

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



(919)542-4512-Pittsboro
(919) 742-3975- Siler City
www.chathamcouncilonaging.org

**Compiled by the Chatham County Council on Aging
Family Caregivers Support Program
Revised Fall 2018**

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

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Duke Neurological Disorders Clinic.....919-668-2846
932 Morreene Road (ALS, Neurological Disorders, Psychiatry) or 919-668-2879
Durham, NC 27705 www.dukehealth.org
<http://neurology.mc.duke.edu>

- Appointments.....919-668-7600
- Family Support.....919-668-2836
- Fax: 919-668-2901

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)
www.medicalert.org
(Address for requests by mail)
Medic Alert Foundation
PO Box 21009
Lansing, Michigan 48909

BEREAVEMENT/SUPPORT SERVICES

Chatham County Council on Aging.....919-542-4512
PO Box 715
365 Highway 87 N
Pittsboro, NC 27312
www.chathamcouncilonaging.org

DUKE Family Support Program (A NC Alzheimer's Family Support Program)
Daughters and Aging Relatives.....919-660-7510 (office)
www.dukefamilysupport.org 1-800-646-2028 (Toll Free)

UNC Hospice of Chatham County.....1-877-715-0606
PO Box 1077 or 984-215-2675
Pittsboro, NC 27312
<https://www.unccmedicalcenter.org/unccmc/care-treatment/hospice/>

BLIND/VISION-IMPAIRED---APPLIANCES AND SERVICES

NC Assistive Technology Program.....919-859-8360
4900 Waters Edge Drive
2801 Mail Service Center
Raleigh, NC 27606-2801
www.ncatp.org

North Carolina Division of Services for the Blind.....919-527-6700
2601 Mail Service Center
Raleigh, NC 27699-2601
<https://www.ncdhhs.gov/divisions/dsb>

Chatham County Social Worker for the Blind.....919-642-6986
Sarah Wofford 919-542-6355 (fax)
PO Box 489
Pittsboro, NC 27312

District Office: North Carolina Division of Services for the Blind (Chatham)
Fayetteville District Office
Counties Served: Chatham, Cumberland, Harnett, Hoke, Lee, Moore, Richmond,
Robeson, Sampson, Scotland
Physical Address
2950 Village Drive, Suite 201
Fayetteville, NC 28304.....910-486-1582 (office)
Toll Free: 1-800-422-1897
Fax: 910-486-1864

North Carolina Library for Blind and Physically Handicapped.....1-888-388-2460
1841 Capital Boulevard TDD: 919-733-1462
Raleigh, NC 27635 Fax: 1-919-733-6910
<https://statelibrary.ncdcr.gov/lbph/>

NC Lions, Inc.....1-828-478-2135 ext. 223
1-800-622-7401 (Toll Free)

<https://nclionsinc.org/>
<http://nclions31o.org/wp/club-info/>

Lion's Club (Chatham County)
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

DIABETES EDUCATION/CARE/SERVICE

Chatham County Health Department.....919-742-5641 (ext. 8266)
1000 S 10th Avenue
Siler City, NC 27344
<https://www.chathamnc.org/services/health>

Chatham Hospital Diabetes Management Program.....919-799-4720
163 Medical Park Drive
Siler City, NC 27344
<https://www.chathamhospital.org/ch/care-treatment/diabetes-management/>

Diabetes Support Group, Western Chatham Senior Center.....919-742-3975
112 Village Lake Road
Siler City, NC 27344 **2nd Wednesday each month @ 10:00am**

Diabetes Community Support Group.....919-742-5641 (ext. 8266)
Chatham Community Library
197 NC 87
Pittsboro, NC 27344 **3rd Thursday of every month @ 5:30pm**

DRIVER SAFETY/REHABILITATION

AAA Foundation for Traffic Safety.....800-993-7222
www.aaafoundation.org

Driver Rehabilitation Services.....1-336-697-7841
5417 Frieden Church Road/PO Box 448
McLeansville, NC 27301
www.driver-rehab.com

AARP Smart Driver Course.....1-866-389-5650
<http://states.aarp.org/region/north-carolina/category/driver-safety/>

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

MADD NC.....919-787-6599
5104 Western Boulevard, Suite B
Raleigh, NC 27606
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

EMERGENCY ASSISTANCE

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

American Red Cross

Eastern North Carolina Region

<https://www.redcross.org/local/north-carolina/eastern-north-carolina.html>

Triangle Area Chapter (serves Chatham, Franklin, Johnston, Lee, Wake, and Warren Counties)

100 N. Peachtree Lane

Raleigh, NC 27610

919-231-1602

<https://www.redcross.org/local/north-carolina/eastern-north-carolina/about-us/locations/triangle-area-chapter.html>

American Red Cross—Lee County.....919-774-6857

507 N Steele Street #H212

Sanford, NC 27330

American Red Cross—Durham County.....919-489-6541

4737 University Drive Bldg.3

Durham, NC 27707

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

PO Box 715

365 Highway 87 N

Pittsboro, NC 27312

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/services/social-services

Central Piedmont Community Action, Inc.....919-742-2277

PO Box 626

1401 Ross Ave

Siler City, NC 27344

Salvation Army, Pittsboro Office (satellite)..... (Main) 919-542-1593

467 West Street

*person only there 1st and 4th Thursday of month

Pittsboro, NC 27312

*requested to call main number to set up appointment

Salvation Army, Siler City Office.....919-542-1593
136 N. Chatham Ave
Siler City, NC 27344 *Crisis Assistance Program: M-F 9-3 walk-in or make appointment

EMERGENCY FOOD AND FOOD ASSISTANCE

Alston Chapel United Holy Church.....919-542-4111
1832 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
<http://chathamcouncilonaging.org/>
(Emergency, congregate, frozen, home-delivered meals)
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)
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
(EBT card, emergency food referrals)
Hours: 8:00 – 5:00 Monday – Friday
<https://www.chathamnc.org/services/social-services/emergency-assistance>

Chatham Outreach Alliance (CORA).....919-542-5020
PO Box 1326
40 Camp Drive
Pittsboro, NC 27312
www.corafoodpantry.org
Hours: 9:30-5:00 Monday -Friday no referrals required

Evergreen United Methodist Church919-968-0198
11098 N Hwy 15-501
Chapel Hill, NC 27517
www.evergreen-umc.org
Hours: 6:30-7:30 First, Third and Fourth Tuesdays and 10 am-11am on Second Tuesday

Salvation Army, Pittsboro Office (satellite)..... (Main) 919-542-1593
467 West Street *person only there 1st and 4th Thursday of month
Pittsboro, NC 27312 *requested to call main number to set up appointment

Salvation Army, Siler City Office.....919-542-1593
909Alston Bridge Road (in Chatham Trades Building)
Siler City, NC 27344

West Chatham Food Pantry.....919-742-3111
126 Village Lake Road
Siler City, NC 27344
Hours: 4:30-6:00 Monday and 12:30-2:00 Wednesday and Friday

EMERGENCY SHELTERS

Alamance County Battered Women Shelter.....336-226-5985
Family Justice Center:
1950 Martin Street
Burlington, NC 27216 (call for specific location)
www.familyabuseservices.org/

Allied Churches of Alamance County Shelter.....336-229-0881
206 N Fisher Street
Burlington, NC 27216-2581
www.alliedchurches.org/

Durham Crisis Response Center.....919-403-9425
206 N Dillard Street 24 Hour Crisis Line 919-403-6562
Durham, NC 27701 Espanol 919-519-3735
<http://www.durhamcrisisresponse.org/>

Friend to Friend (Moore County).....24 Hour Crisis Line 910-947-3333
PO Box 1508 Office #: 910-947-1703
102 Monroe Stet Advocacy Office: 910-947-1703
Carthage, NC 28327 Mon.-Fri. 9-4
<https://www.friendtofriend.me/>

HAVEN (Lee County).....24 Hour Crisis Line 919-774-8923
PO Box 3191
215 Bracken St.
Sanford, NC 27331
www.haveninleecounty.org

Inter-faith Council for Social Services.....919-929-6380
Interfaith Council Shelter/Community Kitchen/Food Pantry
110 W Main Street
Carrboro, NC 27510 9:00-5:00 Mon-Fri
<http://www.ifcweb.org/>

Silk Hope Catholic Worker (single women/families).....919-663-4334
3355 Woody Store Road
Siler City, NC 27344 No men/space limited

FRAUD AND SCAM REPORTING/INFORMATION

Detective Michael Copeland.....919-542-2811 (Main)
Chatham County Sheriff's Office 919-545-8155 (Direct)
295 West St/P.O. Box 429
Pittsboro, NC 27312
<http://directory.chathamnc.org/default.aspx?dept=23>
<http://www.chathamnc.org/government/departments-programs/sheriff-s-office>

NC Attorney General Consumer Protection Division.....1-877-566-7226
Consumer Hotline 919-716-6000
<https://www.ncdoj.gov/Consumer.aspx>

HEALTH CARE CASE MANAGEMENT & ASSISTANCE

Piedmont Health Services, Inc
Main Office (299 Lloyd St. Carrboro, NC 27510).....919-933-8494
Siler City Community Health Center (224 S 10th Ave., Siler City 27344).....919-663-1744
Moncure Community Health Ctr (7228 Moncure-Pittsboro Rd., Moncure).919-542-4991

HEALTH INSURANCE/COVERAGE

AARP (American Association of Retired Persons).....866-389-5650
5511 Capital Center Drive, Suite 400
Raleigh, NC 27606
www.aarp.org/nc
<https://states.aarp.org/aarp-north-carolina-contact-information/>

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

Medicare1-800-663-MEDiCARE
Medicare Contact Center Operations 1-800-663-4227
PO Box 1270 TTY: 1-800-486-2048
Lawrence, KS 66044
<https://www.medicare.gov/forms-help-resources>
<https://www.medicare.gov/forms-help-resources/contact-medicare>
<http://medicare.gov/>

North Carolina State Insurance Commissioner
Consumer Services Division.....NC Residents Only 855-408-1212
North Carolina Department of Insurance
Senior Health Insurance Information Program
1201 Mail Service Center
Raleigh, NC 27699-1201 Mon-Fri 8:00-5:00
www.ncdoi.com/SHIIP/

Senior Health Insurance Information Program (SHIIP).....919-742-3975
Chatham County Council on Aging-Western Chatham Senior Center
112 Village Lake Road
Siler City, NC 27344
www.chathamcouncilonaging.org

SHIIP-State Helpline.....855-408-1212

Social Security Administration-National.....800-772-1213
(See local office information below - Sanford) TTY: 1-800-325-0778
www.ssa.gov

Social Security Administration, Sanford Office (Medicare).....1-877-319-5774
401 Tiffany Drive TTY: 1-800-325-0778
Sanford, NC 27330 9:00-4:00 Mon & Tues, 9:00-12:00 Wed, 9:00-4:00 Thru & Fri.
<https://secure.ssa.gov/ICON/ic001.do#officeResults>

HEARING-IMPAIRED—APPLIANCES AND SERVICES

Hear Now.....800-328-8602
6700 Washington Ave. South Office telephone: 866-354-3254
Eden Prairie, MN 55344
<https://www.starkeyhearingfoundation.org/Hear-Now>

Lion's Club—Goldston.....919-898-4937; 919-718-2317
PO Box 455
Goldston, N.C. 27252
<http://nclions31o.org/wp/club-info/Goldston-lions-club/>

Lion's Club—Siler City
Lee Harvey.....919-742-4081
First United Methodist Church
1101 W. Raleigh St
Siler City, NC 27344
<http://nclions31o.org/wp/club-info/siler-city-lions-club/>
meetings: Second and Fourth Monday at 6:45 pm

North Carolina Division of Services for the Deaf and the Hard of Hearing
DSDHH Administrative
4900 Waters Edge Drive
Raleigh, NC 27606-2804.....VP #:919-890-0859
Voice/TTY: 1-800-851-6099

Mailing address: Division of Services for the Deaf and the Hard of Hearing
2301 Mail Service Center
Raleigh, NC 27699-2301
<https://www.ncdhhs.gov/divisions/dsdhh>

Regional Centers for Deaf and Hard of Hearing.....Voice: 919-859-8526
Toll Free Voice: 1-800-999-5737
Video Phone: 919-890-0858
TTY: 919-233-7082
<https://www.ncdhhs.gov/assistance/hearing-loss/regional-centers-for-the-deaf-hard-of-hearing>

CapTel North Carolina.....919-859-8526 (direct)
Raleigh Regional Center Toll Free: 1-800-999-5737
4900 Waters Edge Drive TTY: 919-233-7082 or 1-800-233-7082
Durham, NC 27703
Kim Calabretta-Account Manager
CapTel NC Account Manager
4819 Emperor Blvd, Suite 205
Durham, NC 27703
<https://www.captelnc.com/how-to-obtain-captel>

HIV SERVICES

Chatham County Health Department(Health Dept Admin).919-542-8220
PO Box 130 (Clinical Services) 919-742-5641
Pittsboro, NC 27312
<https://www.chathamnc.org/services/health>

HOME REPAIRS

Chatham County Council on Aging.....919-542-4512
PO Box 715
365 Highway 87 N
Pittsboro, NC 27312
www.chathamcouncilonaging.org

Central Piedmont Community Action, Inc.....919-742-2277
PO Box 626
1401 Ross Ave
Siler City, NC 27344
www.cpcanc.org

NC Division of Vocational Rehabilitation Services, Independent Living Services
Home Repairs and Modification (Durham).919-560-6810
4312 Weston Park Place (Raleigh) 919-859-8301
Durham NC 27705
<https://www.ncdhhs.gov/divisions/dvrs>

Vocational Rehabilitation Local Office
105 Village Lake Road.....919-663-2544
Siler City, NC 27344

USDA Service Center—Rural Development Loans.....919-775-3407
2416 Tramway Road
Sanford, NC 27332
Fax: 844-325-6822
<https://www.rd.usda.gov/nc>

Rebuilding Together of Triangle.....919-341-5980
324 South Wilmington Street #118
Raleigh, NC 27601
<https://www.rttriangle.org/>

HOUSING – INDEPENDENT LIVING

Houses to buy and rentals:

<https://www.chathamnc.org/residents/affordable-housing-resources/looking-for-housing>

<http://www.nchousingsearch.org/>.....877-428-8844

Belmont Pointe Apartments (sliding scale).....919-533-6198
251 Lowes Dr.
Pittsboro, NC 27312

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

Chatham County Housing Authority.....919-742-1236
PO Box 571
13450 US Hwy 64 West
Siler City, NC 27344
<http://chathamcountyhousingauthority-nc.org/>
Hours: 8:30-5:00 Monday-Friday (Closed to public on Fridays)

Creekside Apartments.....336-226-8411
25 Creekside Circle
Pittsboro, NC 27312
www.freemanapartments.com/pittsboro.html

North Glenn Apartments.....919-742-2395
1221 W 11th Street (sliding scale)
Siler City, NC 27344

Pine Glade Apartments.....919-663-3464
509 Pine Glade Avenue Hours: Mon. 12-3, Wed. 1-5, Thurs. 3-6
Siler City, NC 27344 (sliding scale)

Pittsboro Village Apartments.....919-542-5410
400 Honeysuckle Road Hours: MWF 8:30-4:30
Pittsboro, NC 27312 (sliding scale)
www.evergreenconstructionco.com

Powell Spring Apartments.....919-533-6319
600 Millbrook Road (sliding scale)
Pittsboro NC 27312
www.evergreenconstructionco.com

Sheffield Manor Apartments.....919-742-4058
813 Sheffield Drive 62 or older/handicapped/disabled ONLY
Siler City, NC 27344 (sliding scale)

The Nook at Cambridge.....919-542-9573
(senior apt. living)
190 + 196 Brookstone Lane
Pittsboro, NC 27312

Twin Rivers Independent Senior Community Apartments.....919-545-0149
25 S Rectory Street
Pittsboro, NC 27312
<https://www.twinriverssenior.com/>

Walnut Grove Apartments.....919-542-2669
321 Rectory Street Hours: Mon, Tues., and Wednesday
Pittsboro, NC 27312 7am to 3pm
Fax: 919-542-2684 (sliding scale)

INCOME SUPPORT

Employment Security Commission.....888-737-0259
700 Wade Avenue
Raleigh, NC 27605 8:00 am -5:00 pm
<https://des.nc.gov/DES>

Central Piedmont Community Action, Inc.....919-742-2277
1401 Ross Ave
PO Box 626
Siler City, NC 27344
<https://www.cpcanc.org/>

North Carolina Department of Revenue.....(General Info.) 1-877-252-3052
PO Box 25000
Raleigh, NC 27640-0640
www.ncdor.gov

North Carolina Department of Military and Veteran's Affairs..... 1-800-624-8387
Physical Address: Mailing Address: (Toll Free)

413 N. Salisbury Street
Raleigh, NC 27699-4001
<https://www.milvets.nc.gov/>

4001 Mail Service Center
Raleigh, NC 27699-4001

8:00 am-5:00 pm

Senior Community Service Employment Program (SCSEP).....919-484-0123
1822 East Highway 54, Suite 110
Durham, NC 27713
Email: rcotten@myncba.com (Russell Cotton)
fsmith@myncba.com (Florence Smith).....910-814-4042

Social Security Administration-National.....1-800-772-1213
www.ssa.gov

Social Security Administration, Sanford Office.....1-877-319-5774
401 Tiffany Drive 9:00am-4:00pm Mon, Tues, Thurs and Fri
Sanford, NC 27330 9:00 am -12:00 pm Wed
<https://secure.ssa.gov/ICON/ic001.do#officeResults>

Vocational Rehabilitation Services/Independent Living.....(Siler City) 919-663-2544
104 Village Lake Drive (Raleigh) 919-859-8301
City, NC 27344 (Durham) 919-560-6810
<https://www.ncdhhs.gov/divisions/dvrs>

INDEPENDENT LIVING RESOURCES

Chatham County Council on Aging.....(Pittsboro) 919-542-4512
PO Box 715 (Siler City) 919-742-3975
Pittsboro, NC 27312

Chatham County Department of Social Services.....919-542-2759
PO Box 489
102 Camp Street
Pittsboro, NC 27312
<https://www.chathamnc.org/services/social-services>
(EBT card, emergency food referrals) Hours: 8:00 – 5:00 Monday – Friday

Vocational Rehabilitation Services/Independent Living.....(Siler City) 919-663-2544
104 Village Lake Drive (Raleigh) 919-859-8301
Siler City, NC 27344 (Durham) 919-560-6810
<https://www.ncdhhs.gov/divisions/dvrs>

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

Community Home Care and Hospice.....919-663-1244

108 Village Lake Rd

Siler City, NC 27344

8:00 am-5:00 pm walk in

www.communityhch.com

Fax: 855-240-6523

Exceptional Service Home Care Agency Training Center.....843-518-8672

3329 Chapel Hill Boulevard

Suite 200 E

Durham, NC 27707

First Choice Home Care.....919-663-1188

1754 E 11th Street, Suite B

Siler City, NC 27344

7:30 am-4:30 pm Mon thru Friday

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

Fax: 919-933-3324

Homewatch CareGivers919-289-3270

101 Cosgrove Ave., Suite 120

Chapel Hill, NC 27514

Fax: 919-933-0901

www.homewatchcaregivers.com

Keston Care.....919-967-0507

11312 Chatham Crossing, Suite 400

Chapel Hill, NC 27517

Fax: 919-967-1371

www.kestoncare.com

Maxim Home Healthcare.....919-419-1484
2634 Durham-Chapel Hill Blvd., Suite 210
Durham, NC 27707
Fax: 800-233-6120
www.maximhomecare.com

Parkview In-Home Aide Service.....919-775-1475
620 Westover Drive
Sanford, NC 27331

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 House of Chatham County.....984-215-2650
(SECU Jim and Betsy Bryan Hospice Home of UNC Healthcare)
100 Roundtree Way
Pittsboro, NC 27312

Skilled Care Services

Medicare.gov-Home Health Compare
<https://www.medicare.gov/homehealthcompare/search.html>

Amedisys Home Health.....919-401-3000
120 Providence Road, Suite 200
Chapel Hill, NC 27514
www.amedisys.com

Community Home Care and Hospice.....919-663-1244
108 Village Lake Rd
Siler City, NC 27344
Fax: 984-974-6644
www.communityhch.com

UNC Home Health Agency.....(Chatham branch) 919-542-0766
1101 Weaver Dairy Road, Suite 200 Fax: 919-843-3035
Chapel Hill, NC 27514-1538
<https://www.uncmedicalcenter.org/uncmc/care-treatment/home-health-care/>

LEGAL SERVICES

Chatham County Clerk of Court.....919-545-3500
PO Box 369
40 East Chatham Street (GM Complex/Justice Center)
Pittsboro, NC 27312 8:30 am-5:00pm
Fax: 919-545-3501
www.nccourts.org/County/Chatham/Staff/Clerk.asp

Chatham County Magistrates:919-545-3519
Pittsboro Office After Hours: 919-542-2911
Chatham County Sheriff's Office
627 Renaissance Drive
Pittsboro, NC 27316

Siler City Office.....919-742-5626
Siler City Police Department
312 N Chatham Ave.
Siler City, NC 27344

NC Justice Center.....919-856-2570
224 S Dawson Street
Raleigh, NC 27601 9:00am-5:00pm

<https://www.ncjustice.org/>
Legal Aid of North Carolina.....(local) 919-542-0475
224 S. Dawson Street Legal Aid Helpline 1-866-219-5262
Raleigh NC 27601 Senior Helpline 1-877-579-7562
PO Box 26087 Fax: 919-545-0735
Raleigh, NC 27611
www.legalaidnc.org

Legal Aid of North Carolina-Pittsboro office.....919-542-0475
117 E. Salisbury Street
Pittsboro, NC 27312
PO Box 1728
Pittsboro, NC 27312

LONG-TERM CARE LIVING

Adult Care Homes / Assisted Living Facilities

Adult Home Care County Listings
<https://www2.ncdhhs.gov/dhsr/data/ahlist.pdf>

Facility Inspections, Ratings and Penalties information
<https://www2.ncdhhs.gov/dhsr/acls/star/search.asp>
Star Rating Program
<https://www2.ncdhhs.gov/dhsr/acls/star/index.html>

Cambridge Hills.....919-545-9573
140 Brookstone Lane
Pittsboro, NC 27312 open 24/7
Fax: 919-545-9072

Chatham Ridge.....919-918-7872
114 Polk's Village Lane
Chapel Hill, NC 27515 open 24/7
Fax: 919-903-9104
www.ridgecare.com

Coventry House.....919-742-4052
260 Village Lake Road
Siler City, NC 27344
Fax: 919-742-9362
www.coventryassistedliving.com

Pittsboro Christian Village.....919-542-3151
1825 East Street
Pittsboro, NC 27312
Fax: 919-542-5919
www.pcvnc.org

Continuing Care Retirement Communities (CCRC's)

Carolina Meadows.....1-800-458-6756
100 Carolina Meadows
Chapel Hill, NC
<https://carolinameadows.org/>

Galloway Ridge at Fearrington.....919-328-2657
3000 Galloway Ridge
Pittsboro, NC 27312
<https://gallowayridge.com/>

Pittsboro Christian Village.....919-542-3151
1825 East Street
Pittsboro, NC 27312
<https://www.pcvnc.org/>

Family Care Homes

Liselotte.....919-542-3089
3035 Silk Hope Gum Springs Road
Pittsboro, NC 27312
Fax: 919-542-4595

Group Homes

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

Skilled Nursing/Rehabilitation Homes

Medicare.gov-Nursing Home Compare
<https://www.medicare.gov/nursinghomecompare/search.html>

Laurels of Chatham.....919-542-6677
72 Chatham Business Park Drive
Pittsboro, NC 27312
Fax: 919-542-1803

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

Genesis Healthcare Siler City Center.....919-663-3431
900 W Dolphin Street
Siler City, NC 27344
Fax: 919-663-5785

MEDICAL / HEALTH CARE PROVIDERS

Cardiac Rehabilitation

Chatham Medical Park(919)799-4000
163 Medical Park Drive, Suite 110
Siler City, NC 27344 8:00 am -5:00 pm Mon thru Fri
www.chathamhospital.org

Dentists

South Square Family Dental Care.....919-688-4100
3608 University #104
Durham, NC 27707

Doctor 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
<https://www.piedmonthealth.org/locations/moncure-community-health-center/>

Piedmont Health Services – Siler City Community Health Center.....919-663-4401
224 South 10th Avenue
Siler City, NC 27344
<https://www.piedmonthealth.org/locations/siler-city-community-health-center/>
Pittsboro Family Dentistry.....919-545-9500
987 East Street, Suite H
Pittsboro, NC 27312
www.smilepittsboro.com

Piedmont Health/Carrboro Community Health Center.....919-933-9087
301 Lloyd Street
Carrboro, NC 27510 After Hours 888-267-3675
Fax 919-942-1473
<https://www.piedmonthealth.org/locations/carrboro-community-health-center/>

Stewart Wignall, DDS.....919-942-8880
Recommended for patients with dementia
1502 E Franklin St.
Chapel Hill, NC 27514

UNC School of Dentistry.....919-537-3737
CB #7450, Manning Drive and Columbia Street
Chapel Hill, NC 27599-7450
www.dentistry.unc.edu

Dialysis

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

Carolina Dialysis Center.....919-663-1054
192 Campus Drive
Siler City, NC 27344
800-881-5101

Eye Care

Alamance Eye Center.....336-228-0254
1016 Kirkpatrick Road Toll Free 1-800-858-7905
Burlington, NC 27215
www.alamanceeye.com

Pittsboro Family Eye Center (Dr. Connelly).....919-542-2020
485 West Street Mon thru Fri 9:00am-5:00pm
Pittsboro, NC 27312 Fri open Doctor not in

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
Duke Clinic 1J
40 Duke Medicine Circle
Durham, NC 27710
Fax: 919-471-3624
<https://www.dukehealth.org/locations/duke-geriatric-evaluation-and-treatment-clinic>

UNC Center for Aging and Health.....919-966-5945
CB #7550, 5003 Old Clinic
Chapel Hill, NC 27599-7550 M-F 8:00am-5:00pm
Fax: 919-962-9795
www.med.unc.edu/aging

Hearing

- Avada Audiology and Hearing Care.....919-742-3640
350 S. Cox Street, Suite B
Asheboro, NC 27203
- Bright Audiology and Hearing Care.....919-888-4634
1620 South Third St.
Sanford, NC 27330
www.brightaudiology.com
- 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/hcc
Fax: 919-493-7985

Hospitals

- Central Carolina Hospital.....919-774-2100
1135 Carthage Street
Sanford, NC 27330
<http://www.centralcarolinahosp.com/>
- Chatham Hospital.....919-799-4000
475 Progress Boulevard
Siler City, NC 27344
www.chathamhospital.org
- Duke University Medical Center.....919-684-8111
2301 Erwin Road
Durham, NC 27710
www.dukehealth.org
- Durham VA Medical Center.....919-286-0411
508 Fulton Street
Durham, NC 27705
www.durham.va.gov

First Health Moore Regional.....910-715-1000
PO Box 3000
155 Memorial Drive
Pinehurst, NC 28374
<https://www.firsthealth.org/>

Moses Cone Hospital.....336-832-7000
1200 N Elm Street
Greensboro, NC 27401
<http://www.conehealth.com>

UNC Rex Health Care.....919-784-3100
4420 Lake Boone Trail
Raleigh, NC 27607
www.uncrexhealth.com

UNC Hospitals.....984-974-1000
101 Manning Drive
Chapel Hill, NC 27514
<https://www.unccmedicalcenter.org/unccmc/>

Pharmacies

Chatham CARES Community Pharmacy.....919-663-0177
127 East Raleigh Street
Siler City, NC 27344 10:00am-4:00pm Mon & Tues
Fax: 919-663-0218 9:00am- 1:00pm Wed
www.chathamcares.com 10:00am-4:00pm Thurs

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

CVS Pharmacy.....919-663-3331
1506 E 11th Street (Hwy 64 W)
Siler City, NC 27344
www.cvspharmacy.com

Food Lion Pharmacy.....919-742-9966
1605 E 11th Street
Siler City, NC 27344
www.foodlion.com/pharmacyhealth

Walgreens919-542-1661
321 East Street
Pittsboro, NC 27312
Fax: 919-542-1479
www.walgreens.com

Piedmont Health/Moncure Community Center.....919-542-2850
7228 Pittsboro-Moncure Road Mon: 8:30am-8pm
P.O. Box 319 Tues and Wed: 8:30am-5pm
Moncure, NC 27559 Thursday 8:30am-8pm and Friday 8:30am-1:00pm

Piedmont Health Services/Siler City Community Clinic& Pharmacy.....919-663-0348
224 South 10th 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 #A
Siler City, NC 27344
www.silercitypharmacy.com

UNC Hospitals Pharmacy (Main Hospital).....919-974-2374
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
Fax: 919-663-6017
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

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

Chatham County Council on Aging (NC Shiip Program).....919-742-3975
Western Chatham Senior Center
112 Village Lake Road
Siler City, NC 27344
www.chathamcouncilonaging.org

NC Med Assist:1-866-331-1348
Needy Meds:1-800-503-6897
Partnership for Prescription Assistance:1-888-477-2669

Senior Health Insurance Information Program.....1-855-408-1212
<https://www.ncdoi.com/shiip/>

UNC Hospitals Pharmacy Assistance Plan.....919-966-7690 opt.1
101 Manning Drive (Pharmacy Assistance Program)
Chapel Hill, NC 27514 919-957-5600 opt. 1
(Medication Assistance Program)
<https://www.uncmedicalcenter.org/uncmc/patients-visitors/amenities/pharmacies/medication-assistance/>

Primary Care Physicians/Specialists

Central Carolina Community Family Care(Sanford).....919-776-6000
2412 Wilkins Drive
Sanford, NC 27330
Fax: 919-776-0130

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

Duke LifePoint Physician Practice.....919-542-2731
Central Carolina Community Family Medicine.....919-542-2731
855 East Street
Pittsboro, NC 27312

North Chatham Pediatrics and Internal Medicine.....984-215-5900
118 Knox Way
Chapel Hill, NC 27517
<http://www.uncpn.com/pn/practices-locations/north-chatham-pediatrics-and-internal-medicine/>

Piedmont Health/Moncure Community Center.....919-542-4991
7228 Pittsboro-Moncure Road Mon. and Thurs: 8am-8pm
P.O. Box 319 Tues. and Wed.: 8am-5pm
Moncure, NC 27559 Friday: 8am-1:00pm

Piedmont Health Services/Siler City Community Clinic& Pharmacy.....919-663-1744
224 South 10th Avenue
Siler City, NC 27344

UNC Family Medicine at Pittsboro.....984-215-3265
75 Freedom Parkway
UNC Chatham Park Medical Office
Suite C
Pittsboro, NC 27312

www.uncpn.com/pn/practices-locations/unc-family-medicine-at-pittsboro/
UNC Primary Care at Chatham.....919-742-6032
163 Medical Park Drive or 1-800-900-3727
Chatham Medical Park, Suite 210
Siler City, NC 27344
<http://www.uncpn.com/pn/practices-locations/chatham-primary-care/>

UNC Specialty Care at Chatham.....919-799-4050
163 Medical Park Drive
Chatham Medical Park, Suite 110
Siler City, NC 27344
<http://www.uncpn.com/pn/practices-locations/chatham-medical-specialists/>

Physical Therapy

Apex PT-Postural Restoration Center.....919-889-3126
35 Thompson Street #102
Pittsboro, NC 27312
<http://apexptposturalrestorationcenter.com/pittsboro/>

Chatham Hospital Physical Therapy Clinic.....919-799-4510
163 Medical Park Dr Suite 120
Siler City, NC 27344

Chatham Rehabilitation Services of Pittsboro.....919-215-3260
75 Freedom Parkway, Suite E
Pittsboro, NC 27312

Mobile Rehab LLC.....919-636-2423
229 Fearrington Post
Pittsboro, NC 27312
www.mobilerehabnc.com

ATI Physical Therapy.....919-942-0240
304 W Weaver Street
Suite 103
Carrboro, NC 27510

Podiatry

In Stride Greensboro Podiatry Associates (Tuesdays and Fridays only).....336-299-0271
530 North Elam Ave www.greenboropodiatry.com
Greensboro, NC 27403
163 Medical Park Drive
Siler City, NC 27344

Doctor Rao Kothapalli.....919-663-3161
315 E. 3rd Street
Siler City, NC 27388

Urology

UNC Specialty Care - Chatham Urology Clinic.....919-799-4050
163 Medical Park Dr
Suite 110
Siler City, NC 27344
Fax: 919-799-4051

MENTAL HEALTH/COUNSELING

Cardinal Innovations Healthcare (Serves Chatham County)...(Crisis #)1-800-939-5911
OPC Community Office 919-742-7320
201 Sage Road, Suite 300
Chapel Hill, NC 27514
www.cardinalinnovations.org

Central Regional Hospital (John Umstead Hospital).....919-764-2000
300 Veazey Road
Butner, NC 27509
<https://www.ncdhhs.gov/divisions/dsohf/central-regional-hospital-0>

Chatham Wellness Center.....919-542-6868
157 West Street
Pittsboro, NC 27312

Daymark Recovery Services.....919-663-2955
1105 E. Cardinal St. 24 Hour Crisis 1-866-275-9552
Siler City, NC 27344 Suicide Prevention Lifeline 1-800-273-8255
www.daymarkrecovery.org

Duke Cognitive-Behavioral Research and Treatment Program.....888-275-3853
Duke University Medical Center or 919-684-0100
2213 Elba Street
Durham, NC 27705
<https://www.dukehealth.org/treatments/psychiatry/cognitive-behavioral-therapy>

Murdoch Center.....919-575-1000
PO Box 3000 Nights/Weekends 919-575-1550
1600 East C Street
Butner, NC 27509
<https://www.ncdhhs.gov/divisions/dsohf/murdoch-developmental-center-0>

National Suicide Prevention Lifeline.....1-800-273-8255
Voice/Caption phone: 1-800-273-8255TTY: 1-800-799-4889
<https://suicidepreventionlifeline.org/>

RJ Blackley Alcohol and Drug Treatment Center.....919-575-7928
100 H Street
Butner, NC 27509
<https://www.ncdhhs.gov/divisions/dsohf/rj-blackley-alcohol-and-drug-abuse-treatment-center>

UNC Adult Psychiatry Clinic.....984-974-5217
77 Vilcom Center Drive
Dawson Hall Suite 300
Chapel Hill, NC 27514

UNC Hospice of Chatham County.....984-215-2675
287 East Suite 221
Pittsboro, NC 27312

MOBILITY/INDEPENDENCE AIDS

Assistive Equipment/Supplies

American Home Patient.....336-318-2779
610 N. Fayetteville Street
Asheboro, NC 27203
www.americanhomepatient.com

Chatham County Council on Aging.....919-542-4512
PO Box 715
365 Highway 87 N
Pittsboro, NC 27312
www.chathamcouncilonaging.org

HASTEN Help Systems.....800-582-3073
301 Creek Ridge Road
Greensboro, NC 27416

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.....1-800-360-0329
16027 Ventura Boulevard, Suite 400
Encino, CA 91436

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

Home/Vehicle Modifications

American Ramp System.....888-715-7598

Center for Universal Design.....919-515-8302
North Carolina State University School of Design
Campus Box 8613 Medical Alert System
Raleigh, NC 27695
<https://www.ncsu.edu/ncsu/design/cud/>

Freedom Mobility1-800-980-5696 ext.188
586 Parker Ave
Rodeo, CA 94572

Triad Mobility Center.....336-992-6122
1202-H East Mountain Street www.triadmobility.com
Kernersville, NC 27284
Fax: 336-992-6123

OMBUDSMAN

Triangle J Council of Governments.....919-549-0551
Regional Long Term Care Ombudsman
4307 Emperor Blvd, Suite 110
Durham, NC 27703
<http://www.tjcog.org/ombudsman.aspx>

PERSONS WITH DISABILITIES—SUPPORT AND REFERRALS

Project Proud Families, Inc.....919-742-5525
225 Still Waters Drive
Siler City, NC 27344
Email: holly@projectproud.org
Web: www.projectproud.org

The Arc of North Carolina (Children)919-782-4632
343 E Six Forks Rd Suite 320
Raleigh, NC 27609
www.arcnc.org

SUBSTANCE ABUSE

District 33 Answering Services.....Hotline 919-783-6144
(Alcoholic Anonymous
www.aanc33.org

Freedom House Recovery Center.....919-942-2803
104 New Stateside Drive Chatham Counseling Center.....919-442-1844
Chapel Hill, NC 27514
<http://freedomhouserecovery.org/contact/>

TRANSLATION AVAILABLE (Hispanic)

Family Resource Center.....919-834-9300
3825 Barrett Drive Suite 104
Raleigh, NC 27609
<http://www.frdsa.org/>

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

Spanish Translation
(online).....www.freetranslation.com

TRANSPORTATION

Chatham County Council on Aging (medical).....919-542-4512 x222
PO Box 715
365 Highway 87 N
Pittsboro, NC 27312
www.chathamcouncilonaging.org

Chatham County Department of Social Services (Medicaid recipients).....919-542-2759
PO Box 489
102 Camp Drive
Pittsboro, NC 27312
<https://www.chathamnc.org/services/social-services>

Chatham Transit Networks.....919-542-5136
480 Hillsborough, Bldg. F, Suite 130 TTY: 1-800-735-2962
Pittsboro, NC 27312
www.chathamtransit.org

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

VETERANS SERVICES

Military and Veterans Affairs Resource Guide
<https://www.milvets.nc.gov/resource-guide>

Durham Veterans Administration Medical Center/Hospital.....919-286-0411
508 Fulton Street www.durham.va.gov
Durham, NC 27705

Fayetteville VA Medical Center.....910-488-2120
2300 Ramsey St. 1-800-771-6106
Fayetteville, NC 28301
<https://www.fayettevillenc.va.gov/index.asp>

North Carolina Division of Veterans Affairs.....844-524-8387
4001 Mail Service Center
Raleigh, NC 27699
Physical Address: 413 North Salisbury Street
Raleigh, NC 27603
<https://www.milvets.nc.gov/>

North Carolina State Veterans Nursing Homes of Fayetteville.....910-482-4131
214 Cochran Avenue
Fayetteville, NC 28301
www.milvets.nc.gov/services/nc-state-veterans-homes

North Carolina State Veterans Nursing Homes of Salisbury.....704-638-4200
1601 Brenner Avenue, Bldg. 10
Salisbury, NC 28144
www.milvets.nc.gov/services/nc-state-veterans-homes

North Carolina State Veterans Nursing Homes of Black Mountain.....828-257-6800
62 Lake Eden Road
Black Mountain, NC 28711
www.milvets.nc.gov/services/nc-state-veterans-homes

North Carolina State Veterans Nursing Homes of Kinston.....252-939-8000
2150 Hull road
Kinston, NC 28504
www.milvets.nc.gov/services/nc-state-veterans-homes

Sanford Community Based Veteran Affairs Outpatient Clinic.....919-775-6160
3112 Tramway Road
Sanford, NC 27332
https://www.fayettevillenc.va.gov/locations/Sanford_CBOC.asp

Veterans Service Office.....919-545-8334
964 East Street, Suite 209
Pittsboro, NC 27316

Chatham County Veterans Services.....919-545-8334
Veterans Service Office or 919-742-3975

Veterans Service Officer: David Kennedy

Pittsboro Appointments:

Tuesday: 8AM to 4 PM

Wednesdays: 8AM to 9AM; 3PM to 4PM

Thursdays: 8AM to Noon

Siler City Appointments

Western Chatham Senior Center

112 Village Lake Road

Siler City, NC 27344

Wednesdays: 10am to 2 PM

VOCATIONAL SERVICES

Chatham Trades.....919-663-3481

PO Box 511

909 Alston Bridge Road

Siler City, NC 27344

Independent Living, Vocational Rehabilitation Services.....919-560-6810

4312 Western Park Place

Durham, NC 27705

www.ncdhhs.gov/divisions/dvrs

Vocational Rehabilitation Services (Siler City).....919-663-2549

104 Village Lake Road

Siler City, NC 27344

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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.

QUICK REFERENCE

Chatham County Council on Aging
PO Box 715
Pittsboro, NC 27312
(919)542-4512
www.chathamcouncilonaging.org

Eastern Chatham Senior Center
Street Address: 365 Highway 87 N; Pittsboro, NC 27312
Mailing Address: PO Box 715; Pittsboro, NC 27312
(919)542-4512

Western Chatham Senior Center
112 Village Lake Road
Siler City, NC 27344
(919)742-3975

Chatham County Council on Aging
Family Caregivers Support Program

- Support Groups
- Caregiver Respite Care
- *Powerful Tools for Caregivers*

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.