

Senior Line At-A-Glance Resource Guide



Greensboro: 336-333-6981

High Point: 336-884-6981

A program of Senior Resources of Guilford

A United Way Community Partner



For Additional Information, Senior Line is just a call away at 336-333-6981

Basic Needs



Food/Nutrition

Meals on Wheels – Senior Resources of Guilford	Home delivered noon meals for adults 60 and over that are homebound and cannot prepare their own meals.	336-333-6981 336-884-6981
Mobile Meals of High Point	Home delivered noon meals persons of any age that are unable to prepare a meal.	336-882-7676
Second Harvest Food Bank - Greensboro	Non-profit, non-denominational, faith-based organization providing grocery boxes at a greatly reduced cost.	336-784-5770
Greater High Point Food Alliance	Develops and fosters supplemental food systems for the greater High Point community.	336-899-0886
Food Assistance – Helping Hands Ministries High Point	Provides food to those who are in need in the High Point and surrounding areas.	336-886-2327
Mobile Oasis Farmers Market – Guilford County DHHS	Sells fresh produce/edible plants to the public.	
Piedmont Triad Farmers Market - Colfax	Sells fresh, locally grown farm products to the people of the Triad.	336-605-9157



Housing Needs

Greensboro Housing Authority	Provides affordable housing and collaborates with the community to create opportunities for resident self-sufficiency and economic independence.	336-275-8501
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High Point Housing Authority	Provides affordable housing and collaborates with the community to create opportunities for resident self-sufficiency and economic independence.	336-887-2661
Greensboro Housing Coalition	Advocates for decent affordable housing for people of low and moderate income and for individuals with special needs.	336-691-9521
Affordable Housing Management Inc.	Develops and manages 10 income-restricted rental communities. Affordable rental housing for low to moderate income households.	336-273-0568
Beacon Management Company	Management company for low- and modest-income housing communities in Guilford County. Each property is based on income, age, and/or disability qualifications.	336-545-9000



Home Maintenance

Community Housing Solutions	Community Housing Solutions aids <u>homeowners</u> with disabilities and older homeowners. The program makes necessary modifications such as adding wheelchair ramps, ADA toilets, showers, and bathtubs, install grab bars and other modifications to make homes safer, warmer, and drier.	336-676-6986
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Habitat for Humanity of Greensboro	Non-profit, community-based organization dedicated to building affordable housing for low-income families.	336-275-4663
Habitat for Humanity of High Point, Archdale, & Trinity	Non-profit, community-based organization dedicated to building affordable housing for low-income families.	336-887-9395

Caregiving



Caregiver Training

Family Caregiver Support – Senior Resources of Guilford	Assists caregivers who are providing care to an older or disabled adult who is age 60 or older. Provides vouchers to family caregivers who need short term respite care for their loved one.	336-373-4816 Ext. 240
Health and Safety Services – American Red Cross	Provides several types of training, including CPR: Adult, child, infant, CPR/professional rescue, First Aid, etc.	336-333-2111



Adult Day Care

Adult Day Care – Guilford County DSS	To support adults to remain living independently and prevent premature placement in alternative living situations, reduce social isolation, loneliness, and	336-641-3447
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	stimulate interest in leisure activities.	
Day Advantage Adult Day Center – Well Springs Solutions	North Carolina certified Adult Day/Day Health program for frail and/or impaired adults.	336-373-4301
Triad Adult Day Care Center	Provides nutritional meals, snacks, recreational activities, arts & crafts, physical fitness activities and field trips.	336-431-1537



Respite Care

Family Caregiver Support Program – Senior Resources of Guilford	Assists caregivers who are providing care to an older or disabled adult who is age 60 or older. Provides vouchers to family caregivers who need short term respite care for their loved one.	336-373-4816 Ext. 240
Griswold Home Care	Home care agency offering personal care, homemaking, companionship, and temporary or long-term respite services. It also offers overnight and live-in care. There are no minimum schedule requirements.	336-285-7477
Adult Day and Respite Care Center	Provides adult day respite services. Services are designed to make it easier for families to keep adults with emotional, physical and mental disabilities, and/or frailties associated with aging in the home and the community and avoid institutionalization.	336-852-8338



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Health Care



Health Care Organizations and Information

Hospice and Palliative Care of Greensboro – Counseling and Education	For those coping with illness, loss, and change.	336-621-5565
Hospice of the Piedmont	In-home hospice services in High Point	336-889-8446
Mental Health Association – Greensboro High Point	Mental health information, services, support, and education.	336-373-1402 336-883-7480
CARE Connections	Services to those with progressive, life limiting illnesses.	336-889-8446
Community Clinic of High Point	Health clinic for low-income adults with no health insurance.	336-841-7154
Contact Center of Atrium Health Wake Forest Baptist – High Point	Information for Atrium Health Wake Forest Baptist	336-878-6888
Health Connect Physician Referral	Referrals for physicians in Greensboro	800-533-3463
Healthserve Clinics of Greensboro	For uninsured and underinsured adults and families.	336-271-5999 336-375-6104
Atrium Health Wake Forest Baptist Adult Health	For uninsured and underinsured. Apply through the Guilford County Department of Social Services	336-845-7867
Moses Cone Family Practice	Outpatient medical services.	336-832-7486



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In-Home Aide Services

In-Home Aide Services – Guilford County Department of Social Services	In-home aides may be brought in to assist adults, who due to certain mental or physical limitations, are unable to do household jobs, pay bills, plan meals, and other activities of daily living.	336-641-3447
Griswold Home Care	Home care agency offering personal care, homemaking, companionship, and temporary or long-term respite services. It also offers overnight and live-in care. There are no minimum schedule requirements.	336-285-7477
Home Instead Senior Care	Provides in-home companionship, home helper, and personal care services for individuals who need assistance with activities of daily living.	336-792-3815
Well-Spring Home Care	Provides in-home assistance to help individuals maintain independence.	336-545-5446

Safety



Emergency Assistance and Protection

Adult Protective Services	Aims to protect vulnerable adults and adults with disabilities from abuse, neglect, and/or exploitation.	336-641-3137
Crisis Line – RHA Behavioral Health High Point	Offers assessment, triage, and intervention services to individuals of all ages in Guilford County and surrounding areas.	336-899-1505



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Guilford County Sheriff's Department	EMERGENCIES DIAL 911. Offers numerous services including criminal investigations, traffic enforcement, 24-hour patrol, civil services and detention facilities, crime prevention, and school resource officer programs.	336-292-6127
Emergency Assistance – Guilford County Department of Social Services	Temporary financial assistance for individuals and families. <u>Crisis Intervention Program (CIP):</u> provides utility assistance with heating and cooling costs. <u>Low Income Energy Assistance Program (LIEAP):</u> provides utility assistance with emergency and non-emergency heating costs.	336-641-3447

Insurance



Insurance Information

Senior Health Insurance Information Program (SHIIP) – Senior Resources of Guilford	Offers free counseling to older adults regarding Medicare insurance coverage.	336-373-4816 Ext. 253
Social Security Administration	Oversees payment of claims for older adults (62 and over), survivor benefits, and disability benefits under social security.	336-854-1809 800-772-1213



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Transportation



Transportation Services

Senior Wheels – Senior Resources of Guilford	Volunteer-based program that transports seniors 55 and older to and from medical appointments.	336-373-4816 Ext. 245
Guilford County Transportation	Transportation for Medicaid participants ages 60 and older. Call for availability.	336-641-4848
SCAT – Access GSO	Transportation for seniors or those with disabilities. Contact for eligibility.	336-336-6589 336-373-2634
Shepherd’s Wheels	Volunteer-based program that transports seniors for errands, non-medical and medical appointments, shopping, etc.	336-378-0766
Piedmont Authority for Regional Transportation (PART)	Provides transportation/connections between Greensboro, High Point, and Winston-Salem.	336-662-0002
CJ Medical Transportation	Provides non-emergency medical transportation for medical appointments of all types. Wheel-chair accessible.	336-656-9888
Dial-a-Lift High Point	Provides transportation for medical appointments, work, shopping, errands, etc. within city limits for persons 60 and over or disabled and unable to ride the city bus.	336-887-1183



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Recreation



Senior Centers

Evergreens Lifestyle Center	Provides a place for older adults to socialize and participate in educational and recreational programs.	336-373-4816 Ext. 280
Smith Senior Center	Encourages older adults to stay active and healthy by offering a wide variety of health, wellness, and leisure opportunities, health screenings, as well as free legal and tax services by appointment.	336-373-7564
Roy B. Culler Senior Center – High Point	Offers activities, crafts, and educational programming for independent seniors.	336-883-3584
Shepherd’s Center	Educational, enrichment, and service projects for older adults.	336-378-0766
Trotter Active Adult Center	Provides diverse, year-round programs, activities and services that meet the physical, social, mental and cultural needs of active adults in Greensboro.	336-373-2927



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Senior Line is pleased to make this At-A-Glance resource directory available to you. For more information on any of the programs listed here or the other programs in our information database not listed, please call Senior Line at 336-333-6981 or in High Point, 336-884-6981. Senior Line services are always available without charge. If you would like to donate to help us extend this service to more people in the community, please

send contributions to:

Senior Resources of Guilford

PO Box 21993

Greensboro NC 27420

Thank you for your consideration.



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