



Alamance County Family Caregiver Community Resources

A Service of
Alamance ElderCare





listening | helping | caring | one senior at a time

(336) 538-8080
www.alamanceeldercare.com

OUR VISION

We envision a community in which all older adults and their caregivers have access to the resources and support needed to live full and independent lives.

OUR MISSION

To maximize the health, well-being and independence of older adults, and to provide leadership within the aging services community.



Abuse Prevention and Protective Services

Adult Protective Services*

319 N-Graham-Hopedale Rd., Suite C, Burlington, NC

Hotline: (336) 229-2908

Services Include: Assessment of physical or financial abuse, neglect (including self-neglect), and exploitation.

CrossRoads*

1206 Vaughn Rd., Burlington, NC

www.crossroadscares.org

Office: (336) 228-0813 | 24-Hour Crisis Line: (336) 228-0360

Services Include: 24-hour crisis intervention, counseling, support groups, child and adult advocacy, community outreach and education related to sexual assault and trauma.

Elder Fraud Hotline

1-833-372-8311

Family Abuse Services/Family Justice Center*

1950 Martin St., Burlington, NC 27217

www.familyabuseservices.org

CRISIS: (336) 226-5985 | Office: (336) 226-5982

Adult Day Care

Friendship Adult Day

1946 B. Martin St., Burlington, NC

www.friendshipadulthood.com

(336) 222-9966

Monday-Friday | 7:00-5:30 p.m.

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** Offers support to families of Latina and/or Hispanic background.*

Piedmont Health Senior Care (PACE)

1214 Vaughn Rd., Burlington, NC
www.piedmonthealthseniorcare.org
(336) 532-0000

The Harbor at Twin Lakes

3701 Wade Coble Drive, Burlington, NC
www.twinlakescomm.org
(336) 585-2393

Advocacy Support

CrossRoads*

1206 Vaughn Rd., Burlington, NC
www.crossroadscares.org
Office: (336) 228-0813 | 24-Hour Crisis Line: (336) 228-0360
Services Include: 24-hour crisis intervention, counseling, support groups, child and adult advocacy, community outreach

Disability Rights NC

Carolina Place, 3724 National Dr. #100, Raleigh, NC
www.disabilityrightsncc.org | info@disabilityrightsncc.org
(919) 856-2195
Services Include: Advocacy and legal services at no charge to people with disabilities.

Family Abuse Services*

1950 Martin St., Burlington, NC
(336) 226-5982 | Crisis Line: (336) 226-5985
Services Include: Crisis intervention, individual counseling, support groups

** Offers support to families of Latina and/or Hispanic background.*

PTRC- Area Agency on Aging

Long Term Care Ombudsman (Nursing Home and Assisted Living Advocacy)

1398 Carrollton Crossing Dr., Kernersville, NC 27284

www.ptrc.org

(336) 904-0300

Attorneys Specializing in Elderlaw

Charlie Brown Law

804 S. Church St., Burlington | (336) 447-8056

Ray Deal

3017 S. Church St. Burlington | (336) 584-4448

Rossi Law Firm

2107 Maple Ave, Burlington | (336) 570-1923

Pamela Whitaker

4145 Randolph Church Rd., Liberty | (336) 622-3553

Blind & Visually Impaired Services

NC Division of Services for the Blind

4265 Brownsboro Rd., Suite 100, Winston-Salem, NC 27106

(336) 896-2227 | www.ncdhhs.gov/dsb

Triad Information Reading Service

www.tirs.ws

Service: links people who are blind, visually or print impaired to their Piedmont Triad community through audio access to printed material.

Vocational Rehabilitation NC

2615 Alamance Rd., Burlington, NC 27215

(336) 570-6855 | (800) 570-7668

Services Include: Support services related to employment, independent living and education.

Caregiver Respite

Family Caregiver Support Program - Alamance Eldercare

(336) 538-8080

www.alamanceeldercare.com

LifeSpan

468 New Market Blvd., Boone, NC 28607

828-265-5434 x139 | 866-219-3643 x139 (toll free)

pguarnieri@regiond.org

Services Include: Respite for caregivers

Project CARE (Caregiver Alternatives to Running on Empty)

Duke Family Support, Durham, NC

(919) 660-7510 or (800) 646-2028

www.dukefamilysupport.org

Services Include: Caregiver counseling; Care consultation; dementia-specific education; caregiver assessments; respite care (dementia-specific)

Retired Senior Volunteer Program (R.S.V.P.)

100 Lunsford Drive, Burlington, NC 27217

(336) 226-0890

Deaf & Hard of Hearing Services

Beltone/GN Hearing

2114 Maple Ave., Burlington, NC 27215

(336) 228-8658

Miracle Ear Hearing Center

422 Huffman Mill Rd., Suite 104, Burlington, NC 27215

(336) 584-5086

NC Division of Service for the Deaf & Hard of Hearing

2301 Mail Service Center, Raleigh, NC 27699-2301

(919) 874-2212 (V/TTY) | (919) 890-0859 (VP)

(800) 851-6099 (V/TTY) | (919) 855-6872 (Fax)

www.ncdhhs.gov/dsdhh

Relay NC (24-hour availability)

800-735-2962 or 711 (TTY)

877-735-8200 or 711 (Voice)

www.relaync.com

Dementia Support Services

Alamance Eldercare - Family Caregiver Support Program

3019 S. Church St., Burlington, NC

(336) 538-8080

Services Include: Caregiver Support Group; Respite; Education; Supplemental Services; Referral assistance; Counseling; Annual Resource Fair.

Alzheimer's Association

Toll Free Helpline: (800) 272-3900

www.alznc.org

Services Include: Family support and education; support groups; community education; public awareness; research funding support.

Dementia Alliance of North Carolina

9131 Anson Way, Suite 206, Raleigh, NC

www.DementiaNC.org

(919) 832-3732

Services Include: Family support and education; support groups; community education; public awareness; research funding support.

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Association for Frontotemporal Degeneration

Radnor Station Building 2, Suite 320,

290 King of Prussia Rd., Radnor, PA 19087

(267) 514-7221 | Toll-free Helpline: (866) 507-7222

Services: Caregiver Support Groups; Caregiver Education; Research promotion and funding; Public awareness; Advocacy.

Caregiver Navigator Helpline

1-855-227-3640

Teepa Snow, Positive Approach to Care

<http://teepasnow.com>

Project CARE

Duke Family Support, Box 3600 DUMC, Durham, NC

(919) 660-7510 or (800) 646-2028

www.dukefamilysupport.org

Services Include: Caregiver counseling; Care consultation; dementia-specific education; caregiver assessments; respite care; community based classes.

UNC Memory and Cognitive Disorders Clinic

194 Finley Golf Course Dr., Suite 200, Chapel Hill, NC

(919) 962-2685

Services Include: Clinical care and education related to Alzheimer's and related disorders (Physician referral required).

Dental Clinics

Durham VA Medical Center

508 Fulton St., Durham, NC

(919) 286-0411 ext. 6993

www.va.gov

Services Include: Dental Assistance for Veterans Only:

Veteran and family supportive services: See Website for full list.

UNC-Chapel Hill Dental Services

1-984-974-1485

Scott Community Health Center

5270 Union Ridge Rd., Burlington, NC

(336) 421-3247

Disability Supportive Services

Disability Rights NC

Carolina Place, 3724 National Dr. #100, Raleigh, NC

www.disabilityrightsn.org | info@disabilityrightsn.org

(919) 856-2195

Advocacy and legal services at no charge to people with disabilities.

Vocational Rehabilitation

2615 Alamance Rd. Burlington, NC 27215

(336) 570-6855 | (800) 570-7668

Services Include: counseling, training, education, transportation, job placement, assistive technology and other support services to people with disabilities.

Emergency/Crisis Services

Alamance County Community Services Agency, Inc.

236 N. Mebane St., Suite 103, P.O. Box 38, Burlington, NC 27217

www.alamanceservices.org

(336) 229-7031

Services Include: Self-Sufficiency Program, Congregate Nutrition Services, Home ownership program, housing counseling, emergency food assistance program, Individual development account program.

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Division of Social Services*

319 N. Graham Hopedale Rd, Suite C, Burlington, NC 27217

www.alamance-nc.com/dss

(336) 570-6532

Services Include: Adult Care Home Case Management, Adult Care Home Licensure, Community Alternative Program (CAP), At Risk Case Management, Guardianship Services, Medicaid eligibility, Food Stamps, Emergency Assistance, Energy Assistance

Salvation Army

812 Anthony St., Burlington, NC 27217

(336) 227-5529

Services include: Financial assistance for rent/utilities, food resources, clothing (referral through Salvation Army Thrift Store), spiritual counseling/support.

Employment Support

Goodwill Industries of Central NC

3740 S. Church St., Burlington, NC 27215

(336) 417-0181

Services Include: Job search assistance, resume writing, job fairs

Unemployment Career Center Office (JobLink)

2640 Columbine Lane, Burlington, NC

(336) 570-6800 | Job Line: (800) 768-5627

Services Include: Job seeking assistance and support with networking, application screening, and space to conduct testing and employment interviews.

End-of-Life Support Services

Amedisys Hospice & Palliative Care

2929 Crouse Lane, Suite. F, Burlington, NC 27215

www.amedisys.com

(336) 524-0127

Services Include: Hospice, Bereavement Services, Palliative Care

AuthoraCare

914 Chapel Hill Rd., Burlington, NC 27215

www.authoracare.org

(336) 532-0100

Services Include: Hospice, Kids Path, Palliative Care, Dementia Support, Advanced Directives, and Grief Counseling (adults and youth).

Community Homecare & Hospice

2730 Tucker St., Suite 600, Burlington, NC 27215

www.communityhch.com

(336) 584-6033

Services Include: Hospice, Grief Counseling

Duke HomeCare & Hospice

4321 Medical Park Drive, Suite 101, Durham, NC

www.dhch.duhs.duke.edu

(919) 620-3853

Services Include: Home Health, Home Infusion, Hospice, and Bereavement services

Liberty HomeCare & Hospice

847 Heather Rd., Burlington, NC 27215

www.libertyhomecare.com

(336) 226-4053

Services Include: Hospice, Home Care, Palliative Care

** Offers support to families of Latina and/or Hispanic background.*

Food Resources

*Days and hours of operation vary. Eligibility and processes vary.
Please contact each provider for more specific details.*

Alamance County Community Services Agency

(336) 229-7031

Alamance County Health Department

(336) 570-6745

Alamance County Meals on Wheels

(336) 228-8815

Blessed Sacrament Church

(336) 226-8796

Department of Social Services

(336) 229-2935

DreamAlign

(336) 270-5238

Harvest Baptist Church

(336) 584-3333

Healing Station Community Center

(336) 639-1103

Melfield's Food Pantry

(336) 578-3163

S.A.F.E.

(336) 525-2120

Salvation Army

(336) 227-5529

Trinity Worship Center

(336) 585-0605

Grief Support

AuthoraCare

914 Chapel Hill Rd., Burlington, NC

www.authoracare.org

(336) 532-0100

Services Include: Hospice, Kids Path, Palliative Care, Advanced Directives, and Grief Counseling (adults and youth).

Community Homecare & Hospice

2730 Tucker St., Suite 600, Burlington, NC

www.communityhch.com

(336) 584-6033

Services Include: Hospice, Grief Counseling

Information and Referral Agencies

Alamance Eldercare

3019 S. Church St., Burlington, NC 27215

www.alamanceeldercare.com

(336) 538-8080

See page 34-35 for details on Alamance ElderCare's services.

Centro La Comunidad*

328 W. David St., Burlington, NC 27215

www.catholiccharitiesraleigh.org

(336) 222-6868

Services Include: Information, Referral, Bi-Lingual Clinical Counseling, Immigration Assistance, Adoption Services, and Family Support

United Way of Alamance County

220 E. Front St., Burlington, NC 27215

www.uwalamance.org

(336) 438-2000

Services Include: Housing, utility, and healthcare assistance

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Services Include: Referral to various service providers across NC.

Health Insurance/ Benefits Information and Support

Piedmont Health Center

(336) 260-2720

www.piedmonthealth.org

Service: Coordinators can assist with health insurance under the Affordable Care Act. Free appointments for assistance enrolling. Spanish option*

Senior Health Insurance Information Program (SHIIP)

John Kernodle Senior Center

1535 S. Mebane St., Burlington, NC 27215

(336) 222-5135

Social Security Administration

National 800-772-1213

Greensboro (336) 632-3516 (TTY) or 1-877-319-3075

Asheboro 1-800-325-0778 (TTY) or 1-888-472-6119

Home Health

(Physician order required; paid by most insurance)

Advanced Home Care

1225 Huffman Mill Rd #104, Burlington, NC

(336) 538-9946

Amedysis

2929 Crouse Lane, Suite E, Burlington, NC 27215

(336) 584-4440

Bayada

807 N. Madison Blvd., Roxboro, NC 27573

(336) 597-3050

Category continues...



Always Best Care
senior services®

Home and Health Care **FOR SENIORS** & Everyone in Need

Services for you or your loved ones...

- Companionship
- Personal care (including bathing and toileting)
- Alzheimer's / dementia care
- Meal preparation
- Light housekeeping
- Assistance with appointments
- Transportation
- Live-in care services
- Overnight care services
- 24/7 care services
- Personalized care and assessment

**Dedicated to exceeding
your expectations ... always.**

**Strict COVID-19 precautions are
taken by all team members to keep
seniors safe during the pandemic**

(336) 270-4352 • www.abc-seniorservices.com

In-home care • Assisted living services

2260 S. Church St., Suite 603, Burlington, NC 27215

sloy@abc-seniors.com

License #: HC4431

Independently owned and operated offices throughout the United States and Canada

Home Instead

929 S. Main St., Suite F, Burlington, NC 27215
(336) 227-8800

Kindred House Calls

3150 N. Elm St., Greensboro, NC
(336) 288-1181

Liberty HomeCare & Hospice Services

847 Heather Lane, Burlington, NC 27215
(336) 226-4053 or (866) 304-7236

Home Care Services

All About You Home Care Agency

2352 S. Church St., Burlington, NC 27215
(910) 670-5700

All in a Day Senior Care Services

(804) 605-4262

All Ways Caring

2432 S. Church St., Burlington NC
(336) 738-1451

Always Best Senior Care

2260 S. Church St., Suite 603, Burlington, NC 27215
(336) 270-4352

Angel Hands Home Care

2722 N. Church St., Ste E, Greensboro, NC 27405
(336) 586-9113

A.R.T. Home Care, LLC

803 Hermitage Rd., Burlington, NC
(336) 524-6258

Exceptional Care Home Care

24 NW Court Square, Suite 209, Graham, NC 27253
(336) 270-8018

Griswold Home Care

1400 Battleground Ave., Ste 122, Greensboro, NC27408
(336) 285-7477

Happier Days Private Duty Services

115 E. Harden St, Graham, NC 27253
(336) 213-6745

Home Care Providers/Continuous Care

3025 S. Church St., Burlington, NC 27215
(336) 538-8557

Home Instead Senior Care

PO Box 1306 (928 S. Main St.), Burlington, NC 27216-1306
(336) 227-8800
1-877-227-8414 (Toll Free)

Life At Home Senior Care

633 Chapel Hill Rd., Suite A, Burlington, NC 27215
(336) 706-5543

Little Gerald Services, LLC

1045 S. Church St., Burlington, NC 27215
(336) 270-6116

Maxim Homecare Services, Inc.

126 West Front St., Burlington, NC 27215
(336) 228-3266

Options for Senior America

215 Alamance Rd., Burlington, NC 27215
(336) 270-6647

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It can be Tough to Take the First Step

Have you recently noticed signs that your elderly loved one living independently could use some help? The pandemic has only increased isolation. With so many outbreaks at long-term care facilities, families are more determined than ever to keep their loved ones at home. It can be difficult to take the first step, but Griswold Home Care is here to help.

**For more information on home care services,
visit [griswoldhomecare.com/burlington-greensboro/](https://www.griswoldhomecare.com/burlington-greensboro/)
or call 336.285.7477**



Premier Health Care

562 Huffman Mill Rd., Burlington NC 27215
(336) 586-1721

Seniors Helping Seniors

(336) 823-6217

Touched By Angels II Home Care

116 W. Pine St., Graham, NC 27253
(336) 221-9998

Visiting Angels

2603 Holly Hill St., Ste B, Burlington, NC 27215
(336) 270-7061

Home Modification and Repair Programs

NC BAM (Baptist Aging Ministry)

P.O. Box 338, Thomasville, NC
1-877-506-2226

Services Include: Connects clients with volunteers in the community who provide services such as respite care, wheelchair ramp construction, friendly visits, or transportation assistance.

Piedmont Triad Regional Council Weatherization Program

(336) 904-0338

Vocational Rehabilitation NC (Independent Living Program)

2615 Alamance Rd., Burlington, NC 27215
(336) 570-6855 | (800) 570-7668

Services Include: Counseling, training, education, transportation, job placement, assistive technology and other support services to people with disabilities.

Homelessness

Allied Churches

206 N. Fisher St., Burlington, NC

www.alliedchurches.org

(336) 229-0881

Services Include: Job & Education Services, Shelter, Meals & Emergency Food | Weekday lunch and dinner meal program for shelter residents and community members (hot breakfast daily for shelter residents).

Piedmont Rescue Mission

(336) 229-6995

www.piedmontrescuemission.org

Services Include: Emergency housing for men with substance abuse.

Veteran's Helpline for Homeless Vets

1-877-424-3838

Housing - please refer to section beginning on page 30 for a comprehensive listing of local housing options for seniors.

Law Enforcement

Alamance County Sheriff's Office*

109 South Maple St., Graham, NC 27253

(336) 570-6300 (NON-Emergency calls)

Burlington Police Department*

267 W. Front St., Burlington, NC 27215

(336) 229-3521 (NON-Emergency CALLS)

(336) 229-3500 (24/7 NON-Emergency calls)

Elon Police Department*

104 S Williamson Ave, Elon, NC 27244

(336) 584-1301 (NON-Emergency Calls)

Graham Police Department*

216 S. Maple St., Graham, NC 27253
(336) 570-6711 (NON-Emergency Calls)

Mebane Police Department*

116 West Center St., Mebane, NC 27302
(919) 563-9031 (NON-Emergency Calls)

Legacy Planning

Anatomical Gift Program

Contact Dianne Person, Elon University
2085 Campus Box, Elon, NC 27244
(336) 278-6564
www.elon.edu/u/academics/health-sciences/anatomical-gift/

The Guardian's Gift

Contact Judy Butler
307 N. Third St., Mebane, NC 27302
(336) 269-0818
judy@butlercounselingsolutions.com

Legal Services

Advanced Health Care Directive Registry- NC Secretary of State*

(919) 807-2215
AHCDR@sosnc.gov | www.secretary.state.nc.us/ahcdr
Services: Register Advanced Directives (Health Care Power of Attorney; Living Will; Advance instructions for Mental Health Treatment and anatomical gifts) multi-language service online.

** Offers support to families of Latina and/or Hispanic background.*

Compass Center for Women and Families

210 Henderson St., Chapel Hill, NC

(919) 968-4610

www.compassctr.org

Services Include: 15 minute FREE phone consultation with an attorney (family law); UNC Law School students will consult with individuals, then their professors.

Consumer Protection - NC Department of Justice

114 West Edenton St., Raleigh, NC

(919) 716-6000 | (877) 566-7226

consumer@ncdoj.gov | www.ncdoj.gov

Disability Rights NC

Carolina Place, 3724 National Dr. #100, Raleigh, NC

www.disabilityrightsncc.org | info@disabilityrightsncc.org

(919)856-2195

Advocacy and legal services at no charge to people with disabilities.

LawHelpNC.Org

www.lawhelpnc.org

Helps people of low and moderate incomes find free legal aid programs in their communities, answers to questions about their legal rights and forms.

Legal Aid of NC-Senior Law Project

(877) 579-7562

www.legalaidnc.org

Services Included: Free civic legal help for adults aged 60+ (No income limitations; priority given to those with the greatest need).

NC Lawyer Referral Service

(919) 677-8574 | (800) 662-7660

www.ncfindalawyer.com

Medical Care at Home

Doctor's Making Housecalls

2511 Old Cornwallis Rd., Suite 200, Durham, NC 27713
844-932-5700

Physician's Home Visits

3069 Trenwest Dr., Suite 200, Winston-Salem, NC 27103
(336) 993-3146

Medical Equipment and Supplies

Advanced Home Care

1225 Huffman Mill Rd., Burlington, NC 27215
(336) 538-9946

Clover's Medical Supplies

1040 S. Church St., Burlington, NC 27215
(336) 222-8052

Med-Star Plus Home Medical Supply

3249 S. Church St., Burlington, NC 27215
(336) 395-3153

Seniors Medical Supply Co.

124 W. Crescent Square Dr., Graham, NC 27253
(336) 227-0730

Williams Medical Equipment

1230 Springwood Church Rd., Gibsonville, NC 27249
(336) 449-7357

** Offers support to families of Latina and/or Hispanic background.*

Mental and Behavioral Services

Butler Counseling & Consulting

307 N. Third St., Mebane, NC 27302
(336) 269-0818

Cardinal Innovations

(336) 513-4222

Toll-free Crisis Line: 1-800-939-5911 (Toll Free Crisis Line)

2929 Crouse Lane, Suite B, Burlington, NC

Services Include: Crisis line; connect residents of Alamance County with mental health services.

Cone Behavioral Health

Appointments: (336) 832-9800

Helpline: (336) 832-9700

24-Hour Helpline: (800) 711-2635

Services Include: 24-hour face-to-face assessment, chemical dependency program, day treatment programs, inpatient, short stay-services, outpatient counseling services.

Cone Health Pastoral Counseling Program

(336) 538-7475

National Alliance on Mental Illness

(336) 312-1424 | (336) 228-7383

Services Include: Family support program; family education classes; Education workshops for school professionals.

Oasis Counseling Center

1606 Memorial Dr., Burlington, NC 27215
(336) 214-5188

RHA Health Services

2732 Anne Elizabeth Dr., Burlington, NC

(336) 229-5905 | CrisisLine: (336)-513-4200

Services include: Adult Outpatient counseling and Medication Management; Peer Support; Substance Abuse counseling; Crisis unit open Mon-Fri 8 am-8 pm; sliding scale, Medicaid and Medicare accepted.

Prospectives Counseling & Consultation

350-B Holly Hill Lane, Burlington, NC
(336) 270-6896

Trinity Behavioral Services

2716 Troxler Rd, Burlington, NC 27215
(336) 570-0104 | HopeLine: (919) 231-4525 or (877) 235-4525
Services: Free, confidential crisis counseling; suicide and crisis intervention; referral to community resources.

Universal MH/DD/SA

N. Main St., Burlington, NC 27215
(336) 227-1484

Pharmacies That Deliver

Medical Village Apothecary

1610 Vaughn Rd., Burlington, NC 27217
(336) 228-1336
Monday-Friday 8 am- 6 pm, Saturday 8 am-1 pm, Sunday Closed

PillPak

1-855-745-5725
PillPack is a full-service pharmacy that delivers a better, simpler experience for people managing multiple medications.

Tarheel Drug

316 S. Main St., Graham, NC 27253
(336) 227-2093

Total Care Pharmacy

2479 S Church St., Burlington NC 27215
(336) 570-CARE (2273)
Monday-Friday 8 am-8 pm, Saturday 8 am-2 pm, Sunday Closed

Recreation and Leisure

Alamance County Recreation and Parks Department
(336) 570-2410

Creative Aging Network (CAN-NC)

Administrative Office: 200 N. Davie St., Suite 321-C,
Greensboro, NC 27401
(336) 253-0856
www.can-nc.org

Graham Recreation Department/College St. Center
(336) 570-6718

JR Kernodle Senior Center

1535 S Mebane St, Burlington, NC 27215
(336) 222-5135

May Memorial Library

342 S Spring St, Burlington, NC 27215
(336) 229-3588

Mebane Arts and Community Center

(919) 304-3378

YMCA

(336) 227-2061

Safety Devices/Services

ADT Medical Alert

1-800-246-9147

Connect America

1-800-215-4206

LifeLine

1-800-543-3546

MedAlert (ARMC)

(336) 538-7569

Support Groups

Note: Meeting dates/times may change. Contacting to confirm is recommended.

Arthritis Support Group

The 2nd Monday of the month, 12:30 pm

Kernodle Senior Center

Caregiver's Support Group / Alamance ElderCare

4th Wednesday of the month, 2-3:30 pm

3019 S. Church St., Burlington

Contact: Tammy McKee (336)-538-8080

Family Caregiver Support Group

2nd Thursday of each month, 12:15-1:30 pm

1214 Vaughn Rd., Burlington, NC 27217

Contact: PACE Piedmont Health Senior Care (336) 532-0000

Frontotemporal Dementia (FTD) Caregiver Support Group

3rd Tuesday of the month, 6-7:30 pm

Please contact for location

Contact: Kathy LaFone (919) 632-8083 or timlafone@yahoo.com

Parkinson Support Group

Every 1st Wednesday of the month, 10:30 am

Twin Lakes Community, Gathering Room

3701 Wade Coble Dr., Burlington, NC 27215

Contact: Katie Gantos (336) 585-2351

Stroke Support Group

The 3rd Tuesday of the month, 12:15 pm

Kernodle Senior Center

Transportation

CJ's Medical Transportation

2311 W Cone Blvd #150, Greensboro, NC 27408
(336) 656-9888

Dial-A-Ride

Alamance County Transportation System (ACTA)

128 Electric Ave., Burlington, NC 27215
(336) 222-0565

Elon Bio Bus

Free, fixed route bus

www.elon.edu/u/bft/transportation/buses-shuttles/biobus/

Go Triangle

triangle.transloc.com

Operates regional bus and shuttle services from Greensboro to Chapel Hill with stops in Burlington, Graham, Mebane and Hillsborough; paratransit (door-to-door) services, ride matching, vanpools and an emergency ride home program.

Golden Eagle Taxi

1606 E Webb Ave., Burlington, NC 27217
(336) 227-0550

LINK Transit/Para Transit

(336) 222-5465

www.linktransit.org

Fixed routes; door to door transportation by appointment. Reduced Fares with ID for: Senior Citizens (60+), Students, Disabled, Medicare Card Holders and transfers are free.

HOUSING OPTIONS

INDEPENDENT LIVING

Alamance Plaza

111 Maple Ave.
Burlington, NC 27215
(336) 226-1818

Auburn Springs

2950 Crouse Lane
Burlington, NC 27215
(336) 584-8227

Burlington Homes

507 Everette Street
Burlington, NC 27215
(336) 229-0989

Burlington Housing Authority

133 N. Ireland Street
Burlington, NC 27217
(336) 226-8421

Cedar Ridge Apartments

181 Wilkins Rd.
Haw River, NC 27258
(336) 578-4133

Cedar Ridge Retirement Community

2680 S. Mebane St.
Burlington, NC 27215
(336) 585-7910

Graham Housing Authority

109 East Hill Street
Graham, NC 27253
(336) 229-7041

Graham Manor

230 Auto Park Drive
Graham, NC 27253
(336) 525-1959

Mebane Mill Lofts

301 W. Washington St
Mebane, NC 27302
(919) 568-9176

Norfolk Village

1011 Ivey Road
Graham, NC 27253
(336) 229-4010

Oak Creek Retirement Community

343 Baldwin Road
Burlington, NC 27217
(336) 226-5739

Oakwood Apartments

714 N. Carr Street
Mebane, NC 27302
(919) 563-2796

HOUSING OPTIONS

Oneida Mill Lofts

219 W. Harden Street
Graham, NC 27253
(336) 221-8002

The Willows

124 Tarpley Street
Burlington, NC 27215
(336) 228-0597

West Hampton Apartments

1015 Airport Rd.
Mebane, NC 27302
(919) 563-3700

Woodridge Apartments

1620 Morningside Dr.
Burlington, NC 27217
(336) 228-8581

ASSISTED LIVING

Note: There are many other facilities that are assisted living level care. Please contact Alamance Eldercare for complete listing in Alamance County.

Alamance House

2766 Grand Oaks Boulevard
Burlington, NC 27215
(336) 261-0021

Mebane Ridge Assisted Living

1999 South NC Hwy. 119
Mebane, NC 27302
(919) 568-0083

Blakey Hall

501 Blakey Hall Lane
Elon, NC 27244
(336) 506-2300

The Oaks of Alamance

1670 Westbrook Avenue
Burlington, NC 27215
(336) 584-3070

Brookdale

3619 South Mebane Street
Burlington, NC 27215
(336) 584-9636

Springview Assisted Living

1032 C N. Mebane Street
Burlington, NC 27217
(336) 227-3808

HomePlace

118 Alamance Road
Burlington, NC 27215
(336) 227-2328

HOUSING OPTIONS

SKILLED NURSING

(Long-term Medical Care)

Alamance Health Care Center

1987 Hilton Road
Burlington, NC 27217
(336) 226-0848

The Presbyterian Home of Hawfields Inc

2502 South NC 119
Mebane, NC 27302
(336) 578-4701

Liberty Commons Nursing & Rehab Center of Alamance County

791 Boone Station Drive
Burlington, NC 27215
(336) 586-9850

Twin Lakes Community (Coble Creek Healthcare)

3801 Wade Coble Drive
Burlington, NC 27215
(336) 538-1400

Peak Resources - Alamance

215 College Street
Graham, NC 27253
(336) 228-8394

White Oak Manor-Burlington

323 Baldwin Road
Burlington, NC 27217
(336) 229-5571

LIFE CARE COMMUNITIES

(Continuing Care Retirement Communities)

The Village at Brookwood

1860 Brookwood Ave
Burlington NC 27215
(336) 570-8440

Twin Lakes Community

3815 Wade Coble Dr.
Burlington NC 27215
(336) 538-1500



Discover *Real Possibilities* in North Carolina

AARP is in North Carolina creating real, meaningful change. We're proud to help all our communities become the best they can be. Like providing family caregivers with tips to take care of loved ones, helping to make our communities more livable and virtually hosting fun, informative events.

Get to know us at aarp.org/nc.

 /AARPNC  @AARPNC



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What does Alama

Care Management

Alamance Eldercare can provide care management for Medicaid-eligible seniors with skilled level needs. This service allows individuals to remain at home with significant support, but is not a 24/7 care model. Also available for non-Medicaid eligible individuals through grant funding.

Family Caregiver Support Program

Alamance ElderCare provides support to caregivers*, including:

- Respite, which gives caregivers a break from caregiving in order to take care of themselves
- Caregiver Support Group that is provided monthly via Zoom and in person (as possible)
- Monthly educational programs on various topics
- Supplemental supplies (liquid nutrition, medical supplies, home modification)
- Incontinence supplies (limited to 30 day supply for those who do not have Medicaid)

***You are a caregiver if you:**

- Assist with personal care to help a loved one bathe, dress, eat, use the toilet and move about.
- Help with errands, shopping, budgeting, medical appointments, home repairs and transportation.
- Provide other help to a loved one as they age.

GrandParents Raising Grandchildren

This program provides support, education, respite and supplemental services to seniors who are responsible for raising minors (not adoptive or foster care parents), or seniors that are caring for an disabled adult.

nce Eldercare do?

Community Education Wellness Programs

- Powerful Tools for Caregivers
- Matter of Balance

Information/Referral & Assistance

At Alamance ElderCare, we ask questions and then actively listen. Through conversation and interaction, we are often able to identify other supports/programs that might be of assistance.

Annual Senior & Caregiver Resource Fair

This event is held in the spring and provides seniors and caregivers with education and access to many community resources/agencies.

Community Outreach

We are available to speak about services for senior at civic groups, churches, businesses, health fairs and other community groups.

Options Counseling

This program helps seniors to make informed choices, consider options based on needs and preferences with linkage to resources/services, follow up and step by step support.



listening | helping | caring | one senior at a time

Proud to be a part of  CONE HEALTH.

(336) 538-8080

AlamanceElderCare.org

