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.
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 Carolinian 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% 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.
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 information 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, and
• 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.nclfelinks.org or www.sosnc.com and click on the heart-shaped icon; or call 919-807-2167.
North Carolina Department of Health and Human Services (NCDHHS)

The North Carolina Department of Health and Human Services (NCDHHS) 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 http://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
**Medicare/Medicaid/Prescription Drug Assistance /Health Care Supplemental Insurance/Long Term Care Insurance**

**Medicare**

Information on Medicare coverage, benefits, and options can be found at [http://www.medicare.gov](http://www.medicare.gov) or call 1-800-MEDICARE. The website also has resource information on many topics including a section for information for caregivers. To access this, type “caregivers” in the search section at the top.

**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 800-772-1213. For a written application, apply on-line at [www.socialsecurity.gov/extrahelp](http://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](http://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](http://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 senior citizens 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](http://www.ncdoi.com/SHIIP)
**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 [http://www.ncdhhs.gov/dma/medicaid/abd.htm](http://www.ncdhhs.gov/dma/medicaid/abd.htm).

**NC Med Assist**

This program provides prescription drug assistance to North Carolinian’s who do not have insurance coverage and have income less than 200% of the federal poverty level. For more information, go to [http://www.medassist.org](http://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 pharmacists. Another source of good information is [http://www.needymeds.com](http://www.needymeds.com).

**Health Care Supplemental Insurance/Long Term Care Insurance**

The Senior’s 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 [http://www.ncdoi.com/SHIIP/](http://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 the Long Term Care Guide.

**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 Program (SHIIP) in the NC Department of Insurance at 1-800-443 9354 or visit [http://www.ncdoi.com/SHIIP/SHIIP_LongTermCare.aspx](http://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 can work or look for work. If you receive any dependent child care 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 twenty five thousand dollars ($25,000) or fifty percent (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 1st
- Have income below $28,600 (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 1st

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 (cont'd. on page 8)
(tax deferment cont'd.) 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 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 [http://www.aarp.org/money/taxes/aarptaxaide](http://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](http://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

Tools for Caregivers

AARP NC’s Powerful Tools for Caregivers, is a six week course which provides family caregivers with tools focused on improving self-care and increasing their caregiving ability. Caring for Those You Care About Notebook/CD is a collection of 46 tip sheets to help caregivers. 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. Decide. Create. Share. is a program designed to empower women in their 40 and over with planning tools – My Home and Community; My Finances; My Health; and My Wishes. Information on these programs can be found at www.aarp.org/caregiving; www.aarp.org/decide or www.aarp.org/nc or by calling 1-866-389-5650 toll-free.

Medication Management

Medicines Made Easy contains information and tips on medication management and provides information on questions to be asked to 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. The guide can be downloaded at www.aarp.org/cs/misc/206600medsmadeeasyengfinal.pdf

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 about caregiving in the workplace, call the North Carolina AARP State office 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) of 1993, 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.

Healthy Living Program

The NC Division of Aging and Adult Services (NC DAAS) has workshops in Living Healthy (Chronic Disease Self-Management), Matter of Balance and Living Healthy with Diabetes programs. The goal of these two programs is to reduce the risk and occurrence of disease and disability in people over 60. More information can be found at your regional Area Agency on Aging, or by clicking on the NC DAAS link www.ncdhhs.gov/aging/livinghealthy/livinghealthy.htm
**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 [www.ncdhhs.gov/aging/aaa.htm](http://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.

Visit [www.echospice.org](http://www.echospice.org) and click on the “Consumer Resources” icon on the left-hand side for more information. To obtain forms from North Carolina or other states: [www.aarp.org/decide](http://www.aarp.org/decide)

**Carolinas Center for Hospice and End of Life Care**

This association which serves North Carolina and South Carolina provides technical assistance, education and advocacy to improve advance care planning, palliative, hospice and bereavement care. Call 1-800-662-8859, or visit [www.echospice.org](http://www.echospice.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 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; and other mobility resources. For more information, contact AARP NC at 1-866-389-5650, or visit [www.aarp.org/drive](http://www.aarp.org/drive)
Support Organizations

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

AARP is a nonprofit, nonpartisan, social mission organization with a membership that helps people turn their goals and dreams into real possibilities, strengthens communities and fights for issues that matter to most families. Call 1-866-389-5650, or visit [www.aarp.org/nc](http://www.aarp.org/nc)

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.

Call the Eastern North Carolina Chapter in Raleigh, North Carolina at 1-800-272-3900, or visit [www.alz.org/nc](http://www.alz.org/nc)

Call the Western North Carolina Chapter in Charlotte, North Carolina at 1-800-272-3900, or visit [www.alz.org/northcarolina](http://www.alz.org/northcarolina)

Alzheimer’s North Carolina
Alzheimer's North Carolina provides education, support and services to individuals with dementia, their families, health care professionals and the general public while raising awareness and funding for research of a cause(s), treatment, prevention and cure for Alzheimer's disease and related dementias. Call 919-832-3732 in Raleigh or toll free at 1-800-228-8738 or visit [www.alznc.org](http://www.alznc.org)

American Parkinson Disease Association
This association provides referrals and education materials on Parkinson Disease. Call 1-800-223-2732, or visit [www.apdaparkinson.org](http://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.arnc.org](http://www.arnc.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, containing 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 (919) 660-7510. You can also visit the website at [www.dukefamilysupport.org](http://www.dukefamilysupport.org)

The program also provides a links and resources page containing publications and suggested websites. The resources page is located at [http://www.geri.duke.edu/service/dfsp/links.htm](http://www.geri.duke.edu/service/dfsp/links.htm).
Support Organizations

**Easter Seals UCP North Carolina**

This organization provides services to help children and adults with disabilities and special needs, as well as support for their families. Call 1-800-662-7119, or visit the website at http://nc.eastersealsucp.com/services/adults

**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

**Life Reimagined**

AARP's Life Reimagined for Work leverages the power of social media on behalf of the job seeker, giving you advice on the best way to target and approach companies, while connecting you with employers and peers who respect your depth of experience and are looking to target the most appropriate, experienced workers at www.LifeReimagined.org/Work

**North Carolina Cooperative Extension**

This is a community-based outreach program of North Carolina State University and North Carolina A&T State University located in all 100 counties, plus the Cherokee Reservation. Extension Agents provide educational programs to families and leadership to initiatives in communities. To locate your county Cooperation Extension, visit www.ces.ncsu.edu/index.php?page=countycenters

**Project CARE (Caregiver Alternatives to Running on Empty)**

Project C.A.R.E., administered by the NC Division of Aging and Adult Services, uses a family consultant model to provide comprehensive support to caregivers in all 100 counties of NC. Through the integration of dementia-capable services and the development of family-centered and caregiver-focused community care networks, Project C.A.R.E. helps create a seamless, coordinated delivery system that is responsive to the needs, values and preferences of Alzheimer’s families, visit www.ncdhhs.gov/aging/ncprojectcare.htm
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](http://www.geri.duke.edu)

**Duke Memory Disorders Clinic**
Bryan Alzheimer’s Disease Research Center  
932 Morreene Road  
Durham, NC 27705  
**919-668-7600** or visit [https://adrc.mc.duke.edu/index.php/clinical-services/memory-disorders-clinic](https://adrc.mc.duke.edu/index.php/clinical-services/memory-disorders-clinic)

**University of North Carolina at Chapel Hill**
UNC Hospital Geriatric Clinic  
6013 Farrington Road  
Bldg. 200, Suite 301  
Chapel Hill, NC 27517  
**919-957-6599** or visit the website at [www.med.unc.edu/aging/patients/geriatric-specialty-clinic](http://www.med.unc.edu/aging/patients/geriatric-specialty-clinic)

**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  
**336-713-8000** or **1-800-446-2255** or visit the website [http://workhealth.edu/agingresearch](http://workhealth.edu/agingresearch)
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.wpcog.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, ext. 2726
www.centralina.org

REGION G—Alamance, Caswell, Davidson, Guilford, Montgomery, Randolph, Rockingham,
Davie, Forsyth, Stokes, Surry, Yadkin Counties
Piedmont Triad Council of Governments
1398 Carrollton Crossing Drive
Kernersville, NC 27284
336-904-0300
www.ptcog.org

REGION J—Chatham, Durham, Johnston, Lee, Moore, Orange, Wake Counties
Triangle J Council of Governments
4307 Emperor Blvd., Suite 110
Durham, NC 27703
919-558-9391
www.tjaaa.org

REGION K—Granville, Franklin, Vance, Warren, Person Counties
Kerr Tar Regional COG
1724 Graham Avenue
P.O. Box 709
Henderson, NC 27536
252-436-2040
www.kerrtarcog.org
REGION L—Edgecombe, Halifax, Nash, Northampton, Wilson Counties
Upper Coastal Plain Council of Governments
121 W. Nash Street
P.O. Box 9
Wilson, NC 27894
252-234-5960
www.ucpcog.org

REGION M—Cumberland, Harnett, Sampson Counties
Mid-Carolina Council of Governments
P.O. Drawer 1510
Fayetteville, NC 28302
910-323-4191, ext. 28
www.mccog.org

REGION N—Bladen, Hoke, Richmond, Robeson, Scotland Counties
Lumber River Council of Governments
30 CJ Walker Road, COMtech Park
Pembroke, NC 28372
910-618-5533, ext. 3006
www.lumberrivercog.org

REGION O—Brunswick, Columbus, New Hanover, Pender Counties
Cape Fear Council of Governments
1480 Harbour Drive
Wilmington, NC 28401
910-395-4553, ext. 204
www.capefearcog.org

REGION P—Carteret, Craven, Duplin, Greene, Jones, Lenoir, Onslow, Pamlico, Wayne Counties
Eastern Carolina Council
233 Middle Street
P.O. Box 1717
New Bern, NC 28563
252-638-3185, ext. 3011
www.eccog.org
REGION Q — Beaufort, Bertie, Hertford, Martin, Pitt Counties

Mid-East Commission

1385 John Small Avenue
Washington, NC 27889
252-974-1837
www.mecaaa.org

REGION R — Camden, Chowan, Currituck, Dare, Gates, Hyde, Pasquotank, Perquimans, Tyrrell, Washington Counties

Albemarle Commission

512 South Church Street
P.O. Box 646
Hertford, NC 27944
Lynne Raisor
252-426-5753, ext. 226
www.albemarlecommission.org
VETERANS’ CAREGIVING RESOURCES

Veterans Benefits Administration
- VA Disability Pension
- VA Disability for Service Connection
- Aid and Attendance/Housebound Benefits
- VA Loan Centers

The Veterans Benefits are managed by the VA Regional Office in a Veteran’s area and the County Veteran’s Service Office:

**VA Regional Office:**
Winston-Salem Eligibility Center
P.O. Box 20729
Winston-Salem, NC 27120
1-888-244-6711
www.benefits.va.gov

North Carolina County Veteran Service Offices:
www.doa.state.nc.us/vets/locations/default.asp

Disabled American Veterans National Service
VA Regional Office-Federal Building
251 North Main St., Room 115
Winston-Salem, NC 27102
1-335-631-5481
www.dav.org
American Legion Service Office
For claims:
251 N Main St. Room 429
Winston-Salem, NC 27155
1-336-631-5471

VA Caregiver Support Line: 1-855-260-3274

VA Caregiver Support Program: www.caregiver.va.gov

Building Better Caregivers landing page: https://va.buildingbettercaregivers.org/

Your Voice on Capitol Hill, Raleigh and in Your Community

AARP advocates for the programs and services that support older adults who need care and their family caregivers. AARP will continue to push for policies that promote family-centered care and is currently advocating for greater support of the Home and Community Block Grant. This grant helps fund services such as home-delivered meals, in-home aide, transportation assistance and respite care which help adults over the age of 60 who are not eligible for Medicaid stay in their homes.

To find out more about AARP’s work on caregiving, visit www.aarp.org/nc and click on “advocacy.” You can also contact AARP advocacy staff by calling 866-398-5650.

From the mountains to the coast, AARP North Carolina helps you and your family see the “real possibilities” in your lives. We work together to make our communities stronger for people of all lifestyles and ages. We fight for what matters most to you by helping you save and earn money, stay active and healthy and connect with others. From Main Street to your street, AARP is where you are.