



DRCOG area agency on
aging+
Service | Support | Advocacy

Regional Resource Guide 2024-2025



About the Area Agency on Aging

With more than 50 years of experience as the federally designated area agency on aging for the Denver region, the Denver Regional Council of Governments (known as DRCOG) provides comprehensive services to address the needs of the region's older adults and adults with disabilities. The DRCOG Area Agency on Aging serves residents living in Adams, Arapahoe, Broomfield, Clear Creek, Denver, Douglas, Gilpin and Jefferson counties.

This Regional Resource Guide details services and programs designed to help older adults and adults with disabilities live safely, successfully and independently in their chosen communities and neighborhoods. Please note that high demand for some services in this guide can lead to waitlists, and funding for these services and programs is always changing. Making a phone call to a listed provider or visiting the provider's website can help you make informed decisions and get the support you need.

The DRCOG Area Agency on Aging provides a variety of services for older adults through in-house programs and contracted service providers. To learn more, call 303-480-6700 or visit [drcog.org](https://www.drcog.org).



DRCOG provides this Regional Resource Guide as a public courtesy and does not recommend or endorse any specific provider included in the guide. While efforts are made to keep the information provided in the guide accurate and up to date, DRCOG makes no representations or warranties that any information herein will be error-free or fit for any particular purpose. DRCOG assumes no legal liability for any action or inaction taken based upon any information contained in the guide, or for any damages or expenses arising from the use or misuse of any such information.

If you need digital accessibility assistance, submit a request at [drcog.org/access](https://www.drcog.org/access) or call 303-455-1000. Please expect a response within 72 hours (three business days).

Contents

Caregiver support	7
Area Agency on Aging Caregiver Services and Support	7
Case management agencies	7
A&I Avenues	7
Developmental Pathways	7
Jefferson County Department of Human Services	7
Rocky Mountain Human Services	7
Food and nutrition	8
Food Bank of the Rockies	8
Hunger Free Colorado	8
Integrated Family Community Services	8
Metro Caring	8
Food and nutrition: meal delivery	9
Benefits in Action: Food Delivery	9
Broomfield County Meals on Wheels	9
Jewish Family Service Kosher Meals on Wheels	9
Nourish Meals on Wheels	9
Project Angel Heart	9
Volunteers of America Meals on Wheels	9
Hearing aids and glasses	10
Friends of Man	10

Hearing the Call Colorado.....	10
National Eye Institute	10
New Eyes for the Needy	10

Home repair and chore services 12

Arapahoe County Community Resources	12
Brothers Redevelopment	12
Jewish Family Service.....	12
Rebuilding Together Colorado.....	12
Seniors Resource Center	13
Volunteers of America Colorado Handyman Program.....	13

Housing resources 13

Arvada Housing Authority	13
Aurora Housing Authority	13
Brighton Housing Authority	13
Broomfield Housing Alliance	13
Colorado Housing Connects	13
Commerce City Housing Authority	14
Denver Housing Authority	14
Douglas County Housing Partnership	14
Foothills Regional Housing	14
Innovative Housing Concepts (Englewood Housing Authority)	14
Maiker Housing Partners (Adams County).....	14
Metro West Housing Solutions.....	14
South Metro Housing Options (Littleton Housing Authority)	14

Legal services 15

- Colorado Legal Services 15
- Colorado Poverty Law Project 15
- Disability Law Colorado 15

Mental health and well-being 16

- All Health Network 16
- Aurora Mental Health and Recovery 16
- Benefits in Action 16
- Colorado Crisis Services 16
- Colorado Lifeline 988 17
- Colorado QuitLine 17
- Community Reach Center 17
- Jefferson Center for Mental Health 17
- WellPower 17

Transportation 18

- A Little Help 18
- Aging Resources of Douglas County 18
- Area Agency on Aging Choice Services Transportation Program 18
- Denver Regional Mobility and Access Council Information and Assistance Center 18
- Regional Transportation District Access-a-Ride 19
- Regional Transportation District LiVE Program 19
- Via Mobility Services 19



Caregiver support

Area Agency on Aging Caregiver Services and Support

drcog.org/Area-Agency-Aging/Caregiver-Services-Support
303-480-5656

The Area Agency on Aging's Caregiver Services and Support team helps caregivers access resources in the community. The program is designed to support caregivers in all stages of the caregiving journey, offering educational tools through Powerful Tools for Caregivers classes and coaching through the Program to Encourage Active, Rewarding Lives (or PEARLS), intended for caregivers ages 60 and older who have mild to moderate depression. Education classes are also available to caregivers ages 55 and older who are providing care to adults (ages 18 to 59) with disabilities.

Case management agencies

Case management agencies help members of Health First Colorado (the state's Medicaid program) access necessary services and resources so they can live in the community with as much independence as possible. Case management agencies also assess individuals to determine eligibility for Health First Colorado programs such as Home- and Community-Based Services and waiver programs for specific needs. Current Health First Colorado members will have an assigned case manager through one of the following case management agencies:

A&I Avenues

1665 Coal Creek Drive
Lafayette, CO 80026
303-439-7011

AIAvenues.org

Counties served: Broomfield and Gilpin

Developmental Pathways

14280 East Jewell Ave., Suite A
Aurora, CO 80012
303-360-6600

DPColo.org

Counties served: Arapahoe and Douglas

Jefferson County Department of Human Services

900 Jefferson County Parkway, Suite 170
Golden, CO 80401
303-271-4216

jeffco.us/4656/Case-Management-Agency

Counties served: Clear Creek and Jefferson

Rocky Mountain Human Services

9900 East Iliff Ave.
Denver, CO 80231
303-636-5600

RMHumanServices.org

Counties served: Adams and Denver

Food and nutrition

Food Bank of the Rockies

303-371-9250

[FoodBankRockies.org](https://www.FoodBankRockies.org)

A collection of multiple programs, community partners and resources to help individuals and families find free and affordable food and nutrition assistance in their communities. Visit the Food Bank of the Rockies website for more information or call the phone number provided in this listing.

Hunger Free Colorado

855-855-4626

[HungerFreeColorado.org](https://www.HungerFreeColorado.org)

Resource hotline helping individuals and families locate food assistance programs and providing telephone assistance with applications for the Supplemental Nutrition Assistance Program, also known as SNAP.

Integrated Family Community Services

3370 South Irving St.

Englewood, CO 80010

303-789-0501

[ifcs.org](https://www.ifcs.org)

Serving low-income individuals and families in the metro Denver area and known for its food market.

Metro Caring

1100 East 18th Ave.

Denver, CO 80218

303-860-7200

[MetroCaring.org](https://www.MetroCaring.org)

Free grocery and fresh food market located in central Denver. Appointments are required to shop at the market. All are welcome — Metro Caring does not require proof of need, resident status or identification.



Food and nutrition: meal delivery

Benefits in Action: Food Delivery

12157 West Cedar Drive, Suite 100
Lakewood, CO 80228
720-221-8354
BenefitsInAction.org/Food

Serving individuals living in the Denver metro area who are unable to get food on their own. Food boxes include fresh and nonperishable foods.

Broomfield County Meals on Wheels

1 DesCombes Ave.
Broomfield, CO 80020
303-464-5532
broomfield.org/371/Meals-On-Wheels

Delivering hot and frozen meals to Broomfield residents of any income level. Eligible individuals must be age 60 or older, may live alone or be unable to leave their home and must be unable to prepare meals independently. There may be a low-cost fee for meals. The provider does intake and assessments for services by telephone.

Jewish Family Service Kosher Meals on Wheels

3201 South Tamarac Drive
Denver, CO 80231
720-248-4701
JewishFamilyService.org

Delivering hot and frozen kosher meals to metro Denver area residents. Eligible individuals must be Jewish, age 60 or older and unable to leave their home. Individuals with a spiritual need for kosher meals are eligible if they are age 60 or older and unable to leave their home. Donations are accepted, and meals are free.

Nourish Meals on Wheels

303-798-7642
NourishMealsOnWheels.org

Delivering fresh and frozen meals to residents in the south metro Denver area. Eligible individuals must be ages 60 or older or unable to leave their home and unable to prepare meals independently. The service and delivery area is limited to certain ZIP codes within the south metro area; visit NourishMealsOnWheels.org/What-We-Deliver for a full list.

Project Angel Heart

4950 Washington St.
Denver, CO 80216
303-830-0202
ProjectAngelHeart.org

Delivering scratch-made and medically tailored meals to individuals with severe illnesses who are unable to leave their home and cannot prepare meals independently. The current service and delivery area includes most of the metro Denver area, but please call or visit the website for more information. There may be a waitlist for meal delivery services.

Volunteers of America Meals on Wheels

2660 Larimer St.
Denver, CO 80205
303-294-0111
VOAColorado.org/Services/Meals-On-Wheels

Delivering healthy prepared meals to residents of Adams, Arapahoe, Clear Creek, Denver, Douglas, Gilpin and Jefferson counties. Eligible individuals must be age 60 or older. Volunteers of America staff can determine eligibility for services by telephone call or email.

Hearing aids and glasses

Friends of Man

303-798-2342

FriendsOfMan.org

A long-running Colorado nonprofit assisting individuals in need through charity donations. Applications for assistance to receive eyeglasses and hearing aids must be submitted by a referring professional on the applicant's behalf.

Hearing the Call Colorado

HearingTheCall.org/US/Colorado

Multiple audiology clinics around the state participate in the Hearing the Call initiative to help individuals access hearing-related health care and hearing aids. Hearing clinic events are held throughout the year at locations around the state. Applications must be completed 30 days before the date of a hearing clinic event. To be eligible, applicants must have proof of financial need and a diagnosis of hearing loss in one or both ears. Documentation from a hearing test within the previous 12 months is required, as is the ability to complete 10 hours of community service. The community service requirement can be met by an applicant's family, friends or other trusted support person.

National Eye Institute

nei.nih.gov/Learn-About-Eye-Health/Healthy-Vision/Get-Free-Or-Low-Cost-Eye-Care

The National Eye Institute has online resources to help people find free and low-cost local eye care, including eye exams, glasses and treatment for health conditions such as glaucoma and cataracts.

New Eyes for the Needy

New-Eyes.org

Provides free eyeglasses to individuals, including single or lined bifocal lenses. Proof of need is required. Applicants must also have documentation from an eye exam within the previous 24 months with a pupillary distance measurement to make sure eyeglasses are made with a personalized fit.



Home repair and chore services

Arapahoe County Community Resources

1690 West Littleton Blvd., Suite 300
Littleton, CO 80120
303-738-8040
[ArapahoeCo.gov/Your_County/County_Departments/Community_Resources/Assistance_Programs/Senior_Resources](https://www.arapahoe.co.gov/Your_County/County_Departments/Community_Resources/Assistance_Programs/Senior_Resources)

Chore services for Arapahoe County residents ages 60 and older include heavy chores such as seasonal yard and patio cleanup, washing first-floor windows, and household cleaning and organizing.

Brothers Redevelopment

2250 Eaton St., Suite B
Edgewater, CO 80214
303-202-6340
[BrothersRedevelopment.org/Home-Mods-Repairs](https://www.brothersredevelopment.org/Home-Mods-Repairs)

Brothers Redevelopment's Home Modification and Repair Department coordinates a variety of interior and exterior home repairs and modifications for older and disabled adults across the Front Range to provide increased accessibility, safety and mobility at home. Examples of typical home modifications include grab bar installation, wheelchair ramp construction and roll-in or step-in shower conversions. Services are dependent on available funding and support in the service area.

Jewish Family Service

3201 South Tamarac Drive
Denver, CO 80231
720-248-4701
[JewishFamilyService.org](https://www.jewishfamilyservice.org)

Chore services include light housecleaning and laundry. Additional services may include meal preparation and grocery shopping. Jewish Family Service's care managers provide in-home evaluation for eligible adults ages 60 and older.

Rebuilding Together Colorado

4981 East 39th Ave.
Denver, CO 80207
720-524-0840
[RTColorado.org](https://www.rtcolorado.org)

Rebuilding Together Colorado's Safe at Home and Emergency Home Repair programs provide free home repairs and modifications for eligible homeowners living in Adams, Arapahoe, Denver, Douglas and Jefferson counties. Repairs and modifications aim to reduce falls, increase home safety and improve fire prevention strategies. Proof of financial need is required, and homeowners must be up to date on mortgage and property tax payments. Eligible homeowners must be over age 60, a veteran or living with a disability. Homeowners who care for someone living with a disability may also be eligible for the Emergency Home Repair program.

Seniors Resource Center

3227 Chase St.
Wheat Ridge, CO 80212
303-238-8151
SeniorsResourceCenter.org

Chore services include minor home upkeep, deep cleaning, clutter removal and yard work at no cost up to three times per year for eligible residents ages 60 and older in Adams, Arapahoe, Broomfield, Denver, Douglas or Jefferson counties. There may be specific service areas in each county; call for more information.

Volunteers of America Colorado Handyman Program

2660 Larimer St.
Denver, CO 80205
720-264-3366
VOAColorado.org/Services/Handyman-Program-Denver-Metro

Skilled volunteers provide limited-income homeowners with in-home safety assessments, including education on fall prevention and fire safety. Volunteers can also coordinate and provide home modifications and repairs to improve safety and support independence for homeowners to remain in their communities. Eligible homeowners must be age 60 or older and live in Adams, Arapahoe, Denver, Jefferson, Clear Creek or Gilpin counties.

Housing resources

Arvada Housing Authority

8101 Ralston Road
Arvada, CO 80002
720-898-7494
ArvadaCO.gov/432/Housing-And-Other-Assistance

Aurora Housing Authority

2280 South Xanadu Way
Aurora, CO 80014
720-251-2100
AuroraHousing.org

Brighton Housing Authority

22 South Fourth Ave., Suite 202
Brighton, CO 80601
303-655-2160
BrightonHousingAuthority.org

Broomfield Housing Alliance

P.O. Box 1584
Broomfield, CO 80038
720-902-6404
BroomfieldHousingAlliance.org

Colorado Housing Connects

2250 Eaton St., Suite B
Edgewater, CO 80214
844-926-6632
ColoradoHousingConnects.org

Commerce City Housing Authority

The Landing, Second Floor
6230 Glencoe St.
Commerce City, CO 80022
720-760-5552
C3Gov.com/Living-In/Housing-Authority

Denver Housing Authority

1035 Osage St.
Denver, CO 80204
720-932-3030
DenverHousing.org

Douglas County Housing Partnership

9350 Heritage Hills Circle
Lone Tree, CO 80124
720-673-4036
DouglasCountyHousingPartnership.org

Foothills Regional Housing

11941 West 48th Ave.
Wheat Ridge, CO 80033
303-422-8600
FoothillsRH.org

Innovative Housing Concepts (Englewood Housing Authority)

3460 South Sherman St., Suite 10
Englewood, CO 80113
303-761-6200
InnovativeHousingConcepts.org

Maiker Housing Partners (Adams County)

3033 West 71st Ave., Suite 1000
Westminster, CO 80030
303-227-2075
MaikerHP.org

Metro West Housing Solutions

575 Union Blvd., Suite 100
Lakewood, CO 80228
303-987-7580
mwhs.org

South Metro Housing Options (Littleton Housing Authority)

5808 South Rapp St., Suite 100
Littleton, CO 80120
303-794-9608
smho.co



Legal services

Colorado Legal Services

1905 North Sherman St., Suite 300
Denver, CO 80203
303-837-1313
ColoradoLegalServices.org

Providing legal services and help to low-income residents of Adams, Arapahoe, Denver, Douglas, Elbert, Gilpin and Jefferson counties, as well as Clear Creek County residents ages 60 and older.

Colorado Poverty Law Project

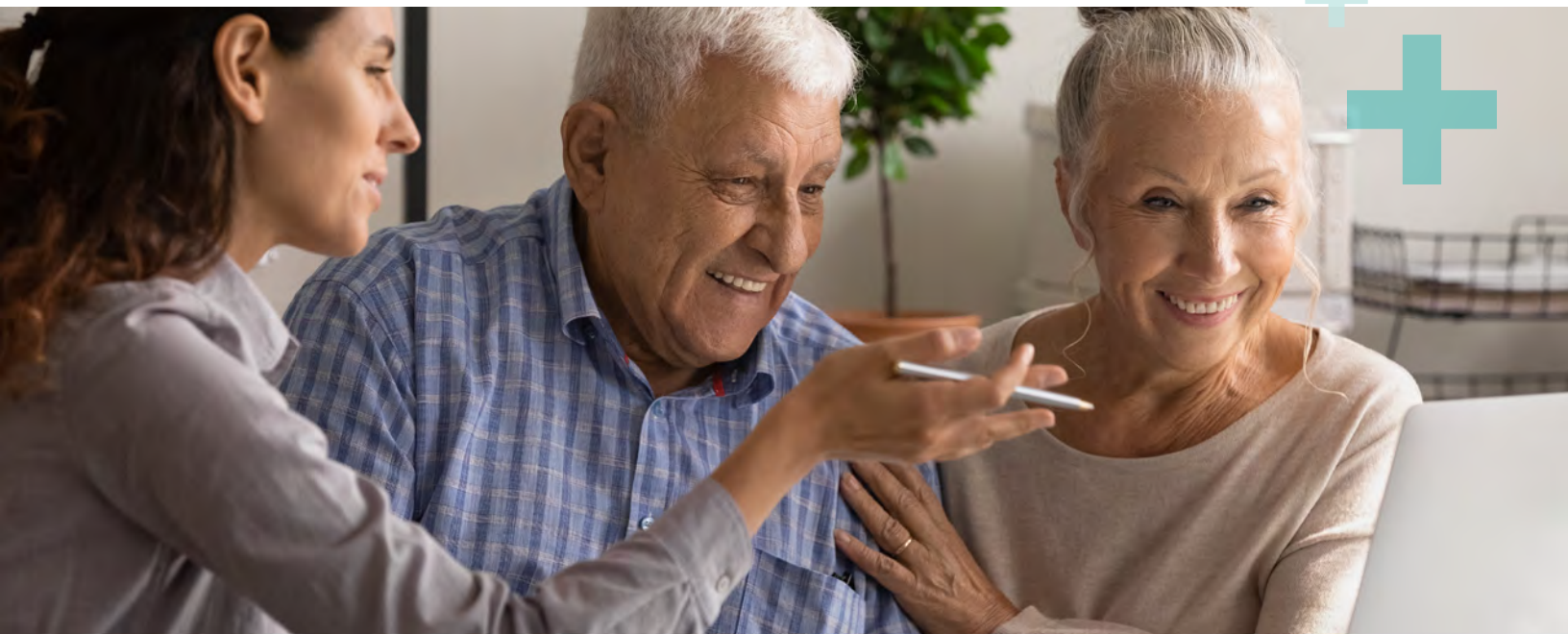
1801 California St., Suite 3000
Denver, CO 80202
303-532-2641
COPovertyLawProject.org

Connecting low-income residents with housing-related legal services.

Disability Law Colorado

455 Sherman St., Suite 130
Denver, CO 80203
800-288-1376
DisabilityLawCO.org

Offering free and low-cost legal services for people with disabilities whose civil rights are being violated. Accepted cases may involve service animals, abuse, neglect, employment and housing discrimination.



Mental health and well-being

All Health Network

303-730-8858

AllHealthNetwork.org

Nonprofit mental health organization providing counseling, crisis services, psychiatry, substance use treatment and more. All Health Network serves residents of Arapahoe and Douglas counties at multiple locations, including Englewood, Littleton, Parker and Castle Rock.

Aurora Mental Health and Recovery

303-617-2300

AuroraMHR.org

Mental health and recovery organization offering a variety of services for children, families and adults at multiple locations in Aurora. Services include in-person and telehealth appointments, as well as a walk-in crisis clinic located at 2206 Victor Street in Aurora.

Benefits in Action

888-496-4252

BenefitsInAction.org

Nonprofit organization providing benefit program application assistance, mental wellness programs and food delivery to homebound individuals in four counties. Wellness programs include over-the-phone Connectedness Calls made weekly by volunteers who reach out to connect and check on individuals.

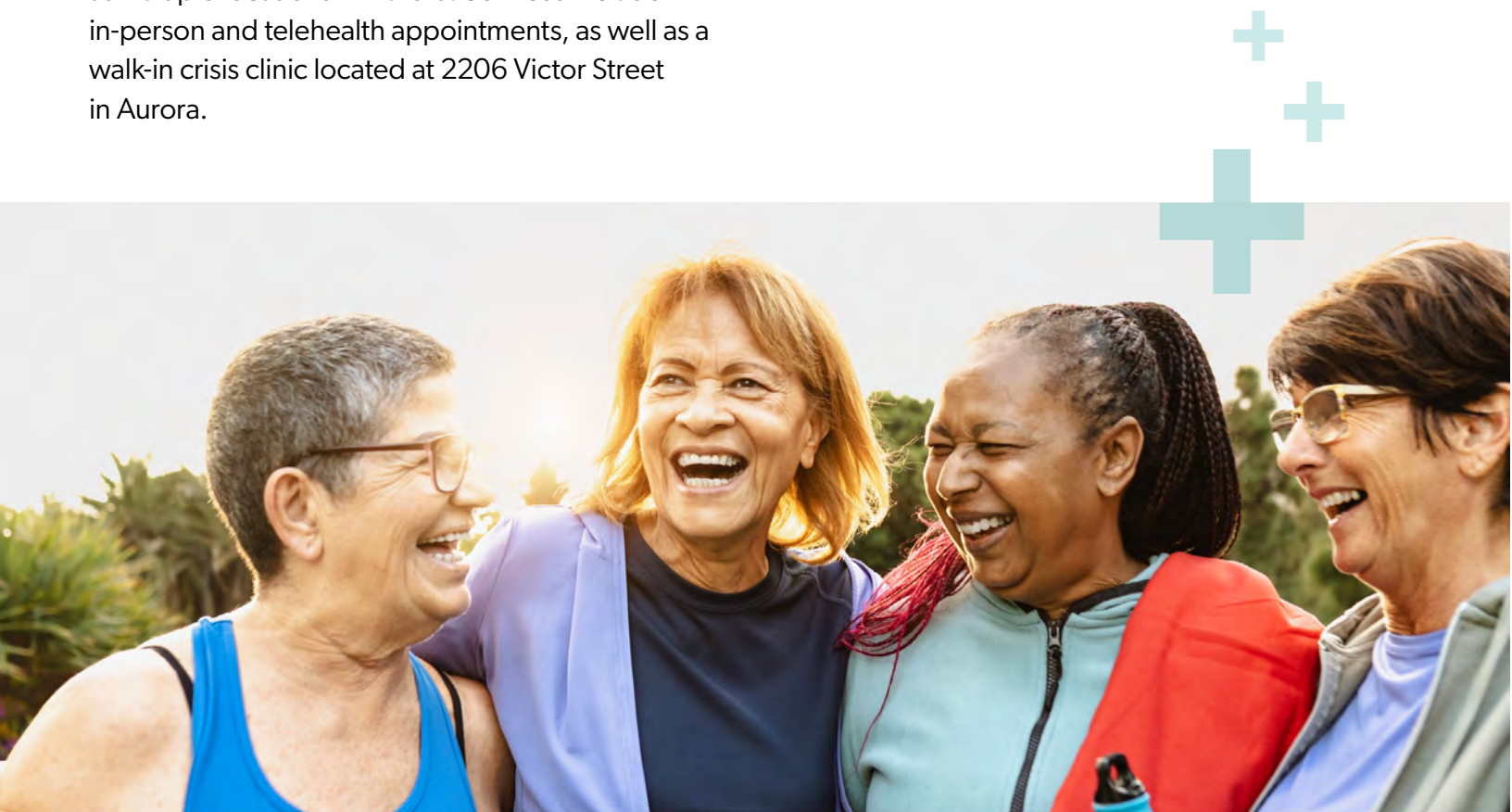
Colorado Crisis Services

844-493-TALK (8255)

Text TALK to 32855

ColoradoCrisisServices.org

Statewide mental health crisis service providing confidential, immediate, free assistance over the phone, via text messaging and at multiple walk-in locations. Phone call and text services are available 24 hours a day, seven days a week, 365 days a year.



Colorado Lifeline 988

Call or text 988
[988Colorado.com](https://www.988colorado.com)

National suicide prevention and mental health crisis helpline offering confidential, free and local service for Colorado residents. Callers to 988 are provided options to access specialized services for their needs, including American Sign Language, Spanish-speaking, veterans, and diverse gender and sexual identities.

Colorado QuitLine

800-QUIT-NOW (784-8669)
[COQuitLine.org](https://www.COQuitLine.org)

Free coaching for Colorado residents who want to quit using tobacco. Coaching services are available over the phone, online or a combination of both phone and online. Coaches are available 24 hours a day, seven days a week.

Community Reach Center

303-853-3500
[CommunityReachCenter.org](https://www.CommunityReachCenter.org)

Community mental health organization providing a variety of behavioral health services and programs for children, families and adults in Adams County. Outpatient services are available at locations in Brighton, Commerce City, Northglenn, Thornton and Westminster. Call or visit the website to request an appointment.

Jefferson Center for Mental Health

303-425-0300
[jcmh.org](https://www.jcmh.org)

Community mental health organization providing a variety of behavioral health services and programs for children, families and adults. Services include substance use recovery, counseling and wellness classes. Services are available in Arvada, Lakewood and Wheat Ridge. Call or visit the website to request an appointment.

WellPower

303-504-7900
[WellPower.org](https://www.WellPower.org)

Mental health and recovery organization offering a variety of services for children, families and adults at multiple locations across Denver. Services include in-person and telehealth appointments. Call the Access Center to learn more and request an appointment.

Transportation

A Little Help

720-242-9032
ALittleHelp.org

A Little Help is a Colorado nonprofit and network of community volunteers who help older adults. Volunteers use their personal vehicles to provide transportation to adults ages 60 and older who can get in and out of a vehicle independently. Common destinations for rides include grocery stores, places of worship, social events and appointments within a reasonable distance. A Little Help's services are available to accepted members living in Denver and Jefferson counties, as well as sections of Arapahoe and Adams counties. Call or visit the website to learn more and apply to become a member.

Aging Resources of Douglas County

303-814-4300
AgingResourcesDougCo.org

Aging Resources provides transportation services to Douglas County residents ages 60 and older. Common destinations for rides include local errands, places of worship, social events, visiting loved ones, adult day programs and appointments within a reasonable distance. Call or visit the website for more information and to apply for transportation and other services.

Area Agency on Aging Choice Services Transportation Program

720-278-2345
drcog.org/Area-Agency-Aging/Choice-Services-Program/Choice-Services-Transportation-Program

The Choice Services Transportation Program provides personal and medical transportation at no cost through a variety of contracted transportation providers. Eligible riders must be age 60 or older and a resident of Adams, Arapahoe, Broomfield, Clear Creek, Denver, Douglas, Gilpin or Jefferson county. Riders should be able to request rides independently, although a caregiver may request transportation on a rider's behalf in certain circumstances. Call to learn more about the program's waitlist and request a ride.

Denver Regional Mobility and Access Council Information and Assistance Center

303-243-3113
drmac-co.org

Metro Denver residents can call the Information and Assistance Center Monday through Friday, 8:30 a.m. to 5 p.m., to receive help identifying transportation options. The Denver Regional Mobility and Access Council publishes the popular Getting There Guide, which can be downloaded from the website and is available in several languages. In addition, a Getting There app is available for smart devices. Call or visit the website for more information.

Regional Transportation District Access-a-Ride

303-299-2960

[RTD-Denver.com/routes-services/other-services/
access-a-ride](https://www.rtd-denver.com/routes-services/other-services/access-a-ride)

Access-a-Ride provides shared-ride paratransit for individuals who meet criteria established under the Americans with Disabilities Act. In general, eligible riders must be unable to use RTD's bus and rail services due to a disability. The Access-a-Ride application process includes a written application, medical verification from a licensed professional, an in-person interview and a transportation assessment. Call or visit the website to learn more.

Regional Transportation District LiVE Program

720-944-4347

[RTD-Denver.com/fares-passes/pass-programs/
live](https://www.rtd-denver.com/fares-passes/pass-programs/live)

LiVE provides a 50% fare discount on RTD bus and rail services for adults ages 20 and older with a household income at or below the 250% federal poverty level. Eligible residents can apply for the LiVE program through Colorado's state benefits website, known as PEAK. Applicants can also apply via phone with assistance from Denver Human Services. Social Security numbers and proof of citizenship are not required for applications.

Via Mobility Services

303-444-3043

[ViaColorado.org/Services/Get-Started](https://www.viacolorado.org/Services/Get-Started)

Via Mobility Services is an independent nonprofit organization providing paratransit with fully accessible vehicles and transportation services for individuals with limited mobility. Via serves older adults and people with disabilities living in Adams, Arapahoe, Boulder, Denver and Jefferson counties. Call or visit the website to learn more and request a ride.





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