

## IDD and Community Resources

### **Advocacy, Information and Support Groups**

AKALAKA Sibling support—Innovations Services and networking for siblings of individuals with IDD [www.akalaka.org](http://www.akalaka.org)  
Alliance for Disability Advocates- <http://adanc.org/>  
Alliance Health Consumer and Family Advisory Committee (CFAC) <https://www.alliancehealthplan.org/about/alliance-health-consumer-and-family-advisory-committee-cfac/>  
Best Buddies NC <https://www.bestbuddies.org/northcarolina/> Friendship, employment, events 704-559-9017  
Family Support Network of Trusted Parents <https://www.trustedparents.org/fsn>  
Family Support Program <http://fsp.unc.edu/referral>  
FASD Informed (Fetal Alcohol info and support) <https://ncfasdinformed.org>  
Brain Injury Association of NC <http://www.bianc.net/>  
Cerebral Palsy Guide <https://www.cerebralpalsyguide.com>  
Carolina Parent <http://www.carolinaparent.com/CP/Special-Needs/> magazine and online res  
Childcare Services Association <http://www.childcareservices.org>  
Darkness to Light <https://d2l.org> Stewards of Children sexual abuse prevention training  
Disability Rights <http://www.disabilityrightsncc.org/>  
Exceptional Children’s Assistance Center—IEP/school advocacy <http://www.ecac-parentcenter.org>  
National Autism Association—Big Red Safety Box <http://nationalautismassociation.org/big-red-safety-box/>  
NC Down Syndrome Alliance <https://www.ncdsalliance.org>  
PACID --Parent Advocates for Adult Children with IDD <https://www.pacidnc.org/>  
Special Olympics of NC <http://sonc.net>  
Triangle Downs Syndrome Network <https://www.facebook.com/TriangleDownSyndromeNetwork>  
UNC Autism Registry for research and support [www.cid.unc.edu/registry](http://www.cid.unc.edu/registry)

### **Housing Resources/Organizations**

Arc of NC—Housing Resources [www.arcnc.org/housing/](http://www.arcnc.org/housing/)  
Assistive Technology options to promote independence and safety monitoring (Blink, Simply Home, Ring, etc)  
Best Buddies NC <https://www.bestbuddies.org/northcarolina/> Friendship, employment, events 704-559-9017  
Building Independence / Housing <https://www.servingcup.org/housing/building-independence>  
Housing Options for Adults with Special Needs <https://specialneedsanswers.com/housing-options-for-adults-with-special-needs-14975>  
Housing Options for People with Exceptionalities (HOPE) <https://hopenorthcarolina.org>  
L’Arche <https://www.facebook.com/larchenorthcarolina/> inclusive community for IDD including supported housing  
NC Council on Dev Dis—Supported Living Resources <https://nccdd.org/supported-living-resources.html>  
Special Needs Answers.com <https://specialneedsanswers.com/> /learn-more resources on financial planning, ABLE, housing  
Supported Living NC—Lutheran Family Services <https://lscarolinas.net/supported-living-residences-nc>

### **Legal services/ Estate and Trust planning/ Other legal**

ARC Center for Futures Planning <https://futureplanning.thearc.org/pages/learn/future-planning-101>  
Arc of NC -Life Guardianship program [www.arcnc.org/guardianship](http://www.arcnc.org/guardianship)  
Disability Rights <http://www.disabilityrightsncc.org/>  
<https://adanc.org/wp-content/uploads/2018/08/Special-Needs-Trusts.pdf>  
Guardianship information from NC Courts <http://www.nccourts.org/training/guardianship.asp>  
Life Plan Trust [www.lifeplantrust.org](http://www.lifeplantrust.org) financial planning assistance and special needs trusts  
Special Needs Answers <https://specialneedsanswers.com/> /learn-more resources on financial planning, ABLE, housing  
A Special Needs Trust Plan –support and downloadable guide <https://aspecialneedsplan.com/guidebook>

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Many resources also found on [www.alliancehealthplan.org](http://www.alliancehealthplan.org)

## **Employment services/resources**

Best Buddies NC <https://www.bestbuddies.org/northcarolina> / Friendship, employment, events 704-559-9017  
Extraordinary Ventures (employment) [www.extraordinaryventures.org](http://www.extraordinaryventures.org)  
Vocational Rehabilitation (employment assistance) <http://www.ncdhhs.gov/dvrs/>

## **Local organizations/coalitions/community centers/seniors/Recreation**

Arts Access—Making the Arts Accessible to People with Disabilities <http://artsaccessinc.org>  
Bridge 2 Sports <http://www.bridge2sports.org> / adapted sports  
Childcare Services Association <http://www.childcareservices.org>  
First in Families of NC <http://www.fifnc.org>  
Miracle League of the Triangle <http://www.miracleleagueofthetriangle.com>  
NC PACE [https://ncpace.org/PACEPUBLIC/Find\\_PACE/Copy\\_of\\_PACE\\_in\\_NC.aspx](https://ncpace.org/PACEPUBLIC/Find_PACE/Copy_of_PACE_in_NC.aspx) 55+ support  
SHIIP—Senior Health Insurance Information Program (NC) <https://www.shiphelp.org/about-medicare/regional-ship-location/north-carolina>  
Silver Sneakers <https://tools.silversneakers.com> / 866-584-7389 gym classes available through some Medicare plans 65+  
Triangle Rock Club <http://trianglerockclub.com> / locations for climbing/adaptive climbing

## **Public Resources/ Financial Assistance**

HealthWell Foundation- [www.healthwellfoundation.org](http://www.healthwellfoundation.org)  
Hearing Aid Assistance <https://www.hearingloss.org/hearing-help/financial-assistance/>  
UNC School of Medicine- <https://www.med.unc.edu/earandhearing/cccdpgrant/>  
MedAssist <http://medassist.org> resource for uninsured medication assistance  
National Disability Institute--Disability related/economic resources <http://www.realeconomicimpact.org>  
NC Assistive Technology Program <http://www.ncatp.org/>  
Parents for Educational Freedom in NC [www.pefnc.org](http://www.pefnc.org) 919-760-7167 funding and resources for educational choice  
United Healthcare Foundation (medical grant for children <16yo (non-Medicaid primary) <http://www.uhccf.org/>  
Vision USA free exams <http://www.aoafoundation.org/vision-usa/>  
YMCA (offers medical memberships) <https://www.ymcatriangle.org/membership/medical-memberships>

## **Education/Trainings/Camps**

Best Buddies NC <https://www.bestbuddies.org/northcarolina> / Friendship, employment, events 704-559-9017  
Carolina Institute of Developmental Disabilities (CIDD) <http://www.cidd.unc.edu/services/clinical/>  
Carolina Parent <http://www.carolinaparent.com/CP/Special-Needs/> magazine and online resource  
Childcare Services Association <http://www.childcareservices.org>  
Darkness to Light <https://d2l.org> Stewards of Children sexual abuse prevention training  
Do2learn <http://www.do2learn.com>  
Exceptional Children’s Assistance Center—IEP/school advocacy <http://www.ecac-parentcenter.org>  
Happiness Retreats <https://carawayconferencecenter.com/caraway-events/happiness-retreats/>  
National Autism Association—Big Red Safety Box <http://nationalautismassociation.org/big-red-safety-box/>  
NC Assistive Technology Program <http://www.ncatp.org>  
NC Complex MH/IDD Resources <https://complexmhidd-nc.org/> info regarding dual diagnosed (IDD/MH) children  
NC Department of Public Instruction/EC Division <http://ec.ncpublicschools.gov/>  
NC Down Syndrome Alliance <https://www.ncdsalliance.org>  
NC LEND—UNC Chapel Hill/CIDD <http://www.cidd.unc.edu/Education/LEND/Default.aspx>  
NC Start <https://www.ncdhhs.gov/divisions/mental-health-developmental-disabilities-and-substance-abuse/nc-start>  
Parents for Educational Freedom in NC [www.pefnc.org](http://www.pefnc.org) 919-760-7167 funding and resources for educational choice  
TEACCH/UNC (Autism) (919) 966-5156 <http://teacch.com>  
Think College –information for attending supported college programs <https://thinkcollege.net/>  
Translated “Tip” sheets for special needs <https://connectability.ca/2011/03/02/translated-tip-sheets-2/>  
Spark for Autism [www.sparkforautism.org](http://www.sparkforautism.org) research on autism and genetic testing

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Special Olympics of NC <http://sonc.net>

Triangle Downs Syndrome Network <https://www.communitypartnerships.org/resources/triangle-down-syndrome-network/>

Triangle Rock Club <http://trianglerockclub.com/> locations for climbing/adaptive climbing

Vocational Rehabilitation (employment assistance) <http://www.ncdhhs.gov/dvrs>

UNC Autism Registry for research and support [www.cidd.unc.edu/registry](http://www.cidd.unc.edu/registry)

### **Specialized services/treatments/workshops**

Animal Assisted Therapy of the Triangle <http://www.animalassistedtherapyofthetriangle.com/> therapy, training

Arc of the Triangle (Merge of Durham, Orange, Wake) <http://www.arctriangle.org>

Art Therapy Institute—individual and group therapy and events <http://ncati.org/> 919-381-6068 based in Carrboro

Autism Society of NC <http://autismsociety-nc.org/> 919-743-0204

Autism Speaks <https://www.autismspeaks.org/> safety products and related information/resources

Best Buddies NC <https://www.bestbuddies.org/northcarolina/> Friendship, employment, events 704-559-9017

LifeSpan Respite Program <https://www.highcountryaging.org/services/lifespan-respite-project>

Brain Injury Association of NC <http://www.bianc.net/>

Carolina Institute of Developmental Disabilities (CIDD) <http://www.cidd.unc.edu/services/clinical/>

Cerebral Palsy Guide <https://www.cerebralpalsyguide.com>

First in Families of NC <http://www.fifnc.org>

Happiness Retreats <https://carawayconferencecenter.com/caraway-events/happiness-retreats>

National Autism Association—Big Red Safety Box <http://nationalautismassociation.org/big-red-safety-box/>

NC LEND—UNC Chapel Hill/CIDD <http://www.cidd.unc.edu/Education/LEND/Default.aspx>

NC Start <https://www.ncdhhs.gov/divisions/mental-health-developmental-disabilities-and-substance-abuse/nc-start>

NC Therapeutic Riding Center <https://www.nctridders.org/> Mebane –offers PT/OT, psychotherapy, therapeutic riding

NC Project Lifesaver (alert system connected to law enforcement) [www.wake.gov/departments-government/sheriffs-office/divisions/administration/project-lifesaver](http://www.wake.gov/departments-government/sheriffs-office/divisions/administration/project-lifesaver)

TEACCH/UNC (Autism) (919) 966-5156 <http://teacch.com>

Triangle Downs Syndrome Network <https://www.communitypartnerships.org/resources/triangle-down-syndrome-network>

### **State or Federal Resources or Programs**

Access North Carolina-Vacation and Travel Guide for People with Disabilities

<https://www.ncdhhs.gov/divisions/vocational-rehabilitation-services/independent-living-people-disabilities/access-north-carolina-vacation-and-travel-guide-people-disabilities/>

CAP-C (Children) medically fragile waiver <https://medicaid.ncdhhs.gov/providers/programs-and-services/long-term-care/community-alternatives-program-children-capc>

CAP-DA (disabled adults) waiver <https://medicaid.ncdhhs.gov/providers/programs-and-services/long-term-care/community-alternatives-program-disabled-adults-capda>

Child Development Services Administration (CDSA/Infant Toddler Program age 0-3) <http://www.bearly.nc.gov/>

Medicare <https://www.medicare.gov/>

NC Assistive Technology Program <http://www.ncatp.org/>

NC 211—Resource Directory [www.nc211.org](http://www.nc211.org)

NC CARE360 <https://nccare360.org/resources/> Statewide network for resources (“211” call center)

North Carolina Children and Youth with Special Health Care Needs Help Line 800-737-3028

<https://www.dph.ncdhhs.gov/wch/families/helplines.htm>

NC Complex MH/IDD Resources <https://complexmhidd-nc.org/> info for families of dual diagnosed

NC Council on Dev Dis—Supported Living Resources <https://nccdd.org/supported-living-resources.html>

NC Deaf and Hard of Hearing <https://www.ncdhhs.gov/assistance/hearing-loss>

NC Department of Public Instruction/EC Division <http://ec.ncpublicschools.gov>

NCDHHS Resources <https://ncchildcare.ncdhhs.gov/Parent/Special-Needs/Special-Needs-Resources>

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NC Down Syndrome Alliance <https://www.ncdsalliance.org>  
NC Medicaid <http://dma.ncdhhs.gov/medicaid>  
NC Medicaid Personal Care Services <https://medicaid.ncdhhs.gov/providers/programs-and-services/long-term-care/personal-care-services-pcs> ----NC LIFTSS/ Acentra Health Phone: 833-522-5429 (referred by your doctor)  
NC Medicaid Tailored Plan <https://ncmedicaidplans.gov/learn/get-answers/tailored-plan-services>  
NC PACE [https://ncpace.org/PACEPUBLIC/Find\\_PACE/Copy\\_of\\_PACE\\_in\\_NC.aspx](https://ncpace.org/PACEPUBLIC/Find_PACE/Copy_of_PACE_in_NC.aspx) 55+ support  
NC Start <https://www.ncdhhs.gov/divisions/mental-health-developmental-disabilities-and-substance-abuse/nc-start>  
Ready NC--Emergency Preparation Plan/Resources/Alerts <https://www.readync.gov>  
Service Animals <https://www.ncdhhs.gov/divisions/vocational-rehabilitation-services/independent-living-people-disabilities/service-animals-people-disabilities>  
Social Security Administration (disability) [www.ssa.gov](http://www.ssa.gov) (888) 759-3908 (local), (800) 772-1213 (national) Special Assistance In-Home <https://www.ncdhhs.gov/assistance/adult-services/state-county-special-assistance-in-home> (adult support care--contact local DSS)  
Special Olympics of NC <http://sonc.net>  
Vocational Rehabilitation (employment assistance) <http://www.ncdhhs.gov/dvrs/>  
Waiver.org <http://medicaidwaiver.org/index.html> information regarding waivers in all states

## **Local Counties**

### **Cumberland County**

All-American Counseling—Bobbie Donaldson, LCSW –Equine Therapy, Yoga (Private pay/ins) 910-489-1405  
Autism Society of Cumberland County <https://www.autismspeaks.org/provider/autism-society-cumberland-county-0>  
Buddy Sports—Fayetteville Parks and Rec <https://www.fcpr.us/athletics/adaptive-sports-3048>  
CAP-C (Children)-- [https://files.nc.gov/ncdma/documents/Providers/Programs\\_Services/CAPC/CAPC-Case-Management-Providers--Master-List-.pdf](https://files.nc.gov/ncdma/documents/Providers/Programs_Services/CAPC/CAPC-Case-Management-Providers--Master-List-.pdf)  
CAP-DA waiver program for Disabled Adults <https://medicaid.ncdhhs.gov/media/7999/download>  
Cumberland County Council on Older Adults 910-484-0111 <https://www.ccccoo.org/>  
Cumberland County DSS/Social Services (910) 323-1540 <https://www.ccdssnc.com/>  
Fayetteville Technical Community College (910) 678-8400, <http://www.faytechcc.edu/>  
First Impressions Academy <https://fiaprepschools.com/> 910-339-0524  
Gilmore Therapeutic Center (910) 433-1000, 1600 Purdue Drive, Fayetteville <https://www.fcpr.us/facilities/recreation-centers/dorothy-gilmore-therapeutic>  
Hope Thru Horses— Therapeutic Riding/Equine Therapy Program— <http://www.hope-thru-horses.com> – Fayetteville  
Martial Arts of NC <https://martialartsofnc.com/> 910-493-3288  
NC PACE <https://www.sjp.org/healthcare/other-services/>  
Parks and Recreation <http://www.fcpr.us/>  
Project Lifesaver—Cumberland 910-321-7169  
School of Hope <https://www.theschoolofhope.net/>  
Senior Center Services <https://www.ccccoo.org/>  
Special Olympics <http://sonc.net/cumberland/>  
The Core Academy --Dance <https://www.thecoreacademync.com/> 910-758-8870  
Triangle Rock Club <http://trianglerockclub.com/> locations for climbing/adaptive climbing  
Vocational Rehabilitation/Fayetteville (910) 486-1101 <https://www.ncdhhs.gov/divisions/vocational-rehabilitation-services>

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## **Durham County**

Arc of the Triangle-Durham (919) 942-5119 (social events, family support) <http://www.arctriangle.org>  
CAP-C (Children) medically fragile waiver  
[https://files.nc.gov/ncdma/documents/Providers/Programs\\_Services/CAPC/CAPC-Case-Management-Providers--Master-List-.pdf](https://files.nc.gov/ncdma/documents/Providers/Programs_Services/CAPC/CAPC-Case-Management-Providers--Master-List-.pdf)  
CAP-DA (waiver program for Disabled Adults) <https://medicaid.ncdhhs.gov/media/7999/download>  
Dental care—Project Blue Bridge—Durham Health Dept for Medicaid/uninsured and ID or autism 919-560-7680  
<https://www.dcopublichealth.org/home/showpublisheddocument/26132/636705482042670000>  
Durham Center for Senior Life 919-688-8247 <https://dcslnc.org/>  
Durham County Community Living Program <http://www.dccpl.org/>  
Durham County DSS/Social Services (919) 560-8600  
Durham Network of Care (resource database) <http://durham.nc.networkofcare.org>  
Durham Technical College <http://www.durhamtech.edu/> (919) 536-7200  
Duke Center for Autism <http://autismcenter.duke.edu/>  
Duke Divinity Friendship House <https://divinity.duke.edu/admissions/admitted-student-resources/housing-resources>  
Embrace- Autism social groups, support, and therapies <https://embrace-autism.com/>  
Kramden Institute <https://kramden.org/> Refurbished computers, classes, camps and work/volunteer options  
LATCH <https://phmo.dukehealth.org/initiatives/local-access-coordinated-healthcare-latch> Local Access to Community  
Healthcare—uninsured assistance  
PACE (55+) [www.seniorcommunitycarenc.org](http://www.seniorcommunitycarenc.org)  
Parks and Recreation <https://durhamnc.gov/753/Parks-Recreation> (919) 560-1200  
Reality Ministries <http://www.realityministriesinc.org/> (919) 688-7776 community social recreation  
Special Olympics <http://sonc.net/durham/> (919) 560-1301  
Triangle Rock Club <http://trianglerockclub.com/> locations for climbing/adaptive climbing  
Vocational Rehabilitation/Durham (919) 560-6810 <https://www.ncdhhs.gov/divisions/vocational-rehabilitation-services>

## **Johnston County**

CAP-DA (waiver program for Disabled Adults) <https://medicaid.ncdhhs.gov/media/7999/download>  
CAP-C (Children) medically fragile waiver  
[https://files.nc.gov/ncdma/documents/Providers/Programs\\_Services/CAPC/CAPC-Case-Management-Providers--Master-List-.pdf](https://files.nc.gov/ncdma/documents/Providers/Programs_Services/CAPC/CAPC-Case-Management-Providers--Master-List-.pdf)  
Community and Senior Services of Johnston County 919-934-6066 <https://www.johnstonnc.com/content.cfm?id=250>  
Family Support Network of Eastern NC [www.fsnenc.org](http://www.fsnenc.org) Greenville (252) 847-5120  
Freedom Steps Equine Services (therapeutic riding—Clayton) [www.fuzzyfacesrefuge.org](http://www.fuzzyfacesrefuge.org) (855) 337-3384  
Johnston Community College <http://www.johnstoncc.edu/> Johnston County DSS/Social Services (919) 989-5300  
Johnston County Parks and Recreation <http://www.johnstonnc.com/index.cfm>  
Senior Center Services <https://www.cssjohnston.org/>  
Special Assistance—In Home Funds (adults) <https://www.johnstonnc.com/dss/content.cfm?pageid=saih>  
Special Olympics <http://sonc.net/johnston/>  
Triangle Rock Club <http://trianglerockclub.com/> locations for climbing/adaptive climbing  
Vocational Rehabilitation (919) 934-0525 <https://www.ncdhhs.gov/divisions/vocational-rehabilitation-services>

## **Mecklenburg County**

Abilities Unlimited of the Carolinas adaptive activities and sports <http://aucarolinas.org/>  
Allegro Foundation—Programs for children with disabilities <http://allegrofoundation.net/>  
ASAP Adaptive Sports and Adventures Program  
<https://www.nchpad.org/Directories/Programs/9113/Adaptive~Sports~and~Adventures~Program~~A~S~A~P~~>  
Autism after 18 for activities [mneelsen@autismafter18.org](mailto:mneelsen@autismafter18.org)  
Autism Services of Mecklenburg County <http://autismservices.org/>  
Autism Society—Mecklenburg <http://www.asncmeck.org/> The Ignite program

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CAP-C (Children) medically fragile children waiver

[https://files.nc.gov/ncdma/documents/Providers/Programs\\_Services/CAPC/CAPC-Case-Management-Providers--Master-List-.pdf](https://files.nc.gov/ncdma/documents/Providers/Programs_Services/CAPC/CAPC-Case-Management-Providers--Master-List-.pdf)

CAP DA (waiver program for Disabled Adults) <https://medicaid.ncdhhs.gov/media/7999/download>

Catholic Charities-Charlotte 704-370-3262 <https://ccdnc.org/>

CDSA children 0-3yo <https://www.mecknc.gov/HealthDepartment/cds/Pages/default.aspx>

Charlotte—Meck Library Special Needs programing <https://www.cmlibrary.org/services/special-needs>

City of Charlotte Special Needs Registry for emergency needs/evacuation assistance--

<https://charlottenc.gov/EmergencyManagement/Citizens/SpecialNeedsRegistry/Pages/default.aspx>

Charlotte Diocese/Church <https://charlottediocese.org/mac/special-learning-programs/>

Charlotte-Mecklenburg Schools EC <https://www.cms.k12.nc.us/cmsdepartments/ec/Pages/default.aspx>

Charlotte Parent <https://www.charlotteparent.com/special-needs/>

Communities in Schools *Parents as Teachers* assisting with school aged children support <https://www.cischarlotte.org/>

Crisis Assistance Ministry 704-371-3001 <https://www.crisisassistance.org/>

Down Syndrome Assoc of greater Charlotte <https://dsagreatercharlotte.org/>

Fun 4 Charlotte Kids <https://fun4charlottekids.com/Sports-Programs/Special-Needs-Sports/>

In Reach Residential Services <https://www.inreachnc.org/residential-services>

Just 1 Call—info for seniors and adults with disabilities in <https://www.mecknc.gov/dss/Just1Call/Pages/Default.aspx>

Meck NC—Community Resources

<https://www.mecknc.gov/ParkandRec/Therapeutics/Pages/Community%20Resources.aspx>

PACE Southern Piedmont-Mecklenburg <https://pacesp.com/> 704-887-3840

Parks and Recreation —<https://www.mecknc.gov/ParkandRec/Therapeutics/Programs/Pages/default.aspx>

Pineville Neighbors Place and Crisis Assistance <https://sharecharlotte.org/nonprofit/pineville-neighbors-place>

RyzabOve <https://www.ryzabOve.com/> Charlotte fitness, day camps and social recreation

Senior Center Services <https://www.mecknc.gov/ParkandRec/Facilities/Pages/Senior-Centers.aspx>

Smart Start Mecklenburg-- <https://smartstartofmeck.org/>

Special Olympics NC-Mecklenburg <https://sonc.net/local-programs/mecklenburg-county/>

YMCA parents as teachers—support for Hispanic families and school aged children <https://www.ymcacharlotte.org/>

## **Orange County**

Arc of the Triangle <https://www.arctriangle.org/>

Autism Society of NC <https://www.autismsociety-nc.org/find-chaptersupport-group/>

CAP-C (Children) medically fragile waiver

[https://files.nc.gov/ncdma/documents/Providers/Programs\\_Services/CAPC/CAPC-Case-Management-Providers--Master-List-.pdf](https://files.nc.gov/ncdma/documents/Providers/Programs_Services/CAPC/CAPC-Case-Management-Providers--Master-List-.pdf)

CAP DA (waiver program for Disabled Adults) <https://medicaid.ncdhhs.gov/media/7999/download>

CDSA Infant Toddler program <https://beearly.nc.gov/> 704-336-7100

Carolina Institute of Developmental Disabilities (CIDD) <http://www.cidd.unc.edu/services/clinical/>

Chapel Hill/Carrboro Schools-EC <http://www.chccs.k12.nc.us/academics/academic-programs/exceptional-children>

Disability Awareness Council of Orange <https://www.facebook.com/TriangleDisabilityAwarenessCouncil/>

Hope NC community inclusion for individuals with disabilities <https://hopenorthcarolina.org/>

NC Therapeutic Riding Center <https://www.nctridders.org/> Mebane —offers PT/OT, psychotherapy, therapeutic riding

OC Connect—resource database <https://thecef.secure.force.com/>

Orange County Dept of Social Services <https://www.orangecountync.gov/>

Smart Start/Orange Childcare Resources <http://www.orangesmartstart.org/>

Orange County Recreation/ Special Olympics <https://www.townofchapelhill.org/government/departments-services/parks-and-recreation/recreation/special-olympic> s

Orange County Care at Home <https://www.orangecountync.gov/161/Care-at-Home>

PACE Orange County <https://piedmonthealthseniorcare.org/> 877-714-2100

Senior Center Services <http://www.orangecountync.gov/236/Senior-Center-Programs>

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## **Wake County**

Able to Serve (First Baptist Church) private day program in Garner for adults with IDD 919-779-5545  
Arc of the Triangle—Wake <http://www.arctriangle.org> (919) 832-2660  
Community Connections-matching volunteers with teens and adults  
Family Fun Night- Children 12 and under, one night quarterly at Marbles Kids Museum  
M and M Singers- Choirs for persons with Developmental Disabilities  
People We Are- Self Advocacy/Peer Support Project SEE  
Supported Retirement Program Teen to Adulthood  
Camp GRACE <https://www.ymcatriangle.org/programs-and-services/camps/camp-grace-north-raleigh>  
CAP-C (Children) medically fragile waiver  
[https://files.nc.gov/ncdma/documents/Providers/Programs\\_Services/CAPC/CAPC-Case-Management-Providers--Master-List-.pdf](https://files.nc.gov/ncdma/documents/Providers/Programs_Services/CAPC/CAPC-Case-Management-Providers--Master-List-.pdf)  
CAP-DA (waiver program for Disabled Adults) <https://medicaid.ncdhhs.gov/media/7999/download>  
Carolina Dance Center <https://www.carolinadancecenter.com/> 9101-169 Leesville Rd Raleigh 919 848-1830  
Cary—Town Programs <https://www.townofcary.org/recreation-enjoyment/special-populations>  
Center for Volunteer Caregiving <http://www.volunteercaregiving.org/FAQ.html>  
Dorcas Ministries (Thrift shop, family resources <https://dorcascary.org/>)  
Gateway Clubhouse (brain injury program) [www.gatewayclubhouse.org](http://www.gatewayclubhouse.org) (919) 662-0940  
GCF Family Support Services [www.gcffamilysupportserices.org](http://www.gcffamilysupportserices.org) (919) 281-9193  
Gigi's Playhouse Down Syndrome Achievement Center <http://gigisplayhouse.org/raleigh>  
Horses for Hope—therapeutic riding program – <http://horsesforhope.org>  
IGNITE Raleigh –Autism Society Young Adults with Autism -- Community Program <https://www.autismsociety-nc.org/wp-content/uploads/IGNITE-Raleigh-website-FAQ.pdf>  
Lindley College <https://www.lindleyhabilitation.com/lindley-college> private pay day program for high school graduates  
Mariposa School for Autism <http://www.mariposaschool.org/>  
Meredith College—Autism (ABA) early childhood program <https://www.meredith.edu/autism/>  
Oak City Soccer (for kids with autism or sensory processing) <http://www.oakcitysoccer.net/>  
PACE (55+ program) [www.seniorcommunitycarenc.org](http://www.seniorcommunitycarenc.org) Parks and Recreation – specialized recreation and inclusion  
<http://www.raleighnc.gov/parks/content/ParksRec/Articles/Programs/SRIS/SRISProgram.html>  
Project Lifesaver-Wake <http://www.wakegov.com/sheriff/services/Pages/lifesaver.aspx> (919) 856-6495  
Richland Creek Community Church-Special Needs (parent support) Wake Forest <https://richlandcreek.com/specialneeds/>  
Senior Center Services <https://www.wakegov.com/departments-government/health-human-services/programs-assistance/senior-and-adult-services>  
Special Assistance—In Home Funds <https://www.wakegov.com/departments-government/health-human-services/programs-assistance/senior-and-adult-services/special-assistance-home>  
Special Olympics <http://sonc.net/wake/> (919) 996-2111  
3 Irish Jewels Farm <https://www.facebook.com/3IrishJewelsFarm/> adult/ autism residential farm, day programs, camps  
Transitions Grief Care [www.transitionslifecare.org/griefcare](http://www.transitionslifecare.org/griefcare) grief support ages 5-adult(Formerly Horizons)  
Triangle Rock Club <http://www.trianglerockclub.com/> multiple locations  
Vocational Rehabilitation/Raleigh (919) 859-8301 <https://www.ncdhhs.gov/divisions/vocational-rehabilitation-services>  
Wake Connections (Early Childhood Support Programs) <http://wakeconnections.org>  
Wake County Social Services (919) 212-7000 <https://www.wakegov.com/departments-government/health-human-services>  
Wake Network of Care <http://wake.nc.networkofcare.org> resource database  
Wake Technical College (Abe Tops) (919) 866-5000 <https://www.waketech.edu/programs-courses/non-credit/strengthen-basic-skills/adult-basic-education/abe>

Programs/resources included on this list are for information only and are not specifically endorsed by Alliance—4/2024  
Many resources also found on [www.alliancehealthplan.org](http://www.alliancehealthplan.org)