



SeniorLine

At-A-Glance Resource Guide



Greensboro: 336-333-6981

High Point: 336-884-6981

Food & Nutrition Resources



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
Meals on Wheels – High Point (Senior Resources of Guilford)	Home delivered noon meals for persons of any age that are unable to prepare a meal.	336-882-7676
Second Harvest Food Bank - Greensboro	Non-profit, nondenominational, 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.	www.guilfordmobileoasis.com
Piedmont Triad Farmers Market - Colfax	Sells fresh, locally grown farm products to the people of the Triad.	336-605-9157
Community Nutrition Sites - <ul style="list-style-type: none"> • Burnett’s Chapel (Greensboro) • Macedonia Family Resources Center (High Point) • Hall Towers (Greensboro) • J.O. Harper Senior Center (Gibsonville) • Tolbert New Light (Greensboro) • Morehead-Simkins (Greensboro) 	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

Housing Resources



Greensboro Housing Authority	Provides affordable housing and collaborates with the community to create opportunities for resident self-sufficiency and economic independence.	336-275-8501
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
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

Caregiver Resources



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, and more.	336-333-2111
Well-Spring Solutions	Caregiver support groups to help caregivers cope with responsibilities of caring for a loved one, as well as advice for daily living.	336-274-3559
Caregiver Connect	<p>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.</p> <p>Resources: Helps to connect caregivers to agencies, businesses and organizations that may provide additional support and services needed by the caregivers.</p> <p>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.</p>	336-373-4248
NC Dementia Alliance	Addresses the specific needs of dementia and Alzheimer’s caregivers and provide information, referrals and other forms of caregiver assistance.	www.dementianc.org

Adult Day Center Resources



Adult Day Care – Guilford County DSS	Mission is 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

Respite Care Resources



<p>Family Caregiver Support Program – Senior Resources of Guilford</p>	<p>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.</p>	<p>336-373-4816 Ext. 240</p>
<p>Griswold Home Care</p>	<p>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.</p>	<p>336-285-7477</p>
<p>Adult Day and Respite Care Center</p>	<p>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.</p>	<p>336-852-8338</p>
<p>Connections Group Respite Program</p>	<p>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.</p>	<p>336-373-4301</p>

Health Care Organizations & Information



AuthoraCare Collective – Counseling and Education	For those coping with illness, loss, and change. Has in-home and onsite hospice services.	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 health system.	336-878-6888
Health Connect Physician Referral	Referrals for physicians in Greensboro	800-533-3463
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 Care Resources



<p>In-Home Aide Services – Guilford County Department of Social Services</p>	<p>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.</p>	<p>336-641-3447</p>
<p>Griswold Home Care</p>	<p>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.</p>	<p>336-285-7477</p>
<p>Home Instead Senior Care</p>	<p>Provides in-home companionship, home helper, and personal care services for individuals who need assistance with activities of daily living.</p>	<p>336-792-3815</p>
<p>Well-Spring Home Care</p>	<p>Provides in-home assistance to help individuals maintain independence.</p>	<p>336-545-5446</p>
<p>ComforCare Triad</p>	<p>Provides in-home aides to help with all activities of daily living.</p>	<p>336-617-6001</p>

Emergency Assistance & 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
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

Financial Assistance



<p>Emergency Assistance – Guilford County Department of Social Services</p>	<p>Temporary financial assistance for individuals and families. <u>Crisis Intervention</u> Program (CIP): 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.</p>	<p>336-641-3447</p>
<p>Emergency Assistance – Open Door Ministries of High Point</p>	<p>Provides emergency rent and utilities funds (including electric and gas) for greater High Point area residents, as well as counseling and referrals. It also provides food assistance for five days' worth of food for individuals or families.</p> <p>NOTE: Assistance is available as funding allows. Please always call for availability of funds.</p>	<p>336-885-0191</p>
<p>Emergency Assistance – Greensboro Urban Ministry</p>	<p>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.</p> <p>Assistance is based on the availability of funds.</p> <p>NOTE: For High Point residents: assistance may be available for residents who have a Duke Energy account in their name.</p>	<p>336-553-2657</p>
<p>Financial Assistance – Helping Hands Ministries High Point</p>	<p>Provides assistance with electric bills. Service is only available to the city of High Point electric customers - no Duke Energy assistance.</p>	<p>336-886-2327</p>

Insurance Resources



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
Medicare	Administers the government health insurance program for adults 65 and older	800-633-4227
Medicaid	Administers the government program for those who are disabled or under a certain income level.	888-245-0179

Transportation Resources



Senior Wheels – Senior Resources of Guilford	Volunteer-based program that transports seniors 60 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
Access GSO (formerly SCAT)	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. Wheelchair 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

Recreational Resources



Evergreens Lifestyle Center (Senior Resources of Guilford)	Provides a place for older adults 55+ to socialize and participate in educational and recreational programs including exercise classes, a full gym, crafts, games, book clubs, and more.	336-373-4816 Ext. 280
Smith Senior Center	Senior center that is part of the Greensboro Parks & Recreation department.	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	Senior center that is part of the Greensboro Parks & Recreation department.	336-373-2927

For more information about these or other resources, call SeniorLine.

Greensboro – (336) 333-6981
High Point/Jamestown – (336) 884-6981

SeniorLine is a nonprofit service of Senior Resources of Guilford, providing information, referrals, and options counseling to older adults and their families.

Visit our website at www.senior-resources-guilford.org