



Resource List

- A. Advocacy/Support Agencies
- B. Assistive/Adaptive Technologies
- C. Caregiver/Home Support
- D. Driving Evaluations
- E. Financial Services
- F. Health & Wellness
- G. Neuropsychiatry/Neuropsychology
- H. Recreation
- I. Speech Services
- J. Support Groups
- K. Transportation
- L. Vision

We have compiled a list of local area resources for patients and care givers. This document contains information on area support groups, transportation options, medical resources, adaptive equipment, caregiver services, community involvement, wellness, diagnosis related associations and financial services. {This is not an exhaustive list and SFR does not endorse any one over another it is intended only as a guide to various subjects and related issues.}

A. Abuse/Domestic Violence

1. Wake County Division of Social Service

(APS) http://www.wakegov.com/humanservices/social/senior_adult/Pages/adultprotective.aspx

(CPS) <http://www.wakegov.com/humanservices/children/Pages/default.aspx>

If you suspect a **CHILD** has been abused, neglected or become dependent, please call our Report Line at 919-212-7990 (English) or 919-212-7963 (Spanish).

If you suspect **ADULT** abuse/neglect/exploitation please call the Report Line at 919-212-7264

2. Interact www.interactofwake.org

Phone: (919) 828-7501

Domestic Violence/Sexual Abuse Crisis Hotline: (919) 828-7740

Interact provides safety and support for the survivors of domestic violence and sexual assault.

Interact also promotes violence-free relationships and communities through public information, education and advocacy campaigns.

B. Advocacy/Support Agencies

1. Brain Injury Association of North Carolina www.bianc.net

2. Learning Services www.learningservices.com

*Specialists in Brain Injury Care

3. North Carolina Parkinson's Specialist and Organizations www.ParkNC.org

4. North Carolina Spinal Cord Injury Association www.NCSCIA.org

5. Vocational Rehabilitation www.ncdhhs.gov

*Helps persons with disabilities to obtain or maintain employment.

For information, call 919-733-7807

6. Community Partnerships www.communitypartnerships.org

Locations in Durham, Raleigh, Goldsboro and Greenville

*Provides services to people with disabilities of all ages. Programs include: preschool services, brain injury support services, supported employment, and family education.

For information call: 919-781-3616

C. Assistive Technologies

1. Stalls Medical/Adaptive Vans www.stallsmedical.com

7980 Chapel Hill Road, Suite 101 Cary, NC 27513

For information, call 919-233-0732

2. Dressen Medical Supply www.dressenmedical.com

156 Thomas Mill Road Holly Springs, NC 27540

For information, call 919-577-6458

3. Numotion www.Numotion.com

1001 American Way Apex, NC 27502

For information, call 919-303-0902 or 800-488-9170

4. Advanced Home Care www.advhomecare.org
Various Locations
For information, call 800-868-8820
5. Beacon Prosthetics and Orthotics www.beaconpo.com
3224 Lake Woodard Dr Raleigh, NC 27604
For information, call 919-231-6890
6. Personal Access Solutions www.betterhomeaccess.com
125 Wellspring Drive Holly Springs, NC 27540
For information, call 919-830-6877
7. Man Mur Shoe Shop www.ManMurShoeShop.com
2704 Hillsborough Street Raleigh, NC 27607
For information, call 919-832-7330
8. N.C. Assistive Technology Exchange Post www.ncexchangepost.org
For information, call 919-850-2787
9. Center for Independent Living www.ncdhhs.gov
2801 Mail Service Center Raleigh, NC 27699-2801
For information, call 919-855-3524
10. Imagine
*Accepts donated mobility and other durable medical equipment, and has donated equipment available at no charge
For information, call 919-779-3487

D. Caregiver Support

1. Comfort Keepers www.comfortkeepers.com
*Caregivers travel to clients' homes to provide care services and living assistance allowing seniors and disabled individuals to live comfortably and independently.
For information, call 919-449-0004
2. Home Care Services
*(Private pay hourly rates for companions, aides, or nurses) For Wake County residents, consult Resources for Seniors for listing area agencies.
For information, call 919-872-7933
3. Seniors Home Companion Program
For information, call 919-872-7933
4. Visiting Angels www.visitingangels.com
For information, call 919-787-4317

5. Center for Volunteer Caregiving (CVC) www.volunteercaregiving.org
For Information, call 919-460-0567.
6. Maxim Home Care Services www.maxhealth.com
*Through hundreds of office locations nationwide, Maxim provides in-home personal care, management and/or treatment of a variety of conditions by skilled nurses, therapists, medical social workers (MSWs), and home health aides (HHAs).
For information, call 919-676-7990
7. Duke University
Contact to request help from PT students with HEP/Stretching
Carol.Figuers@duke.edu
919-681-4382 (office)

E. Driving Evaluations

1. The Evaluator Driving Company www.driverevaluator.com
Paul Riley- paulriley54@gmail.com
Cell: (919) 423.1611 Office: (919) 477-9564 Fax: (919) 973-2974
2. Driver Rehabilitation Services, P.A. A. www.drive-rehab.com
For information, call 336-697-7841
3. UNC Driving Simulator
Prescription for OT Eval-Driving Assessment Required
(919) 595-9641
4. Duke Driving Program
Department of Physical and Occupational Therapy
DUMC Box 3965 Durham, NC 27710
For information, call 919-684-2445

F. Financial Services

1. Resources for Seniors
*Provides information on home and community-based resources so that disabled and senior adults can maximize their independence for as long as possible while remaining in their home.
For information call: 919-872-7933
2. Triangle Disability Advocates
*Assists families in the Social Security application process.
For information, call 919-350-8539
3. Social Security Administration www.SSA.gov
*Provides information on Social Security benefits and Medicare, Social Security Disability Benefits and SSI).
For information, call 800-772-1213

G. Health & Wellness

1. Nourishing Health (Nutrition) www.thenourishinghealth.com
Stacy Lingle, CNC stacy@thenourishinghealth.com
2. Healthwork Fitness and Wellness Center @ WakeMed Health Park www.Wakemed.org
3000 New Bern Avenue Raleigh, NC 27610
For information, call 919-350-8000
3. Rex Wellness Center – Raleigh
4200 Lake Boone Trail Raleigh, NC 27607
For information, call 919-784-1371
4. Rex Wellness Center – Garner
1400 Timber Drive East Garner, NC 27529
For information, call 919-661-6100
5. Rex Wellness Center – Cary
1515 SW Cary Parkway Cary, NC 27511
For information, call 919-387-0080
6. NC Tobacco Use Quitline
1-800-Quit-NOW
Call the hotline to receive free coaching from trained counselors. Receive tips & techniques to stay tobacco free, get help in developing a Quit Plan and information about Staying Quit. Unlimited counseling from 8:00am-midnight 7 days a week to offer proven strategies for quitting.
7. Tobacco Cessation:
Wake County Counseling
Individual counseling sessions offered upon request. Please contact Ronda Sanders at 212-9292 or Robin Cassidy, ANP at 212-9498 to schedule. Cost: FREE

H. Neuropsychiatry/Neuropsychology

1. The Neuropsychiatric Clinic at Carolina Partners www.Carolinapartners.com
Dr. Sandeep Vaishnavi
1011 Dresser Court Raleigh, NC 27609
For information, call 919-792-3940
2. NC Neuropsychiatry www.ncneuropsych.com
Raleigh: 2605 Blue Ridge Road Suite 225 Raleigh, NC 27607
For information, call 919-785-5055

Chapel Hill: 1829 East Franklin Street Chapel Hill, NC 27514 or
400 Franklin Square Chapel Hill, NC 27514
For information, call 919-933-2000
3. University of North Carolina Department of Neuropsychiatry

Dr. Karla Thompson and Staff
 CRC 1807 North Fordham Blvd Chapel Hill, NC 27514
 For information, call 919-595-9630

I. Recreation

1. Bridge II Sports www.bridge2sports.org
 4122 Bennett Memorial Road, Suite 105 Durham, North Carolina 27705
 For information, call 866-880-2742

J. Speech Services

1. Triangle Aphasia Project (TAP) www.aphasiaproject.org
 Phone: 919-469-5827
 Email: aphasia@nc.rr.com
 Alt. Phone: 919-207-2949

K. Support Groups

1. Cary Brain Injury Support Group
 WakeMed Cary Hospital Conference Ctr
 1900 Kildaire Farm Rd. Cary, NC 27518
 *Meetings are held the first Monday of each month from 6:30 to 8 pm
 For information, call 919-460-9094
2. Triangle Brain Injury Support Group
 WakeMed Raleigh Conference Dining
 3000 New Bern Avenue Raleigh, NC 27610
 *Meetings are held the third Tuesday of each month at 7pm. A separate caregiver support group meets at the same time.
 For information, call 1-800-377-1464 or 919-618-3003
3. Spinal Cord Injury Support Group
 Mebane Arts Community Center
 633 Corregidor St Mebane, NC 27302
 *Third Monday of every month, 6:30:00pm
 For information, call Angela Eumana at 336-675-3164, or Debbie Myers at 336-578-6788
4. Triangle Aphasia Project (TAP) www.aphasiaproject.org
 Phone: 919-469-5827 Email: aphasia@nc.rr.com
 Alt. Phone: 919-207-2949
5. Sanford/Lee County Stroke Support Group
 The Enrichment Center of Lee Co.
 1615 S. Third Street Sanford, NC 27330
 *Meetings are held the 2nd Thursday of every month at 1:00 p.m.
 For information, call 919-776-0501 (Joy Murphy)
6. Durham Brain Injury Support Group

LSNI - East 800 Recovery Drive, Creedmoor, NC 27522

*First Monday of each month, 6:30 PM.

Meeting Location: Learning Services

For information, call 919-419-9955 ext. 3019

7. Spinal Cord Injury or Disease (SCI/D) Support Group
WakeMed Raleigh
Rehabilitation Hospital
3000 New Bern Avenue Raleigh, NC 27610
For information, call 919-350-8137
8. UNC Brain Injury Support Group
UNC Center for Rehabilitation Care
1807 North Fordham Blvd Chapel Hill, NC 27514
*Meetings are held the third Wednesday of each month at 1:00pm
For information, call 919-595-9613

L. Transportation

1. Accessible Raleigh Transportation www.raleighnc.gov
*If you are a Raleigh resident with a physical or mental disability that makes it impossible to drive a car and/or use the city bus system, you are eligible for ART. The ART program provides subsidized door-to-door transportation service through participating taxi companies within Raleigh's city limits and within a ¼ mile of CAT fixed routes.
For information, call 919-966-3459
2. Capital Area Transit -City Bus Service www.raleighnc.org
*Discounted rates are available for senior citizens and persons with disabilities.
For information, call 919-828-7228
3. Center for Volunteer Caregiving www.volunteercaregiving.org
1150 SE Maynard Road, Suite 210 Cary, NC 27511
*The Center for Volunteer Caregiving is a private, nonprofit, faith based organization.
Their mission is to provide volunteer services to help Wake County seniors, family caregivers, and adults with disabilities maintain independence, dignity and quality of life.
For Information, call 919-460-0567.
4. Transportation and Rural Access TRACS www.gotriangle.org
*Public van service for Wake county residents traveling between certain zones (call to determine whether your trip is a covered zone); wheelchair accessible vans available.
For information, call 919-212-7005, option 3
5. Durham Area Transit Authority For information, call 919-485-RIDE www.gotriangle.org
*Discounted rates are available for senior citizens and persons with disabilities.
6. Go Triangle www.GoTriangle.org
*Complete list of transportation resources throughout the Triangle Area.

M. Vision Assessment/Therapy

1. The Mackowsky Visual Learning and Rehabilitation Clinic www.drmackowsky.com
4505 Fair Meadow Lane Suite 207 Raleigh, NC 27607
For information, call 919-944-0195
2. Triangle Visions Optometry <http://trianglevisionsraleigh.com/vision-care-products/vision-therapy/>
Dr. Brett Miller
8111 Creedmoor Rd. Ste 138 Raleigh, NC 27613
For Information, call (919) 301-8866
3. Seven Lakes Eye Care www.sevenlakeseyecare.com
Dr. Barry Kavanaugh Jr.
1110 Seven Lakes Drive
P.O Box 839 Seven Lakes, NC 27376
For information, call 910-673-3937