

We Can Help You

Ask the Front Desk or call (910) 215-0900
...even if you have a relative out of state!

Family Caregiver Program *caring for adults age*

60+ Respite * Support Group * Housing Assistance * Long Term Care facilities * Rehab Services * Home repair/Modification * Adult day care/day health * Mental health * Durable medical equipment/assistive devices

Health & Wellness *Age 50+*

Full-time Certified Trainer * Group Exercise Classes * Fully equipped fitness room—fee is \$2 per visit * Fitness Equipment Orientations * Health Screenings

Information & Referral

In-Home Aide *Age 60+*

Bathing assistance * Light housekeeping & Home management * telephone reassurance

Legal Assistance Program *Age 60+*

Referrals (periodically host clinics by Legal Aide of North Carolina)

Other

Job Training/Job Placement
Disaster Preparedness Training,
Reverse Mortgage counseling
Enrolling in Medicaid
Tax Preparation/Counseling
AAA ombudsman

Nutrition *Age 60+*

Diner's Clubs: Senior Enrichment Center & Davis Community Center (Robbins)
Home Delivered Meals * Energy assistance * Food distribution

Senior Games in the Pines *Age 50+*

Athletic competitions & Literary, visual, heritage & Performing arts

Senior Health Insurance Information Program (SHIIP)

Guidance with Medicare, supplemental health insurance, long-term care insurance, prescription drug plans, enrolling in Medicare A , B & D, Social Security Benefits

Transportation *Age 60+*

Medical in & out of Moore County & General Transportation for our Diner's Club

