NC InCK
NC INTEGRATED CARE FOR KIDS

April 2026 Resource Roundup
Caring Across Generations: Resources for Cross-Generational Households

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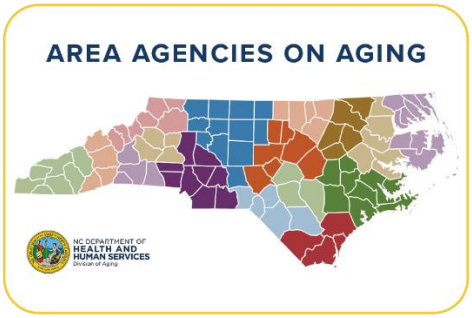
Why Cross-Generational Resources?

Since the 1970s, the percentage of Americans who live in multigenerational households has been steadily growing, and older adults are increasingly likely to live with their adult children. Grandparents are also taking on primary caregiving responsibilities for their grandchildren more frequently. Because of these demographic trends, care managers serving children and families may benefit from learning about resources and services for seniors. This resource overview provides information about resources to support multigenerational households' unique needs.

Aging Services, Programs and Senior Centers

Resources for older adults.

Resource	Details/How to Access

	**Who**: Older adults (typically 55+)
	Where: Each region in the state has offices
	Programs & Services: Area Agencies on Aging are regional offices that facilitate and support programs addressing the needs of older adults in a defined geographic area of the state. Area Agencies on Aging develop resources beneficial for caregivers and families in cross-generational households who need assistance with caregiving, accessing benefits, and navigating aging-related services.
	
	Supports can be accessed by contacting the regional AAA office:
	• Triangle J Area Agency on Aging
	  ○ Counties: Chatham, **Durham**, Johnston, Lee, Moore, **Orange**, Wake
	• Kerr-Tar Area Agency on Aging
	  ○ Counties: Franklin, **Granville**, Person, **Vance** and Warren counties
	• Piedmont Triad Regional Council
	  ○ Counties: Serves 12 counties including **Alamance**

Vance County Senior Center VANCE COUNTY North Carolina 500 N Beckford Dr, Suite D Henderson, NC 27536 Phone: (252) 430-0257	**Who:** Seniors (eligibility varies per program) and their caregivers **How to Access:** Contact the senior center: (252) 430-0257 **Programs & Services:** Services include: • Health, wellness & fitness • Nutrition & food support • In-home, caregiving & long-term support • Social support & community engagement Financial, legal & basic needs assistance

Durham Center for Senior Life **Support Services Director** Niya Carrington (919) 688-8247 ext. 103 | ncarrington@dcslnc.org	**Who**: Adults 55+ years and their caregivers **Where**: 406 Rigsbee Ave. Suite 202, Durham, NC 27701 - (919) 688-8247 **Programs & Services**: • Caregiver support program • Day programs • Respite care • Monthly newsletters (with upcoming events, activities, and timely resources) • Home repair support and referrals • Legal services • Several food programs (fresh pantries, cooking demonstrations, food supplies pickup, weekend frozen meals) • Health promotion classes • Transportation
Orange County Department on Aging (OCDOA) Centers: Passmore Center 103 Meadowlands Dr. Hillsborough, NC 27278 Phone: 919-245-2015 Seymour Center 2551 Homestead Road Chapel Hill, NC 27516 Phone: 919-968-2070	**Who**: Adults 55+ and their caregivers **Where**: Two locations in Hillsborough and Chapel Hill **Programs & Services**: The Orange County Department on Aging (OCDOA) is a one-stop resource where older adults and caregivers can meet their social, mental, physical, financial, and day-to-day needs. Aging services and programs are offered at our two senior centers, including: • Wellness and education classes • Employment services for older adults • Workshops and trips • Free education and assistance with Medicare • Transportation resources • Volunteer opportunities, and much more.
Granville County Senior Services Granville Senior Center 107 Lanier Street Oxford, NC 27565 919-693-1930 North Granville Center 301 Oxford Street Stovall, NC 27582 919-693-3383 South Granville Center 114 Douglas Drive Creedmoor, NC 27522 919-528-0848	**Who:** Adults 60+ and their caregivers **How to Access:** Contact one of three centers **Programs & Services -** Please contact Senior Services for the most up to date information on each program: • Congregate and home delivered meals • Health, wellness & fitness • Nutrition & food support • Care management • Housing and home improvement • Programs for growth, involvement and enrichment • Tax assistance • Resource directories Check the Senior Services Calendar for a schedule of current programs and activities

Supports for Caregivers

Resources for caregivers of older adults and senior-focused legal aid resources.

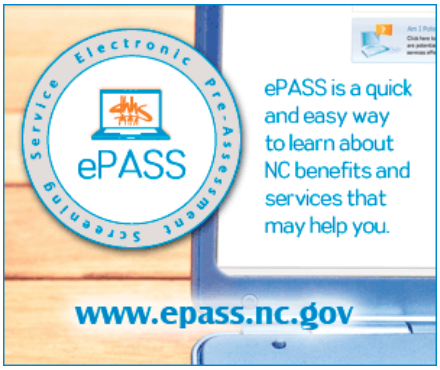
Resource	Details/ How to Access
NC Lifespan Respite Program (NCDHHS) **Contact** Find your local office and contact information HERE.	**Who**: Eligible family caregivers caring for individuals of any age **Where**: Through NCDHHS's Division of Aging, find your local office and contact information HERE. **Program Information**: • Vouchers provide services to give caregivers of older adults and people with disabilities of any age a break from caregiving • Applicants must be referred to the NC Lifespan Respite Program *by a local referring agency* (see contact info above). • Reimbursement of up to $750/calendar year for eligible family caregivers of individuals of any age to hire any worker or respite provider that is: not actively involved in direct care of care recipient, is 18+ years old, and does not live in the home.
Alamance Eldercare **Caregiver Support Group Contact** Carol Dixon | (336) 223-8099 or cdixon@alamanceeldercare.com	**Who**: Older adults and family caregivers of older adults **Where**: (336) 223-8099 | 210 E Elm Street Suite D, Graham, NC 27253 **Programs and Services**: • Family caregiver support groups (Every 4th Tues 12-1pm) • Support with finding additional local resources • Counseling and guidance • Care management • Incontinence supplies • Medical equipment • Assistive technology • CAP/DA application support Visit the Alamance Eldercare website for upcoming events
Legal Support Apply for Assistance at Legal Aid of North Carolina or call the Senior Legal Helpline 877-579-7562 9:00 AM – 11:00 AM & 1:00 PM – 3:00 PM, Monday-Friday	**Who:** Free legal help for North Carolinians 60 years of age or older (prioritizes low-income individuals and families; eligibility criteria) **Programs & Services:** Legal Aid of North Carolina's Senior Law Project provides free civil legal help in various areas including: • Wills and powers of attorney • Public benefits: Medicaid, food stamps, Supplemental Security Income Program, Social Security Disability Insurance and more • Abuse and neglect, including domestic violence • Housing: Foreclosure, eviction, subsidized housing, repairs, utilities, etc. • Consumer issues • Wrongful repossession • Guardianship and custody guidance • Support for kinship caregivers navigating legal systems Legal Aid hosts free Virtual Listen & Learns on various topics such as tenant Rights, SNAP 101, Social Security Disability and more.

Social Support and Basic Needs Assistance Programs

Assistance programs, primarily for low and moderate-income households.

Program	Details/ How to Access

Medicare	**Who**: Adults ages 65+ (and some younger people with specific disabilities)
	Programs & Services: Federal health insurance program covering most US adults age 65+. Medicare coverage is complex—for example, prescription drug coverage must be purchased separately from coverage for outpatient and hospital care—and, unlike Medicaid, includes premiums and copays. Applicants should enroll within 7 months of turning 65.
	
	Medicare **does not cover or only partially covers certain costs,** including nursing home care; transportation to appointments; and dental, vision, and hearing services. Low-income Medicare recipients can enroll in Medicaid for help paying for services not covered by Medicare.
	
	Where:
	• FREE application and plan selection support: Seniors Health Insurance Information Program: 1-855-408-1212 (M-F, 8 am-5 pm), email ncdoi.ncshiip@ncdoi.gov, or use the Find a SHIIP Counselor tool to locate contact info for county SHIIP offices
	  ○ Offers free, unbiased information about navigating Medicare options
	  ○ SHIIP counselors can also help seniors identify and enroll in programs like Extra Help and Medicare Savings Programs to reduce their out-of-pocket Medicare costs
	• Social Security Administration: Apply online, make an appointment at a local Social Security field office, or call the Social Security Administration helpline at 1-800-772-1213 (M-F, 8 am-7 pm)
	• Departments of Social Services (to apply for MEDICAID to supplement Medicare): Use the Local DSS Directory to find county DSS offices
	• ePASS (for MEDICAID to supplement Medicare): See immediately below

Benefits Screening and Applications 	**Who**: Older adults and family caregivers of older adults **Where**: Access online using links below **Programs and Services**: BenefitsCheckUp connects older adults and people with disabilities to programs to help them afford daily expenses ePASS is an online portal to apply for benefits like Medicaid (which can supplement low-income adults' Medicare coverage), SNAP, energy assistance programs, and Work First services. Users can also register to vote. • Free language assistance and/or other aids and services are available upon request

SOCIAL BRIDGING NC Follow On Facebook!	**Who**: North Carolina's older adults **Where**: Database of virtual programming **Programs & Services**: Social Bridging NC is a central hub of information, resources, and programs available in North Carolina. These programs are dedicated to promoting social connectedness and engagement while addressing social isolation and loneliness: • Virtual events – online recovery meetings, MyChart Help, AI basics, Caregiver Virtual Support Group, Virtual Bible Study, Virtual Book Club • Mental health resources • Technology and digital resources • Caregiver resources
Employment and Independence for People with Disabilities (EIPD - NCDHHS) NCDHHS **Contact** Find your local EIPD office HERE.	**Who**: People with disabilities and their families **Where**: Find your local EIPD office by county and contact information HERE. **Programs & Services**: • Support with competitive employment • Independent living services • Assistive technology services • Free education and trainings for families on a budget • Client assistance and advocacy support • Rehabilitation and vocational programs • Employer services to provide inclusive environments
Congregate Meals NCDHHS	**Who:** Adults 60+ **Programs & Services:** Congregate meals are lunchtime meals providing one third of adults' dietary allowance that are offered in group settings, typically senior centers or departments of social services **Where:** Locations and timing vary by county; find local congregate meal providers by county here
Meals on Wheels America MEALS on WHEELS AMERICA **Contact** Find your local Meals on Wheels program by zip code HERE.	**Who**: Adults 60+ years with mobility challenges that make it hard to shop for food, prepare meals, or socialize. Age requirements and eligibility may vary by area and provider. **Where**: Find your local Meals on Wheels program by zip code HERE; if Meals on Wheels is unavailable, check out the home-delivered meal services directory here **Programs & Services**: Vary by area and provider • Meals delivered to the home (hot, frozen, and emergency meals) • Program sites with speakers, meals provided, and activities with peers • Pet Initiative (support with feeding, grooming, and veterinary care) • Fresh food pantries • Cooking demonstrations ** Please note: Local meal providers are currently experiencing higher than usual demand for services. Availability and response times may vary.*

Social Services 	**Who**: Older adults **Where**: Agencies that deliver services and benefits across all NC counties **Programs & Services**: Not limited to: • Services for aging or disabled adults, including Adult Placement Services for adults who can no longer live safely at home and Adult Protective Services • Energy assistance • Kinship caregivers - Informal and formal care and guardianship Local DSS Directory - Reach out to your local county DSS agency for county specific guidance and supports
Pets Pets are beloved members of the family. Help for pet care is limited and often announced as available. Adults should follow local social media pages and animal shelters for assistance.	**Who**: Pet owners (most programs are income-based, not age-based) **Where**: The best entry points would be animal shelters, humane societies and food banks. **Programs & Services**: Very limited, vary by area, not for emergencies. • Orange County Animal Services Pet Help Resources • Animal Protection Society of Durham • The Humane Society of Granville County • SAFE HAVEN Pet Food Pantry - Wake, Johnston, Franklin, Harnett, Durham, Chatham, Granville. ○ *Eligibility based on owner's location, owner's income, and number of pets. • DEGA Mobile Veterinary Care hosts mobile pop-up clinics to provides free basic veterinary care for low/no income pet owners.