

Greensboro: 336-333-6981 High Point: 336-884-6981 A program of Senior Resources of Guilford

Basic Needs



Meals on Wheels – Senior Resources of Guilford Mobile Meals of High Point Second Harvest Food Bank - Greensboro	Home delivered noon meals for adults 60 and over that are homebound and cannot prepare their own meals. Home delivered noon meals persons of any age that are unable to prepare a meal. Non-profit, non- denominational, faith-based organization providing grocery boxes at a greatly	336-333-6981 336-884-6981 336-882-7676 336-784-5770
Greater High Point Food Alliance	reduced cost. 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 Famers 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
Community Nutrition Sites - 1. Burnett's Chapel (Greensboro) 2. Macedonia Family Resources Center (High Point) 3. Hall Towers (Greensboro) 4. J.O. Harper Senior Center (Gibsonville)	Six community nutrition centers in Guilford County that provide fellowship, recreation, health opportunities, and nutritious meals for older adults. All sites are wheelchair accessible and have handicapped parking.	336-333-6981 336-373-4816 Ext. 230

5. Tolbert New Light		
(Greensboro)		
6. Morehead-Simkins		
(Greensboro)		



Greensboro Housing	Provides affordable housing	336-275-8501
6	and collaborates with the	
Authority	community to create	
	opportunities for resident	
	self-sufficiency and economic	
	independence.	
	Provides affordable housing	22(997 2((1
High Point Housing	and collaborates with the	336-887-2661
Authority		
	community to create	
	opportunities for resident	
	self-sufficiency and economic	
	independence.	
Greensboro Housing	Advocates for decent	336-691-9521
Coalition	affordable housing for people	
	of low and moderate income	
	and for individuals with	
	special needs.	
Affordable Housing	Develops and manages 10	336-273-0568
Management Inc.	income-restricted rental	
	communities. Affordable	
	rental housing for low to	
	moderate income households.	
Beacon Management	Management company for	336-545-9000
Company	low- and modest-income	
	housing communities in	
	Guilford County. Each	
	property is based on income,	
	age, and/or disability	
	qualifications.	



Community Housing	Community Housing	336-676-6986
Solutions	Solutions aids	
	<i>homeowners</i> 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.	
Habitat for Humanity	Non-profit, community-	336-275-4663
of Greensboro	based organization	
	dedicated to building	
	affordable housing for	
	low-income families.	
Habitat for Humanity	Non-profit, community-	336-887-9395
of High Point, Archdale,	based organization	
& Trinity	dedicated to building	
	affordable housing for	
	low-income families.	

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
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Health and Safety Services – American Red Cross Well-Spring Solutions	Provides several types of training, including CPR: Adult, child, infant, CPR/professional rescue, First Aid, etc. Caregiver support groups are designed to help you cope with the extra responsibilities of caring for your loved one,	336-333-2111 336-274-3559
	as well as advice for daily living.	
Caregiver Connect	Training/Education: partners with local agencies and businesses to provide caregiver training/educational opportunities to help the caregivers to better understand, plan and organize their caregiving duties. Resources: helps to connect caregivers to agencies, businesses and organizations that may provide additional support and services needed by the caregivers. Support: provides two monthly scheduled Caregiver Encounter Groups. These sessions allow caregivers time to enjoy a light meal or refreshments, fellowship with one another, and take a needed break from caregiving.	336-373-4248



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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 stimulate interest in leisure activities.	336-641-3447
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



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	336-852-8338

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	community and avoid institutionalization.	
Connections Group Respite Program	Social program offering a four-hour break for those providing care for a family member who is impaired or requires supervision. Impaired family members receive opportunities for a variety of activities with friends in a secure and supportive setting.	336-373-4301

Health Care



AuthoraCare Collective – Counseling and Education	For those coping with illness, loss, and change.	336-621-2500
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

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Guilford County Health Department - Greensboro High Point	Provides services to protect, promote and enhance the health and well-being of all people and the environment in Guilford County.	336-641-7777 336-641-3245
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

In-Home Aide Services

In-Home Aide Services	In-home aides may be	336-641-3447
– Guilford County	brought in to assist adults,	
Department of Social	who due to certain mental or	
Services	physical limitations, are	
Services	unable to do household jobs,	
	pay bills, plan meals, and	
	other activities of daily living.	
Griswold Home Care	Home care agency offering	336-285-7477
	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.	
Home Instead Senior	Provides in-home	336-792-3815
Care	companionship, home helper,	
	and personal care services for	
	individuals who need	
	assistance with activities of	
	daily living.	
Well-Spring Home Care	Provides in-home assistance	336-545-5446
	to help individuals maintain	
	independence.	

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<mark>Safety</mark>

Emergency Assistance and Protection

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Adult Protective	Aims to protect vulnerable	336-641-3137
Services	adults and adults with	
	disabilities from abuse,	
	neglect, and/or exploitation.	
Crisis Line – RHA	Offers assessment, triage, and	336-899-1505
Behavioral Health High	intervention services to	
Point	individuals of all ages in	
1 Unit	Guilford County and	
	surrounding areas.	
Guilford County	EMERGENCIES DIAL 911.	336-292-6127
Sheriff's Department	Offers numerous services	
	including criminal	
	investigations, traffic	
	enforcement, 24-hour patrol,	
	civil services and detention	
	facilities, crime prevention,	
	and school resource officer	
	programs.	
Emergency Assistance –	Temporary financial	336-641-3447
Guilford County	assistance for individuals and	
Department of Social	families.	
-	Crisis Intervention	
Services	Program (CIP): provides	
	utility assistance with heating	
	and cooling costs.	
	Low Income Energy	
	Assistance Program	
	(LIEAP): provides utility	
	assistance with emergency	
	and non-emergency heating	
	costs.	
Emergency Assistance –	Provides emergency rent and	336-885-0191
Open Door Ministries	utilities funds (including	
	electric and gas) for greater	
of High Point	High Point area residents, as	
	well as counseling and	
	referrals. It also provides food	
	reneral in allo provides rood	

	assistance for five days' worth of food for individuals or families. NOTE: Assistance is available as funding allows. Please always call for availability of funds.	
Emergency Assistance – West End Ministries High Point	Provides eligible households with supplemental rental/mortgage assistance to prevent eviction and provides supplemental utility assistance to prevent disconnection of vital water, electricity and gas utilities.	336-884-1105
Emergency Assistance – Greensboro Urban Ministry	Provides assistance with past due electricity, gas and water bills; purchase of propane and heating oil; deposits for gas and water deposits; rent and mortgage payments. Assistance is based on the availability of funds. NOTE: For High Point residents: assistance may be available for residents who have a Duke Energy account in their name.	336-553-2657
Financial Assistance – Helping Hands Ministries High Point	Provides assistance with electric bills. Service is only available to the city of High Point electric customers - no Duke Energy assistance.	336-886-2327

Insurance



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

Transportation

Transportation Services

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

Dial-a-Lift High PointProvides 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



Evergreens Lifestyle	Provides a place for older	336-373-4816 Ext. 280
Center	adults to socialize and	
	participate in educational and	
	recreational programs.	
Smith Senior Center	Encourages older adults to	336-373-7564
	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.	
Roy B. Culler Senior	Offers activities, crafts, and	336-883-3584
Center – High Point	educational programming for	
	independent seniors.	
Shepherd's Center	Educational, enrichment, and	336-378-0766
	service projects for older	
	adults.	
Trotter Active Adult	Provides diverse, year-round	336-373-2927
Center	programs, activities and	
	services that meet the	
	physical, social, mental and	

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cultural needs of active adults	
in Greensboro.	

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.