



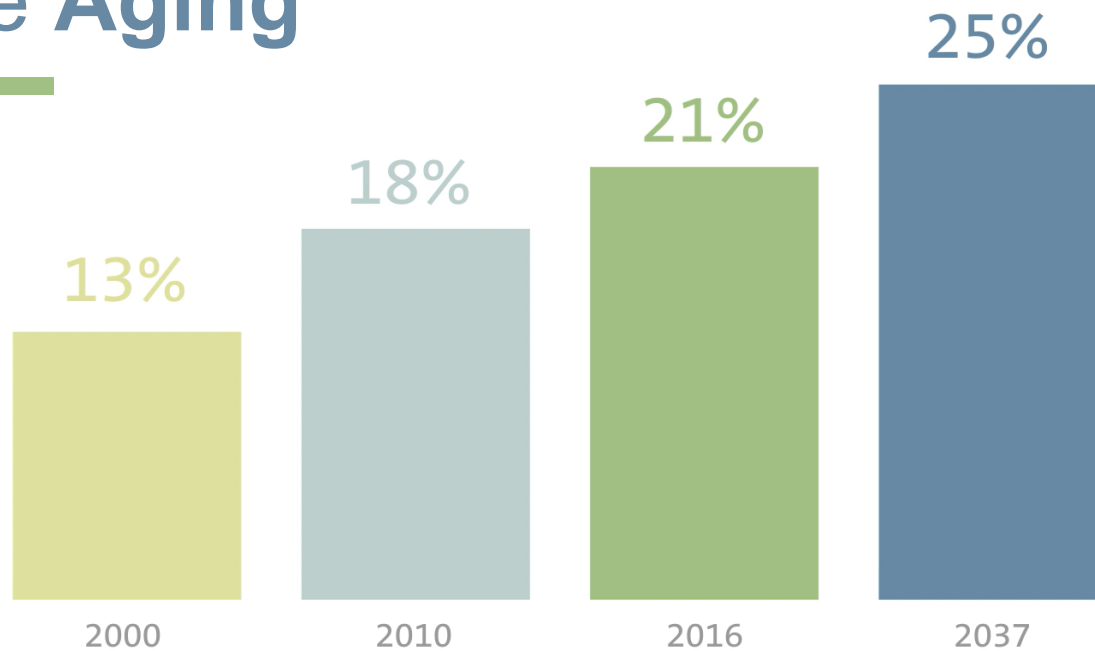
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## **Accessing Community Resources: When and How to get Connected!**

**Sandra S. Rinaldi, MS, LCMHC**  
**VP of Aging Services**



# We are Aging

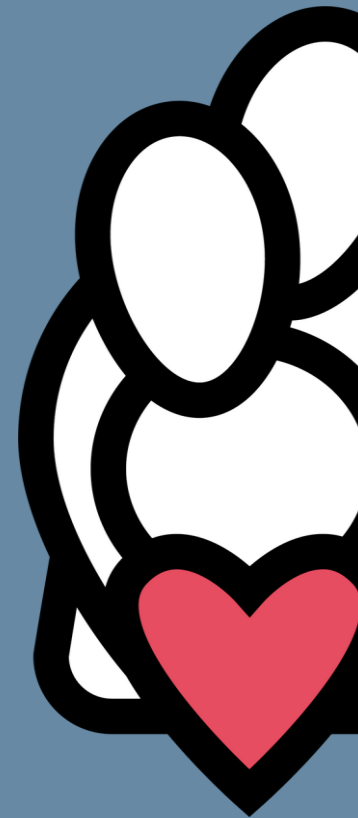


Percentage of Forsyth County's Population aged 60 years and older





Helping Older Adults  
**Remain at Home**





## Our Mission

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To help older adults remain at home for as long as possible and to help them live with dignity. With concern for those who care for senior adults, we also help caregivers through services and education that will benefit them.



# What is Senior Services?

## Private, Nonprofit...

Serving older adults in Forsyth County since 1962

- **125** staff
- **65** board members
- Over **1,000** volunteers
- Over **3,700** donors
- **One** goal...





# Programs and Services



# Programs and Services

- **Williams Adult Day Center**
- **Nutrition Services**
  - Meals-on-Wheels
  - Senior Lunch
- **In-Home Services**
  - Home Care
  - Living-at-Home
- **Aging Resources**
  - Help Line
  - Elder Care Choices
  - Family Caregiver Support Program
- **Creative Connections**





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# Help Line



# Help Line

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Aging Resource  
Specialists take calls  
from the community

Research and connect  
people to community  
resources

Update and publish  
community resource  
directory



# Home Safety Checklist

Yes	No	Notes
<b>Windows and Doors</b>		
		Are they easy to open and close?
		Are they equipped with quality safety locks?
		Are doors wide enough for walkers and wheelchairs?
		Do the doors have peepholes or window to see outside?
		Is there a doorbell or knocker?
<b>Floors</b>		
		Are floor surfaces non-slip?
		Are scatter rugs removed or secured?
		Are floor areas free of clutter?
<b>Stairs, Steps, and Walkways</b>		
		Do steps need repairing?
		Do stairs have handrails?
		Are wooden steps equipped with stair treads?
		Are step edges marked with bright colored paint or tape?
		Would a ramp provide better access in/out of home?
		Is the ramp in good condition?
<b>Bathroom</b>		
		Is the bathroom equipped with a tub or shower bench?
		Are there grab bars in the tub or shower and around the toilet?
		Is the shower equipped with a <u>hand held</u> shower head?
		Does the tub or shower have a non-skid surface?

Yes	No	Notes
<b>Kitchen</b>		
		Are all appliances in working order and safe to use?
		Are oven/stove controls located in front of the appliance?
		Do faucets work properly?
		Are cabinets and items in the cabinets easy to reach?
		Are outlets safe to use?
<b>Bedroom</b>		
		Is the bed low enough to get in and out of safely?
		Is there a light next to the bed? <u>Night-lights?</u>
		Is there a telephone with emergency numbers next to the bed?
		Are items in the closet easily accessible?
<b>Living Area</b>		
		Is the TV remote easy to use?
		Is the furniture arranged so there is more space to walk?
		Is there adequate lighting throughout the house?
<b>General</b>		
		Are smoke detectors present and in working order?
		Are there carbon monoxide detectors in the home?
		Is there a fire extinguisher accessible?
		Are firearms in home locked and secured? (consider removing)
		Repair or replace frayed electrical cords; remove from under rugs; check outlets
		Is hot water heater at 120 degrees or less to prevent scalding?
		Is the house free of insects and pests?
		Are medications organized and/or in a secure place?





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# Directory of Services



2025-26

# Directory of Services

## Request Services

- Call Help Line 336-724-2040
- Email Help Line
  - [helpline@seniorservicesinc.org](mailto:helpline@seniorservicesinc.org)

## Download Online Directory

- [Seniorservicesinc.org/resources](https://seniorservicesinc.org/resources)



## **DIRECTORY OF SERVICES**

*for* OLDER ADULTS IN FORSYTH COUNTY



SENIOR SERVICES HELP LINE

**336-724-2040**

[HELPLINE@SENIORSERVICESINC.ORG](mailto:HELPLINE@SENIORSERVICESINC.ORG)





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# Volunteer Opportunities



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Meals-on-Wheels

Elizabeth and Tab Williams  
Adult Day Center

Administrative

Age-Friendly Advocates



SENIOR  SERVICES

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Thank you!

