



Healthy Aging Resource Guide

May 2025

About this Healthy Aging Resource Guide

If you or someone with you is experiencing a medical emergency, call 911 or immediately go to the nearest emergency department for care.

This Resource Guide lists services, information, technology, and apps that support Healthy Aging. Some support health (physical, emotional, and social well-being), and others assist with transition planning. This list is not exhaustive. The listings are based on recommendations from your neighbors and/or reliable external healthy aging resources.

A listing in this guide does not imply endorsement by Ferrington Cares. Residents are responsible for conducting their own due diligence, determining whether they have insurance coverage, and confirming with their medical provider that the resource is appropriate. Neither Ferrington Cares nor Fitch Creation can be held liable by residents who choose to use any resource listed in this Guide.

All text in this Resource Guide that is in **red, bolded, and underlined** is a link. Each link in the Table of Contents will take you directly to a specific topic. Under many of the topics, there are links to external websites. If you prefer, page numbers for each topic are also listed in the Table of Contents.

Tips:

- Ask your neighbors, friends, and family for recommendations before choosing a primary care provider or a professional service, such as an attorney or financial advisor. Your primary care provider is a good resource for selecting a specialty care physician. Several **online sites**, like **Health Grades**, show healthcare provider ratings.
- The North Carolina State Bar has a **list of suggested questions** when considering hiring a lawyer.

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AGING: GENERAL INFORMATION

Local Government Agencies:

- **Chatham County Aging Services (Center for Active Living).** 365 Hwy 87 N, Pittsboro, NC. (Home and community-based services for older adults).
 - **Phone:** 919-542-4512
 - **Website:** [Chatham County Aging Services](#)
- **Aging and Adult Services, Division on Aging NC Department of Health and Human Services.** (Raleigh). (Aging resources, advocacy, home and community-based services).
 - **Phone:** 919-855-3400
 - **Website:** [Aging and Adult Services, NC Dept HHS](#)

Senior Center:

- **Center for Active Living**, 365 Hwy 87 N, Pittsboro, NC. (Home and community-based services for older adults).
 - **Phone:** 919-542-4512
 - **Website:** [Center for Active Living, Pittsboro](#)

Websites- General Information:

- [AARP](#) (some articles are subscription only)
- [BenefitsCheckUp.](#) (Helps older adults identify programs and benefits based on needs and eligibility). (National Council on Aging).

ALZHEIMER'S & DEMENTIA FACILITIES & DAY PROGRAMS

Lists of Facilities and Programs in NC (from NC Dept. of Health & Human Services):

- [Adult Day Care Programs in NC.](#)
- [Nursing Facilities with Alzheimer's Beds in NC.](#)
- [Long Term Care Facilities with Special Care](#) (Memory Care)

Adult Day Care Locations:

- **Charles House- Daytime Eldercare.** 7511 Sunrise Rd., Chapel Hill. (Provides care and engagement for elders and support for caregivers, including counseling on resources).
 - **Phone:** 919-967-7570
 - **Website:** [Charles House Association](#)

Websites- General Information:

- [AARP Family Caregiver Resources for NC](#)

- [Alzheimer's Association.](#)
- [Getting Help with Alzheimer's Caregiving.](#) (National Institute of Health)

Tracking Apps for Wandering Adults:

- **Wandering Support Program (alert bracelets and registry through Alzheimer's Association. Recommended by AARP)** (Emergency response line to report missing persons, registrants receive an identification number and a Medic Alert bracelet.
 - **Phone:** 1-888-572-8566
 - **Website:** [Wandering Support Program](#)

ASSISTED LIVING & CONTINUING CARE RETIREMENT FACILITIES (CCRC)

Licensed NC Facilities:

- **List of licensed independent living, assistive living, and skilled nursing facilities)** (NC Department of Insurance). (Searchable database, including by town and county. Has general information about contracts, fees, number of units, services, and amenities.)
 - **Website:** [Licensed Facilities in NC](#)

Websites- General information:

- [Assistive Living vs. Independent Living: What's the Difference?](#) (A Place for Mom).
- [Continuing Care Retirement Communities \(CCRCs\): What they offer, who might benefit.](#) (Harvard Medical School).

- [How Continuing Care Retirement Communities Work.](#) (AARP).
- [Introduction to NC CCRC Industry.](#) NC Department of Insurance. (Definitions, entrance fees, contracts, refunds, and Related Information.)

DRIVER SAFETY & EVALUATION

Online Safety Course:

- [AARP Smart Driver Online Course.](#) (Refresh driving skills, including defensive driving). (fee for AARP and non-AARP members) Some insurance carriers may give a discount upon successful completion.)

Driving Evaluation:

- **Duke University Rehab-** Duke Driving Program. 3000 Erwin Rd, Durham. (Clinical evaluation of physical ability to drive safely is performed by an occupational therapist. Not covered by insurance.)
 - **Phone:** 919-684-4543
 - **Website:** [Duke Fitness-to-Drive Screening](#)
- **UNC Center for Rehabilitation Care.** 1807 North Fordham Boulevard, Chapel Hill. (In-clinic driving evaluations by occupational therapists using a driving simulator. If further evaluation is needed, an on-the-road assessment may be recommended.)
 - **Phone:** 855-0609-0803
 - **Website:** [UNC Driving Evaluations](#)

ESTATE PLANNING, FINANCIAL & BILL PAYING SERVICES

Estate Planning:

- **Munson Law Firm PLLC.** 9555 US Hwy 15-501 N, Chapel Hill. (General estate planning services, including trusts, wills, powers of attorney, and business law).
 - **Phone:** 919-904-7080

- **Website:** [Munson Law Firm](#)

Financial Planning:

- **Edward Jones. 77 Vilcom Center Drive, Suite 160, Chapel Hill.** (General financial services, investment advice, and various financial products).
 - **Phone:** 919-969-9104
 - **Website:** [Edward Jones](#)

Bill Paying Services/Daily Money Management:

- **Personal Financial Management.** 1525 E. Franklin St., Suite 5B, Chapel Hill. (Pay bills, balance a checkbook, organize/maintain bank records, review insurance papers, file claims, and organize tax documents. The principal is a Certified Daily Money Manager.)
 - **Phone:** 919-932-6822
 - **Email:** pneilsen@dailymoneymanagement.com

FALL PREVENTION

Websites:

State and National Programs and General Information:

- [North Carolina Falls Prevention Coalition](#)
- [Older Adult Fall Prevention.](#) (Center for Diseases Control)
- [Standing Strong North Carolina.](#)

How to Size and Use Canes and Walkers:

- [Choosing the Right Cane or Walker.](#) (Health in Aging Foundation)
- [Tips for Choosing and Using Canes.](#) (Mayo Clinic)
- [How to Use a Cane](#) (Mayo Clinic)

- [How to Walk with a Cane \(Sizing, Training, Stairs\)](#) (YouTube)

Classes- Improving Balance:

- [Ferrington Cares Movement Classes](#)

FUNERAL HOMES, CREMATION & BURIAL

Funeral Homes:

- **Donaldson Funeral Home and Crematory.** 396 West Street, Pittsboro. (Funeral Pre-Planning, Funeral Services, Cremation).
 - **Phone:** 919-552-3057
 - **Website:** [Donaldson Funeral Home](#)
- **Walker's Funeral Home.** 11680 US Highway 14-501, Chapel Hill (near Lowes Foods. (Funeral pre-planning, funeral services, cremation.)
 - **Phone:** 919-942-3861
 - **Website:** [Walker's Funeral Home](#)

Cremation & Aquamation:

- **Cremation Society of the Carolina.** 2205 East Millbrook Road, Raleigh. (Cremation pre-planning, cremation services)
 - **Phone:** 919-571-3300
 - **Website:** [Cremation Society](#)
- **Endswell Funeral Home.** 407 Meadowlands Drive, Hillsborough. (Pre-planning, cremation, aquamation, and green burial services)
 - **Phone:** 919-907-9777
 - **Website:** [Endswell Funeral Home](#)

Green Burial Cemetery:

- **Bluestem Conservation Cemetery.** 1900 Hurdle Mills Road, Cedar Grove. (Green burial at conservation cemetery. Appointments are scheduled online at the website.)
 - **Website:** [Bluestem Conservation Cemetery](#)

Websites- General Information:

- [Alkaline Hydrolysis](#) (Aquamation). (Cremation Association of North America)
- [What is Green Burial/What is Natural Burial?](#) (Green Burial Council).

HEARING & HEARING DISORDERS

Clinics:

UNC Health

- **UNC Hearing and Communication Center at Galloway Ridge.** 3000 Ridge Road, Pittsboro. (Medical evaluation, diagnostic testing, hearing devices).
 - **Phone:** 919-445-6744
 - **Website:** [UNC Hearing at Galloway](#)
- **UNC Hospitals Audiology at Pittsboro.** 57 Grant Drive, Suite F, Pittsboro. (Medical evaluation, diagnostic testing, hearing devices).
 - **Phone:** 984-215-6750
 - **Website:** [UNC Hospitals Audiology at PBO](#)
- **UNC Hospitals Hearing and Voice at Carolina Crossing.** 2226 Nelson Highway, Suite 102, Chapel Hill. (Medical evaluation, diagnostic testing, hearing devices).
 - **Phone:** 984-974-2141

- **Website:** [UNC Hospitals Audiology at Carolina Crossing](#)
- **UNC Hearing and Communications Services at Galloway Ridge. 3000 Galloway Ridge Road.** (Medical evaluation, diagnostic testing, hearing devices).
 - **Phone:** 919-445-674
 - **Website:** [UNC Hospitals Hearing and Communications at GR](#)

Duke Health

- **Hearing Loss and Hearing Disorders Clinic at North Carolina Eye, Ear, Nose & Throat Clinic (Duke).** 1838 Martin Luther King, Jr. Boulevard, Chapel Hill. (Medical evaluation, diagnostic testing, hearing devices).
 - **Phone:** 855-855-6484 or 919-942-7278
 - **Website:** [Hearing Loss and Hearing Disorders Clinic](#)

Hearing Loss Accessibility Settings for Computers, Phones & Tablets:

- [iPad](#)
- [iPhone](#)
- [MacBook \(for hearing and vision loss\)](#)
- [Windows](#)
- [Android](#)

Assistive Technology Information & Services for Hearing Loss

- **Deaf and Hard of Hearing Services, NC Dept of Health and Human Services.** (Consultation, resource referral, and communication support- ex. Assistive listening devices, captioning, and computer-assisted notetaking).
 - **Phone:** 984-247-8510
 - **Website:** [Deaf & Hearing Services, NC HHS](#)

- **NC Assistive Technology Program.** Tramway Road, Sanford). (Free services, device demonstration, loans, training, tech assistance, and re-utilization. Consultation services are available for a fee).
 - **Phone:** 919-775-3439
 - **Website:** [NC Assistive Technology](#)
- **Relay North Carolina. State-wide.** (Free telecommunications services are available for people who are deaf, hard of hearing, or deaf/blind. Assists them in making and receiving phone calls. Some equipment is available for free, depending on income.)
 - **Phone:** 800-676-3777 - Customer Service Alt Phone: Voice/TTY: 800-735-2962
 - **Website:** [Relay NC](#)

Phones (Captioned and Video) and Phone Devices, Clocks, Watches

- [List of Vendors](#)

Apps For Hearing Loss:

Audio Transmission

- **AudioFetch.** (Sends audio over WIFI to Bluetooth hearing aids, earphones, or noise-canceling headphones. Available at The Gathering Place—Log into The Gathering Place's Wi-Fi—instructions are posted on site.)
 - [Apple](#) (iPhone, iPad)
 - [Android](#) (Phone, tablet)

Captioning for Cell Phones:

- **InnoCaption.** (Real-time captioning is used during cell phone calls. Keep your
- current cell phone number. Captions voice mail. Free and funded by FCC).
 - [Apple](#)
 - [Android](#)

Organizations:

- **Hearing Loss Association of America, Nationwide.** (Support, advocacy, resources, device information for individuals with hearing loss and their caregivers).
 - **Phone:** 301-657-2248
 - **Website:** [Hearing Loss Association of America](#)

HOME HEALTH, NURSES AIDE & NURSE NAVIGATOR

Home Health & Nurse's Aide

- **Aegis Home Care – Ferrington Cares' Trusted Partner**** (Fee-based nursing and other services, such as bathing/showering, household tasks, dressing, and applying compression hose. Short home visits are available during the week, starting at 15 minutes, and regular homecare, a minimum of 4 hours. It also provides care management.)
 - **Ferrington Cares Website:** [Aegis Nursing Care in Your Home](#)
 - **Aegis Website:** [Aegis Home Care](#)
 - **Phone:** 919-442-5252

**** NOTE: Aegis Home Care** provides residents with **free** registered nursing care in the Ferrington Cares Clinic from 9 a.m. to noon on Mondays and Wednesdays. Call Ferrington Cares (919.542.6877)to schedule an appointment.

- **Hallmark Homecare.** (Referral service for independent caregivers providing skilled nursing, companion, and personal care. Specialized programs for Alzheimer's/Dementia, post-surgical/rehabilitation, and chronic disease management).
 - **Phone:** 919-741-6080
 - **Website:** [Hallmark Homecare](#)
- **HomeWatch Caregivers of Chapel Hill.** (Illness, chronic condition-related and post-op/discharge nursing care, personal caring services on a weekly,

daily, or 24-hour basis, transportation to medical appointments, and personal and companion care).

- **Phone:** 919.759-5927
- **Website:** [Homewatch Caregivers](#)
- **Right at Home of the Triangle.** 4905 Pine Cone Drive, Suite 2, Durham. (Nursing services – licensed and unlicensed, companion care, personal and specialty care, including caring for patients with dementia).
 - **Phone:** 919-237-2333
 - **Website:** [Right at Home.](#)
- **Sara Montoya, Certified Nurse Assistant.** (Licensed by NC Department of Health and Human Services. Experienced in direct patient care, including daily living activities, including patients with chronic illness and disability).
 - **Phone:** 626-394-4657
 - **Email:** sara.montoya@gmail.com

Nurse Navigator/Patient Advocacy Service

- **Everybody Needs a Nurse.** 81110 Alexander Drive, Chapel Hill, NC. (Provides registered nurses to support patients and/or their families, to navigate the healthcare system. They offer in-home visits, manage medications, accompany clients to doctor appointments, and communicate with families and providers).
 - **Phone:** 919-606-1819
 - **Website:** [Everybody Needs a Nurse](#)

HOME SAFETY & ADAPTATION

Certified Aging in Place Specialists:

- **Douglas Zabor d/b/a Accessible-Places.com.** Fearrington Village. (Developed a comprehensive, user-friendly checklist to assess your home; knowledgeable about resources to support aging in place).
 - **Phone:** 919-475-5128
 - **Website:** [Accessible Places](#)

Safety Checklists:

- **[Safe at Home Checklist.](#)** (Administration on Aging and the American Occupational Therapy Association)
- **[STEADI Check for Safety: A Home Falls Prevention Checklist for Older Adults.](#)** (Centers for Disease Control)

Websites- General Information:

- **[Does Medicare Cover Home Safety Assessments?](#)** Medicare FAQ.
- **[Healthy Homes.](#)** (NC State Extension)
- **[Home Safety for Older Adults: A Comprehensive Guide 2024.](#)** (National Council on Aging.)

HOSPICE, PALLIATIVE CARE & DEATH DOULA

Hospice Care & Services at Home:

- **Liberty Home Care & Hospice** (Siler City). (Hospice, palliative, and home care.)
 - **Phone:** 919-742-4843
 - **Website:** **[Liberty Home Care](#)**
- **Transitions Hospice Care.** (Raleigh). (Hospice, palliative, and respite care).
 - **Phone:** 919-800-043
 - **Website:** **[Transitions Hospice Care](#)**
- **UNC Hospice Service** (Chapel Hill). (Hospice and palliative care, medical supplies, home infusion, counseling, and support groups).
 - **Phone:** 984-215-2650
 - **Website:** **[UNC Hospice Service](#)**

- **Duke Home Care & Hospice** (Durham). (Hospice and palliative care, medical supplies, home infusion, counseling, and support groups).
 - **Phone:** 919-620-3853
 - **Website:** [Duke Home Care & Hospice](#)

Hospice Care & Services at a Facility:

- **SECU Jim and Betsy Bryan Hospice Home of UNC Health Care.** 100 Roundtree Way, Pittsboro.
 - **Phone:** 984-215-2675
 - **Website:** [SECU Hospice](#)
- **Hock Family Pavilion (Duke Health).** 4023 N. Roxboro Street, Durham.
 - **Phone:** 919-620-3853
 - **Website:** [Hock Hospice Duke](#)
- **Transitions Hospice.** 250 Hospice Circle, Raleigh.
 - **Phone:** 919-800-0436
 - **Website:** [Transitions Hospice](#)

End of Life Doula:

- **Heartwood Death Doula and Bereavement Support.** (Holly Lux-Sullivan is an experienced hospice chaplain, bereavement counselor, and certified end-of-life doula who provides end-of-life education and support, coping techniques, bereavement counseling, and service planning).
 - **Phone:** 919-576-9243
 - **Website:** [Heartwood Death Doula and Bereavement Care](#)

Websites- General Information:

- [What is hospice care?](#) (National Institute on Aging)
- [What is palliative care?](#) (National Institute on Aging)
- [What are some similarities and differences between palliative care and hospice care?](#) (National Institute on Aging)

- [Providing Care and Comfort at the End of Life.](#) (National Institute on Aging).
- [What an end-of-life doula can do for you.](#) (Cleveland Clinic)

HOSPITALS & URGENT CARES

If you or someone with you is experiencing a medical emergency, call 911 immediately or go to the nearest hospital emergency department.

Hospitals:

- **UNC Hospitals.** 101 Manning Drive, Chapel Hill.
 - **Phone:** 984-974-1000 (General #)
 - **Website:** [UNC Hospitals](#)
- **UNC Hospitals Emergency Department.** 101 Manning Drive, Basement, Chapel Hill.
 - **Phone:** 984-974-4721.
 - **Website:** [UNC Hospitals ED](#)
- **Chatham Hospital.** UNC Health, 475 Progress Boulevard, Siler City.
 - **Phone:** 919-799-4000
 - **Website:** [Chatham Hospital](#)
- **Chatham Hospital Emergency Department;** 75 Progress Boulevard, Siler City.
 - **Phone:** 984-974-4721
 - **Website:** [Chatham Hospital ED](#)
- **Duke Medical Center.** 10 Duke Medicine Drive, Durham.
 - **Phone:** 919-887-8635

- **Website:** [Duke Medical Center](#)

Urgent Cares:

- **UNC Urgent Care at Chatham Park.** 51 Mosaic Boulevard, Suite 100, Pittsboro.
 - **Phone:** 984-215-6766
 - **Website:** [UNC Urgent Care Chatham Park](#)
- **UNC Urgent Care at the Family Medicine Center at Chapel Hill.** 590 Manning Drive (Intersection of Fordham Boulevard and Manning Drive).
 - **Phone:** 919-974-0210
 - **Website:** [Urgent Care UNC Family Medicine](#)
- **OrthoNow Urgent Care. Carolina Pointe II.** 6011 Farrington Road, 2nd Floor, Suite 201, Chapel Hill.
 - **Phone:** 984-974-9977
 - **Website:** [Orthopedic Urgent Care](#)
- [Location of Duke Urgent Cares](#)

MEDICAL ALERTING PROGRAMS AND HEALTH APPS

Medical Alert Information for First Responders:

- **Medical File for Life:** (Provides first responders with your medical history. It includes a magnetic medical information card that goes on your refrigerator or a wallet-sized one. **Free at Fearrington Cares** or online).
 - **Website:** [File for life](#)
- **My Medical ID.** (Free App that gives first responders access to your medical information and emergency contact(s) from your cell phone lock screen without your passcode- they cannot access other information). To download,

- [Use and download Instructions](#) (Apple)
- [Use and Download Instructions](#) (Android)

Fall Detection:

- **Apple Watches built-in fall detection.** (Automatically detect falls and alert your emergency contacts.)
 - [Instructions](#)
- **Android Watches built-in fall detection.**
 - [Samsung Instructions](#)

Location Tracking of People and Personal Items:

- **AirTags** (an Apple product that uses Bluetooth to track personal items like keys, phones, passports, wallets, purses, and luggage. They can be used with third-party apps like FindMy. – See Tile Tag below for non-Apple product. **Privacy and safety concerns about using them to track individuals have been raised, so use your judgment.**)
 - [Apple AirTags: Your Ultimate How-To User Guide](#)
 - [Add AirTags to FindMy to keep track of personal items](#)
- **Wander Support Program (alert bracelets and registry through Alzheimer's Association. Recommended by AARP)** (Emergency response line to report missing persons; registrants receive an identification number and a Medic Alert bracelet.)
 - **Phone:** 1-888-572-8566
 - **Website:** [Wander Support Program](#)
- **Safe** (Free trial and then small monthly fee for voice-activated SOS app sends your location to selected contacts. It has emergency video and siren. For Apple or Android).
 - [Information and Apps](#)
- **Tile** (Compatible with Android and iOS Devices. Uses Bluetooth to tracks lost personal items, such as keys, phones, purses, passports

and luggage, showing the last location on a map. Requires a third-party app, such as Life360 to set up. **Privacy and safety concerns about using them to track individuals have been raised, so use your own best judgment.)**

- [How Tile Works](#)
- [How to Activate a Tile](#)

Medication Reminders:

- **Medisafe:** (Free app that helps people to remember when to take the right meds at the right time. You can set up refill reminders and add medication instructions.)
 - [App for Apple or Android](#)

MEDICAL EQUIPMENT

Loaners (Free):

- **Ferrington Cares.** (Walkers, bed canes, grabbers, crutches, canes, commodes, shower seats, wheelchairs).
 - **Phone:** 919-542-6877
 - **Website:** [Ferrington Cares](#)
- **Chatham County Aging Services (Center for Active Living).** 365 Hwy 87 N, Pittsboro, NC (Wheelchairs, Canes, Bath Benches, Shower Chairs, Commodes, Bedrails, Hospital Beds with Plastic Mattresses, Lift Chairs).
 - **Phone:** 919-542-4512
 - **Website:** [Chatham County Aging Services](#)

Places to Donate Gently Used Equipment:

- **Ferrington Cares.** **Phone:** 919-542-6877- call to verify need.

- **Chatham County Aging Services (Center for Active Living.)** 365 87 N. Pittsboro, NC 27312.
 - **Phone:** 919-542-6877
 - **Website:** [Chatham County Aging Services](#)

MEDICAL TRANSPORTATION- NON-EMERGENCY

- **Ferrington Cares Volunteer Drivers.** (Volunteers provide free rides to routine medical and dental appointments).
 - **Phone:** 919-542-6877
 - **Website:** [Ferrington Cares](#)
- **Approved Medical Transportation.** (Non-emergency medical transportation with a nurse. Will take individuals to/from surgeries and procedures, dialysis, or doctor appointments.)
 - **Phone:** 919-428-4300.
- **Cardinal Medical Transportation.** (Will take individuals to/from surgeries, procedures, dialysis, or doctor appointments.)
 - **Phone:** 919-931-9134
 - **Website:** [Cardinal Medical Transportation](#)

MEDICARE & SOCIAL SECURITY

Medicare

SHIPP (Seniors Health Insurance Information Program) Counselors:

- **Ferrington Cares: SHIPP Counselors** on site. (Assistance to new enrollees and to current participants who wish to review their existing plan or make changes.)
 - **Phone:** 919-542-6877 between 9 am and 1 pm, Monday through Friday, for an appointment.

- **SHIIP Counselors through Aging Services at Center for Active Living,** Pittsboro, 365 Highway 87 North (To find SHIIP counselors in the Pittsboro area)
 - **Phone:** 919-542-4512
 - **Website:** [SHIIP Program](#)

Government Agency:

- **Medicare**
 - **Phone:** 1-800-633-4227
 - **Website:** [Medicare](#)

Websites: Medicare- General Information:

- [Basics of Medicare- Parts A, B, C, & D.](#) NC Department of Insurance.
- [Medicare and Seniors' Health Insurance Information Program \(SHIIP\).](#) NC Department of Insurance.
- [New to Medicare?](#) NC Department of Insurance

Social Security

***Alert:* Required Transition to Login.gov Account**

If you created an online account (e.g., **my Social Security**) before September 2021, you must transition to a [Login.gov](#) account to access online services. If you already have a Login.gov or ID.me account, you do not need to take any action.

Instructions for Creating a Login.gov Account for *Existing* Social Security Recipients.

- [Getting started with Login.gov](#) (Login.gov).

- [Login.gov authentication methods](#) (Login.gov).
- [How to Transition to a Login.gov Account](#) (YouTube, Social Security Administration).
- [Login.gov help center](#) (Login.gov).
- [Social Security and ID.me](#) (about) (ID.me)
- [Creating your ID.me Account](#) (ID.me)

Instructions for Creating Social Security and Login.gov Accounts for **New** Social Security Recipients:

- [How to Create a Social Security Account](#), including Login.gov account. (Social Security Administration)
- [Creating an Account When Signing Up for Social Security](#) (Social Security Administration)

Government Agency

- **Social Security. Phone:** 1-800-772-1213 (Sanford Office) or 1-800-772-1121
 - **Website:** [Social Security](#)

MENTAL HEALTH

If you or someone you know is experiencing a mental health crisis, seek help immediately. Call 911 or 988 Suicide & Crisis Lifeline (call or text 988) for immediate support.

Hotline and Crisis Services:

- **988 Suicide & Crisis Hotline (National Suicide Hotline)**
 - **Phone:** 988 or 800 273-8255
 - **Website:** [988 Suicide and Crisis Hotline](#)

Clinics:

- **Duke: Cognitive-Behavioral Residential and Treatment**
2213 Elba Street, Durham, NC
 - **Phone:** 888-275-3583 or 919-684-0100.
- **UNC Adult Psychiatry Clinic.** 77 Vilcom Center Drive, Dawson Hall, Suite 300, Chapel Hill.
 - **Phone:** 984-974-5217.
 - **Website:** [UNC Adult Psychiatry](#)
- **UNC Center for Women's Mood Disorders.** 101 Manning Drive, Chapel Hill, NC.
 - **Phone:** 984-966-9640
 - **Website:** [UNC Women's Mood Disorders Clinic](#)

Government Agency:

- **Chatham County Public Health Department.** 80 East Street, Pittsboro, NC.
 - **Phone:** 919-742-5641.
 - **Website:** [Chatham County Public Health Dept](#)

PHARMACIES

- **501 Pharmacy.** 69 Knox Way, Suite 110, Chapel Hill. (Offers free local delivery, compounding, and adherence packaging).
 - **Phone:** 984-999-0501
 - **Website:** [501 Pharmacy](#)
- **CVS Pharmacy.** 11314 US 15-501 N, Chapel Hill. | 919-929-5664.
 - **Phone:** 919-929-5664

- **Website:** [CVS Pharmacy](#)
- **Harris Teeter Pharmacy.** 88 Chatham Downs, Chapel Hill.
 - **Phone:** 919-960-0576
 - **Website:** [Harris Teeter Pharmacy](#)
- **Pittsboro Pharmacy.** 630 East St. #13, Pittsboro.
 - **Phone:** 919-533-6901
 - **Website:** [Pittsboro Pharmacy](#)
- **Southern Village Pharmacy.** 300 Market Street, #114, Chapel Hill.
 - **Phone:** 919-240-4084
 - **Website:** [Southern Village Pharmacy](#)

PHYSICAL THERAPY

- **Galloway Ridge Rehabilitation.** 50 Craggenmore Close, Pittsboro, NC. (Arthritis to post-surgical care).
 - **Phone:** 919-545-2633
 - **Website:** [Galloway Ridge Rehabilitation](#)
- **Mobile Rehab Outpatient Physical Therapists Making House Calls.** (In-home outpatient physical therapy for seniors with mobility, balance, or fall-related issues. Also, home safety assessments, personalized treatments, and research-backed programs to prevent falls).
 - **Phone:** 919-636-2424
 - **Website:** [Mobile Rehab](#)
- **NC Center for Rehabilitation Care,** 1807 Fordham Boulevard, Chapel Hill, NC. (Staff includes physical therapists, occupational therapists, and speech therapists who treat conditions such as stroke, brain injury, spinal cord injury, amputation, burns, muscular disorders, and neurological and neuromuscular conditions, including brain tumors.)
 - **Phone:** 984-974-9700
 - **Website:** [UNC Center for Rehabilitation Care](#)

PHYSICIAN FINDER

Physician Finder by Hospital System:

- **UNC Health Physician Finder.** (Searchable site to identify physicians by specialty or subspecialty, including geriatricians.)
 - **Website:** [UNC Health Physician Finder](#)
- **Duke Find A Doctor.** (Searchable site to identify physicians by specialty or subspecialty, including geriatricians.)
 - **Website:** [Duke Find a Doctor](#)

Geriatricians: General Information:

- [Specialists in Aging: Do You Need a Geriatrician?](#) (Johns Hopkins Medicine)
- [What is a Geriatric Doctor?](#) (Healthline)

TAX PREPARATION

Accountants:

- **Old House Bookkeeping & Tax.** 9555 US Hwy 15-501 N, Chapel Hill, NC. (General accounting services for individuals and businesses, tax strategy and planning. Principal Matt Rubush is a CPA.)
 - **Phone:** 919-903-8890
 - **Website:** [Old House Bookkeeping & Tax](#)

Tax Prep Assistance (Income-Based & Volunteer):

- **AARP Foundation Tax-Aide Program (you do not need to subscribe to AARP).** (Free tax preparation assistance to taxpayers 50 and older and low or moderate income, including access to free online software to file state and federal returns with an adjusted gross income of \$79,000.)
 - **Website:** [On-line Tax Aide locator](#)

- **Volunteer Income Tax Assistance (VITA)/Tax Counseling for the Elderly (TCE)- Chatham County Aging Services. Hwy 87 N, Pittsboro.** (Free assistance in preparing federal and state personal tax returns- generally must earn less than \$64,000 or be disabled.)
 - **Phone:** 919-542-4512
 - **Website:** [VITA Tax Counseling](#)

Government Agencies:

- **Internal Revenue Service (Federal Income Taxes).**
 - **Phone:** all 1-800-829-8250.
- **NC Department of Revenue (State Income Taxes).**
 - **Phone:** 1-877-252-3052
 - **Website:** [NC Dept of Revenue](#)

VISION & VISION DISORDERS :

Clinics:

UNC Health

- **UNC Kittner Eye Center.** 2226 Nelson Hwy, Suite 220. (Routine and specialty eye care).
 - **Phone:** 984-974-2020
 - **Website:** [Kittner Eye Center](#)

Duke Health

- **Duke Eye Center.** 2351 Erwin Rd, Durham (Routine and specialized vision care).
 - **Phone:** 919-681-3937
 - **Website:** [Duke Eye Center](#)

- **Duke Low Vision- Rehabilitation** 2351 Erwin Road, Durham.
(Assessments, goal establishment, counseling for disability adjustment, and family support groups)
 - **Phone:** 919-681-3937
 - **Website:** [Duke low vision rehabilitation](#)

Low Vision Accessibility Settings- Computers, Phones, Tablets and Computers

- [Low vision Accessibility Settings for Windows 10](#)
- [Low Vision Accessibility Settings for MacBooks](#)
- [iPads](#)
- [Apple Accessibility Features](#)
- [Instructions to set up shortcuts for iPhone and iPad](#)
- [VoiceOver](#) (YouTube) (Screen reader describes what is on your screen)
- [Siri](#) (Voice recognition system that lets you send messages, make phone calls, etc.)
- [Built-In Android Accessibility Settings](#)
- [Samsung Phone or Tablet Settings](#)

Low Vision: Assistive Technology Information, Services, & Technology

- **National Library Service for the Blind and Physically Handicapped** (Free library services for people with visual problems, access to BARD, magazines, music services, and materials, currency reader program)
 - **Phone:** 800-424-8567
 - **Alt Phone:** 202-707-5100
 - **Email:** nls@loc.gov
 - **Website:** [National Library Service for the Blind and Print Disabled](#)

- **North Carolina Library for the Blind and Physically Handicapped.** 1841 Capitol Boulevard, Raleigh. (Provides free downloadable digital talking players, books and magazines).
 - **Phone:** TDD: 984-236-1100
 - **Alt Phone:** 888-388-2640 or 984-236-1100
 - **Website:** [NC Accessible Books and Library Services](#)
- **Community Low Vision Center.** 2226 Nelson Highway, Suite 200, Chapel Hill. Part of a state-wide program. (Free low-vision services to promote independence. Provides information and resource referral, support about vision changes and using visual aids, on-site store with assistance with assistive devices (ex. Text and speech machines)
 - **Phone:** 984-974-2058
- **North Carolina Reading Service.** 211 East Six Forks Road, Suite 10, Raleigh. (For blind and reaching impaired persons, who are delivered news, information, and entertainment 24/7 using a special radio (loaned free). Listen to News & Observer, USA Today, Our State Magazine special programs, podcasts, and others. Webpages have a link to stream online content).
 - **Phone:** 919-832-5138
 - **Website:** [Triangle Reading Services](#)
 - **Email:** info@ncreadingservice.org
- **State Library of North Carolina.** 1841 Capital Blvd. Raleigh. (Circulates books and magazines to individuals with visual, physical, or reading disabilities. It has Talking Books and players, BARD, reading groups).
 - **Phone:** 1-888-388-2460
 - **Website:** [State Library NC Accessible Services](#)
 - [Chat with a Reader Advisor](#) (Click on the link to start online chat)

Low Vision Accessibility Features- Apple and Android

Screen Readers

- [VoiceOver](#) (video instructions) (iPhone, iPad)

- [VoiceOver for Mac Book](#)
- [Voice Dream for Apple](#)
- **TalkBack** (Built-in screen reader for Android devices that reads aloud what is on the screen. Can be used for browsing the web with Chrome.)
 - [TalkBack Instructions](#)

Low Vision Apps

Image Illumination and Magnification

- **Flashlight**
 - [Apple](#) (Most iPhones have this app built in.)
 - [Android](#) (Stand-alone app)
- **Magnifier (Turns your device into a magnifying glass with a camera zoom, auto focus, and LED flash).**
 - [Apple](#) (Most iPhones have this app built in.)
 - [Android](#) (Stand-alone app)

Currency Readers

- **EyeNote.** (Bureau of Engraving and Printing app that reads USA currency and gives denomination verbally or through haptic feedback. It does not authenticate US currency as genuine).
 - [Apple](#)
 - [Android](#)
- **NantMobile Money Ready** (Reads and speaks the denomination for US and many foreign currencies. Available for Apple).
 - **Website:** [NantMobile Money Reader](#)
- **US Currency Reader program.** National Library Service for the Blind/Bureau of Engraving_ (Provides free readers for US and major foreign currency).
 - **Website:** [BEG Currency Reader](#)

Lists of Low Vision Assistive Devices:

- [Low Vision Assistive Devices](#) (The Carroll Center)
- [Low Vision Assistive Devices, about](#) (American Academy of Ophthalmology)

Books, Magazines, Etc.

- **BARD Mobile** (Free service of National Library Service. Provides audio and braille materials . Can download audio materials to iPhone, iPad, or iPod).
 - **Website:** [BARD Mobile](#)
- **CRIS Radio-** (Audio Internet reading services offering daily access to newspapers, periodicals, and magazines, as well as access to printed materials using special radios provided).
 - **Website:** [CRIS](#)
 - [Apple](#)
 - [Android](#)

WELLNESS CHECK-IN APP & FRIENDLY CALLER SERVICE

These are **not** hotlines or crisis call centers. If you or someone you are with is experiencing a medical emergency, call 911 or go to the nearest Emergency Room.

Wellness Check-In App

- **SNUG Safety.** (The free check-in app prompts you to check in daily at a preset time to indicate you are okay. If you do not check in, text your emergency contact details. For a fee, a person will call you if you miss a check-in. If they do not reach you, they will request local authorities to do a wellness check).

- **Website:** [SNUG Safety](#)
- [Apple](#)
- [Android](#)

Friendly Caller Service

- **AARP Friendly Voices Program.** (Trained volunteers will provide a call to say hello or chat at a pre-set time). NO SUBSCRIPTION REQUIRED.
 - **Phone:** 1-888-281-0145
 - **Website:** [Friendly Caller](#)