

## HEALTHCARE RESOURCES

### Caregivers & Home Health Care

This resource list is intended to assist in finding care, does not attempt to be comprehensive or exhaustive, and is updated periodically. These are not specific recommendations nor endorsements. WMPC encourages due diligence when choosing care for yourself or others.

#### **Private Care Givers**

Contact Heather Garrabrant at [hgarrabrant@whitememorial.org](mailto:hgarrabrant@whitememorial.org) or 919-834-3424, ext. 234 for more information.

Care YaYa - <https://www.careyaya.org/>

This non-profit organization is made up of college students majoring in a medical field who need experience in caregiving. The website has a section on “How to convince your loved one to accept help.” There is a statement in the article that it may be easier for a person to accept help if they feel as though they are contributing something to the interaction as well. They would be helping a student! This is just \$15/hour, and the full amount goes to the student.

#### **Home Care Agencies**

The Key - <https://thekey.com/locations/north-carolina/raleigh>

Dave Knier - Regional Client Success Manager, 919-436-1871

Arosa - 919-261-5880, <https://arosacare.com/locations/triangle>

Private duty care givers and life care managers

Home Helpers Home Care Raleigh - 919-823-3517

Amada Senior Care Raleigh - 984-250-7200

Always Best Care - 919-724-4297

Home Instead - 919-676-2273

Hillcrest Home Health - 919-468-1204

## **Rehabilitation and Living Facilities**

### **Rehabilitation/Skilled Nursing Facilities**

UNC Rex Rehabilitation and Nursing Home Raleigh

UNC Rex Rehab & Nursing of Apex

Templeton/Swift Creek in Cary - has a pre-registration program for planned surgeries <https://www.thetempletonofcary.com/wp-content/uploads/Swift-Creek-Health-Center-Pre-Registration-Program-2022.pdf>; also may have direct admission for non resident short term rehab after unplanned hospitalizations. 984-205-1761

Hillcrest Rehabilitation and Nursing Home- one in Durham and one in Raleigh

Springbrook Nursing & Rehab Clayton

Glenaire-sometimes does direct admissions for short term rehab, Call Iris Sutton at 919-447-4497

Wake Med. Rehabilitation Hospital - Acute inpatient rehabilitation. 3 hours of rehab/5 days/wk

UNC Hospital Rehabilitation Center - New facility, Acute inpatient rehabilitation, US News 2022-2023 Best Hospital for Rehabilitation. 3 hours of rehab 5 days/week.

### **Assisted Living Facilities**

Morning Side - 801 Dixie Trail, Raleigh 919-828-5557

Sunrise - 4801 Edwards Mill Road, Raleigh 919-439-4864

Brighton Gardens - 3101 Duraleigh Rd., Raleigh 919-439-4698

Atria Oakridge-10810 Sandy Oak Ln, Raleigh, NC 919-848-2088

Waltonwood Lake Boone - 3550 Horton St., Raleigh, NC 984-232-7011

The Templeton in Cary - 215 Brightmore Dr., Cary, NC 984-204-7658

Glenaire - sometimes has a few rooms available for direct admission to assisted living.

Iris M Sutton, Admissions Coordinator

5000 Glenhope Court

Cary, NC 27511

P: (919) 447-4497

C: (919) 740-1570

**Board and Care homes** - private single-family homes in neighborhoods that offer assisted living to memory care. <https://www.seniorly.com/board-and-care-home/north-carolina/raleigh>

## **Memory Care/ Skilled Nursing Facilities**

**Some overlap with assisted living facilities and with board and care homes (follow link) listed above**

Swift Creek Cary - (Nursing facility of the Templeton) 984-205-1761 offers Rehab for non-residents, talk with admissions coordinator Sonya, 919-815-2635

Hillcrest of Raleigh - 919-781-4900

Hillcrest of Durham (5 star) 919-286-7705, <https://hillcrestnc.com/durham-nc>

Sometimes a Continuing Care Retirement Community will allow an admission direct to memory care - examples are The Cardinal, The Cypress, Waltonwood, etc. Would need to call.

## **Day Care for people with dementia**

Sarah Care - 919-746-7050

Ruth Sheets Adult Care Center - 919-832-7227

The Glade at Glenaire - do not need to be a Glenaire resident. Expanding capacity to 50 participants in Dec. '23 <https://www.brightspire.org/glenaire/life-at-glenaire/the-glade.aspx> (919) 460-8095

## **Hospice**

Transitions Hospice Care - 250 Hospice Circle Raleigh, NC 27607, 919-828-0890, <https://www.transitionslifecare.org>

Duke Hospice - 919-620-3853, Home Health Care, Infusion, Hospice, and Bereavement Services, <https://www.dukehealth.org/treatments/home-care-and-hospice>

3HC- Hospice care at home in Wake Co. <https://www.3hc.org/office-locations/>

## **Urgent Care at Home**

Dispatch Health - Urgent care at home, 7 days a week, 365 days a year, 8am-10pm, within 2 hours NP or PA. Have mobile X-ray.

[www.dispatchhealth.com](http://www.dispatchhealth.com), 919-877-6912.

## **Lab Draw (Phlebotomy) Services at Home**

Phlebotomy Genie - Private Pay Mobile Blood Draw Service. Patient can submit bill to insurance themselves. For patients 18 years and older.

Phone: (919) 438-1482 Fax: (919) 573-0462.

Email: [geniesupport@thephlebotomygenie.com](mailto:geniesupport@thephlebotomygenie.com)

Website: [www.thephlebotomygenie.com](http://www.thephlebotomygenie.com)

## **Transportation**

GoGo Grandparent - For transportation, groceries, meals, home services, and medication delivery needs, call GoGo at 1 (855) 464-6872, [www.gogograndparent.com](http://www.gogograndparent.com)

Health First Transport - 919-961-1550 <https://www.healthfirsttrans.com/healthfirsttranshome>  
non-emergency medical transport, ambulatory, wheelchair and stretcher

**Wake County Ambulance service for \$60 subscription**

<https://www.wake.gov/departments-government/emergency-medical-services-ems/60-subscription-program>, 844-239-6690.

For \$60 per year, you and all permanent residents of your household can receive emergency 911 ambulance service anywhere in Wake County as many times as needed for a year.

PALS - Patient Airlift Services, Republic Airport, 7110 Republic Airport, Suite 202, Farmingdale, NY 11735

Free flights for patients, veterans, and those in need. [www.Palsflight.org](http://www.Palsflight.org), 888-818-1231

## **Caregiver Support**

Duke Dementia Family Support Program - for dementia education, consultation, and support, 919-660-7510 <https://dukefamilysupport.org/>

Dementia Alliance of North Carolina - for support groups, education, and resources, 919-832-3732, Dementia Alliance of North Carolina - A State of Caring <https://dementianc.org>, 9131 Anson Way Suite 206, Raleigh, NC 27615

Alzheimer's Association of NC Eastern Chapter - <https://www.alz.org/nc>

<https://www.dukehealth.org/support-services/caregiver-support>, 919-660-2936

Free information, referral, education, and support for caregivers. Do not have to be Duke patient.

Caregiver Action Network - <https://www.caregiveraction.org/> is a nonprofit support for family caregivers that has resources, connections, and more.

The Caregiver Cafe- an online support and resource - <https://thecaregivercafe.net/>

(Caregiver Support Continued)

Brenda Miller Speaking-Caregiver Coffeebreak - an online support and resource

<https://breedamiller.com/caregiver-coffeebreak/>

The Caregiver Cafe with Roz Jones - podcast that tackles & highlights the daily situations caregivers face with their aging loved ones. - <https://thecaregivercafe.buzzsprout.com/>

Lewy body Dementia support - [www.lewybodycaregivers.com](http://www.lewybodycaregivers.com)

## **Certified Geriatric Care Manager**

Raleigh Geriatric Care Management - 919-803-8025

## **Aging Advisors & Well-Check Assistance**

Liisa Ogburn - <https://www.agingadvisorsnc.com/>

Call 919-827-7700 or email [liisaogburn@agingadvisorsnc.com](mailto:liisaogburn@agingadvisorsnc.com)

Allison O'Shea - OpenlyAging <https://openlyaging.com/>

Jennifer Fiebelkorn - Preferred Living Solutions <https://preferredlivingsolutions.com/>

Arosa - Provides geriatric care management in addition to caregivers & RN services. [www.arosacare.com](http://www.arosacare.com). Private pay, though some long-term care insurance and/or veterans benefits might be applicable to services.

Transitions Guiding Lights - 919-371-2062

Citizen Well - Check Program - Wake County Sheriff Office calls 9 a.m., 9:05 a.m., 9:10 a.m., if no answer, contact person is notified, 984-298-1363 to sign up.

## **Private Physical Therapy**

Frank Hielema - Sure Steps Physical Therapy 919-832-1394, <https://www.suresteps.net/>

Specializes in fall prevention. All clients are seen in their homes.

## Mental Health

Triangle Pastoral Counseling - <https://tpccounseling.org/>, 919-845-9977, Robert Cooke ext. 202 (sees patients at White Memorial), Hollon Benson ext. 224.

Silver Linings - Provides Senior Counseling at home or in office, Medicare approved.  
<https://silverliningsnc.com/>, [info@silverliningsnc.com](mailto:info@silverliningsnc.com), 919-948-7718

American Foundation for Suicide Prevention - [www.afsp.org](http://www.afsp.org), crisis call or text 988, or text TALK to 741741

Southlight Healthcare - [www.southlight.org](http://www.southlight.org), 919-787-6131

Suicide & Crisis Lifeline (24/7) - Call 988; Chat <https://988lifeline.org/> NAMI suggests if calling 911 for a Mental Health Emergency, tell the dispatcher it is a mental health emergency that requires a CIT team (Crisis Intervention Team), or call 988 instead.

NAMI (National Alliance On Mental Illness) National Helpline: (M-F) 10:00 AM-10:00 PM- Call 1-800-950-NAMI (6264); Text 62640; Email [helpline@nami.org](mailto:helpline@nami.org); Chat at <https://www.nami.org/help> (click on blue button in bottom right corner)

NAMI (National Alliance On Mental Illness) Teen & Young Adult Helpline- Call 1-800-950-6264; Text "Friend" to 62640; Email [helpline@nami.org](mailto:helpline@nami.org); Chat at <https://www.nami.org/talktous>

FGFMI (Fighting Goliath For Mental Illness)- Email [fightinggoliath4mi@gmail.com](mailto:fightinggoliath4mi@gmail.com); Facebook: Fighting Goliath for Mental Illness; Facebook Support Group: <http://www.facebook.com/groups/986621275666764/>; Instagram: fightinggoliath4mentalillness

DBSA (Depression & Bipolar Support Alliance- Call (800) 826-3632; website <https://www.dbsalliance.org/>.

ADAA (Anxiety and Depression Association of America)- Call (800) 485-1001; Email [information@adaa.org](mailto:information@adaa.org); website <https://adaa.org/>

NAMI Wake County- Call (919) 848-4490; Email [admin@nami-wake.org](mailto:admin@nami-wake.org); Website <https://nami-wake.org/>

## **Alcohol and Drug Treatment**

National Institute on Alcohol Abuse and Alcoholism - Alcohol Treatment Navigator,  
<https://alcoholtreatment.niaaa.nih.gov/>

Southlight Healthcare - [www.southlight.org](http://www.southlight.org), 919-832-4453

First Step NC - 919-833-8899, <http://www.firststepnc.com>

Triangle Springs - [www.trianglesprings.com](http://www.trianglesprings.com), 919-372-4318

Baldwins Counseling /Consultation - 919-291-7313

Welwynn Outpatient Center - <https://welwynn.com/>, Shannon Ware - 984-200-2780.  
An addiction and mental health treatment center serving executives, professionals and their families in an intensive outpatient (IOP) setting located in Raleigh, NC

## **Parenting Resources**

Safe Child - Parent resources, education, programs, and groups. <https://safechildnc.org>,  
919-743-6140, 864 W Morgan St., Raleigh, NC 27603

Project Enlightenment - <https://www.wcpss.net/projectenlightenment>, 919-856-7774.

Lucy Daniel Center - helping children live emotionally healthy lives.  
<https://lucydanielscenter.org/>, 919-677-1400.

CDSA - Child Development Service Agency - provides support and services for families and their children, birth to three, who have **special needs**. <https://www.ncdhhs.gov/itp-bearly>, Tracey Karp director, 919-664-1800.

Poe Health Center - for health education, <https://www.poehealth.org/>, 919-231-4006

## **Help for Veterans**

Dept of Veteran Affairs - Disability Benefit Pension

VA Health Care Benefit, 252-830-2149, income-based pension, household benefits. Raleigh Office 919-212-8387

Veterans Crisis Line: Dial 988, then press 1; text 838255; or, chat at  
<https://www.veteranscrisisline.net>.

## **Affordable Health Care**

Neighbor Health Center, <https://neighborhealthcenter.org/>, 984-222-8000. Affordable Medical Care for Adults and Children, sliding scale for uninsured patients, accept most insurance, Medicaid, and Medicare. 2605 Blue Ridge Rd. Raleigh, NC 27607

Alliance Medical Ministry, <https://www.alliancemedicalministry.org/>, 919-250-3320. Health care for employed (or live with family member who is employed) people age 18+, without health insurance. 101 Donald Ross Drive, Raleigh, NC 27610. Must be permanent resident of Wake County.

Mariam Clinic, <https://www.mariamclinic.org/>, 919-824-4672. Provides free medical, dental, mental health services, and eye exams for adults (age 18+) who are at or below 200% of the poverty level who do not have any health insurance.

Triangle Family Services - mental health, family safety and financial stability.

## **Help with Cost of Medications**

Figs of Wake County, [www.figsofwake.org](http://www.figsofwake.org), 919-386-9645. Filling in the Gaps, help with paying for medications and medical equipment. 120 W. Hargett St. Raleigh, NC 27603

## **Affordable Dental Care**

Wake Smiles, 919-390-6497 in Salvation Army, 1863 Capital Blvd. Raleigh, NC 27604. Helping under-resourced adults through better oral health. Must be referred.

## **Housing/ Shelter**

Raleigh Rescue Mission, [www.raleighrescue.org](http://www.raleighrescue.org), 919-828-9014. Emergency Shelter - recovery and rehabilitation. 314 E Hargett ST. Raleigh, NC 27601

## **Domestic Violence**

Interact, [www.interactofwake.org](http://www.interactofwake.org), 919-828-7740. Help for victims of domestic and sexual violence, 24-hour crisis line, emergency shelter, advocacy, counseling. 1012 Oberlin Rd. Raleigh, NC 27607

Triangle Family Services, <https://tfsnc.org/>. 3937 Western Blvd, Raleigh, 919-821-0790



## Communication & Home Safety Tips Links

Communication Tips for Aphasia (language loss from stroke) -

<https://www.aphasia.com/aphasia-library/caregiver/communication-tips/7-communication-tips-for-new-caregivers/>

Communication Tips for Dementia - <https://www.alz.org/help-support/caregiving/daily-care/communications>

Safety Tips - <https://www.healthinaging.org/tools-and-tips/tip-sheet-home-safety-tips-older-adults>

## Phones/Communication

**RAZ Memory Cell Phone**, [www.razmobility.com](http://www.razmobility.com). Remote caregiver management of phone, good for persons with cognitive issues, communication difficulties, tremors, visual impairment. Has a home screen of 6 people with photos. Easy to touch and dial, can block numbers and times for phone use. Has a low vision mode.

**MiniVision 2+**, [www.razmobility.com](http://www.razmobility.com), is a basic cell phone with large tactile buttons. 100% accessible to people who are blind. Speaks everything on the screen and everything typed. Features include calls, texts, alarm, camera, FM radio, light detector, color identifier, money identifier, calculator, recorder, flashlight, and a “where am I” feature.

**Jitterbug Flip 2 by Lively**, [www.lively.com](http://www.lively.com), Easy cell phone with large buttons, Urgent Response button on the keypad to access Lively Response team for “emergencies big or small.” List-based main menu.

**Jitterbug Smart 3 by Lively**, [www.lively.com](http://www.lively.com), is a simplified smart phone. Has voice typing and video chat features. Press the Urgent Response button to access the Lively Response team for “emergencies big or small.”

## **Assistive Apps for smartphones and tablets**

**RecallCue Dementia Day Clock** designed for iPad, [www.recallcue.com](http://www.recallcue.com), is an app that is an easy-to-read day clock, with alarms & reminders, messages and photos, plays nostalgic music, enables two-way video calls, and shares documents and files. A loved one can manage the app remotely to set the schedule, alarms & reminders, and to send additional reminder messages, for instance, to take medicine.

**MemoClock (available for download in your iOS or Android App Store)**. Created by Dan Mogenson after his father was diagnosed with Alzheimer's disease. Functions as a clock and reminder system, and as a way to combat loneliness by allowing people to send photos and voice messages. The app is downloaded by the user and the caregiver.

**My House Of Memories (available for download in iOS or Android App Store)**. Created by National Museum Liverpool for people living with dementia. Encourages reminiscing, communication, and enjoyment.

**Dementia Guide Expert (available for download in iOS or Android App Store)**. Created by University of Illinois as a resource guide for persons with dementia, their families, and caregivers.

**Medisafe App.** [www.medisafeapp.com](http://www.medisafeapp.com) offers medication management tools, and family tracking. You can see when a family member has missed a dose and offer a reminder using the "Medifriend" feature.