



## Orange County (OC) CARES A Dementia-Capable Community Project

**OC CARES** (Orange County Caregiver Awareness, Respite, Education and Support) offers expanded services to people living with dementia and related conditions in Orange County, their caregivers and related service providers. The goal of the program is to create a more dementia-capable community in Orange County and to improve the health and quality of life for caregivers. The OC CARES program is made possible by a grant from the US Administration for Community Living and includes the following services:

**Caregiver Respite Program:** offers respite for local family caregivers. Through group interactions, activities, and exercises, the program provides numerous opportunities for socialization and stimulation to older adults with cognitive impairment. Limited to 10 participants and led by dementia care professionals and degree-specialized students. FREE for qualified participants. Held from **10 am to 3 pm on Wednesdays at the Seymour Center in Chapel Hill, and 11 am to 4 pm on Fridays at the Passmore Center in Hillsborough**. To enroll, please contact Lisa Meinert at [lmeinert@orangecountync.gov](mailto:lmeinert@orangecountync.gov), or call 919-245-4253.

**In-home Coaching Services** provide support in the home to address activity engagement, care coordination and caregiver skill building. Scheduled as needed with individual caregivers of people with dementia and related disorders.

**Memory Cafes** are an expansion of the support groups through the Department on Aging, and add a social component for both people with dementia and their care partners. They provide opportunities for individuals with memory concerns and their families to socialize with others in similar situations. Enjoy company, light refreshments, activities, and entertainment.

**Fee:** FREE

**Seymour Center - Memory Café** (357157)

2<sup>nd</sup> Mon, Dec 11; Jan 8; Feb 12

1:30 - 3:30 pm

**Passmore Center - Memory Café** (233017-01)

3<sup>rd</sup> Mon, Dec 18; Jan 22\*; Feb 19

2 - 4 pm

\*Jan date change for Passmore due to MLK JR day

RSVP not required, but encouraged

For RSVPs or Questions Contact: Kim Lamon-Loperfido at

[kloperfido@orangecountync.gov](mailto:kloperfido@orangecountync.gov) or 919-245-4253

**Dementia Friendly Business (DFB) Initiative:** Is your favorite business Dementia Friendly? Dementia Friendly Businesses are committed to being aware and accommodating of the needs of patrons with dementia or other special needs. Thank your local businesses for being a Dementia Friendly Partner (see list of Dementia Friendly Businesses in this issue), or ask them to become one! For more information, call 919-245-4253 or email [info@DFOC.org](mailto:info@DFOC.org)

The **Dementia Education Collaborative** is designed to provide basic information about dementia to individuals with memory concerns, caregivers, family members, friends, and interested community members.

*'What Can We Expect? Dementia Basics'* is a four-part series with topics regarding brain health, types and stages of dementia, communication, and preparation for the journey ahead.

**Register by:** Wed, Jan 31 at 919-245-4253 or [mdagger@orangecountync.gov](mailto:mdagger@orangecountync.gov)

Parallel respite care will be available for loved ones with dementia if requested.

**Instructors:** OC CARES team and experienced practitioners/community members

**Fee:** FREE

**Passmore Center**

Tue, Feb 6 - 27 (255018-02)                      10 am – 12 noon

*Holidays: Making it the best it can be!* is a one-time class discussing holiday concerns when caring for an older adult. The program will be held at the UNC Wellness Center at Meadowmont, 100 Sprunt St, Chapel Hill, NC.

**Register by:** Calling 919-966-5500. Registration opens 3 weeks in advance of program. Seating capacity is limited. Email [aym27517@gmail.com](mailto:aym27517@gmail.com) for information

**Instructors:** OC CARES team

**Fee:** FREE

**UNC Wellness Center at Meadowmont**

Thu, Dec 14                                      2 pm

All services offered through OC CARES are free to residents of Orange County, their care partners and related services providers.

**For more information or client referrals call: 919-968-2087 (Aging Helpline)**

**OC CARES Staff office: 919-245-4253**

