



PAMLICO COUNTY

Older Adult and Caregiver Resource Sheet

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

- Address: 303 McQueen Ave, Newport NC
- Services: Retired and senior volunteer programs, HUD Section 8 Rental assistance, weatherization assistance.

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

- Address: 233 Middle Street, 3rd Floor, New Bern NC
- Services: Long Term Care Ombudsmen program, education, information, volunteer opportunities, and referral programs

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, Nutrition, Medicare counseling, volunteer opportunities, caregiver lending library, legal services, small home repairs, ramp assistance, resources, support group, Family Caregiver Support services, 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, and senior support programs.

Neighbors Helping Neighbors, Neuse Neighbors Network: (252)665-8807; neuseneighbors.org

- Services: Neuse Neighbors Network is dedicated to helping members over 50 live independently in their own home. Services include transportation, social visiting, discounts at local shops assistant with household tasks, and assistance with electronics.

CAREGIVER SUPPORT GROUP

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

RESOURCES

- **AARP of North Carolina:** 1-866-389-5650; www.aarp.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
- **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 Association: Caregiver help line:** 1-800-272-3900, www.alz.org
- **Alzheimer's Foundation of America Caregiver Assistance Line:** 1-866-232-8484; www.afadn.org
- **Caregiver Connection Assistance Line:** 1-866-211-3380
- **Dementia Alliance of North Carolina: Caregiver assistance line:** 1-800-228-8738
- **RHA Health Services, Inc. Mobile Crisis Line:** 1-844-709-4097
- **Suicide Hotline, National Hotline:** 1-800-273-8255, 988
- **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

FOOD ASSISTANCE

- **Food Bank of Eastern Carolina:** 252-514-2006
- **Home Delivered and Congregate Nutrition Programs:** Pamlico Senior Services, (252) 745-5195
- **Pamlico County Fishes and Loaves Outreach Mobile Food Pantry:** 252-249-7297
- **Salvation Army of Craven and Pamlico County:** 1402 Rhem Ave, New Bern, 252-637-2277
- **SNAP Assistance:** Pamlico County Department of Social Services, 252-745-4086

Transportation

- **CARTS Transportation:** (252) 636-4917; www.cravencountync.gov
- **Coastal Medical Transport (wheelchair):** (252) 633-4006
- **Friendly Medical Transport LLC (wheelchair & stretcher):** (252) 634-3403

Relocation Assistance

- **Smooth Transitions (Move Management Household Downsizing Estate Dispersal)-** 252-497-7792

NC LICENSED HOME CARE AGENCIES: <https://info.ncdhhs.gov/dhsr/data/hclist.pdf>

- **Cardinal Hospice:** (910) 989-2682
- **Continuum Home Care of Pamlico:** (910) 989-2682
- **Eastern Carolina Home HealthCare:** (252) 745-8100
- **Hospice of Pamlico County-** (252) 745-5171

- Trinity Adult & Senior Servies, LLC: (252) 671-6437
- Kingdom 1st Home Care, LLC: (252) 745-9124

NC LICENSED ADULT CARE HOMES (ASSISTED LIVING UNITS); <https://info.ncdhhs.gov/dhsr/data/ahlist.pdf?ver=1.9>

- Gardens of Pamlico (Dementia unit): 22 Magnolia Way, Grantsboro; (252) 745-8208

NC LICENSED-LONG TERM CARE, SKILLED NURSING FACILICITIES; https://info.ncdhhs.gov/dhsr/data/Nhlist_co.pdf?ver=1.5

- Grantsbrook Nursing & Rehabilitation Center: 290 Keel Road, Grantsbrook NC; (252) 745-5005

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

Nursing Home Care-compare
<https://www.medicare.gov/care-compare/?providerType=NursingHome&redirect=true>

Visit us at:
www.eccog.org



Eastern Carolina Council



Eastern Carolina Council of Governments

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