



## **PAMLICO COUNTY**

### **FAMILY CAREGIVER SUPPORT PROGRAMS**

#### **LOCAL RESOURCES FOR CAREGIVERS & OLDER ADULTS**

- **Coastal Community Action, Inc.:**
  - Contact: (252) 223-1630; [www.coastalca.org](http://www.coastalca.org).
  - Address: 303 McQueen Ave, Newport NC
  - Services: Senior Companion Programs, consumer directed respite voucher program, retired and senior volunteer programs, HUD Section 8 Rental assistance, weatherization assistance, housing & Home improvement assistance.
- **Eastern Carolina Council Area Agency on Aging:**
  - Contact: January Brown at (252) 638-3185, ext. 3011; [www.eccog.org](http://www.eccog.org).
  - Address: 233 Middle Street, 3<sup>rd</sup> Floor, New Bern NC
  - Services: Caregiver information and assistance, caregiver one-on-one options counseling, Assistance on gaining access to needed services, support and training to assist caregivers in their caregiver roles, information and referral programs, literature and pamphlets on information to fit individual caregiver needs, Local Ombudsmen, advance care planning and document education and assistance.
- **Pamlico County Department of Social Services:**
  - Contact: (252) 745-4086; <http://www.co.pamlico.nc.us/-social-services.aspx>
  - Address : 828 Alliance Main St., Alliance
  - Services: Medicaid Applications, In-Home Personal Care Aide assistance, Adult Protective Services, Special Assistance, Food Stamp Eligibility, Legal; Assistance, Transportation, and Energy Assistance Program.
- **Pamlico Senior Center:**
  - Contact: (252) 745-7196; <http://www.co.pamlico.nc.us/senior-services.aspx>
  - Address: 800 Main St., Alliance NC
  - Services:, Congregate Meal Site, Home Delivered Meals, activities, fitness, health and Wellness, Nutrition, SHIP/Medicare counseling, volunteer opportunities, caregiver lending library, legal services, small home repairs, notary servicers, Advance Care Planning services, general resources, support group, and classes.
- **Prime Time (Oriental):**
  - Contact: (252) 371-1600; <http://orientalumc.org/primetime-2/>
  - Address: Oriental United Methodist Church, 404 Freemason St, Oriental
  - Services: Powerful Tools for Caregivers Classes, activities, volunteer opportunities, and events.

## CAREGIVER SUPPORT GROUP

- **1<sup>st</sup> & 3<sup>rd</sup> Monday at 2:00 pm**-Pamlico County Senior Center, 800 Main St., Alliance

## CAREGIVER RESOURCES



- **AARP of North Carolina:** 1-866-389-5650; [www.aarp.org](http://www.aarp.org)
- **Alzheimer's Association: Caregiver help line:** 1-800-272-3900, [www.alz.org](http://www.alz.org)
- **CARTS Transportation:** (252) 240-1043
- **Dementia Alliance of North Carolina: Caregiver assistance line:** 1-800-228-8738; [www.dementianc.org](http://www.dementianc.org)
- **International Hearing Society (Hearing Aid Helpline):** 1-800-521-5247
- **Legal Aid of NC:** 1-866-219-5262; [www.legalaidnc.org](http://www.legalaidnc.org)
- **Long Term Care Regional Ombudsman:** Colby Smith, (252) 638-3185 or 1-800-824-4648
- **Medicare:** 1-800-633-4227; [www.medicare.gov](http://www.medicare.gov)
- **NC Assistive Technology:** (919) 859-8360, [www.ncdhhs.gov](http://www.ncdhhs.gov)
- **NC Baptist Aging Ministry (NCBAM):** 1-877-506-2226, [www.ncbam.org](http://www.ncbam.org)
- **NC Division of Health & Human Services:** 1-800-662-7030; [www.ncdhhs.gov](http://www.ncdhhs.gov)
- **NC Independent Living Program:** 1-877-699-7578
- **NC Lions Foundation (visually and hearing-Impaired assistance):** 1-800-521-5247
- **Nursing Home Complaint Hotline:** 1-800-624-3004
- **Pamlico County Health Department:** (252) 745-5111
- **Project C.A.R.E-Caregivers Alternatives to Running on Empty:** Amanda Biggs, (252) 414-3230
- **Senior Health Insurance Information Program (SHIIP):** 1-855-408-1212; [www.ncdoi.com/SHIIP](http://www.ncdoi.com/SHIIP)
- **Social Security Administration:** 1-800-772-1213
- **U.S. Department of Veterans Affairs:** 1-844-698-2311; [www.va.gov](http://www.va.gov)

## TOLL-FREE INDIVIDUAL ASSISTANCE/CRISIS HOTLINES

- **Alzheimer's Foundation of America Caregiver Assistance Line:** 1-866-232-8484; [www.afadn.org](http://www.afadn.org)
- **Caregiver Connection Assistance Line:** 1-866-211-3380
- **RHA Health Services, Inc. Mobile Crisis Line:** 1-844-709-4097
- **Trillium Mobile Crisis Line:** 1-877-685-2415, [www.trilliumhealthresources.org](http://www.trilliumhealthresources.org)
- **United Way NC211 Helpline:** 211; [www.nc211.org](http://www.nc211.org)
- **Veterans Crisis Line:** 1-800-273-8255; [www.va.gov](http://www.va.gov)

## NC LICENSED HOME CARE AGENCIES

- **Continuum Home Care & Hospice:** (252) 223-2560
- **Eastern Carolina Home Healthcare:** (252) 745-8100
- **Pamlico County Department of Social Services:** (252) 745-4086

## NC LICENSED-LONG TERM ASSISTED LIVING CARE

- **Gardens of Pamlico:** has a dementia unit, Old Bay River Road, Grantsboro NC; (252) 745-8208
- **Grantsbrook Nursing & Rehabilitation Center:** 290 Keel Road, Grantsboro NC; (252) 745-5005

## **NC LICENSED-LONG TERM CARE, SKILLED NURSING FACILITIES**

- **Grantsbrook Nursing & Rehabilitation Center:** 290 Keel Road, Grantsboro NC; (252) 745-5005
- **The Gardens of Pamlico:** Old Bay River Rd, Grantsboro NC; (252) 745-8208

*DHSR/DHHS licensing information, licensed facility information, and survey results available at:  
[www.ncdhhs.gov](http://www.ncdhhs.gov)*

### **For further information and assistance contact:**

#### **Family Caregiver Resource Specialist**

**January Brown:** (252) 638-3185, ext. 3011

E-mail: [jbrown@eccog.org](mailto:jbrown@eccog.org)

#### **Craven County Ombudsmen:**

**Angelia Pridgen:** (252) 638-3185, ext. 3007

Email: [apridgen@eccog.org](mailto:apridgen@eccog.org)

**Colby Smith:** (252) 638-3185, ext. 3010

Email: [csmith@eccog.org](mailto:csmith@eccog.org)

Visit: [www.eccog.org](http://www.eccog.org)

