

**PROGRAMS FUNDED BY THE
DENVER REGIONAL COUNCIL
OF GOVERNMENTS
TO SERVE OLDER ADULTS IN 2015-2017
Effective through June 2017**



**AREA AGENCY ON AGING
1290 Broadway, Suite 700
Denver, CO 80203-5606
303-455-1000**

**www.DRCOG.NetworkofCare.org
www.drcoq.org**

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**PROGRAMS FUNDED BY THE
DENVER REGIONAL COUNCIL OF GOVERNMENTS
TO SERVE OLDER ADULTS IN 2015-2017**

The Denver Regional Council of Governments (DRCOG) is the Area Agency on Aging (AAA) for the eight-county metropolitan region, and is responsible for planning, funding and providing services for adults 60 years of age and older.

The DRCOG AAA serves older adults in Adams, Arapahoe, Clear Creek, Douglas, Gilpin and Jefferson counties, the City & County of Broomfield, and the City & County of Denver. There are no income eligibility requirements to obtain services; however, services are targeted to frail older adults and those who are socially or economically most in need. There are no payments required to receive services, but contributions are encouraged from those who are financially able. Participant contributions are used to expand the services and number of people served.

Through its Area Agency on Aging, DRCOG allocates federal and state monies to community agencies to provide direct services to older adults. The division directly provides information, referral and assistance services, case management, options counseling and long-term care ombudsman services. Federal and state regulations require certain minimum funding levels for specific areas, such as nutrition, legal services and in-home services.

This document describes all services provided directly by the DRCOG AAA and by service providers via contracts with DRCOG.

[Revised February 2017]

OLDER AMERICANS ACT AND OLDER COLORADANS ACT PROGRAMS

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OLDER AMERICANS ACT **AND OLDER COLORADANS ACT PROGRAMS**

ADULT DAY SERVICES

Douglas County Department of Community Development; Community and Resource Services

100 Third Street
Castle Rock, CO 80104
<http://www.douglas.co.us/community/senior-adult-services>

Adult Day Program

Counties Served: Douglas

Adult Day Care services will be available to Douglas County residents through centers in Parker and Castle Rock. Providers will offer supervised supportive care for adults age 60 and older who are not able to be alone for all or part of a day. This service is available for working families or caregivers who need respite. For information on contacting providers, please access the County website at <http://www.douglas.co.us/community/senior-adult-services> or contact First Call: 303-660-7519.

Seniors' Resource Center

3227 Chase Street
Denver, CO 80212
www.srcaging.org
303-238-8151

Respite Care Through Adult Day Programs

Counties Served: Adams, Broomfield, Clear Creek, Denver and Jefferson (Removed Arapahoe, Douglas and Gilpin)

Seniors' Resource Center supports family caregivers by providing Adult Day Services through their Adult Day Services sites in Wheat Ridge and Evergreen. The programs are open Monday through Friday and offer a variety of social, artistic and recreational activities in a supportive, caring environment. The participants receive assistance with personal care needs and medication administration, as needed. Breakfast, lunch, and an afternoon snack are provided.

The Senior Hub

10190 Bannock Street Suite104
Northglenn, CO 80260
www.seniorhub.org
303-426-4408

Adult Day Program

Counties Served: Adams, Arapahoe, Broomfield, Denver and Jefferson

This day program provides a safe, welcoming place for older adults to go during the day, allowing caregivers a break to work or to take time for their own needs. Social interaction and cognitive stimulation are provided via a variety of activities, including daily exercise. A nutritious, hot, hearty, meal is served family style at noon and two snacks are also served daily. Participants include people with Alzheimer's Disease, dementia, chronic illness and/or other problems that may increase their care needs. The Activity Professionals on staff are Certified Nurse Assistants and there is a Registered Nurse who oversees the program weekly.

CASE MANAGEMENT

DRCOG AREA AGENCY ON AGING

1290 Broadway, Suite 700
Denver, CO 80203
Intake and Referral
303-480-6704

Geriatric Case Management

Counties Served: Adams, Arapahoe, Bromfield, Clear Creek, Denver, Douglas, Gilpin and Jefferson

Experienced case managers offer short-term care coordination to older adults requiring assistance in identifying and making life transitions. Case management activities may include comprehensive needs assessments; presenting care options and resources; coordination of services among providers; connecting with medical, non-medical and mental health professionals and services; applying for and accessing available benefits and supports; consultation with families and temporary monitoring of community supports. This program is designed to help older adults remain active and independent in the community for as long as possible and to provide assistance in planning for the future.

COUNSELING SERVICES

Asian Pacific Development Center

1537 Alton Street
Aurora, CO 80010
303-923-2920

Holistic Asian Elder Wellness Program for Asian American Pacific Islander Immigrant and Refugee Communities in Colorado: Counseling

Counties Served: Adams and Denver

Asian American Pacific Islander (AAPI) cultures have the lowest rates of utilization of mental health services among all populations due to a variety of factors including limited English, illiteracy, and mental health stigma. Most studies on the mental health of immigrants and refugees reveal high rates of anxiety, depression, post-traumatic stress, and somatic symptoms. To support the healthy adjustment and acculturation to life in the U.S., Asian Pacific Development Center's (APDC) community navigators offer peer counseling to older AAPI community members who are faced with issues, concerns, and barriers to achieving health and wellness in their day-to-day lives. If community members present with risk factors for more serious mental health disorders, navigators will refer them to APDC's behavioral health clinic for further screening and evaluation with mental health providers.

Jefferson Center for Mental Health (Senior Reach Program)

70 Executive Center
4851 Independence Street
Wheat Ridge, CO 80033-6715
1-866-217-5808

Counseling

Counties Served: Broomfield, Clear Creek, Gilpin and Jefferson

The Senior Reach program provides mental health assessments, depression screenings, education groups and individual and group counseling to older adults. Senior Reach targets older adults who are isolated, frail, are not currently accessing services and are in need of mental health services.

Mount Evans Home Health Care & Hospice

3081 Bergen Peak Drive
Evergreen, CO 80439
303-674-6400

Counseling for Older Adults

Counties Served: Clear Creek, Gilpin and Jefferson

Mountain Journey is a Mount Evans community counseling program that offers support and counseling to individuals and families coping with challenges stemming from serious illness. Components of Mountain Journey include helping elders plan for their care, prepare advanced directives, advice on how to stay safely in their home and connect them with appropriate community resources.

HEARING AIDS & EYEGLASSES

Colorado Gerontological Society (Formerly, Senior Answers and Services)

1330 Leyden St. #148
Denver, CO 80220
www.senioranswers.org
303-333-3482

Hearing Aids, Eyeglasses

Counties Served: Adams, Arapahoe, Broomfield, Clear Creek, Denver, Douglas, Gilpin and Jefferson

Partial grants are provided for hearing and vision services for individuals age 60 and older. Potential recipients should call to request an assessment. Once completed assessments are received, they are processed and grant award letters are sent based on funding availability. Some are placed on a waiting list pending additional funding. Efforts are made to coordinate funding with other insurance such as Medicare and private health insurance when available.

HANDYMAN/CHORE SERVICES

Arapahoe County Community Resources

1690 West Littleton Boulevard, Suite 300
Littleton, CO 80120
[www.co.arapahoe.co.us/community resources](http://www.co.arapahoe.co.us/community_resources)
303-738-8080

Chore Services

Counties Served: Arapahoe

Services include assisting older adults age 60 and over in continuing to live independently in their own homes or apartments by providing assistance with non-routine heavy duty chores. Some examples of services might be: assistance in cleaning, organizing and de-cluttering an apartment or home; spring or fall yard and patio clean up; washing windows; assisting older adults to pack up for or unpack after a move; as well as working with other human service organizations on safety clean up for consumers.

Douglas County Department of Community Development; Community and Resource Services

100 Third Street
Castle Rock, CO 80104
<http://www.douglas.co.us/community/senior-adult-services>

Chore Services Program

Counties Served: Douglas

Services include spring and fall yard clean up, and handyman services. Handyman services will include some plumbing repairs (constantly running toilet as an example), loose carpet tack downs, grab bars installed and similar levels of service. For information on contacting providers, please access the County website at <http://www.douglas.co.us/community/senior-adult-services> or contact First Call: 303-660-7519.

Seniors' Resource Center

3227 Chase Street
Denver, CO 80212
www.srcaging.org
303-238-8151

Chore Service Program

Counties Served: Adams, Broomfield, Clear Creek, Denver, Jefferson

Seniors' Resource Center offers non-routine heavy household chores to ensure older adults can remain in the place they call home as safely and independently as possible. Services are available to residents age 60 and over. Examples of services include, but are not limited to: assistance with cleaning, organizing and de-cluttering an apartment or home; removal of bed bugs; trash removal; packing and unpacking from a move; and seasonal yard clean-up.

Volunteers of America

2660 Larimer Street
Denver, CO 80205
www.voacolorado.org
303-297-0408

Safety of Seniors Handyman Program

Counties Served: Adams, Arapahoe, Clear Creek, Denver, Douglas, Gilpin and Jefferson

The Safety of Seniors Handyman Program focuses on assisting adults 60 years of age and older in maintaining safety and independence in the home as it relate to falls and fires. Services include minor repairs and safety modifications, safety assessments, education materials on fall prevention and fire prevention and referrals for other services when necessary.

HEALTH PROMOTION: DISEASE PREVENTION/EDUCATION/ WELLNESS PROGRAMS

Asian Pacific Development Center

1537 Alton Street
Aurora, CO 80010
303-923-2920

Holistic Asian Elder Wellness Program for Asian American Pacific Islander Immigrant and Refugee Communities in Colorado: Education

Counties Served: Adams and Denver

Many immigrants and refugees over the age of 60 experience cultural and economic barriers including limited (or no) English proficiency, illiteracy, lack of employment, lack of education and poverty. Asian Pacific Development Center (APDC) will help older Asian American Pacific Islander Immigrant (AAPI) community members cope with their economic, health, and personal needs through culturally relevant education topics. Educational workshops take place via home visits and at APDC's office in Aurora as well as at other sites in the Denver metro area. Education focuses on reducing stigma about mental health and uses a holistic approach to achieving whole health and wellness.

Health Promotion for Asian American Pacific Islander Immigrant and Refugee Communities in Colorado: Education

Counties Served: Adams and Denver

The Asian Elder Wellness (AnEW) program focuses on holistic and culturally relevant health promotion through community based, culture-specific health and wellness education groups. The groups are designed to empower members of the Asian American Pacific Islander (AAPI) community who are 60 or older to become more self sufficient and healthy by providing groups that teach a variety of culturally relevant topics such as: education about chronic diseases, fall prevention, medication management, to name a few. The goals of the wellness groups are to improve the physical, emotional and social well-being of the growing AAPI immigrant and refugee elderly communities in the Denver metro area.

Centura Health LINKS

2420 W. 26th Avenue, Suite D-450
Denver, CO 80211
www.centura.org/Centura-Health-LINKS
720-321-8850

Benefits Eligibility Screening, Enrollment Assistance and Outreach/Education

Counties Served: Adams, Arapahoe, Broomfield, Clear Creek, Denver, Douglas, Gilpin and Jefferson

Services include Health Insurance Counseling for Seniors, Prescription Drug Assistance, Medicare Part D enrollment assistance and Benefits Checkup Colorado. The educational component of LINKS aims to educate the communities where seniors live to ensure they are aware of the benefits available to them as well as how to access and secure additional resources.

HealthSET

2420 W. 26th Avenue, Suite D-460
Denver, CO 80211
www.Healthset@centura.org
720-321-9320

Health Promotion Clinics and Nurse Care Management Program

Counties Served: Adams, Denver and Jefferson

HealthSET offers skilled and compassionate nurses who provide free and essential health clinics and substantial follow-up services to older adults residing in rent-subsidized apartment buildings. The clinics are held once per month in 20 high rise residences and each clinic is staffed by registered nurses. At the clinics, nurses conduct health screenings, provide education and assist people in obtaining resources. Between clinics, nurse and staff assist consumers in managing chronic conditions, taking medications correctly and navigating the health care system. Consumers with more complicated needs are referred to the Care Coordination Program where Client Advocates provide in-depth support and act on behalf of clients, and make social service interventions and connect clients to the services they need.

Mount Evans Home Health Care & Hospice

3081 Bergen Peak Drive
Evergreen, CO 80439
303-674-6400

Education for Older Adults

Counties Served: Clear Creek, Gilpin and Jefferson

Mount Evans gives educational presentations to older adults, ages 60 and over. Among others, educational services are offered to the residents of senior housing of Evergreen, Idaho Springs, and a meal site in Blackhawk. Many of these individuals are not eligible for Medicaid or Medicare and need support to live independently in their homes.

Tri-County Health Department

6162 South Willow Drive, Suite 100
Greenwood Village, CO 80111
www.tchd.org
720-200-1572

Maintaining Mobility - Fall Prevention

Counties Served: Adams, Arapahoe, Denver, Douglas and Jefferson

A Matter of Balance: Managing Concerns about Falls is an evidence-based program available in the metro area to help older adults maintain mobility and independence by reducing the fear and risk of falling. The *A Matter of Balance* program consists of eight two-hour sessions with information, group discussions, mutual problem solving, role-plays, physical activity training and assertiveness training. Participants learn about the importance of physical activity in preventing falls; practice exercise to improve strength, coordination and balance; learn how to conduct a home safety evaluation; and learn how to get up and down safely. Please call for class schedule information.

Volunteers of America

2660 Larimer Street
Denver, Colorado 80205
www.voacolorado.org
303-297-0408

Fall Prevention and Nutrition Education

Counties served: Adams, Arapahoe, Denver, Douglas and Jefferson

The *Healthy Moves for Aging Well Program* is an evidence-based program for homebound older adults designed to increase the activity levels of our highest-risk elders to positively impact their physical and mental health, assist them with balance problems and thereby reduce their risk of falls, enabling them to remain living independently. Participants also receive nutrition education and counseling as needed by a Registered Dietitian.

IN-HOME SERVICES

Douglas County Department of Community Development; Community and Resource Services

100 Third Street
Castle Rock, CO 80104
<http://www.douglas.co.us/community/senior-adult-services>

Homemaker Program

Counties Served: Douglas

Homemaker services for eligible Douglas County seniors will include the services of grocery shopping, assistance with meal preparation, light housekeeping, and laundry. For information on contacting providers, please access the County website at <http://www.douglas.co.us/community/senior-adult-services> or contact First Call: 303-660-7519.

Jewish Family Service of Colorado

3201 South Tamarac Drive
Denver, CO 80231
www.jewishfamilyservice.org
303-597-5000

Home Care Provider Program

Counties Served: Arapahoe, Denver and Jefferson

Homemaker services include light housekeeping, laundry, linen changing and light meal preparation and grocery shopping for two- three hours every week or every other week (based on need). In addition to ensuring a comfortable and clean environment for the consumer, homemakers offer companionship to isolated homebound older adults.

Seniors' Resource Center

3227 Chase Street
Denver, CO 80212
www.srcaging.org
303-238-8151

Homemaker and Personal Care

Counties Served: Adams, Arapahoe, Clear Creek, Denver, Gilpin and Jefferson

In-Home Care Services provides friendly non-medical care to individuals in their own home. Trained and bonded Personal Care Providers assist with light housekeeping, laundry, bed making, meal preparation, errands and socialization. Personal care services include assistance with bathing, dressing, hair care, ambulation, medication reminders and other unskilled personal care needs as necessary. All Personal Care Providers complete several hours of training. Thorough background checks are conducted for all care providers and ongoing educational opportunities are provided.

Services also include essential non-medical care to older adults who would otherwise struggle to remain safe and independent in their own residences. Seniors' Resource Center's homemakers provide meal planning and preparation, grocery shopping, retrieval of the mail, light housekeeping including vacuuming, and help with laundry. Older adult clients find this service to be of great value.

Colorado Visiting Nurse Association

390 Grant Street
Denver, CO 80203
www.vnacolorado.org
303-698-2121

Personal Care and Homemaker In-Home Services

Counties Served: Adams, Arapahoe, Broomfield, Denver, Douglas and Jefferson (including rural areas)

The Visiting Nurse Association provides In-Home supportive services to frail or disabled older adults in the six county metro area including rural Arapahoe, Adams and Douglas counties. Registered nurses assess clients and supervise services provided by trained Personal Care Workers (PCWs) and Homemakers. PCWs/Homemakers can assist with bathing, personal care, meal preparation, grocery shopping, laundry, light housekeeping and respite care. The goal of the program is to help older adults maintain quality of life in their homes. Registered Nurses provide resource referral, medication reviews, safety assessment and assistance with aging issues and advanced directives.

INFORMATION, REFERRAL and ASSISTANCE SERVICES

DRCOG Area Agency on Aging

1290 Broadway, Suite 700
Denver, CO 80203
www.drcog.org
www.drcog.NetworkofCare.org
303-480-6700
1-866-959-3017 outside the metro area

Information, Referral and Assistance Program

Older adults and/or their caregivers, community service providers and the general public can access comprehensive information and assistance services through the Area Agency on Aging. DRCOG community resource specialists assist callers with locating available services in the region, connecting with available services and follow up to ensure services were provided. In addition, DRCOG offers its Network of Care site (www.DRCOG.NetworkofCare.org) – an online searchable database that can help seniors locate services, learn about health conditions and much more.

Aging and Disability Resources for Colorado (ADRC)

The ADRC is the name of Colorado's Aging and Disability Resources for Colorado which offers Options Counseling to assist people, age 60 and over or 18 years and over with a disability, regardless of income. ADRC's goal is to help individuals manage their health issues, remain independent and understand the benefits and limitations of long-term care support and service options. Personalized Options Counseling involves an interview and needs assessment to explore individualized options and resources; provides decision-making support; establishes an action plan for help in getting services; and follow up.

Brothers Redevelopment

2250 Eaton Street
Denver, CO 80214
844-926-6632

Colorado Housing Connects – Housing Helpline and Resource

Counties Served: Adams, Arapahoe, Broomfield, Clear Creek, Denver, Douglas, Gilpin and Jefferson

Colorado Housing Connects provides information and assistance as a housing centered resource-helpline and website, where senior residents age 60+ can find answers to their housing related questions. Colorado Housing Connects specializes in helping people navigate non-emergency housing services and resources. The helpline provides education about general housing topics that include renting, owning a home, maintaining a home, living well, and aging in a residence.

HealthSET

2420 W. 26th Avenue, Suite D-460
Denver, CO 80211
www.Healthset@centura.org
720-321-9320

Essential Information and Assistance to Low-Income Seniors

Counties Served: Adams, Denver and Jefferson

Client Advocates and nurses work with clients by offering information and assistance to HealthSET clients so that they can be connected to critical resources to ensure they are able to continue to live independently and stay connected to the health care and social services they need. By directly collaborating with health care providers and diverse community resources, the Client Advocacy program prevents premature transitions into long term care facilities as well as helps to reduce clients' fear and confusion associated with end of life transitions. Clients also receive necessary healthcare and social services so that they may remain in their homes, cope with complex medical needs, psychosocial crises, and life transitions.

LEGAL SERVICES

Colorado Legal Services

1905 Sherman Street, Suite 400
Denver, CO 80203-1181
www.coloradolegalservices.org
303-837-1321

Senior Citizens Law Center

Counties Served: Adams, Arapahoe, Broomfield, Clear Creek, Denver, Douglas, Gilpin and Jefferson

Areas of service include: access to long-term care; access to alternatives to nursing home care; access to Medicaid, Medicare and other public sources of health care; access to adequate income, including Old Age Pension, Social Security Supplemental Security Income and Aid to the Needy Disabled (AND); food stamps; restraining orders in domestic violence cases; and subsidized housing issues. Colorado Legal Services also has an I.D. project to assist individuals applying for public assistance with obtaining birth certificates and a Colorado driver's license or Colorado I.D. Services provided within these areas include representation in court and at administrative hearings, negotiations with adverse parties and attorneys, advice and counseling, assistance completing forms and applications, preparation of legal documents and education workshops.

Services are also provided in cases involving threats to home ownership including: predatory lending; foreclosure; reverse mortgages; debt relief; collection and bankruptcy; home owner's association issues; mobile home issues; and other real estate matters.

LONG-TERM CARE OMBUDSMAN SERVICES

DRCOG Area Agency on Aging

1290 Broadway, Suite 700
Denver, CO 80203
www.drcog.org
www.DRCOG.NetworkofCare.org
303-455-1000

Long-Term Care Ombudsman Program

Counties Served: Adams, Arapahoe, Broomfield, Clear Creek, Denver, Douglas, Gilpin and Jefferson

The ombudsman program is a free advocacy program that protects the rights of residents of long-term care communities and assists these individuals in obtaining the assistance necessary to maintain an appropriate quality of life of their choosing. Residents of nursing homes and assisted living residences, their friends and caregivers, and facility staff members may contact the ombudsmen for assistance, and for help with selecting an appropriate long-term care setting. Ombudsmen investigate complaints, assist facility staff in solving or mediating problems and provide education about long-term care communities as well as residents' rights.

NUTRITION SERVICES

Volunteers of America

Nutrition Program
2660 Larimer Street
Denver, CO 80205
www.voacolorado.org
303-297-0408

Meals on Wheels

Counties Served: Adams, Arapahoe, Clear Creek, Denver, Douglas, Gilpin and Jefferson

Services include home-delivered meals, information about (and assistance in accessing) other services, outreach to targeted individuals, nutrition education and health/wellness information and programs.

Congregate Dining Centers

Counties Served: Adams, Arapahoe, Clear Creek, Denver, Douglas, Gilpin and Jefferson

Services include congregate meals, information about (and assistance in accessing) other services, outreach to targeted individuals, nutrition education and health/wellness information and programs. A complete list of dining centers follows.

Dining Center

Days of Service

Serving Time

ADAMS COUNTY

Eagle View Adult Center

1150 Prairie Center Parkway
Brighton, CO 80601
303-655-2075

Monday - Thursday

11:30 a.m.

Westminster Commons Apts.

3180 West 76th Avenue
Westminster, Colorado 80030
303-428-2786

Tuesday, Thursday and
Friday

11:30 a.m.

ARAPAHOE COUNTY

Aurora Dining Center

Aurora Senior Center
30 Del Mar Circle
Aurora, CO 80011
303-739-7949

Monday - Thursday

11:45 a.m.

Englewood Dining Center

Malley Senior Center
3380 South Lincoln Street
Englewood, CO 80113
303-762-2660

Monday – Friday

12:00 noon

Dining Center

Days of Service

Serving Time

CLEAR CREEK COUNTY

Georgetown Dining Center
Georgetown Community Center
6th and Argentine Street
Georgetown, CO 80444
303-567-2382

Wednesday only

12:00 noon

Idaho Springs Dining Center
Project Support Senior Center
1402 Miner Street
Idaho Springs, CO 80452
303-567-2382

Monday - Friday

11:30 a.m.

DENVER CITY & COUNTY

Barnum Recreation Center
360 Hooker Street
Denver, CO 80219
303-937-4655

Thursday only

11:30 a.m.

Cathedral Plaza
1575 Pennsylvania Street
Denver, CO 80203
303-837-1424

Monday – Friday

11:30 a.m.

College View Center
2525 S. Decatur Street
Denver, CO 80219
303.350.5565

Thursday only

12:00 noon

Inner City Dining Center
Denver Inner City Parish
1212 Mariposa Street
Denver, CO 80204
303-629-0636

Wednesday, Thursday
and Friday

12:00 noon

Kosher Dining Center
Jewish Community Center
350 South Dahlia Street
Denver, CO 80246
303-399-2660

Monday - Friday

11:45 a.m.

La Alma Dining Center
La Alma Recreation Center
1325 West 11th Avenue
Denver, CO 80204
303-572-4790

Monday – Tuesday

11:45 a.m.

<u>Dining Center</u>	<u>Days of Service</u>	<u>Serving Time</u>
Maltese Cross Dining Center Maltese Cross Manor Apartments 1590 Yates Street Denver, CO 80204 303-629-5138	Monday – Friday	11:30 a.m.
Metro Village Dining Center Metro Village Apartments 1523 Quitman Street Denver, CO 80204 303-572-7716	Monday – Friday	12:00 noon
Montbello Dining Center Montbello Recreation Center 15555 E. 53 rd Avenue Denver, CO 80239 720- 865-0580	Tuesday and Thursday	12:00 noon
Montbello Manor Dining Center Montbello Manor VOA 4355 Carson Street Denver, CO 80239 720-374-4955	Thursday only	12:00 noon
Mulroy Dining Center Mulroy Neighborhood Center 3550 West 13th Avenue Denver, CO 80204 303-892-1540	Monday - Thursday	11:30 a.m.
Senior Support II Dining Center Senior Support Services Center 846 East 18th Avenue Denver, CO 80218 303-832-1622	Monday - Friday	11:30 a.m.
Sunset Park Dining Center Sunset Park Senior Center 1865 Larimer Street Denver, CO 80202 303-297-0230	Monday – Friday	11:30 a.m.
Sunset Towers Dining Center Sunset Towers Apartments 1925 Larimer Street Denver, CO 80202 303-292-2065	Monday – Friday	11:30 a.m.

<u>Dining Center</u>	<u>Days of Service</u>	<u>Serving Time</u>
Thomas Bean Towers 2350 Cleveland Place Denver, CO 80205 720-956-3846	Monday – Friday	12:00 noon
Westwood Dining Center Westwood Community Center 1000 South Lowell Boulevard Denver, CO 80219 303-934-2181	Monday - Friday	12:00 noon
Zion Dining Center Zion Senior Center 5151 East 33rd Avenue Denver, CO 80207 303-333-5746	Monday - Thursday	11:30 a.m.
<u>DOUGLAS COUNTY</u>		
Castle Rock Dining Center Castle Rock Senior Center 2323 N Woodlands Boulevard Castle Rock, CO 80104 303-688-9498	Tuesday, Thursday and Friday	11:30 a.m.
<u>GILPIN COUNTY</u>		
Gilpin County Senior Services 2960 Dory Hill Road Suite #100 Black Hawk, CO 80422 303-582-5444	Monday, Wednesday and Friday	12:15 p.m.
<u>JEFFERSON COUNTY</u>		
Arvada Dining Center Mile High Vineyard Church 5445 Olde Wadsworth Boulevard Arvada, CO 80002 720-300-3707	Wednesday only	12:00 noon
Golden Dining Center First Presbyterian Church 17707 West 16th Avenue Golden, CO 80401 303-279-7450	Wednesday only	12:00 noon

Dining Center

Days of Service

Serving Time

Lakewood Dining Center
Clements Community Center
1580 Yarrow Street
Lakewood, CO 80214
303-987-4833

Monday - Thursday
First Friday each month

12:00 noon
11:30 a.m.

Wheat Ridge Dining Center
Highland South Apartments
6360 West 38th Ave Bldg. B
Wheat Ridge, CO 80033
303-940-2068

Tuesday - Thursday

12:00 noon

**RESPIRE /CAREGIVER SUPPORT
SERVICES**

Alzheimer's Association

455 Sherman Street, Suite 500
Denver, CO 80203
www.alz.org/co
303-813-1669

Families Caring for People with Alzheimer's Disease

Counties Served: Adams, Arapahoe, Broomfield, Clear Creek, Denver, Douglas, Gilpin and Jefferson

The Colorado Chapter supports family caregivers caring for a loved one with Alzheimer's disease or other form of dementia through an array of support services including caregiver education, care consultation, and over 30 Denver Metro area support groups. Locations, dates, and times of monthly classes and support groups can be viewed online at www.alz.org/co or by calling the 24/7 Telephone Helpline for Information and Support: 1-800-272-3900.

Catholic Charities and Community Services

4045 Pecos Street
Denver, CO 80211
www.CCDenver.org
303-742-0823

Kinship Care

Counties Served: Adams, Arapahoe, Denver, Douglas and Jefferson

The Kinship Program supports families that are raising relatives' children due to parents' death, drug addiction, incarceration, illness or other circumstances. Services include, but are not limited to the following: support and educational groups/trainings with children/youth activities in conjunction, case management, outreach, resource and referral services for caregivers, and special events for caregivers and kinship families.

City and County of Broomfield

Senior Services
280 Spader Way
Broomfield, CO 80020
www.broomfield.org
303-464-5526

Respite Care

Counties Served: Broomfield

Broomfield Senior Services provides in-home respite for caregivers of Broomfield county residents, 60 years of age and older. Please call for additional information.

Lutheran Family Services Rocky Mountains

363 South Harlan Street, Suite 200
Denver, CO 80226
www.lfsc.org
303-217-5864

African American Caregiver Support Program

Counties Served: Arapahoe and Denver

The African American Caregiver Support Program provides assistance, support groups, counseling, and training to the African American caregiver community. Services are designed for caregivers of frail, older adults, and take into consideration the cultural mores, social norms, family structure and traditional values of the African American community. A respite stipend is also available for program participants, and is paid to a respite provider of their choice.

The Senior Hub

2360 West 90th Avenue
Federal Heights, CO 80260-6700
www.seniorhub.org
303-426-4408

Respite Services

Counties Served: Adams, Arapahoe, Broomfield, Denver, and Jefferson

The Senior Hub provides respite care to caregivers of adults over 60 years of age or older. Care providers are screened and trained to provide caregivers a much needed break. Care providers can give respite for two to six hours – two to three times a week. Services may be subsidized for family caregivers and seniors that qualify.

SCREENING/EVALUATION SERVICES

Asian Pacific Development Center

1537 Alton Street
Aurora, CO 80010
303-923-2920

Holistic Asian Elder Wellness Program for Asian American Pacific Islander (AAPI) Immigrant and Refugee Communities in Colorado: Screening

Counties Served: Adams and Denver

Rich diversity exists among Asian American Pacific Islander AAPI communities and Asian Pacific Development Center (APDC) uses culturally appropriate strategies to target older AAPI community members and connect them with appropriate resources at APDC. Examples of outreach strategies include print materials (e.g. announcements in AAPI-focused newspapers), door-to-door visits, and in-person outreach to communities where there are dense populations of older AAPI individuals and families (e.g., workshops). Navigators who do outreach have been trained to identify and refer at-risk elders for screening and evaluation at APDC. In addition, APDC staff uses standard screening tools throughout all of our programs to assess and track the needs of older adults.

Mount Evans Home Health Care & Hospice

3081 Bergen Peak Drive
Evergreen, CO 80439
303-674-6400

Screening for Older Adults

Counties Served: Clear Creek, Gilpin and Jefferson

As a healthcare provider, Mount Evans offers screening through its foot care and blood pressure clinics and 9Health Fair engagement. Among others, screening services are offered to the residents of senior housing of Evergreen, Idaho Springs, and a meal site in Blackhawk. Many of these individuals are not eligible for Medicaid or Medicare and need support to live independently in their homes.

Senior Support Services

846 East 18th Avenue

Denver, CO 80218

www.seniorsupportservices.org

303-832-1622

Screening, Evaluation and Stabilization Services for those with the Greatest Economic Need

Counties Served: Denver

Senior Support Services (SSS) is a day shelter for hungry and homeless seniors. SSS provides individualized and comprehensive screening and evaluation services to meet the special needs of these destitute seniors. This may include assistance obtaining health insurance, government benefits and affordable housing.

Southwest Improvement Council (SWIC)

1000 South Lowell Boulevard

Denver, CO 80219-3339

www.swic-denver.org

303-934-2181

Native American and Hispanic Elder Screening and Evaluation

Counties Served: Adams, Arapahoe, Broomfield, Denver and Jefferson

Screening and Evaluation for Native American and Hispanic Elders who are underserved, living with poverty and/or additional challenges for maintaining dignified, independent living. Staff will provide one-on-one mentoring and monitoring of each individual elder, and screen and evaluate underserved elders for situational, emotional, physical and financial challenges to independent living. Staff will also screen and evaluate client situations to identify and provide supportive services appropriate for each individual elder's urgent human needs, and ensures that the service has been provided, that the client's needs are being met, and that the client is experiencing satisfaction with all aspects of assistance and service.

TRANSPORTATION SERVICES

Adams County Community Development

7190 Colorado Blvd.
Commerce City, CO 80022
www.co.adams.co.us

Adams County A-Lift Community Transit Program

Counties Served: Adams, Arapahoe and Broomfield

Medical/dental, dining center, grocery shopping, adult day and respite services, and local priority transportation is provided, including congregate meal sites or personal trips within five miles of residence. Transportation will be provided weekdays by Seniors' Resource Center. For more information or to schedule a ride, please call 303-235-6972 or visit <http://www.a-lift.org/>.

Medical and dining center transportation services are also provided in *rural* Adams County (*Brighton, Bennett, Strasburg and Watkins*). Transportation will be provided by Via on weekdays on a prescheduled basis by means of a brokered system. For more information or to schedule a ride, please call 303-447-2848.

Arapahoe County Community Resources

1690 West Littleton Boulevard
Littleton, CO 80120
www.co.arapahoe.co.us/community resources
Seniors' Resource Center
303-235-6972

Arapahoe County Senior Transportation

Counties Served: Adams, Arapahoe, Douglas and Jefferson

Transportation services are available for seniors age 60 and over. Transportation is provided through Seniors' Resource Center. Destinations include medical appointments, senior dining centers, grocery stores, food banks, and other local priority needs if space/funding is available.

City and County of Broomfield

280 Spader Way
Broomfield, CO 80020
www.broomfield seniors.com
303-464-5534

Broomfield Easy Ride Senior Transportation

Counties Served: Adams, Broomfield and Jefferson

Easy Ride provides transportation services Monday – Wednesday 8:30 a.m. to 5:00 p.m. and Thursday-Friday 8:30 a.m. to 1:30 p.m. for Broomfield seniors for local grocery shopping, medical appointments in and out of Broomfield County and to congregate meals at the Senior Center. Transportation to personal appointments and special events is provided as time and space permit.

Douglas County Department of Community Development; Community and Resource Services

100 Third Street

Castle Rock, CO 80104

<http://www.douglas.co.us/community/senior-adult-services>

First Call; Transportation Call Center: 303-660-7519

Douglas County Senior Transportation

Counties Served: Douglas

New transportation clients are encouraged to contact the First Call Center at 303-660-7519 for assistance in accessing the most appropriate provider. Providers include the Castle Rock Senior Center, the Parker Senior Center, To The Rescue, Auburn Ridge, and Neighbor Network.

Transportation options include trips for any of the following purposes:

- Medical and dental
- Grocery shopping
- Dining center
- Adult day care
- Personal trips

Transportation is provided on a pre-scheduled basis by a broker system.

Seniors' Resource Center

3227 Chase Street

Denver, CO 80212

www.srcaging.org

303-235-6972

City and County of Denver Senior Transportation

Counties Served: Denver

Medical/dental, dining center, grocery shopping, adult day services and local priority transportation is provided including limited personal trips. Transportation will be provided weekdays by Seniors' Resource Center. For more information or to schedule a ride, please call 303-235-6972 or visit www.srcaging.org

Jefferson County Senior Transportation

Counties Served: Arapahoe, Broomfield and Jefferson

Medical/dental, dining center, grocery shopping, adult day services and local priority transportation is provided including limited personal trips. Transportation will be provided weekdays by Seniors' Resource Center. For more information or to schedule a ride, please call 303-235-6972 or visit www.srcaging.org

Volunteers of America

2660 Larimer Street

Denver, CO 80205

www.voacolorado.org

Clear Creek Services: 303-567-2382

Gilpin Services: 303-582-5444

Gilpin and Clear Creek County Senior Transportation Program

Counties Served: Gilpin and Clear Creek

Medical/dental, grocery shopping, dining center, and local priority trips (such as trips to a nursing home, laundromat, cemetery, polling place, etc.). Transportation services will be provided weekdays by Volunteers of America on a prescheduled basis.

VISUALLY IMPAIRED SERVICES

A3 (formerly American Council of the Blind and Visually Impaired of Colorado - ACBCO)

910 16th Street, Suite 1240

Denver, CO 80202

www.acbco.org

303-831-0117

Counseling and Education

Counties Served: Adams, Arapahoe, Broomfield, Clear Creek, Denver, Douglas, Gilpin, Jefferson

The American Council of the Blind and Visually Impaired of Colorado (ACBCO), under its Sight for Seniors Program, provides seniors who are blind and visually impaired with the skills and tools they need to continue to experience productive and engaging lives after vision loss. This comprehensive program includes:

- Home assessments and counseling to assess client home safety and provide risk assessment.
- Nutrition counseling and fall prevention training.
- A strong network of support to clients.
- Orientation and Mobility (O&M) training.
- Recruitment and training of volunteers.

Material Aid

Counties Served: Adams, Arapahoe, Broomfield, Clear Creek, Denver, Douglas, Gilpin, Jefferson

The American Council of the Blind and Visually Impaired of Colorado (ACBCO) uses a variety of material aids to serve seniors who are blind and visually impaired under its Sight for Seniors Program. The material aids service includes adaptive aids and devices (not eyeglasses), assistive technology and professional eye exams by a low vision specialist.

Audio Information Network of Colorado

1700 55th Street, Suite A
Boulder, CO 80301-2702
www.aincolorado.org
303-786-7777
1-877-443-2001 outside the metro area

Audio Services for Older Adults Who Are Blind, Visually Impaired and Print Disabled

Counties Served: Adams, Arapahoe, Broomfield, Denver, Douglas, Gilpin and Jefferson

The Audio Information Network of Colorado (AINC) provides audio services that help blind, visually impaired and print disabled individuals maintain independence and stay connected to their community. Programming is broadcast 24 hours a day, seven days a week. Listeners have independent access to nearly 100 Colorado newspapers, grocery discount ads, magazines and other local publications. All publications are read and recorded by volunteers. Listening options include pre-tuned digital receivers that are provided by AINC, telephone or Internet (live streaming or Podcast).

Center for People with Disabilities

1675 Range Street
Boulder, CO 80301
www.cpwd.org
303-442-8662

Counseling and Education

Counties Served: Adams, Arapahoe, Broomfield, Clear Creek, Denver, Douglas, Gilpin, Jefferson

Expansion of Center for People with Disabilities' Beyond Vision Program to include counseling and education for older adults who are blind or visually impaired. Individuals and groups are informed and educated about how to adapt for visual impairment, on matters such as assistive technology, transportation, communication and home management options. The goal is to significantly increase the ability of persons who are blind and visually impaired to maintain independence.

Colorado Center for the Blind

2233 West Shepperd Avenue
Littleton, CO 80120
303-778-1130

Expanded Services for Seniors who are Blind and Low Income: Counseling

Counties Served: Adams, Arapahoe, Broomfield, Clear Creek, Denver, Douglas, Gilpin and Jefferson

A positive approach to adjusting to vision loss is provided through individual and group sessions. Discussions will include: developing positive attitudes about blindness, techniques for moving out of isolation, self-advocacy skills, confidence building, and peer support. Seniors who are blind will learn how to take control of all aspects of their lives.

Seniors' Resource Center

3227 Chase Street
Denver, CO 80212
www.srcaging.org
303-238-8151

Counseling

Counties Served: Adams, Clear Creek, Gilpin, Jefferson

Counseling services for older adults who are visually impaired to provide an initial intake session to assess client needs, one or more counseling sessions, and an in-home safety assessment. Following that assessment, Seniors' Resource staff determines which types, if any, of material aid could benefit the client.

Material Aid

Counties Served: Adams, Clear Creek, Gilpin, Jefferson

Material aid support to older adults who are visually impaired to include the following:

- Railings to improve in-home safety
- In-Home grab bars
- Smoke detectors
- Canes and white canes
- Personal vision readers, magnifying readers, clothing readers, (and not eyeglasses)
- Large screen calculators
- Optometrist appointments
- Talking watches