



PAMLICO COUNTY

FAMILY CAREGIVER SUPPORT PROGRAMS

LOCAL RESOURCES FOR CAREGIVERS & OLDER ADULTS

Coastal Community Action, Inc.: (252) 223-1630; www.coastalca.org

- **Address:** 303 McQueen Ave, Newport NC
- **Services:** Senior Companion Programs, retired and senior volunteer programs, HUD Section 8 Rental assistance, weatherization assistance, Housing & Home improvement assistance.

Eastern Carolina Council Area Agency on Aging: (252) 638-3185; www.eccog.org.

- **Address:** 233 Middle Street, 3rd 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: (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: (252) 745-5195; <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): (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, senior support programs, and events.

CAREGIVER SUPPORT GROUP

- **1st & 3rd 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
- **Alzheimer's Association: Caregiver help line:** 1-800-272-3900, www.alz.org
- **CARTS Transportation:** (252) 240-1043
- **Dementia Alliance of North Carolina: Caregiver assistance line:** 1-800-228-8738; www.dementianc.org
- **International Hearing Society (Hearing Aid Helpline):** 1-800-521-5247
- **Legal Aid of NC:** 1-866-219-5262; 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

- **NC Assistive Technology:** (919) 859-8360, www.ncdhhs.gov
- **NC Baptist Aging Ministry (NCBAM):** 1-877-506-2226, www.ncbam.org
- **NC Division for Blind:** 919-527-6700
- **NC Division of Health & Human Services:** 1-800-662-7030; 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
- **Social Security Administration:** 1-800-772-1213
- **U.S. Department of Veterans Affairs:** 1-844-698-2311; www.va.gov

TOLL-FREE INDIVIDUAL ASSISTANCE/CRISIS HOTLINES

- **Alzheimer's Foundation of America Caregiver Assistance Line:** 1-866-232-8484; 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
- **United Way NC211 Helpline:** 211; www.nc211.org
- **Veterans Crisis Line:** 1-800-273-8255; www.va.gov

NC LICENSED HOME CARE AGENCIES

- **Continuum Home Care & Hospice:** (252) 223-2560
- **Eastern Carolina Home Healthcare:** (252) 745-8100
- **Hospice of Pamlico County-** (252) 745-4086
- **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, Grantsbrook NC; (252) 745-8208
- **Grantsbrook Nursing & Rehabilitation Center:** 290 Keel Road, Grantsbrook NC; (252) 745-5005

NC LICENSED-LONG TERM CARE, SKILLED NURSING FACILITIES

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

***DHSR/DHHS licensing information, licensed facility information, and survey results available at:
www.ncdhhs.gov***

For further information and assistance contact:



Aging Program Consultant- Family Caregiver Resource Specialist

(252) 638-3185

Long Term Care Ombudsmen:

1-800-824-4648

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

Email: apridgen@eccog.org

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www.eccog.org



Eastern Carolina Council



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