



## How to Find Long-Term Care Services in North Carolina

There is a spectrum of long-term care, from receiving limited assistance in your home to receiving around-the-clock care in a skilled nursing facility. The level of care you require may increase and decrease over time. *All long-term care should be tailored to your individual needs and preferences.*

<b>State Division of Aging and Adult Services</b>	<ul style="list-style-type: none"><li>• Manages the program operations providing services to seniors &amp; adults with disabilities through local Departments of Social Services and aging programs.</li><li>• Contact the Division of Aging: <a href="http://www.ncdhhs.gov/aging">www.ncdhhs.gov/aging</a> or 919-855-3400</li></ul>
<b>State Division of Mental Health/Developmental Disabilities/Substance Abuse Services</b>	<ul style="list-style-type: none"><li>• Implements the public mental health, developmental disabilities, and substance use service system statewide.</li><li>• Contact the Division of MH/DD/SAS at: <a href="http://www.ncdhhs.gov/mhddsas">www.ncdhhs.gov/mhddsas</a> or 984-236-5000</li></ul>
<b>Local Management Entity - Managed Care Organization (LME/MCO)</b>	<ul style="list-style-type: none"><li>• Regional mental health organizations that provide consumers and families resource information, care coordination, crisis services, help filing a grievance, and reporting provider fraud and abuse.</li><li>• Find contact information for your local LME/MCO at: <a href="http://www.ncdhhs.gov/mhddsas/lmeonblue.htm">www.ncdhhs.gov/mhddsas/lmeonblue.htm</a></li></ul>
<b>Area Agency on Aging</b>	<ul style="list-style-type: none"><li>• Facilitate and support programs addressing the needs of older adults in a defined geographic region.</li><li>• Find contact information for your local AAA at: <a href="http://ncdhhs.gov/aging/aaa.htm">http://ncdhhs.gov/aging/aaa.htm</a></li></ul>
<b>Community Resource Connections for Aging and Disabilities (CRC)</b>	<ul style="list-style-type: none"><li>• A network of organizations which, together, provide a coordinated system of information and access for all people seeking long-term supports and services.</li><li>• Get contact information for your CRC via your Area Agency on Aging: <a href="http://ncdhhs.gov/aging/aaa.htm">http://ncdhhs.gov/aging/aaa.htm</a></li></ul>

<p><b>County Departments of Social Services</b></p>	<ul style="list-style-type: none"> <li>● A local government agency that provides social work services, such as adult protective services and economic services including Medicaid, food and nutrition, low income energy assistance, and transportation.</li> <li>● Find contact information for your local DSS at: <a href="http://www.ncdhhs.gov/dss/local">http://www.ncdhhs.gov/dss/local</a></li> </ul>
<p><b>NC Center for Independent Living (CIL)</b></p>	<ul style="list-style-type: none"> <li>● Non-residential, community-based organizations, governed and staffed by people with disabilities, that offer a wide variety of services to consumers with disabilities and those who support them.</li> <li>● Find contact information for your local CIL at: <a href="http://www.ncsilc.org/centers">www.ncsilc.org/centers</a></li> </ul>

Friends of Residents in Long-Term Care (FOR) is an independent, nonprofit organization (501c3), committed to advancing the quality of life for the 100,000 individuals who receive long-term care in North Carolina.

We focus on the entire continuum of long-term care including nursing homes, adult care homes (assisted living), continuing care retirement communities (CCRCs), and home health care.

[www.forltc.org](http://www.forltc.org)

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