending: 919-876-8400

www.boereversemortgage.com/

4004 Barrett Dr. Ste. 201 Raleigh

Approved by the NC Commissioner of Banks, specializing in helping seniors and their families decide if reverse mortgage is appropriate for their unique situation. Advises, supports and services all clients with professional integrity and respect.

Selecting an Attorney

American Bar Association: 800-285-2221

www.abanet.org/lawyerlocator/searchlawyer.html

National Academy of Elder Law Attorneys: 703-942-5711

www.naela.org

NC Bar Association Lawyer Referral Service:

919-677-8574 or 800-662-7660

www.ncbar.org

Social Security, Supplemental Security Income (SSI), and Retirement Benefits

Resources listed below are intended to help you find information about your Social Security and Retirement Benefits.

Benefits.gov: 800-333-4636

www.benefits.gov

Benefits.gov is the official benefits website of the U.S. government, with information

on over 1,000 benefit and assistance programs.

Benefits Checkup: 800-677-1116

www.benefitscheckup.org

Find and enroll in federal, state, local and private programs that help pay for prescription drugs, utility bills, meals, health care and other needs.

Pension Benefit Guaranty Corporation (PBGC): 800-400-7242 or 202-326-4000

www.pbgc.gov

PO Box 151750, Alexandria, VA

Guarantees “basic benefits” earned before your employer’s plan’s termination date and assists retirees in locating lost pensions.

Social Security Administration: 888-759-3908

National Line: 7:00am - 7:00pm (M -F)

Automated Services: 800-772-1213 (*TTY: 800-325-0778; Fax: 919-541-5443*)

www.ssa.gov

3511 Shannon Road, Suite 200, Durham

Services are delivered through a network of offices that meet the changing needs of the public. Seniors may apply for Social Security benefits, Medicare and Disability benefits.

Taxes

Resources listed below are intended to help you find information about your taxes.

General Tax Information and Assistance

County Tax Office: 919-560-0300

www.durhamcountync.gov/departments/txad

200 E. Main Street, 1st Floor Old Courthouse Durham Provides Property Tax Filing and Tax Exemption forms.

Internal Revenue Service (IRS): 800-829-1040 (*TDD: 800-829-4059*)

www.irs.gov

Provides information and forms for filing federal taxes.

NC Department of Revenue: 877-252-3052 (*General Information*) or 877-252-4052 (*Individual Income Tax Refund Inquiry*)

www.ncdor.gov/

Provides information and forms for filing state taxes.

Volunteer Income Tax Assistance (VITA):

919-536-7247 ext. 5303 or 919-536-7247, ext. 5301

www.durhamtech.edu/html/aboutdt/rsvp.htm

1637 Lawson Street, Durham

Free seasonal assistance with income tax filing offered at several locations. Call for dates and times.

Property Tax Relief for Elderly and Disabled

Durham County Tax Administration: 919-560-0300

www.tax.durhamcountync.gov

200 E. Main Street, 1st Floor Old Court House, Durham

Section 4: Housing Options

Independent Living Support Services

Many older and disabled adults can live independently. However, some may need assistance in order to continue living in their own home. Listed below are resources that may help disabled adults continue living independently.

Emergency Response Systems

ADT Home Health Security Services: 800-521-0772
www.adt.com

Carolina Medical Alerts: 919-479-6050
www.trianglelifeline.com
4220 NC Hwy 55 #335, Durham

First Security Service, Inc.: 984-244-2475
www.firstsecurityserviceinc.com/
Email: kimc@firstsecurityserviceinc.com

Guardian Medical Monitoring: 877-435-7225
www.guardianmedicalmonitoring.com

Life Aid Medical Alert: 800-998-2400
www.lifeaid.com/

LifeFone: 1-844-253-7939
www.lifefone.com

Home Repairs/Modifications

When doing home repairs and modifications, remember:

- Never let a door-to-door salesman into your home unless you know him or her.
- It is never wise to sign a contract for any service until you get recommendations from someone who has used the repair service for a similar project.
- Check to be sure the repair service is licensed and bonded.

- Check with the Better Business Bureau about the repair services' record.

City of Durham Community Development Department: 919-560-4570

durhamnc.gov/445/Community-Development

516 Rigsbee Ave., Durham

Durham Habitat for Humanity: 919-682-0516

www.durhamhabitat.org

215 N. Church Street, Durham

Builds and repairs homes.

Independent Living Supports and Special Equipment for the Home

Daily Phone Contact Hopeline, Inc.: 919-231-4525 (*Toll free: 877-235-4525*)

www.hopeline-nc.org

Brief “check-in” calls to senior citizens who are continuing to live independently with little or no daily contact with others. These daily calls provide reassurance and a reminder that there is a compassionate person who cares and is willing to listen.

Durham Center for Senior Life: 919-688-8247

www.dcslnc.org

Email: info@dcslnc.org

406 Rigsbee Avenue, Durham

Provides weekday calls to seniors who are homebound or may have limited contact with other people. The telephone reassurance calls to older adults in Durham County are made by considerate and concerned volunteers.

Independent Living Rehabilitation: 919-560-6815

4312 Western Park Place, Durham

Provides medical equipment to disabled individuals to promote independent living and prevent institutionalization.

NC Assistive Technology Project: 919-859-8360

www.ncdhhs.gov/divisions/vocational-rehabilitation-services/north-carolina-assistive-technology-program

4900 Waters Edge Drive, Suite 250, Raleigh

Provides assistive technology services statewide to people of all ages and abilities.

Long Term Care

Resources listed below are intended to support your search when considering housing options.

Assisted Living Communities

Assisted living facilities are for people needing assistance with Activities of Daily Living (ADLs) but wishing to live as independently as possible for as long as possible. Assisted living exists to bridge the gap between independent living and nursing homes. Residents in assisted living centers are not able to live by themselves but do not require constant care either. Assisted living facilities offer help with ADLs such as eating, bathing, dressing, laundry, housekeeping, and assistance with medications. Many facilities also have centers for medical care; however, the care offered may not be as intensive or available to residents as the care offered at a nursing home. Assisted living is not an alternative to a nursing home, but an intermediate level of long-term care appropriate for many seniors.

Atria Southpoint Walk: 919-401-0100

5705 Fayetteville Road, Durham

Autumn's Way Care Home: 919-402-0442

www.lynnscarevillage.com

4811 Bay Point Drive, Durham

Brookdale Macarthur Park: 919-263-0496

www.brookdaleliving.com

111 MacArthur Drive, Cary

Personalized Assisted Living, Alzheimer's and Dementia Care.

Brookdale Meadowmont: 919-918-7600

www.brookdaleliving.com

100 Lanark Road, Chapel Hill

Personalized Assisted Living, Alzheimer's and Dementia Care.

Brookdale Durham: 919-479-9966

www.brookdaleliving.com

4434 Ben Franklin Boulevard, Durham

Personalized Assisted Living, Alzheimer's and Dementia Care.

Brookdale Wake Forest: 919-636-4255

www.brookdaleliving.com

611 S. Brooks Street, Wake Forest

Personalized Assisted Living, Alzheimer's and Dementia Care.

Brookdale Chapel Hill: 919-636-5247

www.brookdaleliving.com/

2220 Farmington Drive, Chapel Hill

Personalized Assisted Living, Alzheimer's and Dementia Care.

Brookdale North Raleigh: 919-268-8938

www.brookdaleliving.com/

1200 Carlos Drive, Raleigh

Personalized Assisted Living, Alzheimer's and Dementia Care.

Camellia Gardens: 919-544-0257

5010 S. Alston Avenue, Durham

Carillon Assisted Living of Durham: 919-636-5141

www.carillonassistedliving.com

4713 Garrett Road, Durham

Our philosophy is based on three foundational pillars from which all operations and policies are conducted and developed: wellness, preservation of dignity and Independence, and social interaction and well-being.

Carillon Assisted Living of Hillsborough: 919-732-9040

www.carillonassistedliving.com

1911 Orange Grove Road, Hillsborough

Our philosophy is based on three foundational pillars from which all operations and policies are conducted and developed: wellness, preservation of dignity and Independence, and social interaction and well-being.

Croasdaile Village: 919-384-2000

www.croasdailevillage.com

2600 Croasdaile Farm Parkway, Durham

Durham County Long Term Care:

longtermcare.durhamcountync.info/

Matthew Thompson - (919) 560-8630

Avon Hymes - (919) 560-8635

Jo Ann Hooper - (919) 560-8494

You may call us between the hours of 8:15 am to 5:30 pm Monday through Friday.

Durham Ridge Assisted Living: 919-596-9464

www.durhamridgeassistedliving.com

3420 Wake Forest Highway, Durham

Eden Spring Living Center: 919-544-0874

3812 Booker Street, Durham

Eno Pointe Assisted Living: 919-471-6306

5600 N. Roxboro Road, Durham

Seasons at Southpoint: 919-484-8518

www.seasonsatsouthpoint.com

1002 E. Highway 54, Durham

Spring Arbor: 919-403-0055 or 919-403-5667

www.springarborliving.com

Continuing Care Retirement Communities

Continuing Care Retirement Communities offer a continuum of care to older adults under a contract for the life of the resident, including independent living, assisted living, and skilled nursing care. Housing options consist of cottages, townhomes, and apartments with a variety of services, such as restaurant-style dining, crafts, fitness centers, beauty/barber shops, walking trails, gardens, golf, transportation services, social services, and other amenities.

Carol Woods: 919-968-4511, 800-518-9333

www.carolwoods.org

750 Weaver Dairy Road, Chapel Hill

Carolina Meadows: 919-942-4014

www.carolinameadows.org
100 Carolina Meadows, Chapel Hill

Croasdaile Village: 919-384-2000
www.croasdailevillage.com
2600 Croasdaile Farm Parkway, Durham

The Cedars of Chapel Hill: 919-259-7000
www.cedarsofchapelhill.com
100 Cedar Club Circle, Chapel Hill

The Forest at Duke: 919-490-8000
www.forestduke.org
2701 Pickett Road, Durham

Family Care Homes

Family Care Homes provide room and board, 24 hour supervision and services for clients needing assistance with ADLs and some health care needs.

Jua Valley Family Care Home: 866-654-1113

Housing for Seniors

Federally Subsidized and Affordable Rental Senior Housing

The North Carolina Fair Housing Act makes it illegal to discriminate in housing because of race, color, religion, sex, national origin, physical or mental handicaps, or family status (families with children).

Carver Creek Apartments: 919-471-6913
531 E. Carver Street, Durham

Durham Hosiery Mill Apartments: 919-682-4866
804 Angier Avenue, Durham

Durham Housing Authority: 919-683-1551
www.durhamhousingauthority.org

330 E. Main Street, Durham

J.F.K. Towers: 919-477-9813
4900 N. Roxboro Road, Durham

Lakeside Gardens: 919-484-0390
820 Martin Luther King Parkway, Durham

Maple Court Apartments: 919-477-0571
207 Commons Boulevard, Durham

Maplewood Square: 919-402-1684
dhic.org/property/maplewood-square/
Email: maplewood-square@cmc-nc.com
1520 Chapel Hill Road, Durham

Morehead Hills Apartments: 919-683-2713
500 Cobb Street, Durham

Morning Glory Senior Village: 919-667-9907
www.morninggloryapts.com/
1107 Morning Glory Avenue, Durham

Mutual Manor Apartments: 919-956-7481
3146 Fayetteville Street, Durham

New Bethel and L.W. Reid Homes: 919-286-7898
2614 Crest Street, Durham
62 years of age or older

Placement Services Senior Housing Consultants: 877-724-4318
www.seniorliving.org/placement-agencies/
Looking for senior housing? Allow us to help you find the best fit!

Preiss-Steele Place: 919-479-5050
www.durhamhousingauthority.org/our-communities/preiss-steele/
500 Pickwick Tr., Durham

Rockwood Cottages: 919-403-9051
1 E. Rock Cottage Court, Durham

St. Joseph's Place: 919-682-9807
www.uchas.org/st-josephs-place-durham-nc-affordable-housing
506 Hope Avenue, Durham

Veranda at Whitted School: 919-680-8900
www.verandawhittedschool.com
200 E. Umstead St. Durham

Long-Term Acute Care Hospitals

Long Term Acute Care hospitals are different from acute care in nursing homes in that most cases are there for 20 days or more. Long term acute care provides medically complex treatment and may include weaning patients off ventilators, occupational, speech or physical therapy, pulmonary, critical care and other rehabilitation. These hospitals provide aggressive care to patients who are ill, have few options left and need prolonged recovery time.

Kindred Hospital: 336-271-2800
2401 S. Side Boulevard, Greensboro

LifeCare Hospitals of North Carolina: 252-451-4045 or 877-852-5822
1051 Noell Lane, Rocky Mount

Nursing Homes

Nursing home facilities provide care (usually long-term) of patients who are not sick enough to need hospitalization but need either rehabilitative care (to return home to independent living or supported living with family or assisted living facility), or need long term medical care due to chronic and disabling disorders.

Brian Center Southpoint: 919-544-9021
www.bcsouthpoint.com/
6000 Fayetteville Road, Durham

The New Carver Rehabilitation & Living Center: 919-471-3558

www.carverlivingcenter.com

303 E. Carver Street, Durham

Croasdaile Village: 919-384-2516

www.croasdailevillage.com

2600 Croasdaile Farm Parkway, Durham

Durham Nursing and Rehabilitation Center: 919-383-5521

411 S. LaSalle Street, Durham

Hillcrest Convalescent Center: 919-286-7705

www.hillcrestnc.com

Email: info@hillcrestnc.com

1417 W. Pettigrew Street, Durham

Treyburn Rehabilitation Center: 919-477-4474

www.treyburnrehabilitation.com

2059 Torredge Road, Durham

Provides a variety of short- and long-term rehabilitation and nursing services.

Pettigrew Rehabilitation: 919-286-0751

www.pettigrewrehab.com/

1515 W. Pettigrew Street, Durham

Concordia Transitional Care and Rehabilitation at Rose Manor: 919-477-9805

www.rosemanorhc.com

4230 N. Roxboro Road, Durham

The Cedars of Chapel Hill: 919-259-7000

www.cedarsofchapelhill.com

100 Cedar Club Circle, Chapel Hill

The Forest at Duke: 919-490-8000

forestduke.org/

2701 Pickett Road, Durham

Pruitt Health of Durham: 919-383-1547

www.uhs-pruitt.com

3100 Erwin Road, Durham

Pruitt Health-Carolina Point: 919-402-2450

www.pruitthealth.com/microsite?facilityId=383

5935 Mount Sinai Road, Durham

Retirement and Independent Living Communities

Retirement Communities offer an independent lifestyle for older adults. Services can include shopping, social events, prepared meals, and transportation services. Retirement communities do not offer health care or assistance to older adults who are ill.

Alta Walk: 919-405-2141

www.assistedliving.com/north-carolina/durham/alta-walk/

5705 Fayetteville Road, Durham

Croasdaile Village: 919-384-2000, 800-960-7737

www.croasdailevillage.com

2600 Croasdaile Farm Parkway, Durham

Durham Regent Retirement Community: 919-490-6224

www.holidaytouch.com/Our-Communities/durham-regent.aspx

3007 Pickett Road, Durham

Emerald Pond Retirement Community: 919-493-4713

www.holidaytouch.com/Our-Communities/emerald-pond.aspx

205 Emerald Pond Lane, Durham

Brookdale North Raleigh: 844-340-5415

www.brookdale.com/en/find-a-community.html?location=Raleigh%2C+NC

1200 Carlos Drive, Raleigh

Personalized Assisted Living, Alzheimer's and Dementia Care.

Relocation and Transition Services

Resources in this section may be useful to you as you plan a move for yourself or a loved one.

Assisted Moving, Inc.: 919-845-8888

www.assistedmoving.com

7000 Harps Mill Road, Suite 102, Raleigh

Caring Transitions: 844-220-5427

www.caringtransitions.com/Services/Relocation

It takes more than a moving company to relocate someone who has a lifetime of memories and belongings. From photos and collectibles to dishes and books, these items hold special value and need to be considered when planning a move. When it's time for you or a loved one to move, our professional team will manage the entire relocation process from start to finish.

Carolina Relocation & Transition Specialist: 919-610-1888

www.carolina-RTS.com

Free in home assessment.

Our Mission: "To provide superior service to our clients as we assist them through their Individual life transitions."

Move Elders with Ease: 919-218-4783

www.moveelderswithease.com

1251 N.W. Maynard Road, Suite 264, Cary

Rental Assistance and Temporary Housing

The table below lists organizations that provide either Shelter Services or Rental Assistance. Please contact DCSL Support Services if you would like assistance getting connected with any of the following resources.

Organization	Shelter Services	Rental Assistance
Department of Social Services DAAS: Crisis Services dconc.gov/government/departments-f-z/social-services Call 919-560-8000 for an appointment. 414 E. Main Street, Durham Provides a wide range of services for elderly and disabled adults seeking emergency assistance.		<i>You must bring:</i> - ID - Proof of Income - Bills needing assistance with - Expenses for past 30 days

<p>Durham Crisis Response Center : Temporary Emergency Shelter durhamcrisisresponse.org <i>24-Hour Crisis Line: 919-403-6562 (English); 919-519-3735 (Español)</i> Temporary emergency shelter and 24-hour crisis line for victims of domestic violence and sexual assault. Also available: survivor’s groups, case management, counseling, and legal advocacy. Spanish-speaking staff is available.</p>	<p>DCRC’s emergency shelter gives women and children a safe and supportive environment where they can begin to recover from the effects of domestic violence.</p>	
<p>Durham Rescue Mission 919-688-9641 or 919-688-4909 www.durhamrescuemission.org 1201 E. Main Street, Durham</p>	<p>Monday – Friday: 8:00am - 4:00pm. Single men, single women, families.</p>	
<p>Freedom House (MEN ONLY) 919-425-5472 freedomhouserecovery.org/ 529 Holloway Street, Durham Transitional housing for recovering substance abuse persons.</p>	<p>MEN ONLY</p>	
<p>Freedom House (WOMEN ONLY) 919-425-5453 freedomhouserecovery.org/ 407 Salem Street, Durham Transitional housing for recovering substance abuse persons and mental health.</p>	<p>WOMEN ONLY</p>	
<p>Genesis Home (for Families with Children) 919-683-5878 www.homelessshelterdirectory.org/cgi-bin/id/shelter.cgi?shelter=10516 300 N. Queen Street, Durham Transitional housing for recovering substance abuse persons, families with children only. No single persons.</p>	<p>NO SINGLE PERSONS</p>	
<p>Housing for New Hope (Dove House) 919-682-3777 1406 Holloway Street, Durham Transitional housing for recovering substance abuse individuals. Women only. Emphasis on addiction recovery; vocational development, life skills.</p>	<p>WOMEN ONLY 365 days a year: 4:00pm - 7:00pm</p>	
<p>Interfaith Hospitality Network 919-682-2846 1216 N. Roxboro Street, Durham</p>	<p>FAMILIES ONLY Monday - Friday</p>	

Family shelter; six family capacity, families only; generally a waiting period. No services for recently recovering or active substance abusers, Maximum stay is 90 days.	9:00am - 5:00pm	
Oxford Houses	See below for details	
Salvation Army 919-688-7306 ext. 100 www.salvationarmycarolinas.org/commannds/durham 909 Liberty Street, Durham		Call office between 7:30 and 8:00 am for an appointment. Leave a voicemail with your name and contact information.
Second Mile Ministry Greystone Baptist Church 919-286-3596 www.gsdurham.com/#/ministries/second-mile 2601 Hillsborough Road, Durham		Wednesdays: 9:00am - 12:00pm Arrive on site between 7:00 and 7:30am (first 35 families are seen).
White Rock Baptist Church 919-688-8136 www.whiterockbaptistchurch.org 3400 Fayetteville Street, Durham		3rd Tuesdays Door opens at 6:00am (first 25 people are seen).
Urban Ministries Community Shelter 919-682-0538 (ext. 21) umdurham.org 412 Liberty Street, Durham Shelter available for single men, single women, and nine units for families with children. Call ahead to see if a family unit is available.		<i>Pre-check in:</i> 6:30pm <i>Check in:</i> 7:00pm - 8:30pm 365 days a year.
Urban Ministries Durham (Mission Society) 919-682-0538 (ext. 26) umdurham.org 410 Liberty Street, Durham Only single mothers with dependent children in the home, elderly over 62 and disabled persons; must provide proof of children and/or disability.		Call for appointment, leave message. Must provide proof of children, age, or disability.

North Carolina State Oxford Houses: 919-395-8192

Information: www.oxfordhouseenc.org

Email John Fox: Regional Outreach Manager: john.fox@oxfordhouse.org

365 days a year. Transitional housing for recovering substance abuse persons. Oxford Houses are a clean and sober housing option for individuals in recovery, first established in Durham and Asheville in 1991. Individuals typically enter an Oxford

House after completing a drug and alcohol treatment program, and are expected to participate in a recovery program in the community during their residence.

Oxford House Address & Phone	Men Only	Women Only
Oxford House Amhurst Road: 919-237-3401 6420 Amhurst Road, Durham		X (& children)
Oxford House Brandon Road: 919-381-4632 915 Brandon Road, Durham	X	
Oxford House Central: 919-381-5075 1804 Primrose Place, Durham	X	
Oxford House Driver: 919-767-4919 3013 Oxford Drive, Durham	X	
Oxford House Durham: 919-425-1929 203 Pekoe Street, Durham	X	
Oxford House Ferris: 919-237-2667 715 Ferris Road, Durham	X	
Oxford House Gardenview: 919-251-9831 8 Gardenview Place, Durham		X
Oxford House Guess Road: 919-765-5481 3519 Guess Road, Durham	X	
Oxford House Maynard: 919-767-0099 412 E. Maynard Avenue, Durham	X	
Oxford House McGehee Street: 919-908-9078 2411 McGehee Street, Durham	X	
Oxford House Moreene Road: 919-767-0099 518 Moreene Road, Durham	X	
Oxford House Partridge Street: 919-888-5566 5324 Partridge Street, Durham	X	
Oxford House Peace Street: 919-381-6647 2815 Wyeth Street, Durham	X	
Oxford House Shirley Street: 919-237-2694 2510 Shirley Street, Durham	X	
Oxford House Spaulding: 919-973-5107 103 Erie Street, Durham	X	
Oxford House Triangle: 919-908-9025 5218 Revere Road, Durham		X

Section 5: Planning Ahead

Emergency Preparedness

This section contains resources that may be useful as you plan ahead in case of a personal emergency or natural disaster, or begin to recover after experiencing one.

Disaster Preparedness Contacts

Duke Energy:

To report power outages: 800-419-6356

Piedmont Electric Membership Corporation: 800-222-3107

To report power outages: 800-449-2667

pemc.coop/

PSNC/Dominion Energy: 877-776-2427

To report gas leak: 911 and then 877-776-2427

www.psnenergy.com

Durham City Fire Department:

Emergency: 911; Non-emergency: 919-560-4242

durhamnc.gov/620/Fire-Department

Durham City Police Department

Emergency: 911; Non-emergency: 919-560-4600

www.durhampolice.com

Durham County Emergency Management: 919-560-0660

During a disaster: 919-560-HELP (919-560-4357)

Sign up for alerts at:

www.dconc.gov/government/departments-a-e/emergency-management

2422 Broad Street, Durham

Durham County Emergency Medical Services:

Emergency: 911; Main Number: 919-560-8285

www.dconc.gov/government/departments-a-e/emergency-medical-services/the-

[durham-county-ems-system](#)

Durham County Sheriff's Office:

Emergency: 911; Non-emergency: 919-560-0897

www.durhamsheriff.com/

Disaster Recovery

American Red Cross: 919-489-6541 or 800-448-3543

www.redcross.org/

4737 University Drive, Durham

Provides food and shelter for fire or natural disaster only.

DisasterAssistance.gov: www.disasterassistance.gov

On-line application for disaster assistance.

Durham County Emergency Management: Main Number: 919-560-0660

During a disaster: 919-560-HELP (919-560-4357)

www.dconc.gov/government/departments-a-e/emergency-management

2422 Broad Street, Durham

Responsible for maintaining the County Emergency Operations Plan, and will be the coordinating agency for all emergency response/recovery force activity when the emergency operations plan is implemented, and it will be the agency through which the County Board of Commissioners and the Durham City Council exercise the authority vested in them during accidents and disasters.

Federal Emergency Management Agency (FEMA): 800-621-3362 (TTY 800-462-7585)

Apply online for help after a disaster: www.fema.gov

FEMA's mission is to support citizens and is first responder to ensure that agencies together to build, sustain, and improve the capability to prepare for, protect against, respond to, recover from, and mitigate all hazards during a disaster.

NC Department of Health and Human Services

www.ncdhhs.gov

Download the customizable Family Disaster Plan at:

www.ncdhhs.gov/document/dhhs-family-disaster-plan

Ready.gov: 800-BE READY or 800-237-3239

www.ready.gov

Offers disaster preparedness information.

End of Life Planning

This section contains resources that may be useful as you get your affairs in order to prepare for a possible personal emergency, or as you prepare yourself or your loved ones for the end of life process.

End of Life Planning

The Living Bank (Organ Donation): 800-528-2971

www.livingbank.org/

Donating your organs can save lives! Anyone can be a donor, regardless of their age, race, or medical history, and all major religions in the United States support organ donations. Call the number above or visit the website for more information.

Project Compassion: 919-402-1844

www.project-compassion.org

180 Providence Road, Suite 1-C, Chapel Hill

Creates community and provides support for people living with serious illness, care giving, end of life and grief.

Hospice Services

Hospice care is provided by health professionals and volunteers giving medical, psychological and spiritual support to help people who are dying have peace, comfort and dignity. Hospice programs also provide services to support a patient's family.

3HC Hospice Services: 800-260-4442

www.3hc.org

Email: info@3hc.org

Home health, nursing PTOT, speech therapy, home health aide, social work, hospice and private duty.

Amedisys Hospice: 919-220-5505

www.amedisys.com

2609 N. Duke Street, Suite 102, Durham

A serious illness can raise so many questions. Finally, a place with some answers.

Community Home Care and Hospice: 919-233-1100

7714 Chapel Hill Road, Raleigh

www.communityhch.com

Duke HomeCare and Hospice: 919-620-3853

www.dhch.duhs.duke.edu

4321 Medical Park Drive, Suite 101, Durham

Liberty Home Care and Hospice Services: 919-471-1368 or 800-295-0626

www.libertyhomecare.com

3414 Duke Street, Suite 201, Durham Open until 5:00 p.m.

PruittHealth Hospice of Rocky Mount: 919-383-1546 or 800-973-3938

www.pruithhealth.com

3100 Erwin Rd, Durham

Transitions Life Care: 919-828-0890

transitionslifecare.org/redirected-from-hospicofwake-org/

250 Hospice Circle, Raleigh

Provides physical, emotional and spiritual care to those living with an advanced illness, their caregivers and those who have lost a loved one.

Funeral Arrangements

Clements Funeral Home: 919-286-1224

www.clementsfuneralservice.com

1105 Broad Street, Durham

A family owned and operated full service funeral home for more than 50 years.

Cremation Society of the Carolinas: 919-571-3300 or 800-993-5333

www.cremationsocietync.com

2205 E. Millbrook Rd, Raleigh

Ellis D. Jones and Sons Funeral Home: 919-688-1323

www.ellisdjones.com

419 Dowd Street, Durham

Hall-Wynn Funeral Services and Crematory: 919-688-6387

www.hallwynne.com/

1113 W. Main Street, Durham

Hanes Funeral Home: 919-598-9968

hanesfuneralservice.com

460 S. Driver Street, Durham

Holloway Funeral Home: 919-598-8496

hollowaymemorial.com

2502 Highway 55, Durham

Hudson Funeral Home Inc.: 919-596-8269

www.hudsonfuneralhome.com

211 S. Miami Boulevard, Durham

Quality Mortuary Service, Inc.: 919-598-1416

448 S. Driver Street, Durham

Scarborough & Hargett Funeral Home Inc.: 919-682-1171

www.scarboroughandhargettfh.com

923B Old Fayetteville Street, Durham



Thank you!

Durham Center for Senior Life is a private, non-profit 501(c)(3) organization that serves older adults and caregivers each year through programs designed to assist them to stay independent and healthy in their homes.

Each year DCSL is able to distribute directories throughout Durham at no charge.

Please consider partnering with us to enhance the lives of Durham seniors by donating to DCSL. **To learn more about DCSL and to make a secure online donation, please visit our website at www.dcslnc.org.**

If you would like to attend one of our biweekly scheduled tours, or schedule a tour for yourself or a group, please contact the agency using contact information listed below:

On behalf of the Durham Center for Senior Life, as well as our participants and their families, we thank you in advance for your generous support. We could not do our work without you.

406 Rigsbee Avenue, Suite 202

Durham, NC 27701

Email: info@dcslnc.org

Website: www.dcslnc.org

Phone: 919-688-8247

Fax: 919-683-3406