



NORTH CAROLINA FAMILY CAREGIVING GUIDE



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Providing care to a family member or friend can be a positive and rewarding experience. However, the physical, emotional and financial demands can sometimes be overwhelming and stressful.

This guide has information about resources and programs to help you as you care for those who need assistance.

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Caring for a relative or friend?

You are a caregiver if you help someone in any one of the following ways:

- Provide direct financial support
- Manage personal finances
- Do household chores—cooking, shopping, laundry, and/or maintenance of living quarters
- Assist with activities of daily living such as bathing, dressing, toileting, feeding
- Provide transportation
- Administer medications
- Provide companionship through personal visits or telephone, or arrange or coordinate outside help.

You may do many more things to provide care for a loved one. Caregiving demands time, resources, energy and love.

The majority of caregivers either live with or nearby their loved one, and others are long-distance caregivers. All caregivers need assistance and resources to help manage and coordinate services in a number of ways.

According to the NC Department of Health and Human Services, nearly one-quarter of North Carolina adults are providing regular care or assistance to an older adult with a long-term illness or disability. Almost one-half of the caregivers report the care recipient has memory loss, confusion, or shows signs of Alzheimer’s disease or dementia. More than one-half of all caregivers are employed, either full or part time, balancing work with their caregiving role. Nearly 70 percent of caregivers are making adjustments to their work to accommodate caregiving.

This guide has been designed to help you access caregiving resources to navigate an often confusing, but ultimately rewarding world of caregiving.

STATE AND LOCAL GOVERNMENT RESOURCES

North Carolina Area Agencies on Aging (AAA) – Caregiver Support Services

While there is currently no “one-stop shop” to get all your questions about caregiving answered, your local Area Agency on Aging is an important place to begin. Area Agencies are regional offices that facilitate and support the development of programs to address the needs of older adults. They have family caregiving specialists who can help you find solutions to many caregiving challenges. There is contact in-

formation for your local agency at the end of this guide.

Services specifically for caregivers include:

- Respite services in-home, in a group setting, and/or in a hospital, nursing facility or other state-approved facility
- Home-delivered meals
- Meals for groups
- Adult day services
- Care management
- In-home aide services
- Information services for assistance
- Transportation services
- Senior center operations
- Housing and home-improvement services
- Health promotion services
- Medication management

North Carolina Secretary of State — Medical and End of Life Directives Online

The NC Secretary of State has established an online registry that allows NC residents to put their wishes for end of life care and other medical directives online. The Advanced Health Care Directive Registry allows you to file up to four different documents:

1. Declaration of a desire for a natural death (living will)
2. Health care power of attorney
3. Advance instruction for mental health treatment

4. Declaration of an anatomical gift (organ or tissue donation)

Visit www.nclifelinks.org or www.sosnc.com and click on the advance directive icon; or call 919-807-2167.

North Carolina Division of Adult Aging Services

The North Carolina Division of Adult Aging (NCDAAS) provides a listing of services, hotlines, fact sheets, and advocacy opportunities supporting older adults.

Call 1-800-662-7030, or visit www.ncdhhs.gov/olderadults/index.htm

NC Division of Social Services — Low-Income Energy Assistance Program

The Low Income Energy Assistance Program (LIEAP) is a federally funded program that provides for a one-time vendor payment to help eligible households pay their heating bills. Priority in eligibility is given to disabled persons receiving services through the Division of Aging and Adult Services, or households in which all members are age 60 and older.

More information on the program can be found at www.ncdhhs.gov/dss/energy/index.htm

To apply for the program contact your county Department of Social Services, which can be found at www.ncdhhs.gov/dss/local/index.htm



MEDICAL ASSISTANCE

Medicare

Information on Medicare coverage, benefits, and options can be found on their website. The site covers resource information on many topics including a section on information for caregivers. To access this, type “caregivers” in the search section of the website.

Visit www.medicare.gov or call 1-800-MEDICARE.

Medicare Rx Extra Help

Medicare Rx Extra Help is a program to assist low-income Medicare participants to cover monthly premiums, annual deductibles, and prescription co-pays related to

a Medicare Prescription Drug plan.

You can apply by calling Social Security at 1-800-772-1213. For a written application, apply online at www.socialsecurity.gov/extrahelp or at your local Social Security office.

Affordable Care Act

Under the Affordable Care Act (ACA), Medicare recipients are eligible to receive a number of cost-free preventive services and screenings. Seniors who are in the prescription drug coverage gap known as the “donut hole” automatically receive discounts on prescription drugs.

For more information about the Affordable Care Act and Medicare coverage, go to www.healthcare.gov/if-i-have-medicare-do-i-need-to-do-anything

Information on how the ACA impacts seniors is also available from AARP at www.aarp.org/health/affordable-care-act

Seniors’ Health Insurance Information Program (SHIIP)

SHIIP, an agency of the North Carolina Department of Insurance, answers questions and counsels seniors about Medicare, Medicare supplements, Medicare Advantage, prescription drug plans, long-term care insurance, and other health insurance concerns.

Call 1-800-443-9354 or visit www.ncdoi.com/SHIIP

Medicaid

Medicaid is a health insurance program for low-income individuals and families who cannot afford health care costs. Medicaid serves parents, children, seniors, and people with disabilities. It covers hospital care and long-term care in a nursing home as well as an array of optional services including personal care services and physical therapy.

To find out more about Medicaid for persons who are 65 and older, blind, or disabled, contact your local Department of Social Services or go to www.ncdhhs.gov/dma/medicaid/abd.htm

NC Med Assist

This program provides prescription drug assistance to North Carolinians who do not have insurance coverage and have income less than 200% of the federal poverty level.

For more information, go to www.medassist.org or call 704-536-1790.

Drug Discount Cards and Prescription Assistance Programs

There are multiple drug discount cards and prescription assistance programs available to assist persons who have difficulty paying for their prescription drugs.

If you need assistance paying for your drugs, talk with your local pharmacist or visit www.needymeds.com

Health Care Supplemental Insurance/Long-Term Care Insurance

The Seniors' Health Insurance Information Program (SHIIP) is a program of the North Carolina Department of Insurance. The SHIIP staff answers questions and provides free and unbiased information about Medicare, Medicare supplements, Medicare Advantage, prescription drug plans, long-term care insurance, and other health insurance concerns for people on Medicare. The SHIIP counselors can also help people recognize and prevent Medicare billing errors and possible fraud.

Call 1-800-443-9354 or visit www.ncdoi.com/SHIIP/

Long-Term Care Insurance

Long-term care insurance can be purchased to cover some or all of the costs of nursing home, community, or home health care when you cannot meet the needs of everyday living on your own. While such insurance can be costly and might not cover all long-term care expenses, it can help to safeguard your assets and protect your financial stability. There may be an "above the line" federal tax deduction for the cost of your long-term care insurance premiums.

Consult your tax advisor for more information. You can call the National Association of Insurance Commissioners at 816-783-8300 to request a copy of *A Shopper's Guide to Long-Term Care Insurance*.

Long-Term Care Partnership Program

In 2010, the NC General Assembly passed legislation to establish a Long-Term Care Partnership Program. This program is a partnership between the North Carolina Medicaid program and private long-term care insurance carriers. It is designed to assist North Carolinians in planning for their cost of long-term care needs while providing protection to some or all of their assets. Partnership policies are available from participating insurance companies who are authorized by the NC Department of Insurance to market and sell these policies.

For information, call the Seniors' Health Insurance Information Program (SHIIP) in the NC Department of Insurance at 1-800-443-9354 or visit www.ncdoi.com/SHIIP/SHIIP_LongTermCare.aspx

TAX AND OTHER BENEFITS

Federal Tax Credit for Dependent Care

You may be able to claim a tax credit if you pay someone to care for a dependent who is under age 13, or for your spouse or dependent who is not able to care for himself or herself. The credit ranges from 20% to 35% of your expenses up to \$3,000 of expenses for each qualifying person depending on your income level. To qualify, you must be paying for these expenses so you and your spouse, if filing jointly, can work

or look for work. If you receive any dependent childcare benefits from your employer during the year, you may be able to exclude from your income all or part of these benefits.

Consult your tax advisor for more information or visit the IRS website at www.irs.gov

State Tax Assistance Programs

The North Carolina General Assembly has authorized three tax assistance programs: the Elderly and Disabled (Homestead) Exclusion, the Disabled Veteran Exclusion, and the Circuit Breaker Tax Deferment.

Under the Homestead Exclusion Program, the amount of the appraised value of the residence that may be excluded from taxation is the greater of \$25,000 or 50% of the appraised value of the residence. You must apply and qualify to receive this exclusion. Eligibility criteria for the program area are as follows:

- Be at least 65 years old or permanently disabled on January 1
- Have income below \$29,000 (income amount is adjusted each year to reflect the Social Security cost of living increase)
- Property on application is your permanent residence
- Be the owner of your home as of January 1

North Carolina excludes from property taxes \$45,000 of the appraised value of a permanent

residence owned and occupied by an honorably discharged disabled veteran or the unmarried surviving spouse of an honorably discharged disabled veteran. A disabled veteran is a veteran who either (1) has 100% permanent total disability that is service-connected or (2) receives benefits for specially adapted housing under 38 U.S.C. 2101.

Under the Circuit Breaker Tax Deferment for Senior Citizens program, taxes for each year are limited to a percentage of the qualifying owner's income. A qualifying owner must either be at least 65 years of age or be totally and permanently disabled. For an owner whose income amount for the previous year does not exceed the income eligibility limit for the current year, which for the 2014 tax year is \$28,600, the owner's taxes will be limited to four percent (4%) of the owner's income. For an owner whose income exceeds the income eligibility limit (\$28,600) but does not exceed 150% of the income eligibility limit, which for the 2014 tax year is \$42,900, the owner's taxes will be limited to five percent (5%) of the owner's income. However, the taxes over the limitation amount are deferred and remain a lien on the property.

The last three years of deferred taxes prior to a disqualifying event will become due and payable, with interest, on the date of the disqualifying event. Interest accrues on the deferred taxes as if they had been payable on the dates on which they would have originally become due. Disqualifying events are death of

the owner, transfer of the property, and failure to use the property as the owner's permanent residence. Exceptions and special provisions apply.

If you have questions about any of these programs, contact your county tax office.

Other Tax Benefit Resources

AARP Foundation Tax-Aide and Volunteer Income Tax Assistance (VITA) programs offer free assistance in preparing tax returns.

For information, call AARP at 1-888-OUR-AARP (1-888-687-2277), or visit www.aarp.org/money/taxes/aarptaxaide

AARP Benefits Outreach Program

This is a free Internet program to help people to determine their eligibility for public benefits and/or prescription drug benefits.

For more information, visit: www.aarp.org/quicklink

Food and nutrition services (food stamps/SNAP) programs to help people with or without Medicare, and employment resources for the unemployed can be applied for through this program.



CAREGIVER RESOURCES AND PROGRAMS

Caregiver Education

AARP "Powerful Tools for Care-

givers" is a six-week course, which provides family caregivers with tools focused on improving self-care and increasing their caregiving ability. You can find more information at www.aarp.org/relationships/caregiving/info-04-2012/caregivers-take-care-of-yourself-first-nc.html.

- Eldercare locator is a public service of the U.S. Administration on Aging that connects caregivers to local services and resources for older adults. For information visit www.eldercare.gov or call 1-800-677-1116.

- AARP's Caregiving Resource Center: your one-stop shop for tips, tools and resources while caring for a loved one: www.aarp.org/caregiving or 1-877-333-5885. For Spanish resources: www.aarp.org/cuidar or call 1-888-971-2013.

- Caring for Mom and Dad is a PBS program that offers an intimate look at the issues facing family caregivers. You can watch it at <http://video.pbs.org/program/caring-mom-dad>.

- AARP's Prepare to Care: A Planning Guide for Families contains information to help you and other family members discuss and create a caregiving plan for yourself or a loved one. You can access this helpful booklet at www.aarp.org/caregiving.

- AARP's "Living Longer, Living Smarter" is designed to provide you and your family with planning tools to ensure a safe, healthy, tomorrow.

You can find a comprehen-

sive resource guide at www.aarp.org/content/dam/aarp/home-and-family/caregiving/2014-12/DCS-Resource-Guide-aarp.pdf.

- I Heart Caregivers and Caring Buddies help you share your experiences and connect with fellow caregivers.

Visit <https://act.aarp.org/iheart-caregivers/> and <http://states.aarp.org/buddies-a-relief-valve-for-caregivers>.

- The AARP Caregiving App brings your caregiving tools right to your smartphone. Organize and privately share doctor and medication instructions, insurance information and more.

You can get more information, including how to download the app at <https://carezone.com/aarp>.

- Caregiver Action Network is the nation's leading family caregiver organization working to improve the quality of life for the more than 90 million Americans who care for loved ones with chronic conditions, disabilities, disease, or the frailties of old age.

Visit www.caregiveraction.org or call 202-454-3970.

Medication Management

Medicines Made Easy contains information and tips on medication management and provides information on questions to ask physicians and pharmacists regarding drug interactions, proper dosages, and how to take

medications. It also contains links to a downloadable personal medication record and a calculator to determine the Medicare 'doughnut hole' drug expense savings.

Download the guide at www.aarp.org/cs/misc/206600medsmadeeasyengfinal.pdf

AARP Rx app helps you manage your loved one's medications. You can also use it to help manage your own medications. More information be found at www.aarp.org/caregivingapp.

Caregivers in the Workplace

Working caregivers have to balance both work and caregiving responsibilities. Employers are providing options such as flexible work schedules and telecommuting to help family caregivers.

For information and resources for both employers and employees, call AARP North Carolina at 1-866-389-5650 or www.aarp.org/caregiving or www.aarp.org/react..

Family and Medical Leave

Under the Family and Medical Leave Act (FMLA), state, local, and some federal government employees, as well as corporate employees meeting certain eligibility requirements, can take up to 12 weeks of unpaid, job-protected leave in a 12-month period to care for an ill family member. Check with your employer for eligibility.



Respite

Respite literally means an interval of rest and relief, usually for a specific amount of time. Caregivers need well-deserved time away from their caregiving responsibilities. Examples of respite services include adult day care, overnight facility care, or someone coming into the home to help.

Contact the family caregiver specialist in your area or visit www.ncdhhs.gov/aging/aaa.htm.

Advance Care Planning

Advance care planning is deciding about the kind of health care you want at the end of life. Advance health care directives are the legal documents in which you give written instructions about your health care should you be unable to speak for yourself in the future. The Carolinas Center for Hospice and End of Life Care

provides a step-by-step guide to advance care planning.

Here are step-by-step guides to help you get started: AARP Advance Directive Guide at www.aarp.org/relationships/care-giving-resource-center/info-11-2010/lfm_living_will_and_health_care_power_of_attorney.html and BegintheConversation.org.

Additionally, End of Life Care Coalitions seek to raise community-wide standards of education and service aimed at improving pain management, palliative care, advance care planning, public education and support for health care professionals helping patients and families with end of life issues. The coalitions are affiliated with the Carolinas Center for Hospice and End of Life Care.

Call 1-800-662-8859, or visit www.cchospice.org.

Driver Safety

As we age, we need to learn more about safe driving and mobility options. Programs designed to maintain driving health and wellness include the AARP Smart Driver Safety Program (classroom and online); CarFit, a short video to help older drivers make adjustments to their cars to reduce risk of injury in case of an accident; We Need to Talk (WNTT), a web-based or in-person seminar to help caregivers assess a loved one's driving skills and determine when to have the discussion to limit or quit driving.

For more information, contact AARP NC at 1-866-389-5650, or visit www.aarp.org/nc,

www.aarp.org/drive or <http://www.aota.org/olderdriver>

The North Carolina Department of Motor Vehicles (NCDMV) may, in some cases, place restrictions on the licenses of older drivers. Visit www.dmv.com/nc/north-carolina/senior-drivers to learn more.

SUPPORT ORGANIZATIONS

AARP

AARP is a nonprofit, nonpartisan, social mission organization with a membership of over 37,000,000 that helps people turn their goals and dreams into real possibilities, strengthens communities and fights for issues that matter to most families.

Call AARP North Carolina at 1-866-389-5650, or visit www.aarp.org/nc.

AARP's Caregivers Resource Center has many of the tools, information and tips for family caregivers. www.aarp.org/home-family/caregiving.

Alzheimer's Association

The North Carolina chapters of the National Alzheimer's Association provide education and support for people diagnosed with Alzheimer's disease, their families, and their caregivers.

To find a chapter in your area, visit www.alz.org/northcarolina. Or call the helpline at 1-800-272-3900.

American Parkinson Disease Association

This association provides referrals and education materials on Parkinson Disease.

Call 1-800-223-2732, or visit www.apdaparkinson.org.

The Arc of North Carolina

The Arc provides assistance to people with cognitive disabilities and their families through support, information sharing, advocacy, and services. The Arc's mission is to enable people to live the lives of their choosing. The website contains information on local chapters, advocacy, community supports, information, resources, and referrals.

Call 1-800-662-8706 or visit www.arcnc.org

Duke Family Support Program

This program is a source for help with Alzheimer's, memory disorders, and elder care decisions. It provides personalized tips on caring for people with memory disorders; telephone help with care decisions or coping strategies; telephone or mailed help on evaluating and selecting assisted living or long term care facilities or support groups; and a semi-annual subscription to The Caregiver newsletter, which contains research updates from the

Bryan Alzheimer's Disease Research Center at Duke. These services are free of charge for all NC residents. Contact the program at 1-800-646-2028 or visit the website at www.dukefamilysupport.org.

You can visit the resources page at <http://www.geri.duke.edu/service/dfsp/links.htm>.

Easter Seals UCP North Carolina

This organization provides services and family support to help children and adults with disabilities and special needs.

Call 1-800-662-7119, or visit the website at www.easterseals.com/NCVA.

Eldercare Locator

This is a service of the National Association of Area Agencies on Aging and the U.S. Administration on Aging, offering contact information for local aging service providers and consumers nationwide.

Call 1-800-677-1116, or visit www.eldercare.gov.

Family Caregiver Alliance

The Family Caregiver Alliance provides The Family Care Navigator, a state-by-state resource guide to help families and caregivers find resources and answers to questions about long-term care. The guide helps locate government, nonprofit, and private programs and includes services for caregivers and resources for older or disabled adults living

at home or in long-term care facilities.

The Family Care Navigator can be accessed at www.caregiver.org/about-fca

National Academy of Elder Law Attorneys is a professional association of attorneys who specialize in legal services for older adults and people with special needs. You can find a database of elder law attorneys by state. Visit www.naela.org to learn more.

Senior Centers typically offer older adults services and activities that respond to their needs. They also provide important resources and support for family members and other caregivers. For a directory of NC Senior Centers visit <https://www.ncdhhs.gov/assistance/senior-services/senior-centers>.

LGBT CAREGIVING RESOURCES

While many issues are the same for all older adults and those who care for them, some unique considerations arise for lesbian, gay, bisexual and transgender (LGBT) people dealing with aging. Additionally, many LGBT older adults do not have the same familial support as the majority of seniors do. The Family Caregivers Alliance (FCA) offers information on the unique caregiving concerns faced in the LGBT community at <https://caregiver.org/special-concerns-lgbt-caregivers/>. For further information visit <https://caregiver.org/> and enter "lgbt" into the search engine.

AARP's Caregiving Resource Center offers a guide to finding LGBT-friendly care as well as other useful resources for caregivers of members of the LGBT elder community. Visit www.aarp.org/relationships/caregiving-resource-center/info-11-2010/cultural-competence-and-sexual-orientation.html.

The National Resource Center on LGBT Aging has put together a guide that examines the issues and special challenges that arise in LGBT caregiving. It can be accessed at www.lgbtagingcenter.org/resources/pdfs/LGBT_Guide.pdf. The Center also conducts in-person and online training programs for health providers and caregivers of LGBT older adults. See www.lgbtagingcenter.org/training/index.cfm for more information.

SAGE (Services & Advocacy for LGBT Elders) is a national organization that offers support services and consumer resources for LGBT older adults and their caregivers and advocates for public policy changes that address the needs of LGBT older people. See more at: www.sageusa.org.

North Carolina currently has local SAGE affiliate centers in Raleigh and Wilmington, which provide sensitivity and diversity training for caregivers. For information on the Raleigh office, visit www.sageusa.org/advocacy/sagenet-affiliate.cfm?ID=23.

For information on the Wilmington office, visit www.sageusa.org/advocacy/sagenet-affiliate.cfm?ID=24.

North Carolina LGBT Community Centers. Many local centers offer information on LGBT-friendly health care providers. Centerlink provides a directory of the eight LGBT Centers in North Carolina. Visit www.lgbtcenters.org/Centers/States/North-Carolina/26/LGBT-Centers.aspx for more information.

Senior Housing

For a guide to all senior housing options to help you choose the right one for your family member visit www.medicare.gov/Pubs/pdf/02174.pdf.

North Carolina Department of Health and Human Services Elder Housing Locator This guide includes listings by county of independent housing options for North Carolina seniors. You can find it at www.ncdhhs.gov/assistance/senior-services/elder-housing-locator.

AARP Long-Term Care Cost Calculator Find and compare the costs of home care, assisted living, and other services throughout the United States. Visit www.aarp.org/longterm-carecosts.

Continuing Care Retirement Communities For families looking for information about Continuing Care Retirement Communities (CCRCs), the NC Dept of Insurance provides a comprehensive reference guide with information about CRCCs throughout the state. You can find it at www.ncdoi.com or call the Department of Insurance at 919-807-6800.

Assisted Living Facilities The NC Department of Health and Human Services offers information regarding facility, certifications, inspec-

tions and ratings at www.ncdhhs.gov/dhsr/acls/star/search.asp.

Leading Age provides consumer information on long-term care facilities and services, and how to access them.

Visit <http://www.leadingage.org>.

Program of All-inclusive Care for the Elderly (PACE) is a Medicare and Medicaid program that helps people meet their health care needs at home or in the community, rather than a nursing home. For eligibility requirements and other information about the program visit www.medicare.gov and type PACE into the search engine.

AARP HomeFit AARP's HomeFit Guide and workshops were created to educate people about home modifications that can help older adults live comfortably and independently.

You can access the guide and information about the workshops at www.aarp.org/homefit. For a print edition of the guide, call 1-800-687-2277.

AARP Livable Communities provides tools to help those who are looking to make tangible, affordable livability changes (bike lanes, safer sidewalks, curb extensions, etc.). You can visit their website at www.aarp.org/livable-communities/tool-kits-resources/info-2015/13-short-range-livability-solutions.html, or subscribe to the monthly newsletter by visiting www.aarp.org/livable-communities/livable-community-news-alerts.

National Association of Home Builders (NAHB) has a web-based directory of Aging in Place specialist who can identify and/or provide home modifications that make a home accessible, safer, and more comfortable for you or your loved one.

Visit www.nahb.org or call 1-800-368-5242.

Village to Village Network helps communities across the U.S. start Villages, which are membership-based groups that respond to the needs of older people within a geographic area.

To find a Village near you, visit <http://www.vtvnetwork.org>.

Geriatric Evaluation and Assessment Centers

DUKE UNIVERSITY

Geriatric Evaluation and Treatment Clinic

4020 N. Roxboro Road
Durham, NC 27710

919-620-4070, or visit www.geri.duke.edu/services

DUKE MEMORY DISORDERS CLINIC

Bryan Alzheimer's Disease Research Center

2200 W. Main Street, Suite A-200
Durham, NC 27705

866-444-2372 or visit <https://adrc.mc.duke.edu/index.php/clinical-services/memory-disorders-clinic>

UNIVERSITY OF NORTH CAROLINA AT CHAPEL HILL

UNC Hospital Geriatrics Specialty Clinic

6011 Farrington Road
Bldg. 200, Suite 101
Chapel Hill, NC 27517

919-957-6599 or visit the website at www.med.unc.edu/aging/patients/geriatric-specialty-clinic

NC HEALTH INFO

A service of the University of Carolina Health Sciences Library, this website provides useful information about

senior health issues, including falls prevention, motor vehicle safety and family issues. Local resources can be accessed by clicking on a specific county. Visit www.nchealthinfo.org for more information.

Wake Forest University

Baptist Medical Center

Sticht Center on Aging

Roena B. Kulynych Center for Memory and Cognition Research

Medical Center Boulevard

Winston-Salem, NC

336-713-8250 or 1-800-446-2255 or visit the website www.wakehealth.edu/agingresearch

MemoryCare This Asheville-based charitable organization provides medical care for patients with cognitive impairments as well as comprehensive education and support to caregivers. You can call the center at 828-771-2219 or visit them on the web at <http://memorycare.org>.

MARS Memory-Health Network Located in Wilmington, NC, this organization provides services, support and education to cognitively impaired individuals and their caregivers. Call them at 910-791-6277 or visit them online at <http://www.marsmemory.com>.



NORTH CAROLINA AREA AGENCY ON AGING FAMILY CAREGIVER RESOURCE SPECIALISTS

REGION A

Cherokee, Clay, Graham, Haywood, Jackson, Macon, Swain Counties

Southwestern Commission

125 Bonnie Lane

Sylva, NC 28779
828-586-1962 ext. 218
www.regiona.org

REGION B

Buncombe, Henderson, Madison, Transylvania Counties

Land-of-Sky Regional Council

339 New Leicester Highway, Suite 140
Asheville, NC 28806
828-251-6622, ext 119
www.landofsky.org

REGION C

Cleveland, McDowell, Polk, Rutherford Counties

Isothermal Planning & Development Commission

P.O. Box 841
Rutherfordton, NC 28139
828-287-2281, ext. 1258
www.regionc.org

REGION D

Alleghany, Ashe, Avery, Mitchell, Watauga, Wilkes, Yancey Counties

High Country Area Agency on Aging

468 New Market Boulevard
Boone, NC 28607
828-265-5434 ext. 128
www.regiond.org

REGION E

Alexander, Burke, Caldwell, Catawba Counties

Western Piedmont Council of Governments

1880 2nd Avenue NW
Hickory, NC 28603
828-485-4256, ext. 256
www.wpcog.org

REGION F

Anson, Cabarrus, Gaston, Iredell, Lincoln, Mecklenburg, Rowan, Stanly, Union Counties

Centralina Council of Governments

525 North Tryon Street, 12th Floor
Charlotte, NC 28202
704-348-2426
www.centralina.org



Your Voice on Capitol Hill, Raleigh and in Your Community

AARP is working to build greater support for the programs and services that help family caregivers. AARP will continue to push for policies that promote family-centered care and is currently advocating for greater support of the state's Home and Community Block Grant. This grant helps fund services to help family caregivers such as home-delivered meals, in-home health aides, transportation assistance and respite care.

To find out more about AARP's work on caregiving, or to become an advocate, visit: www.aarp.org/nc
You can also contact AARP advocacy staff at: 1-866-398-5650.

AARP Hearts Caregivers

AARP believes family caregivers like you aren't celebrated nearly enough. Thanks to you, older parents, spouses and other loved ones can remain in their homes. Share your story with us, your Portrait of Care. That way, the world can get a better picture of just how much you give every day.

Share Your Story <https://act.aarp.org/iheartcaregivers/stories/submit/>

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AARP Real Possibilities in
North Carolina

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