

**CHATHAM COUNTY  
AGING, DISABILITY AND CAREGIVING  
SERVICES RESOURCE GUIDE**



**(919)542-4512**

**[www.chathamcouncilonaging.org](http://www.chathamcouncilonaging.org)**

**Compiled by the Chatham County Council on Aging  
Family Caregivers Support Program  
Revised July 10,2012**

**CHATHAM COUNTY  
AGING, DISABILITY and CAREGIVING  
SERVICES RESOURCE GUIDE**

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**CHATHAM COUNTY  
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**ADULT DAY CARE**

Charles House Eldercare Center.....919-967-7570  
109 Hillcrest Avenue  
Carrboro, NC 27510  
<http://charleshouse.org>

Christian Healthcare.....919-775-5610  
507 N. Steele Street  
Sanford, NC 27330

Wes Care Senior Life Center.....919-742-1362  
618 N. Third Avenue  
Siler City, NC 27344

**ADULTS WITH DISABILITIES**

NC Assistive Technology Resource Centers.....919-684-2721  
2301 Mail Service Center  
Raleigh, NC 27699-2301

NC Division of Services for the Deaf and Hard of Hearing.....919-874-2212  
2301 Mail Service Center  
Raleigh, NC 27699-2301  
Web: [dsdhh.dhhs.state.nc.us](http://dsdhh.dhhs.state.nc.us)

NC Division of Vocational Rehabilitation Services, Independent Living Services  
.....919-560-6815  
Home Repair and Modification  
4312 Western Park Place  
Durham, NC 27705

Project Proud Families, Inc.....919-742-5525  
225 Still Waters Drive  
Siler City, NC 27344  
Email: [holly@projectproud.org](mailto:holly@projectproud.org)  
[www.projectproud.org](http://www.projectproud.org)

Triangle Radio Reading Services.....919-832-5138  
211 East Six Forks Road, Suite 103  
Raleigh, NC 27609

## **ALZHEIMER'S RESOURCES**

Alzheimer's and Related Disorders Association-Eastern Chapter.....800-228-8738  
400 Oberlin Road, Suite 220  
Raleigh, NC 27605  
<http://www.alznc.org/>

Caregiver Support Group, Chatham County Council on Aging.....919-542-4512  
PO Box 715  
365 Highway 87 N  
Pittsboro, NC 27312  
<http://www.chathamcouncilonaging.org>

Cross Road Retirement Community (David Schwartz)... .....336-629-7811  
1302 Old Cox Road  
Asheboro, NC 27205  
<http://www.cross-road.org>

Duke Neurological Disorders Clinic.....919-668-2846  
932 Morreene Road  
Durham, NC 27705  
<http://neurology.mc.duke.edu>

- Appointments.....919-668-7600
- Family Support.....919-668-2836

Safe Return Program (alert bracelets/registry).....888-572-8566  
2323 Colorado Avenue  
Turlock, CA 95382  
[www.alz.org/we\\_can\\_help\\_medicalert\\_safereturn.asp](http://www.alz.org/we_can_help_medicalert_safereturn.asp)

## **BEREAVEMENT/SUPPORT SERVICES**

Cary and Ruth Henderson Pt./Caregiver.....919-286-7299

Chatham County Council on Aging.....919-542-4512

PO Box 715

365 Highway 87 N

Pittsboro, NC 27312

[www.chathamcouncilonaging.org](http://www.chathamcouncilonaging.org)

Daughters and Aging Relatives.....800-672-4213

Husbands, Sons and In-laws.....919-660-7510

UNC Hospice of Chatham County.....919-542-5545

PO Box 1077

Pittsboro, NC 27312

## **BLIND/VISION-IMPAIRED---APPLIANCES AND SERVICES**

North Carolina Assistive Technology Project.....919-850-2787

1110 Navaho Drive, Suite 101

Raleigh, NC 27609

[www.ncatp.org](http://www.ncatp.org)

North Carolina Division of Services for the Blind.....919-715-0249

309 Ashe Avenue-Fisher Building

Raleigh, NC 27699

[www.dhhs.state.nc.us/dsb](http://www.dhhs.state.nc.us/dsb)

North Carolina Library for Blind.....888-388-2460

1841 Capital Boulevard

Raleigh, NC 27635

<http://statelibrary.dcr.state.nc.us/lbph/Lbph.htm>

Technology Resource/Rehab Center.....919-733-5897

2601 Mail Service Center

Raleigh, NC 27699-2601

Chatham County Health Department

Monday/Tuesday.....919-718-4690 x. 5248

Wednesday.....919-642-6986 x. 397

Thursday/Friday.....910-947-2436 or 910-947-7497 (message)

Chatham County Rehabilitation Counselor.....800-422-1897

Lion’s Club—Pittsboro  
Tommy George.....919-542-4742

Lion’s Club—Siler City  
Lee Harvey.....919-742-4081

Triangle Radio Reading Service.....919-832-5138  
211 E Six Forks Road, Suite 103  
Raleigh, NC 27609-7743  
[www.trianglereadingservice.org](http://www.trianglereadingservice.org)

**CASE MANAGEMENT & ASSISTANCE**

Community Care of Central Carolina.....919-542-0526  
41 Fayetteville Street  
Pittsboro, NC 27312  
[vepps@ncaccesscare.org](mailto:vepps@ncaccesscare.org)  
[www.communitycareofcentralcarolina.org](http://www.communitycareofcentralcarolina.org)

Piedmont Health Services, Inc.... .919-537-7479  
299 Lloyd St.  
Carrboro, NC 27510  
[mirandah@piedmonthealth.org](mailto:mirandah@piedmonthealth.org)

**DIABETES EDUCATION/CARE/SERVICE**

Chatham County Health Department.....919-742-5641  
1000 S 10<sup>th</sup> Avenue  
Siler City, NC 27344  
[www.chathamnc.org/Index.aspx?page=124](http://www.chathamnc.org/Index.aspx?page=124)

Chatham Hospital Diabetes Management Program.....919-799-4000  
475 Progress Boulevard  
Siler City, NC 27344  
[www.chathamhospital.org/service/diabetes.shtml](http://www.chathamhospital.org/service/diabetes.shtml)



Diabetes Support Group, Chatham County Council on Aging.....919-542-4512  
PO Box 715  
365 Highway 87 N  
Pittsboro, NC 27312  
[www.chathamcouncilonaging.org](http://www.chathamcouncilonaging.org)

## **DRIVER SAFETY/REHABILITATION**

AAA Foundation for Traffic Safety.....800-993-7222  
[www.seniordrivers.org/home](http://www.seniordrivers.org/home)

Driver Rehabilitation Services.....336-697-7841  
605 Cabaret Road  
McLeansville, NC 27301  
[www.driver-rehabnc.com](http://www.driver-rehabnc.com)

55 Alive Driver Safety Classes.....919-542-4512  
(AARP, Chatham County Council on Aging)  
PO Box 715  
365 Highway 87 N  
Pittsboro, NC 27312  
[www.chathamcouncilonaging.org](http://www.chathamcouncilonaging.org)

First Health of the Carolinas Driver Rehabilitation Service.....910-215-1637  
PO Box 3000  
Pinehurst, NC 28374

MADD NC.....919-787-6599  
5104 Western Boulevard, Suite B  
Raleigh, NC 27606  
[www.madd.org/NC](http://www.madd.org/NC)

North Carolina Division of Motor Vehicles.....919-715-7000  
3148 Mail Service Center  
Raleigh, NC 27699-3148  
[www.ncdot.org/dmv/driver\\_services](http://www.ncdot.org/dmv/driver_services)

## **EMERGENCY ASSISTANCE**

**(Including bill payment assistance for utilities, rent, prescriptions)**

- American Red Cross—Lee County.....919-774-6857  
507 N Steele Street #H212  
Sanford, NC 27330  
[www2.trianglearc.org](http://www2.trianglearc.org)
- American Red Cross—Orange County.....919-942-4862  
101 Ephesus Church Road  
Chapel Hill, NC 27517  
[www.ocncredcross.org](http://www.ocncredcross.org)
- Chatham County Council on Aging.....919-542-4512  
PO Box 715  
365 Highway 87 N  
Pittsboro, NC 27312  
[www.chathamcouncilonaging.org](http://www.chathamcouncilonaging.org)
- Chatham County Department of Social Services (limited).....919-542-2759  
PO Box 489  
102 Camp Drive  
Pittsboro, NC 27312  
[www.chathamnc.org/Index.aspx?page=130](http://www.chathamnc.org/Index.aspx?page=130)
- JOCCA (Joint Orange Chatham Community Assistance).....919-542-4781  
PO Box 22  
35 Chatham Street West  
Pittsboro, NC 27312
- Salvation Army, Pittsboro Office.....919-542-1593  
PO Box 752  
200 Sanford Avenue, Suite 2  
Pittsboro, NC 27312
- Salvation Army, Siler City Office.....919-663-0443  
136 N Chatham Avenue  
Siler City, NC 27344
- United Way of Chatham County.....919-542-1110  
PO Box 1066  
72 Hillsboro Street  
Pittsboro, NC 27312

## EMERGENCY FOOD AND FOOD ASSISTANCE

Alston Chapel United Holy Church.....919-542-4111  
2012 Alston Chapel Road  
Pittsboro, NC 27312  
Hours: 10:30-11:00 Monday, Wednesday, Friday

Chatham County Council on Aging.....919-542-4512  
PO Box 715  
Eastern Chatham Senior Center  
365 Highway 87 N  
Pittsboro, NC 27312  
[www.chathamcouncilonaging.org](http://www.chathamcouncilonaging.org)  
(Emergency, congregate, frozen, home-delivered meals, nutrition supplements)  
Hours: 8:00 – 4:30 Monday – Friday

Chatham County Council on Aging.....919-742-3975  
Western Chatham Senior Center  
112 Village Lake Road  
Siler City, NC 27344  
(Emergency, congregate, frozen, home-delivered meals, nutrition supplements)  
Hours: 8:00 – 4:30 Monday – Friday

Chatham County Department of Social Services.....919-542-2759  
PO Box 489  
102 Camp Street  
Pittsboro, NC 27312  
[www.chathamnc.org/Index.aspx?page=130](http://www.chathamnc.org/Index.aspx?page=130)  
(EBT card, emergency food referrals)  
Hours: 8:00 – 5:00 Monday - Friday

Chatham Outreach Alliance (CORA).....919-542-5020  
PO Box 1326  
40 Camp Drive  
Pittsboro, NC 27312  
[www.corafoodpantry.org](http://www.corafoodpantry.org)  
Hours: 10:00-2:00 Monday-Friday

Evergreen United Methodist Church .....919-968-0198  
11098 N Hwy 15-501  
Chapel Hill, NC 27517  
[www.evergreen-umc.org](http://www.evergreen-umc.org)  
Hours: 5:30-6:30 Third and Fourth Tuesdays

Salvation Army, Pittsboro Office.....919-542-1593  
PO Box 752  
200 Sanford Avenue, Suite 2  
Pittsboro, NC 27312  
Hours: 9:00-3:00 Tuesday and Thursday

Salvation Army, Siler City Office.....919-663-0443  
136 N Chatham Avenue  
Siler City, NC 27344  
Hours: 9:00-3:00 Monday and Wednesday

West Chatham Food Pantry.....919-742-3111  
548 Village Lake Road  
Siler City, NC 27344  
[www.fly-pegasus.com/foodpantry](http://www.fly-pegasus.com/foodpantry)  
Hours: 4:30-6:00 Monday and 12:30-2:00 Wednesday and Friday

## **EMERGENCY SHELTERS**

Alamance County Battered Women Shelter.....336-226-5985  
142 South Lexington Avenue  
Burlington, NC 27215 (call for specific location)  
[www.familyabuseservices.org/](http://www.familyabuseservices.org/)

Allied Churches of Alamance County Shelter.....336-229-0881  
206 N Fisher Street  
Burlington, NC 27217  
[www.alliedchurches.org](http://www.alliedchurches.org)

Chatham County Family Violence/Rape Crisis Shelter.....919-542-5445  
PO Box 1105 24 Hour Crisis Line 919-545-0224  
Pittsboro, NC 27312  
[www.fvrc.org/links.htm](http://www.fvrc.org/links.htm)

Durham Crisis Response Center.....919-403-9425  
206 N Dillard Street 24 Hour Crisis Line 919-403-6562  
Durham, NC 27701  
[www.durhamcrisisresponse.org/](http://www.durhamcrisisresponse.org/)

Friend to Friend (Moore County).....24 Hour Crisis Line 910-947-3333  
PO Box 1508  
111 McNeill Street  
Carthage, NC 28327  
[www.moorefriends.org/services.html](http://www.moorefriends.org/services.html)

HAVEN (Lee County).....24 Hour Crisis Line 919-774-8923  
PO Box 3191  
160 Charlotte Avenue  
Sanford, NC 27331  
[www.haveninleecounty.org/](http://www.haveninleecounty.org/)

Interfaith Council Shelter/Community Kitchen/Food Pantry.....919-929-6380  
110 W Main Street  
Carrboro, NC 27510  
[www.ifcweb.org/](http://www.ifcweb.org/)

Silk Hope Catholic Worker (single women/families).....919-663-4334  
3355 Woody Store Road  
Siler City, NC 27344

## **HEALTH INSURANCE/COVERAGE**

AARP (American Association of Retired Persons).....866-389-5650  
1511 Sunday Drive  
Raleigh, NC 27607  
[www.aarp.org/statepages/nc.html](http://www.aarp.org/statepages/nc.html)

Chatham County Department of Social Services (Medicaid).....919-542-2759  
PO Box 489  
102 Camp Drive  
Pittsboro, NC 27312  
[www.chathamnc.org/Index.aspx?page=130](http://www.chathamnc.org/Index.aspx?page=130)

North Carolina State Insurance Commissioner.....919-733-7349  
Consumer Services Division.....NC Residents Only 800-546-5664  
North Carolina Department of Insurance  
1201 Mail Service Center  
Raleigh, NC 27699-1201  
[www.ncdoi.com/contact.asp](http://www.ncdoi.com/contact.asp)

Senior Health Insurance Information Program (SHIIP).....919-542-4512

Chatham County Council on Aging  
PO Box 715  
365 Highway 87 N  
Pittsboro, NC 27312  
[www.chathamcouncilonaging.org](http://www.chathamcouncilonaging.org)

SHIIP-State.....919-733-0111  
800-443-9354

Social Security Administration-National.....800-772-1213  
[www.ssa.gov](http://www.ssa.gov)

Social Security Administration, Sanford Office (Medicare).....919-775-1561  
Riverbirch Shopping Center  
1013 Spring Lane  
Sanford, NC 27330

## **HEARING-IMPAIRED—APPLIANCES AND SERVICES**

Hear Now.....800-684-4327  
1245 South Main Street, Suite 200  
Grapevine, TX 76051  
[www.sotheworldmayhear.org](http://www.sotheworldmayhear.org)

Lion’s Club—Goldston.....919-898-4937  
email: [bldenkins@embarqmail.com](mailto:bldenkins@embarqmail.com)

Lion’s Club—Pittsboro  
Tommy George.....,919-542-4742

Lion’s Club—Siler City  
Lee Harvey.....919-742-4081

North Carolina Div. of Services for the Deaf and the Hard of Hearing...919-874-2212  
DSDHH Administrative Office Voice/TTY 1-800-851-6099  
Woodoak Building, GL-3  
1100 Navaho Drive  
Raleigh, NC 27609  
<http://dsdhh.dhhs.state.nc.us/>

CapTel North Carolina..... 1-800-233-9130  
4030 Wake Forest Rd. Ste 300  
Raleigh, NC 27609-5915  
[www.relaync.com/captel](http://www.relaync.com/captel)

## **HIV SERVICES**

Piedmont HIV Health Care Consortium.....919-682-3998  
331 W Main Street, Suite 405 Toll-Free 800-272-9610  
Durham, NC 27701  
[www.phicas.org/](http://www.phicas.org/)

Chatham County Health Department .....919-542-8271  
PO Box 130  
Pittsboro, NC 27312  
[www.chathamnc.org/Index.aspx?page=124](http://www.chathamnc.org/Index.aspx?page=124)

## **HOME REPAIRS**

Chatham County Council on Aging.....919-542-4512  
PO Box 715  
365 Highway 87 N  
Pittsboro, NC 27312  
[www.chathamcouncilonaging.org](http://www.chathamcouncilonaging.org)

First United Methodist Church, Siler City.....919-742-2722  
PO Box 212  
1101 W Raleigh Street  
Siler City, NC 27344

JOCCA (Joint Orange Chatham Community Assistance).....919-542-4781  
PO Box 22  
35 Chatham Street West  
Pittsboro, NC 27312

NC Division of Vocational Rehabilitation Services, Independent Living Services  
.....919-560-6815  
Home Repair and Modification  
4312 Western Park Place  
Durham, NC 27705

USDA Service Center—Rural Development Loans.....919-776-4331  
2416 Tramway Road  
Sanford, NC 27332  
Fax: 919-775-5624  
[www.rurdev.usda.gov](http://www.rurdev.usda.gov)

## **HOUSING – INDEPENDENT LIVING**

Braxton Manor Apartments.....919-663-1877  
101 S Third Avenue  
Siler City, NC 27344  
Fax: 919-663-1879  
Office Hours: 10:00-3:00 Monday-Thursday

Chatham County Housing Authority.....919-542-3742  
PO Box 637  
190 US Hwy 15-501 South  
Pittsboro, NC 27312  
[www.chathamnc.org/Index.aspx?page=215](http://www.chathamnc.org/Index.aspx?page=215)  
Hours: 8:30-5:00 Monday-Friday (Closed to public on Fridays)

Creekside Apartments.....919-542-4821  
25 Creekside Circle  
Pittsboro, NC 27312  
[www.freemanapartments.com/pittsboro.html](http://www.freemanapartments.com/pittsboro.html)

North Glenn Apartments.....919-742-2395  
1221 W 11<sup>th</sup> Street  
Siler City, NC 27344

Pine Glade Apartments.....919-663-3464  
509 Pine Glade Avenue  
Siler City, NC 27344

Pittsboro Village Apartments.....919-542-5410  
400 Honeysuckle Drive  
Pittsboro, NC 27312

Powell Spring Apartments.....919-542-5410  
600 Millbrook Road  
Pittsboro NC 27312



Sheffield Manor Apartments.....919-742-4058  
802 Sheffield Drive  
Siler City, NC 27344  
Fax: 919-742-4058

Twin Rivers Independent Senior Community Apartments.....919-545-0149  
25 Rectory Street  
Pittsboro, NC 27312

Walnut Grove Apartments.....919-542-2669  
321 N. Rectory Street  
Pittsboro, NC 27312  
Fax: 919-542-2684

**INCOME SUPPORT**

Employment Security Commission.....919-733-4329  
700 Wade Avenue  
Raleigh, NC 27605  
[www.ncesc.com/splash.asp](http://www.ncesc.com/splash.asp)

JOCCA (Joint Orange Chatham Community Assistance).....919-542-4781  
PO Box 22  
35 Chatham Street West  
Pittsboro, NC 27312

North Carolina Department of Revenue.....919-733-7211  
PO Box 25000 1-877-252-3052  
Raleigh, NC 27640-0640  
[www.dornc.com](http://www.dornc.com)

North Carolina Division of Veteran Affairs.....919-733-3851  
Physical Address: Mailing Address:  
1325 N. Salisbury Street 1315 Mail Service Center  
Raleigh, NC 27601 Raleigh, NC 27699-1315  
[www.ncveterans.net/index.htm](http://www.ncveterans.net/index.htm)

Social Security Administration-National.....800-772-1213  
[www.ssa.gov](http://www.ssa.gov)

Social Security Administration, Sanford Office.....919-775-1561  
Riverbirch Shopping Center  
1013 Spring Lane  
Sanford, NC 27330  
[www.ssa.gov](http://www.ssa.gov)

Vocational Rehabilitation Services.....919-663-2544  
104 Village Lake Road  
Siler City, NC 27344  
<http://dvr.dhhs.state.nc.us/index.htm>

## **INDEPENDENT LIVING RESOURCES**

Chatham County Council on Aging.....919-542-4512  
PO Box 715  
Pittsboro, NC 27312

Chatham County Department of Social Services.....919-542-2759  
PO Box 489  
Pittsboro, NC 27312

## **IN-HOME CARE SERVICES**

### **Personal Care Services**

Chatham County Council on Aging.....919-542-4512  
PO Box 715  
365 Highway 87 N  
Pittsboro, NC 27312  
[www.chathamcouncilonaging.org](http://www.chathamcouncilonaging.org)

Caring Hands Health Services.....919-232-3697  
4900 Waters Edge Drive  
Raleigh, NC 27606  
Fax: (888)234-2028

Community Home Care and Hospice.....919-663-1244  
1414 E 11<sup>th</sup> Street  
Siler City, NC 27344  
[www.communityhch.com](http://www.communityhch.com)  
Fax: 919-663-1485

First Choice Home Care.....919-663-1188  
 1754 E 11<sup>th</sup> Street, Suite B  
 Siler City, NC 27344  
[www.firstchoicehomecare.com](http://www.firstchoicehomecare.com)  
 Fax: 919-663-1799

Home Instead Senior Care (Northern Chatham Co. & Chapel Hill).....919-933-3300  
 1289 Fordham Boulevard, Suite E5  
 Chapel Hill, NC 27517  
[www.homeinstead.com/home.aspx](http://www.homeinstead.com/home.aspx)  
 Fax: 919-933-3324

Homewatch Care Givers of the Triangle.....919-960-6038  
 1004 Mount Carmel Church Road  
 Chapel Hill, NC 27517  
[www.homewatchcaregivers.com](http://www.homewatchcaregivers.com)  
 Fax: 919-933-0901

Keston Care.....919-967-0507  
 Chatham Crossing  
 11312 US Hwy 15-501 North, Suite 400  
 Chapel Hill, NC 27517  
[www.kestoncare.org](http://www.kestoncare.org)  
 Fax: 919-967-1371

Maxim Home Healthcare.....800-318-6121  
 2634 Durham-Chapel Hill Blvd., Suite 210  
 Durham, NC 27707  
[www.maximhomecare.com](http://www.maximhomecare.com)  
 Fax: 919-419-1681

Parkview In-Home Aide Service.....919-775-1475  
 PO Box 4057  
 Sanford, NC 27330

Pelham Home Health.....919-718-0388  
 2501 Fayetteville Street  
 Sanford, NC 27332  
[www.pelhamhomehealth.org/pelhamhomehealth/iindex.html](http://www.pelhamhomehealth.org/pelhamhomehealth/iindex.html)  
 Fax: 919-718-1629

Sister to Sister Solution.....919-742-4223  
 156 Scotton Matthews Drive  
 Siler City, NC 27344

Total Life Care.....919-776-0352  
824 S Horner Boulevard  
Sanford, NC 27330  
Fax: 919-718-1629

UNC Hospice of Chatham County.....919-542-5545  
PO Box 1077  
Pittsboro, NC 27312

Village Caregivers.....877-844-3877  
1902 Sandhills Blvd  
Suite D  
Aberdeen, NC 28315  
Phone: 910-725-0340  
Fax: 910-725-0368

**Skilled Care Services**

Amedisys Home Health.....919-401-3000  
120 Providence Road, Suite 200  
Chapel Hill, NC 27514  
[www.amedisys.com](http://www.amedisys.com)

Community Home Care and Hospice.....919-663-1244  
1414 E 11<sup>th</sup> Street  
Siler City, NC 27344  
[www.communityhch.com](http://www.communityhch.com)  
Fax: 919-663-1485

UNC Home Health Agency.....919-966-4915  
1101 Weaver Dairy Road, Suite 200  
Chapel Hill, NC 27514  
[www.unchealthcare.edu/site/Nursing/servicelines/homehealth](http://www.unchealthcare.edu/site/Nursing/servicelines/homehealth)  
Fax: 919-966-4843

UNC Hospice of Chatham County.....919-542-5545  
PO Box 1077  
Pittsboro, NC 27312

## **LEGAL SERVICES**

Chatham County Clerk of Court.....919-545-3500  
PO Box 369  
12 East Street  
Pittsboro, NC 27312  
[www.nccourts.org/County/Chatham/Staff/Clerk.asp](http://www.nccourts.org/County/Chatham/Staff/Clerk.asp)

Chatham County Magistrates:  
Pittsboro Office.....919-542-2811 x. 236  
Chatham County Sheriff's Department  
295 West Street  
Pittsboro, NC 27312

Siler City Office.....919-663-2612  
Siler City Police Department  
311 N 2<sup>nd</sup> Avenue  
Siler City, NC 27344

Justice Center (Carlene McNulty).....919-856-2161  
224 S Dawson Street  
Raleigh, NC 27601  
[www.ncjustice.org](http://www.ncjustice.org)

Legal Aid of North Carolina.....919-542-0475  
PO Box 1728  
959 East Street, Suite A&B  
Pittsboro, NC 27312  
[www.legalaidnc.org](http://www.legalaidnc.org)  
Fax: 919-545-0735

## **LONG-TERM CARE LIVING**

### **Adult Care Homes / Assisted Living Facilities**

Cambridge Hills.....919-545-9573  
140 Brookstone Lane  
Pittsboro, NC 27312

Careview.....919-742-3832  
2701 Moon Lindley Road  
Snow Camp, NC 27349

Coventry House.....919-742-4052  
260 Village Lake Road  
Siler City, NC 27344  
[www.coventryassisted.com](http://www.coventryassisted.com)

Hill Forest.....919-837-2493  
PO Box 220  
9141 US Hwy 421 South  
Goldston, NC 27252

Pittsboro Christian Village.....919-542-3151  
1825 East Street  
Pittsboro, NC 27312  
[www.pcvnc.org](http://www.pcvnc.org)

**Family Care Homes**

Liselotte.....919-542-3089  
3035 Silk Hope Gum Springs Road  
Pittsboro, NC 27312

**Group Homes**

Chatham County Group Homes.....919-742-2510  
PO Box 207  
217 E Beaver Street  
Siler City, NC 27344

**Nursing/Rehabilitation Homes**

Laurels of Chatham.....919-542-6677  
72 Chatham Business Park Drive  
Pittsboro, NC 27312

North Carolina State Veterans Nursing Homes (Fayetteville).....910-630-4257  
214 Cochran Avenue  
Fayetteville, NC 28301  
[www.doa.state.nc.us/vets/nursinghomes.htm](http://www.doa.state.nc.us/vets/nursinghomes.htm)

North Carolina State Veterans Nursing Homes (Salisbury).....704-638-4200  
PO Box 599  
1601 Brenner Avenue, Bldg. 10  
Salisbury, NC 28145

[www.doa.state.nc.us/vets/nursinghomes.htm](http://www.doa.state.nc.us/vets/nursinghomes.htm)

Sunbridge Care and Rehabilitation of Siler City.....919-663-3431  
PO Box 789  
900 W Dolphin Street  
Siler City, NC 27344

## **MEDICAL / HEALTH CARE PROVIDERS**

### **Cardiac Rehabilitation**

Chatham Hospital ..... (919)799-4000  
163 Medical Park  
Siler City, NC 27344

### **Dentists**

Chatham Dental Care.....919-663-4000  
100 Village Lake Road  
Siler City, NC 27344

Family Dental Care.....919-688-4100  
3608 University #104  
Durham, NC 27707  
[www.wemakencsmile.com](http://www.wemakencsmile.com)

Howard James.....919-775-7253  
PO Box 1261  
1404 Woodland Avenue  
Sanford, NC 27330

Jeffrey Love.....919-774-3707  
1400 Greenway Court  
Sanford, NC 27330

Piedmont Health Services—Moncure Community Health Center.....919-542-1641  
7228 Pittsboro-Moncure Road  
Moncure, NC 27559  
[www.piedmonthhealth.org/english/moncurepage.htm](http://www.piedmonthhealth.org/english/moncurepage.htm)

Piedmont Health Services – Siler City Community Health Center.....919-663-1744  
224 South 10<sup>th</sup> Avenue  
Siler City, NC 27344

[www.piedmonthealth.org/siler-city-community-health](http://www.piedmonthealth.org/siler-city-community-health)

Pittsboro Family Dentistry.....919-545-9500  
987 East Street, Suite H  
Pittsboro, NC 27312  
[www.korendentistry.com](http://www.korendentistry.com)

Carrboro Community Health Center.....919-942-8741  
301 Lloyd Street  
Carrboro, NC 27510  
[www.piedmonthealth.org/english/carrboro.htm](http://www.piedmonthealth.org/english/carrboro.htm)

Sanford Dental Care.....919-774-1993  
2617 S. Horner Blvd.  
Sanford, NC 27330  
[www.lanedds.com](http://www.lanedds.com)

UNC School of Dentistry.....919-966-1161  
CB #7450, Manning Drive and Columbia Street  
Chapel Hill, NC 27599-7450  
[www.dent.unc.edu](http://www.dent.unc.edu)

## **Dialysis**

Carolina Dialysis Center.....919-742-2140  
806 W Fourth Street  
Siler City, NC 27344  
Fax: 919-663-2067

Carolina Dialysis Center.....919-545-0019  
480 Hillsborough Street, Suite 300  
Pittsboro, NC 27312  
Fax: 919-545-2919

## **Eye Care**

Alamance Eye Center.....800-858-7905  
1016 Kirkpatrick Road  
Burlington, NC 27215  
[www.alamanceeye.com](http://www.alamanceeye.com)

Pittsboro Family Eye Center (Dr. Connelly)..... (919)542-2020  
485 West Street  
Pittsboro, NC 27312



Roscoe Optometric Clinic.....919-663-3033  
14215 US Hwy 64 West  
Siler City, NC 27344

### **Geriatric Assessment/Evaluation**

Duke Geriatric Evaluation and Treatment Clinic.....919-620-4070  
4020 N Roxboro Road  
Durham, NC 27704  
[www.geri.duke.edu/service/get.html](http://www.geri.duke.edu/service/get.html)

UNC Center for Aging and Health.....919-966-5945  
CB #7550, 141 MacNider Building  
Chapel Hill, NC 27599-7550  
[www.med.unc.edu/aging](http://www.med.unc.edu/aging)

### **Hearing**

Avada Audiology and Hearing Care.....919-742-3640  
514 E Third Street, Suite B  
Siler City, NC 27344  
Fax: 919-742-3650, [www.avada.net](http://www.avada.net)

Bright Audiology and Hearing Care.....919-774-3277  
211 Carbonton Road  
Sanford, NC 27330  
[www.brightaudiology.com](http://www.brightaudiology.com)  
Fax: 919-774-1643

UNC Hearing and Communication Center.....919-493-7980  
6015 Farrington Road, Suite 103  
CB #7524  
Chapel Hill, NC 27517  
[www.med.unc.edu/ahs/sphs/clinical-services](http://www.med.unc.edu/ahs/sphs/clinical-services)  
Fax: 919-493-7985

### **Hospitals**

Central Carolina Hospital.....919-774-2100  
1135 Carthage Street  
Sanford, NC 27330  
[www.centralcarolinahosp.com/CWSContent/centralcarolinahosp](http://www.centralcarolinahosp.com/CWSContent/centralcarolinahosp)

Chatham Hospital.....919-663-2113  
PO Box 649  
475 Progress Boulevard  
Siler City, NC 27344  
[www.chathamhospital.org](http://www.chathamhospital.org)

Duke University Medical Center.....919-684-8111  
PO Box 3659  
Erwin Road  
Durham, NC 27710  
[www.dukehealth.org](http://www.dukehealth.org)

Durham VA Medical Center.....919-286-0411  
508 Fulton Street  
Durham, NC 27705  
[www.durham.va.gov](http://www.durham.va.gov)

First Health Moore Regional.....910-715-1000  
PO Box 3000  
155 Memorial Drive  
Pinehurst, NC 28374  
[www.firsthealth.org/About%20FirstHealth/Moore%20Regional/index.htm](http://www.firsthealth.org/About%20FirstHealth/Moore%20Regional/index.htm)

Moses Cone Hospital.....336-832-7000  
1200 N Elm Street  
Greensboro, NC 27401  
[www.mosescone.com](http://www.mosescone.com)

Rex Health Care.....919-784-3100  
4420 Lake Boone Trail  
Raleigh, NC 27607  
[www.rexhealth.com](http://www.rexhealth.com)

UNC Hospitals.....919-966-4131  
101 Manning Drive  
Chapel Hill, NC 27514  
[www.unchealthcare.org/site](http://www.unchealthcare.org/site)

## **Pharmacies**

Chatham CARES Community Pharmacy.....919-663-0177  
127 East Raleigh Street  
Siler City, NC 27344  
[www.chathamcares.com](http://www.chathamcares.com)

CVS Pharmacy.....919-929-5664  
Chatham Crossing/Cole Park Plaza  
11314 US Hwy 15-501  
Chapel Hill, NC 27514  
[www.cvspharmacy.com](http://www.cvspharmacy.com)

CVS Pharmacy.....919-663-3331  
1506 E 11<sup>th</sup> Street (Hwy 64 W)  
Siler City, NC 27344  
[www.cvspharmacy.com](http://www.cvspharmacy.com)

Food Lion Pharmacy.....919-742-9969  
109 Food Lion Plaza  
Siler City, NC 27344  
[www.foodlion.com/pharmacyhealth](http://www.foodlion.com/pharmacyhealth)

Kerr Drugs.....919-542-1661  
321 East Street  
Pittsboro, NC 27312  
[www.kerrdrug.com](http://www.kerrdrug.com)

Piedmont Health Services Moncure Community Clinic.....919-542-2850  
7228 Pittsboro-Moncure Road  
P.O. Box 319  
Moncure, NC 27559

Piedmont Health Services Siler City Community Clinic Pharmacy.....919-663-0348  
224 South 10<sup>th</sup> Avenue  
Siler City, NC 27344

Pittsboro Discount Drugs.....919-542-7283  
628 East Street  
Pittsboro, NC 27312

Siler City Pharmacy.....919-663-5541  
202 East Raleigh Street  
Siler City, NC 27344  
[www.silercitypharmacy.com](http://www.silercitypharmacy.com)

UNC Hospitals Pharmacy (Main Hospital).....919-966-2482  
101 Manning Drive  
Chapel Hill, NC 27514  
ACC Building: 919-966-7695/919-966-7694/919-966-7675

Neurosciences Hospital: 919-966-8739

Walmart Pharmacy.....919-663-6001  
14215 Hwy 64 W  
Siler City, NC 27344  
[www.walmart.com/pharmacy](http://www.walmart.com/pharmacy)

**Prescription Assistance**

AARP Member’s Choice.....800-439-4457

Chatham CARES Community Pharmacy.....919-663-0177  
127 East Raleigh Street  
Siler City, NC 23744  
[www.chathamcares.com](http://www.chathamcares.com)

Chatham County Council on Aging.....919-542-4512  
Eastern Chatham Senior Center  
PO Box 715  
365 Highway 87 N  
Pittsboro, NC 27312  
[www.chathamcouncilonaging.org](http://www.chathamcouncilonaging.org)

Chatham County Council on Aging.....919-742-3975  
Western Chatham Senior Center  
112 Village Lake Road  
Siler City, NC 27344  
[www.chathamcouncilonaging.org](http://www.chathamcouncilonaging.org)

Lilly Answers Program.....877-795-4559

Novartis Care Card.....866-974-2273

North Carolina Senior Care Hotline.....866-226-1388

Senior Health Insurance Information Program.....800-443-9354  
[www.ncdoi.com/Consumer/Shiip/Shiip.asp](http://www.ncdoi.com/Consumer/Shiip/Shiip.asp)

UNC Hospitals Pharmacy Assistance Plan.....919-966-2482  
101 Manning Drive  
Chapel Hill, NC 27514

## Primary Care Physicians/Specialists

Carolina Family Practice, Keith McManus.....919-663-0085  
801 W Third Street  
Siler City, NC 27344

Chatham Crossing Medical Center.....919-960-6094  
11312 US Hwy 15-501 N, Suite 308  
Chapel Hill, NC 27517  
[www.unchealthcare.org/site/aboutus/communitypractices/chatham\\_crossing](http://www.unchealthcare.org/site/aboutus/communitypractices/chatham_crossing)

Chatham Medical Specialists.....919-633-3360  
PO Box 689  
421 N Holly Avenue  
Siler City, NC 27344

Chatham Primary Care.....919-742-6032  
PO Box 567  
311 N Fir Avenue  
Siler City, NC 27344

Community Family Medicine and Obstetrics.....919-542-2731  
East Chatham Medical Center  
75 Old Graham Road  
Pittsboro, NC 27312

Community Family Medicine and Obstetrics (Sanford).....919-776-6000  
2412 Wilkins Drive  
Sanford, NC 27330

Dr. John Dykers (Family Practice).....919-663-2931  
PO Box 565  
401 N Ivey Avenue  
Siler City, NC 27344

Dr. William Garlick Family Medicine.....919-545-0580  
200 E Salisbury Street  
Pittsboro, NC 27312

Moncure Community Health Center (Piedmont Health Services).....919-542-4991  
PO Box 319  
7228 Pittsboro-Moncure Road  
Moncure, NC 27559  
[www.piedmonthealth.org/english/moncurepage.htm](http://www.piedmonthealth.org/english/moncurepage.htm)

Pittsboro Family Medicine.....919-545-0911  
855 East Street  
Pittsboro, NC 27312  
[www.unhealthcare.org/site/aboutus/communitypractices/pittsboro\\_family](http://www.unhealthcare.org/site/aboutus/communitypractices/pittsboro_family)

Siler City Community Health Center (Piedmont Health Services..... (919)663-1744  
224 South 10<sup>th</sup> Avenue  
Siler City, NC 27344  
Pharmacy Number (919)663-0348  
Dentist Number (919)663-1744 Ext. 237

### **Physical Therapy**

Chatham Hospital Physical Therapy Clinic..... (919)799-4000  
Chatham Hospital  
Siler City, NC 27344

Mobile Rehab LLC.....919-636-2423  
365 Hwy 87 North  
Pittsboro, NC 27312  
[www.mobilerehabnc.com](http://www.mobilerehabnc.com)

### **Podiatry**

Greensboro Podiatry Associates (Thursdays only).....919-742-2630  
806 W 4<sup>th</sup> Street  
Siler City, NC 27344  
[www.greensboropodiatry.com](http://www.greensboropodiatry.com)

Dr. Rao Kothapalli.....919-663-3161  
315 E 3<sup>rd</sup> Street  
Siler City, NC 27344

### **Urology**

Chatham Urology Clinic.....919-663-3317  
401 N Ivey Avenue  
Siler City, NC 27344  
Fax: 919-663-2751

Dr. Henry Purvis (Thursdays only).....919-663-2494  
421 N Holly Avenue  
Siler City, NC 27344

## MENTAL HEALTH/COUNSELING

ACCESS to Care (S.T.A.R.)

Call Center for Orange – Person – Chatham Area Program for Mental Health

.....800-233-6834

.....919-913-4100 or 919-913-4120

Chatham County Family Violence/Rape Crisis Center.....919-542-5445

PO Box 1105

200 East Street

Pittsboro, NC 27312

[www.fvrc.org/links.htm](http://www.fvrc.org/links.htm)

Chatham Wellness Center.....919-542-6868 x.1

PO Box 1351

199 W Salisbury Street

Pittsboro, NC 27312

Coalition for Family Peace.....919-742-7320

144 N Chatham Street

Siler City, NC 27344

[www.fvrc.org/coalition.htm](http://www.fvrc.org/coalition.htm)

Cognitive/Behavioral Research/Treatment Program.....919-684-8411

Duke University Medical Center

2213 Elba Street

Durham, NC 27705

<http://psychiatry.mc.duke.edu/Research/CB RTP>

Central Regional Hospital (John Umstead Hospital).....919-575-7211

300 Veazey Road

Butner, NC 27509

[www.dhhs.state.nc.us/mhddsas/Umstead.htm](http://www.dhhs.state.nc.us/mhddsas/Umstead.htm)

Murdoch Center.....919-575-1000

PO Box 3000

Nights/Weekends 919-575-1550

1600 East C Street

Butner, NC 27509

[www.murdochcenter.org](http://www.murdochcenter.org)

National Suicide Prevention Center.....800-273-8255

[www.sprc.org](http://www.sprc.org)

UNC Hospice of Chatham County.....919-542-5545  
PO Box 1077  
Pittsboro, NC 27312

UNC Hospitals (South Wing).....919-966-4131  
101 Manning Drive  
Chapel Hill, NC 27514  
[www.unchealthcare.org](http://www.unchealthcare.org)

## **MOBILITY/INDEPENDENCE AIDS**

### **Supplies/Assistive Equipment**

American Home Patient.....800-682-8351  
1209 N Fayetteville Street  
Asheboro, NC 27203  
[www.americanhomepatient.com](http://www.americanhomepatient.com)  
Fax: 336-625-1423

Chatham County Council on Aging.....919-542-4512  
PO Box 715  
365 Highway 87 N  
Pittsboro, NC 27312  
[www.chathamcouncilonaging.org](http://www.chathamcouncilonaging.org)

HASTEN Help Systems.....336-271-6395/93  
301 Creek Ridge Road  
Greensboro, NC 27416

Home Medical Equipment of Chatham County.....919-663-3554  
1409 N 2<sup>nd</sup> Avenue  
Siler City, NC 27344  
[www.cchomemedical.com/home.html](http://www.cchomemedical.com/home.html)

Interim In-Touch (Lifeline) Program (no new installation).....919-663-2113  
Chatham Hospital  
PO Box 649  
475 Progress Boulevard  
Siler City, NC 27344

Life Alert Systems.....800-344-4533 x.518  
16027 Ventura Boulevard, Suite 400



Encino, CA 91436

Medical Supply Superstore.....919-960-8100  
11312 US Hwy 15-501 N, Suite 306  
Chapel Hill, NC 27517

Quality Home Healthcare, Inc.....919-775-2001  
106 Park Avenue  
Sanford, NC 27330

Quality Home Healthcare, Inc.....919-542-0722  
1089 A East Street  
Pittsboro, NC 27312

UNC Healthwatch Personal Response System.....919-966-4793  
UNC Hospital Volunteer Services  
101 Manning Drive  
Chapel Hill, NC 27514

**Home/Vehicle Modifications**

American Ramp System.....919-697-7568

Center for Universal Design.....919-515-3082  
North Carolina State University School of Design 800-647-6777  
PO Box 8613  
Raleigh, NC 27695  
[www.design.ncsu.edu/cud](http://www.design.ncsu.edu/cud)

Freedom Mobility .....336-766-8520  
205 Cedar Lane  
Clemmons, NC 27012  
<http://freedommobilityaids.com/index.php>  
Fax: 815-642-4308

Triad Mobility Center.....336-992-6122  
1202-H East Mountain Street  
Kernersville, NC 27284  
Fax: 336-992-6123  
[www.triadmobility.com](http://www.triadmobility.com)

## **OMBUDSMAN**

Regional Long-Term Care Ombudsman Program .....919-558-2711  
PO Box 12276 ..... 1-800-310-9777  
Research Triangle Park, NC 27709  
[www.ltombudsman.org/static\\_pages/memex/NorthCarolina.cfm](http://www.ltombudsman.org/static_pages/memex/NorthCarolina.cfm)

## **PERSONS WITH DISABILITIES—SUPPORT AND REFERRALS**

Project: Proud Families.....919-742-5525  
225 Still Waters Drive  
Siler City, NC 27344

The Arc of Chatham County (Children) .....919-542-2368  
PO Box 623  
362 West Street  
Pittsboro, NC 27312  
[janet.groce@ncmail.net](mailto:janet.groce@ncmail.net)

## **SUBSTANCE ABUSE**

Alcoholic Anonymous Hotline.....919-933-3877  
[www.aa.org](http://www.aa.org)

Freedom House Recovery Center.....919-942-2803  
104 New Stateside Drive  
Chapel Hill, NC 27514  
[www.rtpnet.org/freedom](http://www.rtpnet.org/freedom)

## **TRANSLATION AVAILABLE (Hispanic)**

Coalition for Family Peace.....919-742-7320  
144 N Chatham Avenue  
Siler City, NC 27344  
[www.fvrc.org/coalition.htm](http://www.fvrc.org/coalition.htm)

Family Resource Center.....919-663-5867  
223 Chatham Square  
Siler City, NC 27344  
[www.frcchatham.org](http://www.frcchatham.org)

Hispanic Liaison.....919-742-1448  
105 E Second Street  
Siler City, NC 27344  
[www.hispanicliaison.org](http://www.hispanicliaison.org)

St. Julia Parish (Catholic Church).....919-742-5584  
210 Harold Hart Road  
Siler City, NC 27344  
[www.saintjulia.org](http://www.saintjulia.org)

Spanish Translation  
(online).....[www.freetranslation.com](http://www.freetranslation.com)

## **TRANSPORTATION**

Chatham County Council on Aging (medical).....919-542-4512  
PO Box 715  
365 Highway 87 N  
Pittsboro, NC 27312  
[www.chathamcouncilonaging.org](http://www.chathamcouncilonaging.org)

Chatham County Department of Social Services (Medicaid recipients)...919-542-2759  
PO Box 489  
102 Camp Drive  
Pittsboro, NC 27312  
[www.chathamnc.org/Index.aspx?page=130](http://www.chathamnc.org/Index.aspx?page=130)

Chatham Transit Networks.....919-542-5136  
480 Hillsborough, Bldg. F, Suite 110  
Pittsboro, NC 27312  
[www.chathamtransit.org](http://www.chathamtransit.org)

Sister to Sister Solution.....919-742-4223  
807 13<sup>th</sup> Street  
Siler City, NC 27344

## **VETERANS SERVICES**

Durham Veterans Administration Medical Center/Hospital.....919-286-0411  
508 Fulton Street  
Durham, NC 27705  
[www.durham.va.gov](http://www.durham.va.gov)

North Carolina Division of Veterans Affairs.....919-560-6672  
115 Market Street, Suite 205  
Durham, NC 27701  
[www.ncveterans.net/index.htm](http://www.ncveterans.net/index.htm)

North Carolina State Veterans Nursing Homes of Fayetteville.....910-630-4257  
214 Cochran Avenue  
Fayetteville, NC 28301  
[www.doa.state.nc.us/vets/nursinghomes.htm](http://www.doa.state.nc.us/vets/nursinghomes.htm)

North Carolina State Veterans Nursing Homes of Salisbury.....704-638-4200  
1601 Brenner Avenue, Bldg. 10  
Salisbury, NC 28144  
[www.doa.state.nc.us/vets/nursinghomes.htm](http://www.doa.state.nc.us/vets/nursinghomes.htm)

Veterans Salute Programs.....919-960-6038  
Homewatch Care Givers of the Triangle  
1004 Mount Carmel Church Road  
Chapel Hill, NC 27517  
[www.homewatchcaregivers.com](http://www.homewatchcaregivers.com)

## **VOCATIONAL SERVICES**

Chatham Trades.....919-663-3481  
PO Box 511  
909 Alston Bridge Road  
Siler City, NC 27344

Independent Living, Vocational Rehabilitation Services.....919-560-6815  
4312 Western Park Place  
Durham, NC 27705  
Fax: 919-560-6815

Vocational Rehabilitation Services (Siler City).....919-663-2544  
104 Village Lake Road  
Siler City, NC 27344  
Fax: 919-663-5503

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## CARE FOR CAREGIVERS

### **SIGNS OF CAREGIVER STRESS:**

Stress has different symptoms for different people. Be on the lookout for significant changes in behavior or emotion. A normally calm, patient person may become irritable or weepy when things go wrong, or a usually neat person may become disorganized. Following are some behavior changes that are very common in caregivers experiencing stress.

- Frequently feeling angry at the person you are caring for.
- Overreacting to minor frustrations with doctors, paid caregivers or other service providers.
- Being unusually irritable with family members.
- Feeling overwhelmed all the time.
- Withdrawing from contact with family or friends.
- Feeling anxious or worried all the time.
- Feeling depressed or hopeless.
- Feeling that you are alone and that no one understands your situation.
- Problems sleeping even though you are physically tired.
- Worsening of chronic health conditions such as high blood pressure, diabetes, or headaches.
- Being unable to concentrate, forgetful, or unusually disorganized.

### **COPING STRATEGIES FOR CAREGIVERS:**

What if you do observe many of these changes in yourself or someone you love? Again, the solutions must be tailored to the individual. Here are some strategies that many caregivers have found helpful. Start by trying to add just one at a time—don't make this list another source of stress!

- Physical exercise.
- Healthy eating.
- Getting the information you need to make good caregiving decisions and feel more in control.
- Social support (support groups, counselors, or friends).
- Meditation, prayer or just quiet time alone.
- Participation in a faith community.
- Recreational or social activities that are satisfying and nourishing
- Finding positive ways to think about your caregiving responsibilities and the time that you spend with your loved one.
- Remember to enjoy and laugh with the person who you are caring for.
- **Time off from your caregiving responsibilities!**

## CARE FOR CAREGIVERS:

### TEN TIPS FOR CAREGIVERS:

1. **Take one day at a time.** Caregiving is a roller coaster ride. There will be good days and bad days. Taking each day as it comes and being careful not to look too far into the future for yourself or the care recipient can lower your stress level.
2. **Get adequate rest.** Fatigue is the enemy of effective caregiving. It can lead to everything from a breakdown in your immune system to making mistakes when giving medications to the care recipient. If possible, take short combat naps when opportunities present themselves.
3. **Identify your stressors.** Different caregiving activities stress different people. Maybe you can arrange for someone else such as a family member, friend or professional to perform the tasks that you find stressful. If not, find ways to perform the task and reward yourself afterward.
4. **Use your support system.** The key to building a positive support system is to know what type of specific support you need...and then ask for it or create a plan to get it. When family and friends offer support, tell them exactly what you need. Don't expect them to read your mind.
5. **See your physician.** Ask him or her how the stresses of caregiving may affect chronic conditions you may be experiencing. Also, realize that accepting the offer of medication that helps you deal with stress and anxiety is not weakness...just be careful not to overmedicate yourself.
6. **Keep things in perspective.** Care recipients seldom try to make your life more difficult. They are often in pain, fearful, confused or unable to distinguish between reality and fantasy. Also, ask yourself if you have realistic expectations of your caregiving experience. What are your expectations of the condition (present and future) of the care recipient; what do you expect from family members; what do you expect from service organizations? Unrealistic expectations that are not met increase stress dramatically.
7. **Learn as much as you can.** Take advantage of all the information resources from associations, government agencies, the media, the Internet, local libraries, support group and other caregivers. Create a notebook or file (paper and computer) with all the information you gather. Also, be familiar with financial and legal implications of your caregiving role. You may be able to find an attorney and/or accountant in your area who specializes in issues related to caregiving.
8. **Simplify, simplify, simplify.** Let's face it; caregiving creates a different life for you. Caregiving experts suggest that you retain the life activities that make you feel like yourself, but you won't be able to do everything. Try to simplify your life in terms of activities, duties and obligations as much as possible. By clearing some of your schedule, you provide more time for caregiving activities and rest.
9. **Be good to yourself.** Give yourself credit for the good that you do instead of being hard on yourself when you get frustrated, impatient, sad or angry. Give yourself tangible rewards for getting through a difficult day or situation. Plan ahead for rewards at significant dates such as the end of a year or your monthly or yearly anniversary as a caregiver.
10. **Realize that your sense of humor may be your #1 coping tool.** Look for opportunities to laugh, both inside and outside the caregiving activities. Any opportunities to laugh and find a lighter heart with the care recipient are bonuses. Laughter creates better health and reduces stress.

## **DISASTER PREPAREDNESS**

### **DISASTER SUPPLY CHECKLIST:**

A basic Disaster Supply Kit is essential in preparing for any natural or manmade disaster. Make sure you have these items available in your home at all times, and check your list at least twice a year—before hurricane season and before the onset of winter weather. Check again when bad weather is predicted.

- First Aid Kit and essential medications.
- Battery-powered radio.
- Flashlight(s).
- Extra batteries for radio and flashlights.
- Canned food and can opener.
- Bottled water (at least 3 gallons per person).
- Clothing, including outdoor gear.
- Blankets or sleeping bags.
- Supplies of special items needed for elderly or disabled, such as incontinence products or medical supplies.

## **WINTER STORM**

### **Prepare a Winter Storm Plan:**

- Check your Disaster Supply Kit.
- Have extra blankets on hand.
- Ensure that each member of your household has a warm coat, gloves or mittens, hat and water resistant boots.
- Assemble a Disaster Supplies Kit for your car, too.
- Have your car winterized before winter storm season.

### **Stay Tuned for Storm Warnings:**

- Listen to NOAA Weather Radio and your local radio and TV stations for updated storm information

### **Know What Winter Storm WATCHES and WARNINGS Mean:**

- A winter storm WATCH means a winter storm is possible in your area.
- A winter storm WARNING means a winter storm is headed for your area.
- A blizzard WARNING means strong winds, blinding wind-driven snow and dangerous wind chill are expected. Seek shelter immediately!



### **When a Winter Storm WATCH is Issued:**

- Listen to NOAA Weather Radio, local radio, and TV stations for further updates.
- Be alert to changing weather conditions.
- Avoid unnecessary travel.

### **When a Winter Storm WARNING is Issued:**

- Stay indoors during the storm.
- If you must go outside, several layers of lightweight clothing will keep you warmer than a single heavy coat.
- Gloves (or mittens) and a hat will prevent loss of body heat. Cover your mouth to protect your lungs.
- Understand the hazards of wind chill, which combines the cooling effect of wind and cold temperatures on exposed skin. As the wind increases, heat is carried away from a person's body at an accelerated rate, driving down body temperature.
- Walk carefully on snowy or icy sidewalks.
- After the storm, if you shovel snow, be extremely careful. It is physically strenuous work, so take frequent breaks.
- Avoid overexertion.
- Avoid traveling by car in a storm, but if you must:
  - Carry a Disaster Supplies Kit in the trunk.
  - Keep your car's gas tank full for emergency use and to keep the fuel line from freezing.
  - Let someone know your destination, your route, and when you expect to arrive. If your car gets stuck along the way, help can be sent along your predetermined route.
- If you do get stuck:
  - Stay with your car. Do not try to walk to safety.
  - Tied a brightly colored cloth (preferably red) to the antenna for rescuers to see.
  - Start the car and use the heater for about 10 minutes every hour.
  - Keep the exhaust pipe clear so fumes do not back up in the car.
  - Leave the overhead light on when the engine is running so that you can be seen.
  - As you sit, keep moving your arms and legs to keep blood circulating and to stay warm.
  - Keep one window away from the blowing wind slightly open to let in air.

## **HURRICANE**

### **Prepare for a Hurricane Emergency:**

- Check your Disaster Supply Kit.
- Make sure you have raingear and clothing for warm weather.
- Make sure you have a road map in your car in case of evacuation.

### **Know What Hurricane WATCH and WARNING Mean:**

- WATCH: Hurricane conditions are possible in the specified area of the Watch, usually within 36 hours.
- WARNING: Hurricane conditions are expected in the specified area of the Warning, usually within 24 hours.

### **Prepare a Personal Evacuation Plan:**

- Identify ahead of time where you could go if you are told to evacuate. Choose several places—a friend's home in another town, a motel, or a shelter. Give a copy of the list to out of town family members so they will know where you plan to go.
- Keep handy the telephone numbers of these places as well as a road map of your locality. You may need to take alternative or unfamiliar routes if roads are closed or clogged.
- Listen to NOAA Weather Radio or local radio or TV stations for evacuations instructions. If you are advised to evacuate, do so immediately.

### **Prepare for High Winds Ahead of Time:**

- Install hurricane shutters or pre-cut  $\frac{3}{4}$ " marine plywood for each window of your home. Install anchors for the plywood and pre-drill holes in the plywood so that you can put it up quickly.
- Make trees more wind resistant by removing diseased or damaged limbs, then strategically removing branches so that wind can blow through.

### **Know What to do When a Hurricane WATCH or WARNING is Issued:**

- Listen to the advice of local officials, and leave if they tell you to do so.
- Complete preparation activities.
- Pack basic Disaster Supplies in your car if evacuation seems imminent. Be sure to take any essential medications.
- If you are not advised to evacuate, stay indoors, away from windows.
- Be aware, the calm "eye" is deceptive; the storm is not over. The worst part of the storm will happen once the eye passes over and the winds come from the opposite direction. Trees, shrubs, buildings, and other objects damaged by the first winds can be broken or destroyed by the second winds whose force is opposite the first winds.
- Be alert for tornadoes. Tornadoes can happen during and after a hurricane passes over. Remain indoors, in the center of your home, in a closet or bathroom without windows.
- Stay away from flood waters. If you come upon a flooded road, turn around and go another way. If waters are rising rapidly around you, get out of the car and climb to higher ground.

## **Know What to do After a Hurricane is Over:**

- Keep listening to NOAA Weather Radio or local radio or TV stations for instructions.
- If you evacuated, return home when local officials tell you it is safe to do so.
- Inspect your home for damage.
- Use flashlights in the dark; do not use candles.

## **TORNADO**

### **Prepare a Home Tornado Plan**

Pick a place where family members could gather if a tornado is headed your way. It could be your basement or, if there is no basement, a center hallway, bathroom, or closet on the lowest floor. Keep this place uncluttered. If you are in a high-rise building, you may not have enough time to go to the lowest floor. Pick a place in a hallway in the center of the building. **Conduct periodic tornado drills so everyone remembers what to do when a tornado is approaching.**

### **Stay Tuned for Storm Warnings:**

- Listen to your local radio and TV stations for updated storm information.

### **Know what a tornado WATCH and WARNING means:**

- A tornado WATCH means a tornado is possible in your area.
- A tornado WARNING means a tornado has been sighted and may be headed for your area. Go to safety immediately.

### **When a tornado WATCH is Issued:**

- Listen to local radio and TV stations for further updates.
- Be alert to changing weather conditions.
- Blowing debris or the sound of an approaching tornado may alert you. Many people say it sounds like a freight train.

### **When a tornado WARNING is Issued:**

- If you are inside, go to the safe place you picked to protect yourself from glass and other flying objects. The tornado may be approaching your area.
- If you are outside, hurry to the basement of a nearby sturdy building or lie flat in a ditch or low-lying area.
- If you are in a car or mobile home, get out immediately and head for safety (as above).

### **After the tornado passes:**

- Watch out for fallen power lines and stay out of the damaged area.
- Listen to the radio for information and instructions.
- Use a flashlight to inspect your home for damage. Do not use candles at any time.

## **DISASTER PREPAREDNESS: MEDICATIONS**

**Running out of Medications during a Hurricane or an Ice Storm....That would be a disaster!!!** During natural disasters—hurricanes, floods, winter storms—the last thing anyone would want is to run out of medications. Don't take a chance; take a few easy steps today that may save your life tomorrow.

- Always fill prescriptions before they run out.
- Most insurance plans allow you to refill monthly medications 3-7 days in advance. If possible refill early once or twice a year to create an extra supply for emergency situations.
- If you take medications that require a prescription each time, such as Percocet and Ritalin, ask your doctor about writing a special prescription marked for use only during a declared state of emergency in your home area, then store the prescription with your emergency documents.
- Everyone should keep a small Grab & Go Bag, ready to take with you in an emergency. Store your extra medications there, including over-the-counter items such as pain relievers and vitamins, in waterproof zippered bags. Keep each item in its original container and be sure to update twice a year—checking for expired or discontinued medications.
- Everyone should have a detailed list of medications, how they are taken, and who prescribed them. This list should be updated at least twice a year and kept waterproof in your Grab & Go Bag. You should also give a copy of this list to your emergency contact person. Work with your pharmacist or doctor using the guidelines on the back of this page.
- During disaster events, call CARE-LINE at 1-800-662-7030 or 1-877-452-2514 (TTY) for information about emergency services and shelters in your area.
- If you have pets, be sure to include their medications, records, and photos in your Grab & Go Bag.

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Chatham County Council on Aging  
Family Caregivers Support Program

- Support Groups
- Caregiver Respite Care
- *Powerful Tools for Caregivers*
- Grandparents Raising Grandchildren

*The Chatham County Council on Aging is a 501(c)(3) organization funded in part by contributions and donations from the community. The mission of our Family Caregivers Support Program is to assist caregivers of older adults and grandparents in their daily responsibilities and commitments.*