

Great Experiences

ARE MADE HERE DAILY

HOMESTYLE DINING

Enjoy three, chef-prepared meals daily with attentive tableside service. Our dietary-approved menus feature home-cooked favorites and seasonal specials that make every meal feel like gathering around the family table.

ACTIVITIES & SOCIAL EVENTS

With four planned activities each day, there's always something to look forward to — from arts and crafts to music programs, game days, and community outings. Each day is filled with opportunities for fun and meaningful connection.

PROFESSIONAL TEAM

Our 24/7 professional care team treats every resident like their own family. From certified nursing staff to attentive aides, you can rest easy knowing your loved one is in caring, capable hands around the clock.

HEALTH & WELLNESS

Access to in-house medical providers, physical therapy, rehabilitation services, and personalized wellness programs. We coordinate with physicians to ensure comprehensive, whole-person care.

TRANSPORTATION

Scheduled transportation to doctor appointments, shopping trips, and fun local excursions so residents stay connected to the community they love.

HOUSEKEEPING & MAINTENANCE

Daily housekeeping and laundry services keep the community looking neat and exceptionally comfortable — so your loved one can focus on living, not chores.



Your Best Choice for Compassionate Senior Living

At Helping Hands, functionality is combined with genuine hometown warmth to create an environment that encourages our residents to maintain their independence — with the comfort of knowing a helping hand is always nearby.

Our community is not a facility. It's a home — where staff know every resident by name, where laughter fills the hallways, and where families find peace of mind knowing their loved ones are truly cared for.

Under new ownership by the Affordable Senior Housing Foundation, a North Carolina 501(c)(3) nonprofit, we've reimagined what senior living in Goldsboro can be.



OUR HANDS, YOUR HOME



HELPING HANDS

ASSISTED LIVING & MEMORY CARE

Where Every Resident Feels Like Family

Our community is full of opportunities for you or your loved ones to live a fulfilling, balanced life with the comfort of knowing a helping hand is always within reach.

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2052 US Hwy 70 W Business, Goldsboro, NC 27530

Our Hands, Your Home.

An ASHF Nonprofit Community

Nurturing Communities

Empowering Seniors

Enriching the Lives of our Seniors, Employees, and Communities



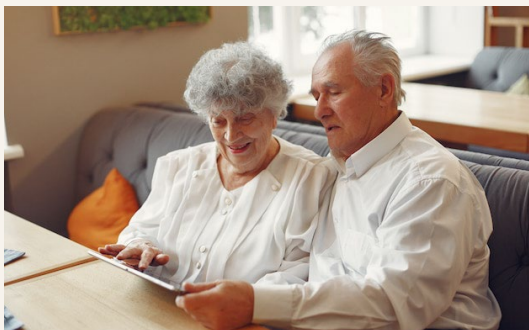
Choose Our Community for

RESIDENT-FOCUSED SENIOR LIVING



Our exceptional team of senior living professionals is committed to the health, happiness, and overall satisfaction of every resident. You or your loved one will enjoy peace of mind knowing that with our personalized approach, our team will be able to ensure we are providing the highest quality of life.

Explore our community and see our thoughtfully designed living spaces, enriching activities, and the warm way of life that's the true hallmark of our community. One look and you'll discover why Helping Hands is the very best place for the person-centered care your family deserves.



**HELPING
HANDS**
ASSISTED LIVING & MEMORY CARE

Exceptional

LIFESTYLE OPTIONS

ASSISTED LIVING

Our 58-bed Assisted Living community provides the perfect blend of support and person-centered care, while empowering independence when desired. Enjoy the comforts of home with many amenities including chef-prepared meals, on-site wellness services, and round-the-clock professional care.

Services include medication management, bathing and dressing assistance, daily housekeeping, transportation to appointments, and a full calendar of social activities and community outings.



MEMORY CARE

Our 15-bed memory care neighborhood offers a warm, homelike environment for those living with dementia or other memory-related issues. Apartments are spacious, secure, and comfortable, and help residents live a vital life with dignity and respect.

Helping Hands' personalized and tailored memory care programs focus on involving residents in everyday social activities that are enjoyable and stimulating — fostering friendships, encouraging self-esteem, stimulating creativity, and creating positive feelings.

Our secured neighborhood reduces wandering risk while promoting freedom of movement within a safe, supervised environment.

Highest Standards

FOR PERSONALIZED CARE

At Helping Hands, we recognize that every senior is an individual with their own needs, preferences, and a unique vision for how they want to live. That's why our professional team members tailor the level of care and attention for each resident. We give seniors the tools and choices they need to live the lifestyle they want, on their terms:

- **Homestyle Dining** with Friendly, Tableside Service
- **Diverse Schedule of Activities** & Social Events
- **Senior-Specific Health** & Wellness Programs
- **Complimentary, Scheduled Transportation** to Appointments & Outings
- **Outings to Local Favorite** Destinations & Community Events
- **Daily Housekeeping** & Maintenance Services
- **In-House Medical Providers** & Therapy Services
- **Personalized Care Plans** for Every Resident

From exceptional amenities to our deeply customized care and service, keeping residents happy and living healthier and longer is the driving force behind everything we do.



Schedule a Tour Today!

(919) 734-2889

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Private Pay & Medicaid/Special Assistance Accepted

Residents eligible for minimum 40 PCS hours/month

An ASHF Nonprofit Community

