

Chatham County Aging Services

Founded in 1974 as the Chatham County Council on Aging, Chatham County Aging Services on promotes the independence and dignity of Chatham County's older adults to help them remain healthy, secure and involved in their own homes and community for as long as possible.



Chatham County Aging Services

Pittsboro Center
for Active Living
365 Hwy 87 N
Pittsboro NC 27312
919-542-4512

Siler City Center
for Active Living
112 Village Lake Road
Siler City NC
919-742-3975

E-mail: william.riggsbee@chathamcountync.gov

Caregiver Support Groups





What is a Caregiver?

Support Group Goals

Caregiving can be physically, emotionally, mentally and financially draining. Our goal is to provide caregivers the assistance they need.

Group meetings allow for caregiver education and training.

Meetings allow for participants to discuss the challenges they face and together, discover solutions.

Meeting times

The Pittsboro Center for Active Living Support Group meets the first and third Monday of each month at 3 p.m. The Siler City Center for Active Living Support Group will meet the second Monday of each month at 2 p.m. A virtual meeting is held via the Zoom platform on the fourth Monday of the month beginning at 6 p.m.



Respite

Respite is an in-home aide service offered to caregivers to allow them to have time to take care of their needs—including their social, emotional and physical health.

Often, these needs are put on hold while caring for a loved one.

