

North Carolina
County Commissioners Conference
August 11, 2017

Unique Mental Health Needs of
Older Adults
Orange County perspective

Orange County Department on Aging

- A designated unit of county government with the mission of serving older adult residents
- Vision: Turn our 2 senior centers into “One-Stop-Shops” for wellness activity, meaningful volunteerism, and a source for “aging in place” services and supports
- Purpose: Promote health and wellness engagement, maintain meaningful roles, and reduce loneliness, depression, and social isolation.

A video on our website



<http://www.orangecountync.gov/departments/aging/index.php>

At our Senior Centers, we provide:

- Exercise classes of all kinds, for all persons
- Educational/interest classes
- Social Activities
 - Cards and games
 - Day trips
 - Parties of all kinds 😊
 - Musical presentations
- Volunteer opportunities
 - Inside centers
 - Outside community

Community Services – Aging Transitions

- Mood/Memory/Falls Prevention Screening
- Healthy IDEAS
- Support Groups
- Caregiver Respite 1 day a week
- Transportation help
- Telephone Reassurance
- Options Counseling
- Low-income assistance

We appreciate the
support from our Board
of County
Commissioners! We
couldn't do this without
them!