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 and older.

The DRCOG AAA serves older adults in Adams, Arapahoe, Clear Creek, Douglas, Gilpin and Jefferson counties, the City and County of Broomfield, and the City and 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. No payments are 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 the AAA, DRCOG allocates federal and state funds to community agencies to provide direct services to older adults. The division provides information, referral and assistance services, options counseling, case management 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.
OLDER AMERICANS ACT AND
OLDER COLORADANS ACT PROGRAMS

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

Audio Information Network of Colorado

Colorado Center for the Blind

Seniors’ Resource Center
Adult Day Services

Douglas County Department of Community Development: Community and Resource Services
100 Third St.
Castle Rock, CO 80104
[link: douglas.co.us/community/senior-adult-services]
303-660-7519

Counties served: Douglas

Adult day program
Adult day care services are available to Douglas County residents through centers in Parker and Castle Rock. Providers offer supervised supportive care for adults 60 and older who are not able to be alone for all or part of a day. The service is available for working families or caregivers who need respite. For information on contacting providers, please visit douglas.co.us/community/senior-adult-services or contact First Call at 303-660-7519.
Seniors’ Resource Center
3227 Chase St.
Denver, CO 80212
srcaging.org
303-238-8151
Counties served: Adams, Broomfield, Clear Creek, Denver and Jefferson

Respite care through adult day programs
Seniors’ Resource Center supports family caregivers by providing adult day services at sites in Wheat Ridge and Evergreen. Programs are offered Monday through Friday and offer a variety of social, artistic and recreational activities in a supportive, caring environment. Participants receive assistance with personal care needs and medication administration, as needed. Breakfast, lunch and an afternoon snack are provided.

The Senior Hub
2360 West 90th Ave.
Federal Heights, CO 80260
seniorhub.org
303-426-4408
Counties served: Adams, Arapahoe, Broomfield, Denver and Jefferson

Adult day program
The Senior Hub’s day program provides a safe, welcoming place for older adults to go during the day, allowing caregivers a break to work or attend to their own needs. Social interaction and cognitive stimulation are provided via a variety of activities, including daily exercise. A nutritious, hot meal is served family-style at noon and two daily snacks are provided. Participants include people with Alzheimer's disease, dementia, chronic illness and other problems that may increase their care needs. On-site activity professionals are certified nursing assistants and a registered nurse oversees the program.
**Geriatric case management**

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 using available benefits and support; consultation with families and temporary monitoring of community support. This program is designed to help older adults remain active and independent in the community and to help older adults and their caregivers plan for the future.
Asian Pacific Development Center
1537 Alton St.
Aurora, CO 80010
apdc.org
303-923-2920
Counties served: Adams and Denver

Holistic Asian elder wellness program for Asian American Pacific Islander immigrant and refugee communities in Colorado

Asian American Pacific Islander cultures use mental health services at the lowest rate of 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 community navigators offer peer counseling to older Asian American Pacific Islander community members who are faced with issues, concerns and barriers to their health and wellness. If community members demonstrate risk factors for more serious mental health disorders, navigators will refer them to the Asian Pacific Development Center’s behavioral health clinic for further screening and evaluation with mental health providers.
**Jefferson Center for Mental Health Senior Reach**
70 Executive Center
4851 Independence St.
Wheat Ridge, CO 80033-6715
[ jcmh.org/services/senior-services/](jcmh.org/services/senior-services/)
866-217-5808
**Counties served:** Broomfield, Clear Creek, Gilpin and Jefferson

**Counseling**
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, not currently accessing services and who need mental health services.

**Mount Evans Home Health Care and Hospice**
3081 Bergen Peak Dr.
Evergreen, CO 80439
[ mtevans.org](mtevans.org)
303-674-6400
**Counties served:** Clear Creek, Gilpin and Jefferson

**Counseling for older adults**
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 and prepare advance directives; providing advice on how to stay safely in their home; and connecting them with appropriate community resources.
Senior Support Services
846 East 18th Ave.
Denver, CO 80218
seniorsupportservices.org
303-832-1622
Counties served: Denver

**Screening, evaluation and stabilization services for those with the greatest economic need**

Senior Support Services is a day shelter for hungry and homeless seniors. Senior Support Services provides individualized and comprehensive screening and evaluation services to meet their special needs. This may include assistance obtaining health insurance, government benefits and affordable housing.
Colorado Gerontological Society  
(formerly Senior Answers and Services)  
1330 Leyden St. #148  
Denver, CO 80220  
[senioranswers.org](http://senioranswers.org)  
303-333-3482  
**Counties served:** Adams, Arapahoe, Broomfield, Clear Creek, Denver, Douglas, Gilpin and Jefferson

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**Hearing aids, eyeglasses**  
Colorado Gerontological Society provides partial grants for hearing and vision services for individuals age 60 and older. Potential recipients should call to request an assessment. Once completed assessments are received and processed, grant award letters are sent based on funding availability. Some requests are placed on a waiting list pending additional funding. Colorado Gerontological Society staff coordinates funding with other insurance programs such as Medicare and private health insurance when available.
**Handyman/Chore Services**

**Arapahoe County Community Resources**
1690 West Littleton Blvd., Suite 300
Littleton, CO 80120
[co.arapahoe.co.us/326/community-resources](http://co.arapahoe.co.us/326/community-resources)
303-738-8080
**Counties served:** Arapahoe

**Chore services**
Services include helping adults 60 and older continue to live independently in their homes or apartments by helping with nonroutine heavy duty chores. Some examples of services include assistance in cleaning, organizing and decluttering an apartment or home; spring or fall yard and patio cleanup; washing windows; helping older adults pack for or unpack after a move; and working with other human service organizations on safety cleanup for consumers.

**Douglas County Department of Community Development: Community and Resource Services**
100 Third St.
Castle Rock, CO 80104
[douglas.co.us/community/senior-adult-services](http://douglas.co.us/community/senior-adult-services)
303-660-7519
**Counties served:** Douglas

**Chore services program**
Services include light home repair and spring and fall yard cleanup. Light home repair services include some plumbing (such as a constantly running toilet), tacking down loose carpet, installing grab bars and similar levels of service. For information on contacting providers, visit [douglas.co.us/community/senior-adult-services](http://douglas.co.us/community/senior-adult-services) or contact First Call: 303-660-7519.
**Seniors’ Resource Center**
3227 Chase St.
Denver, CO 80212
[srcajing.org](http://srcajing.org)
303-238-8151
**Counties served:** Adams, Broomfield, Clear Creek, Denver, Jefferson

**Chore service program**
Seniors’ Resource Center offers nonroutine heavy household chores to ensure older adults can remain safe and independent at home. Services are available to residents 60 and older. Examples of services include, but are not limited to, cleaning help, organizing and decluttering an apartment or home; bedbug removal; trash removal; packing and unpacking from a move; and seasonal yard cleanup.

**Volunteers of America**
2660 Larimer St.
Denver, CO 80205
[voacolorado.org](http://voacolorado.org)
303-297-0408
**Counties served:** Adams, Arapahoe, Clear Creek, Denver, Douglas, Gilpin and Jefferson

**Safety of Seniors**
The Safety of Seniors handyman program helps adults 60 and older stay safe and independent at home as it relates 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.
Asian Pacific Development Center
1537 Alton St.
Aurora, CO 80010
apdc.org
303-923-2920
**Counties served:** Adams and Denver

**Holistic Asian elder wellness program for Asian American Pacific Islander immigrant and refugee communities in Colorado: Education**

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

**Health promotion for Asian American Pacific Islander Immigrant and refugee communities in Colorado: Education**

The Asian Elder Wellness 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 community who are 60 or older to become more self-sufficient and healthy through groups that teach a variety of culturally relevant topics such as education about chronic diseases, fall prevention and medication management. The wellness groups improve the physical, emotional and social well-being of the growing Asian American Pacific Islander immigrant and refugee elderly communities in the Denver metro area.
HealthSET
2420 W. 26th Ave., Suite D-460
Denver, CO 80211
healthset.org
720-321-9320
Counties served: Adams, Denver and Jefferson

Health promotion clinics and nurse care management program

HealthSET’s skilled and compassionate nurses provide free health clinics and substantial follow-up services to older adults living in rent-subsidized apartment buildings. The clinics are held once a month in 20 high-rise residences. Each clinic is staffed by registered nurses. At the clinics, nurses conduct health screenings, provide education and help residents obtain resources. Between clinics, nurses and staff help consumers manage chronic conditions, take medications correctly and navigate the health care system. Consumers with more complicated needs are referred to client advocates in the care coordination program for in-depth support, client representation, social service interventions and connections to other services.

Mount Evans Home Health Care and Hospice
3081 Bergen Peak Dr.
Evergreen, CO 80439
mtevans.org
303-674-6400
Counties served: Clear Creek, Gilpin and Jefferson

Education for older adults

Mount Evans gives educational presentations to adults age 60 and older. Educational services are offered to the residents of senior housing in Evergreen, Idaho Springs and at a Blackhawk meal site. Many individuals who attend are not eligible for Medicaid or Medicare and need support to live independently at home.
**Tri-County Health Department**
6162 South Willow Dr., Suite 100
Greenwood Village, CO 80111
[trchd.org](http://trchd.org)
720-200-1572
**Counties served:** Adams, Arapahoe, Denver, Douglas and Jefferson

**Maintaining mobility: Fall prevention**

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

**Volunteers of America**
2660 Larimer St.
Denver, CO 80205
[voacolorado.org](http://voacolorado.org)
303-297-0408
**Counties served:** Adams, Arapahoe, Denver, Douglas and Jefferson

**Fall prevention and nutrition education**

Healthy Moves for Aging Well is an evidence-based program for high-risk homebound older adults designed to increase their activity levels, positively affect their physical and mental health, help them with balance problems and thereby reduce their risk of falls, enabling them to live independently. Participants also receive nutrition education and counseling as needed by a registered dietitian.
### Douglas County Department of Community Development: Community and Resource Services

100 Third St.
Castle Rock, CO 80104

douglas.co.us/community/senior-adult-services
303-660-7519

**Counties served:** Douglas

**Homemaker program**

Homemaker services for eligible Douglas County seniors include grocery shopping, help with meal preparation, light housekeeping and laundry. To contact providers, visit douglas.co.us/community/senior-adult-services or contact First Call: 303-660-7519.

### Jewish Family Service of Colorado

3201 South Tamarac Dr.
Denver, CO 80231

ejewishfamilyservice.org
303-597-5000

**Counties served:** Arapahoe, Denver and Jefferson

**Home care provider program**

Homemaker services include light housekeeping, laundry, linen changing, light meal preparation and grocery shopping for two to 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 St.
Denver, CO 80212
srcaging.org
303-238-8151
**Counties served:** Adams, Arapahoe, Clear Creek, Denver, Gilpin and Jefferson

**Homemaker and personal care**

Seniors’ Resource Center’s in-home care service provides friendly, nonmedical care to individuals at home. Trained and bonded personal care providers help with light housekeeping, laundry, bed making, meal planning and preparation, grocery shopping, mail retrieval, vacuuming, errands and socialization. Personal care services include help with bathing, dressing, hair care, ambulation, medication reminders and other unskilled personal care needs. All personal care providers complete several hours of training. Seniors’ Resource Center conducts thorough background checks for all care providers and provides ongoing educational opportunities.

Services also include essential nonmedical care to older adults who would otherwise struggle to remain safe and independent at home.
Colorado Visiting Nurse Association
6750 W. 52nd Ave.
Arvada, CO 80002
vnacolorado.org
303-698-2121

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

**Personal care and homemaker in-home services**

The Colorado 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 and homemakers. Personal care workers and homemakers can help clients with bathing, personal care, meal preparation, grocery shopping, laundry, light housekeeping and respite care. The program helps older adults maintain their quality of life at home. Registered nurses provide resource referral, medication reviews, safety assessments and help with aging issues and advance directives.
INFORMATION, REFERRAL & ASSISTANCE SERVICES

DRCOG Area Agency on Aging
1001 17th St., Suite 700
Denver, CO 80202
drcog.org
drcog.networkofcare.org
303-480-6700
1-866-959-3017 outside the metro area

Information, referral and assistance program

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

Options counseling

The Aging and Disability Resources Center also offers options counseling to people 60 and older (or 18 and older with a disability) regardless of income. The center helps individuals manage challenges to their health, remain independent and understand the benefits and limitations of long-term care support and service options. Personalized options counseling includes an interview and needs assessment to explore options and resources, provides decision-making support, establishes an action plan for obtaining services, and involves follow-up by the counselor.
Brothers Redevelopment
2250 Eaton St.
Denver, CO 80214
coloradohousingconnects.org
844-926-6632
Counties served: Adams, Arapahoe, Broomfield, Clear Creek, Denver, Douglas, Gilpin and Jefferson

Colorado Housing Connects: Housing helpline and resource
Colorado Housing Connects provides information and assistance as a housing-centered resource, helpline and website, through which senior residents age 60-plus can find answers to their housing-related questions. Colorado Housing Connects specializes in helping people navigate nonemergency housing services and resources. The helpline provides education about general housing topics such as renting, owning a home, maintaining a home, living well and aging at home.

HealthSET
2420 W. 26th Avenue, Suite D-460
Denver, CO 80211
healthset.org
720-321-9320
Counties served: Adams, Denver and Jefferson

Information and assistance for low-income seniors
Client advocates and nurses work with clients by offering information and assistance to HealthSET clients to connect them to critical resources (such as health care and social services) and ensure they can live independently. By directly collaborating with health care providers and various community resources, the client advocacy program prevents clients from prematurely transitioning into long-term care facilities and reduces their fear and confusion about end-of-life transitions. Clients also receive health care and social services so they can remain at home and cope with complex medical needs, psychosocial crises and life transitions.
Colorado Legal Services
1905 Sherman Street, Suite 400
Denver, CO 80203-1181
coloradolegalservices.org
303-837-1321
Counts served: Adams, Arapahoe, Broomfield, Clear Creek, Denver, Douglas, Gilpin and Jefferson

Senior Citizens Law Center
Areas of service include access to long-term care; access to alternatives to nursing home care; access to Medicaid, Medicare and other public health care sources; access to adequate income, including Colorado’s Old Age Pension, Social Security Supplemental Security Income and Aid to the Needy Disabled; food stamps; restraining orders in domestic violence cases; and subsidized housing issues. Colorado Legal Services also has an identification project to help individuals applying for public assistance obtain birth certificates and a Colorado driver’s license or identification card. Services 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 workshops.

Services are also provided in cases involving threats to home ownership including predatory lending; foreclosure; reverse mortgages; debt relief, collection and bankruptcy; homeowners association concerns; mobile home concerns; and other real estate matters.
LONG-TERM CARE OMBUDSMAN SERVICES

DRCOG Area Agency on Aging
1001 17th St., Suite 700
Denver, CO 80202
drcog.org
drcog.networkofcare.org
303-480-6734

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

Long-term care ombudsman program
The ombudsman program is a free advocacy program that protects the rights of residents of long-term care communities and helps them obtain assistance to maintain their preferred quality of life. Residents of nursing homes and assisted living residences, their friends, their caregivers and facility staff members may contact the ombudsmen for assistance, and for help 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.
Volunteers of America: Nutrition Program
2660 Larimer St.
Denver, CO 80205
voacolorado.org
303-297-0408
Counties served: Adams, Arapahoe, Clear Creek, Denver, Douglas, Gilpin and Jefferson

Meals on Wheels
Services include home-delivered meals, information about (and help accessing) other services, outreach, nutrition education, and health and wellness information and programs.

Congregate dining centers
Services include group meals at community sites, information about (and help accessing) other services, outreach, nutrition education, and health and wellness information and programs. A complete list of dining centers follows.

ADAMS COUNTY

<table>
<thead>
<tr>
<th>DINING CENTER</th>
<th>DAYS OF SERVICE</th>
<th>SERVING TIME</th>
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</thead>
<tbody>
<tr>
<td>Eagle View Adult Center</td>
<td>Monday through Thursday</td>
<td>11:30 a.m.</td>
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<tr>
<td>1150 Prairie Center Pkwy.</td>
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<tr>
<td>Brighton, CO 80601</td>
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<tr>
<td>303-655-2075</td>
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<tr>
<td>Westminster Commons Apartments</td>
<td>Tuesday, Thursday and Friday</td>
<td>11:30 a.m.</td>
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<tr>
<td>3180 West 76th Ave.</td>
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<tr>
<td>Westminster, CO 80030</td>
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<tr>
<td>303-428-2786</td>
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### ARAPAHOE COUNTY

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<thead>
<tr>
<th>DINING CENTER</th>
<th>DAYS OF SERVICE</th>
<th>SERVING TIME</th>
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<tbody>
<tr>
<td>Aurora Dining Center</td>
<td>Monday through Thursday</td>
<td>11:45 a.m.</td>
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<tr>
<td>Aurora Senior Center</td>
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<tr>
<td>30 Del Mar Cir.</td>
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<tr>
<td>Aurora, CO 80011</td>
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<tr>
<td>303-739-7549</td>
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<tr>
<td>Englewood Dining Center</td>
<td>Monday through Friday</td>
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<tr>
<td>Malley Senior Center</td>
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<tr>
<td>3380 South Lincoln St.</td>
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<tr>
<td>Englewood, CO 80113</td>
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<tr>
<td>303-762-2660</td>
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### CLEAR CREEK COUNTY

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<tr>
<th>DINING CENTER</th>
<th>DAYS OF SERVICE</th>
<th>SERVING TIME</th>
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<tbody>
<tr>
<td>Georgetown Dining Center</td>
<td>Wednesday</td>
<td>noon</td>
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<tr>
<td>Georgetown Community Center</td>
<td></td>
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<tr>
<td>6th and Argentine St.</td>
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<tr>
<td>Georgetown, CO 80444</td>
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<tr>
<td>303-567-2382</td>
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<tr>
<td>Idaho Springs Dining Center</td>
<td>Monday through Friday</td>
<td>11:30 a.m.</td>
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<tr>
<td>Project Support Senior Center</td>
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<tr>
<td>1402 Miner St.</td>
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<tr>
<td>Idaho Springs, CO 80452</td>
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<tr>
<td>303-567-2382</td>
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<tr>
<td>Dining Center</td>
<td>Days of Service</td>
<td>Serving Time</td>
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<tr>
<td>Barnum Recreation Center</td>
<td>Thursday</td>
<td>11:30 a.m.</td>
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<tr>
<td>360 Hooker St.</td>
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<tr>
<td>Denver, CO 80219</td>
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<tr>
<td>303-937-4655</td>
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<tr>
<td>Cathedral Plaza</td>
<td>Monday through Friday</td>
<td>11:30 a.m.</td>
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<tr>
<td>1575 Pennsylvania St.</td>
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<tr>
<td>Denver, CO 80203</td>
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<tr>
<td>303-837-1424</td>
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<tr>
<td>College View Center</td>
<td>Thursday</td>
<td>noon</td>
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<tr>
<td>2525 S. Decatur St.</td>
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<tr>
<td>Denver, CO 80219</td>
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<tr>
<td>303-350-5565</td>
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<tr>
<td>Inner City Dining Center</td>
<td>Wednesday, Thursday and Friday</td>
<td>noon</td>
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<tr>
<td>Denver Inner City Parish</td>
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<tr>
<td>1212 Mariposa St.</td>
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<tr>
<td>Denver, CO 80204</td>
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<td>303-629-0636</td>
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<tr>
<td>Jewish Community Center</td>
<td>Monday through Friday</td>
<td>11:45 a.m.</td>
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<tr>
<td>Kosher Dining Center</td>
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<tr>
<td>350 South Dahlia St.</td>
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<tr>
<td>Denver, CO 80246</td>
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<tr>
<td>303-316-6359</td>
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<tr>
<td>La Alma Dining Center</td>
<td>Monday and Tuesday</td>
<td>11:45 a.m.</td>
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<tr>
<td>La Alma Recreation Center</td>
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<tr>
<td>1325 West 11th Ave.</td>
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<tr>
<td>Denver, CO 80204</td>
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<tr>
<td>720-865-2200</td>
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<tr>
<td>DINING CENTER</td>
<td>DAYS OF SERVICE</td>
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<tr>
<td>Life Center</td>
<td>Thursday</td>
<td>11:15 a.m.</td>
</tr>
<tr>
<td>5804 South Datura St.</td>
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<tr>
<td>Littleton, CO 80120</td>
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<tr>
<td>303-953-7180</td>
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<tr>
<td>Maltese Cross Dining Center</td>
<td>Monday through Friday</td>
<td>11:30 a.m.</td>
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<tr>
<td>Maltese Cross Manor Apartments</td>
<td></td>
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<tr>
<td>1590 Yates St.</td>
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<tr>
<td>Denver, CO 80204</td>
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<tr>
<td>303-629-5138</td>
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<tr>
<td>Metro Village Dining Center</td>
<td>Monday through Friday</td>
<td>noon</td>
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<tr>
<td>Metro Village Apartments</td>
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<tr>
<td>1523 Quitman St.</td>
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<tr>
<td>Denver, CO 80204</td>
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<tr>
<td>303-572-7716</td>
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<tr>
<td>Montbello Dining Center</td>
<td>Tuesday and Thursday</td>
<td>noon</td>
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<tr>
<td>Montbello Recreation Center</td>
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<tr>
<td>15555 E. 53rd Ave.</td>
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<tr>
<td>Denver, CO 80239</td>
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<tr>
<td>720-865-0580</td>
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<tr>
<td>Montbello Manor Dining Center</td>
<td>Wednesday and Thursday</td>
<td>noon</td>
</tr>
<tr>
<td>Montbello Manor Volunteers of America</td>
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<tr>
<td>4355 Carson St.</td>
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<tr>
<td>Denver, CO 80239</td>
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<tr>
<td>720-374-4955</td>
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<tr>
<td>Mulroy Dining Center</td>
<td>Monday through Thursday</td>
<td>11:30 a.m.</td>
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<tr>
<td>Mulroy Neighborhood Center</td>
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<tr>
<td>3550 West 13th Ave.</td>
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<tr>
<td>Denver, CO 80204</td>
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<tr>
<td>303-892-1540</td>
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<tr>
<td>DINING CENTER</td>
<td>DAYS OF SERVICE</td>
<td>SERVING TIME</td>
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<tr>
<td>Senior Support II Dining Center</td>
<td>Monday through Friday</td>
<td>11:30 a.m.</td>
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<tr>
<td>Senior Support Services Center 846 East 18th Ave.</td>
<td>Denver, CO 80218</td>
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<tr>
<td>303-832-1622</td>
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<tr>
<td>Sunset Park Dining Center</td>
<td>Monday through Friday</td>
<td>11:30 a.m.</td>
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<tr>
<td>Sunset Park Senior Center 1865 Larimer St.</td>
<td>Denver, CO 80202</td>
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<tr>
<td>303-297-0230</td>
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<tr>
<td>Sunset Towers Dining Center</td>
<td>Monday through Friday</td>
<td>11:30 a.m.</td>
</tr>
<tr>
<td>Sunset Towers Apartments 1925 Larimer St.</td>
<td>Denver, CO 80202</td>
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<tr>
<td>303-292-2065</td>
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<tr>
<td>Thomas Bean Towers</td>
<td>Monday through Friday</td>
<td>noon</td>
</tr>
<tr>
<td>2350 Cleveland Pl.</td>
<td>Denver, CO 80205</td>
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<tr>
<td>720-956-3846</td>
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<tr>
<td>Westwood Dining Center</td>
<td>Monday through Friday</td>
<td>noon</td>
</tr>
<tr>
<td>Westwood Community Center 1000 South Lowell Blvd.</td>
<td>Denver, CO 80219</td>
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<tr>
<td>303-934-2181</td>
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<tr>
<td>Zion Dining Center</td>
<td>Monday through Thursday</td>
<td>11:30 a.m.</td>
</tr>
<tr>
<td>Zion Senior Center 5151 East 33rd Ave.</td>
<td>Denver, CO 80207</td>
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<tr>
<td>303-333-5746</td>
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## DOUGLAS COUNTY

<table>
<thead>
<tr>
<th>DINING CENTER</th>
<th>DAYS OF SERVICE</th>
<th>SERVING TIME</th>
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<tbody>
<tr>
<td>Castle Rock Dining Center</td>
<td>Tuesday, Thursday and Friday</td>
<td>11:30 a.m.</td>
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<tr>
<td>Castle Rock Senior Center</td>
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<tr>
<td>2323 N. Woodlands Blvd.</td>
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<tr>
<td>Castle Rock, CO 80104</td>
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<tr>
<td>303-688-9498</td>
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## GILPIN COUNTY

<table>
<thead>
<tr>
<th>DINING CENTER</th>
<th>DAYS OF SERVICE</th>
<th>SERVING TIME</th>
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</thead>
<tbody>
<tr>
<td>Gilpin County Senior Services</td>
<td>Monday, Wednesday and Friday</td>
<td>12:15 p.m.</td>
</tr>
<tr>
<td>2960 Dory Hill Rd., Suite 100</td>
<td></td>
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<tr>
<td>Black Hawk, CO 80422</td>
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<tr>
<td>303-582-5444</td>
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<tr>
<td>DINING CENTER</td>
<td>DAYS OF SERVICE</td>
<td>SERVING TIME</td>
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</tr>
<tr>
<td>Golden Dining Center</td>
<td>Wednesday</td>
<td>noon</td>
</tr>
<tr>
<td>First Presbyterian Church</td>
<td>17707 West 16th Ave.</td>
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<tr>
<td>Golden, CO 80401</td>
<td>303-279-5591</td>
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<tr>
<td>Lakewood Dining Center</td>
<td>Monday through Thursday</td>
<td>noon</td>
</tr>
<tr>
<td>Clements Community Center</td>
<td>First Friday each month</td>
<td>11:30 a.m.</td>
</tr>
<tr>
<td>Lakewood, CO 80214</td>
<td>1580 Yarrow St.</td>
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<tr>
<td>303-987-4820</td>
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<tr>
<td>Wheat Ridge Dining Center</td>
<td>Tuesday through Thursday</td>
<td>noon</td>
</tr>
<tr>
<td>Highland South Apartments</td>
<td>6360 West 38th Ave., Building B</td>
<td></td>
</tr>
<tr>
<td>Wheat Ridge, CO 80033</td>
<td>303-940-2068</td>
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</tbody>
</table>
Alzheimer’s Association
455 Sherman St., Suite 500
Denver, CO 80203
alz.org/co
303-813-1669
Counties served: Adams, Arapahoe, Broomfield, Clear Creek, Denver, Douglas, Gilpin and Jefferson

Families caring for people with Alzheimer’s disease
The Colorado chapter supports family caregivers caring for a loved one with Alzheimer’s disease or other forms of dementia through an array of support services including caregiver education, care consultation and more than 30 Denver metro area support groups. Visit alz.org/co for locations, dates and times of monthly classes and support groups or call the 24/7 telephone helpline for information and support: 1-800-272-3900.

Catholic Charities and Community Services
4045 Pecos St.
Denver, CO 80211
ccdenver.org
303-742-0823
Counties served: Adams, Arapahoe, Denver, Douglas and Jefferson

Kinship Caregiver program
The Kinship Caregiver program supports families who are raising relatives’ children due to the parents’ death, drug addiction, incarceration, illness or other circumstances. Services include, but are not limited to, support and educational groups and trainings in conjunction with children’s and youth activities, 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  
[**broomfield.org**](http://broomfield.org)  
303-464-5526  
**Counties served:** Broomfield

**Respite Care**
Broomfield Senior Services provides in-home respite for caregivers of Broomfield county residents 60 and older.

**Lutheran Family Services Rocky Mountains**
363 South Harlan St., Suite 200  
Denver, CO 80226  
[**lfsco.org**](http://lfsco.org)  
303-217-5864  
**Counties served:** Arapahoe and Denver

**African American Caregiver Support**
The African American Caregiver Support program provides help, 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 available for program participants, and is paid to a respite provider of their choice.
The Senior Hub
2360 West 90th Ave.
Federal Heights, CO 80260-6700
seniorhub.org
303-426-4408
 Counties served: Adams, Arapahoe, Denver and Jefferson

**Respite Services**
The Senior Hub provides respite care to caregivers of adults 60 or older. Care providers are screened and trained to provide caregivers respite for two to six hours, two to three times a week. Services may be subsidized for qualified family caregivers and seniors.
Asian Pacific Development Center
1537 Alton St.
Aurora, CO 80010
303-923-2920

Counties served: Adams and Denver

Holistic Asian elder wellness program for Asian American Pacific Islander immigrant and refugee communities in Colorado: Screening

The Asian Pacific Development Center uses culturally appropriate strategies to target older members within the diverse cultures represented by Asian American Pacific Islander communities. The center connects them with appropriate resources. Examples of outreach strategies include print materials (such as announcements in Asian American Pacific Islander-focused newspapers), door-to-door visits, and in-person outreach to communities where there are dense populations of older Asian American Pacific Islander individuals and families (such as workshops). Outreach navigators have been trained to identify and refer at-risk elders for screening and evaluation. Center staff uses standard screening tools throughout its programs to assess and track the needs of older adults.
Mount Evans Home Health Care and Hospice
3081 Bergen Peak Dr.
Evergreen, CO 80439
303-674-6400
mtevans.org
Counties served: Clear Creek, Gilpin and Jefferson

Screening for Older Adults
As a health care provider, Mount Evans offers screening through its foot care and blood pressure clinics and 9Health Fair participation. Screening services are offered to residents of senior housing in Evergreen, Idaho Springs and at a Blackhawk meal site. Many individuals who attend are not eligible for Medicaid or Medicare and need support to live independently at home.

Senior Support Services
846 East 18th Ave.
Denver, CO 80218
seniorsupportservices.org
303-832-1622
Counties served: Denver

Screening, evaluation and stabilization services for those with the greatest economic need
Senior Support Services is a day shelter for hungry and homeless seniors. Senior Support Services provides individuals comprehensive screening and evaluation services to meet their needs. Services may include help obtaining health insurance, government benefits or affordable housing.
Southwest Improvement Council
1000 South Lowell Blvd.
Denver, CO 80219-3339
swic-denver.org
303-934-2181
**Counties served:** Adams, Arapahoe, Broomfield, Denver and Jefferson

**Native American and Hispanic elder screening and evaluation**
The Southwest Improvement Council offers screening and evaluation for Native American and Hispanic elders who are underserved and experiencing poverty or other challenges to maintaining dignified, independent living. Staff provides one-on-one mentoring and monitoring of each elder. Staff screens and evaluates underserved elders for situational, emotional, physical and financial challenges to independent living. Staff also screens and evaluates client situations to identify and provide supportive services for each elder’s urgent human needs, and ensures service is provided, the client’s needs are met, and the client is satisfied with all aspects of assistance and service.
Adams County Department of Regional Affairs
4430 South Adams County Pkwy., Suite 5309
Brighton, CO 80601
co.adams.co.us
720-523-6991
Counties served: Adams, Arapahoe and Broomfield

Adams County A-Lift community transit program
A-Lift provides transportation to medical and dental appointments, dining centers (including group meal sites), grocery stores, adult day and respite services, as well as personal trips within 5 miles of a client’s residence. The Seniors’ Resource Center provides transportation on weekdays. Call 303-235-6972 or visit a-lift.org.

Via provides medical and dining center transportation services on weekdays by appointment for medical and dining center services in rural Adams County (Brighton, Bennett, Strasburg and Watkins). Call 303-447-2848 to schedule a ride or for information.
Arapahoe County Community Resources
1690 West Littleton Blvd.
Littleton, CO 80120
co.arapahoe.co.us/community_resources
Seniors’ Resource Center
303-235-6972
**Counties served:** Adams, Arapahoe, Douglas and Jefferson

**Arapahoe County senior transportation**
Transportation services through Seniors’ Resource Center are available for seniors 60 and older. Destinations include medical appointments, senior dining centers, grocery stores, food banks and other local priority needs as funding and space allow.

City and County of Broomfield
280 Spader Way
Broomfield, CO 80020
broomfieldseniors.com
303-464-5534
**Counties served:** Adams, Broomfield and Jefferson

**Broomfield Easy Ride senior transportation**
Easy Ride provides transportation services from 8:30 a.m. to 5 p.m. Monday through Wednesday and 8:30 a.m. to 1:30 p.m. Thursday through Friday. Broomfield seniors may use the service for local grocery shopping, medical appointments within and beyond 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 St.
Castle Rock, CO 80104
douglas.co.us/community/community/senior-adult-services
303-660-7519
Counties served: Douglas

Douglas County senior transportation
New transportation clients are encouraged to contact the First Call at 303-660-7519 for assistance in finding the most appropriate provider. Providers include the Castle Rock Senior Center, the Parker Senior Center, To The Rescue, Auburn Ridge and Neighbor Network. Transportation is provided by appointment only. Transportation options include trips for:

- medical and dental appointments
- grocery shopping
- dining center
- adult day care
- personal priorities
Seniors’ Resource Center
3227 Chase St.
Denver, CO 80212
srcaging.org
303-235-6972
Counties served: Denver

City and County of Denver senior transportation
The Seniors’ Resource Center provides weekday transportation to medical/dental appointments, dining centers, grocery stores and adult day services, local priority trips (such as to a nursing home, laundromat, cemetery or polling place) as well as limited personal trips. Call 303-235-6972 to schedule a ride or visit srcaging.org for more information.

Jefferson County senior transportation
Counties served: Arapahoe, Broomfield and Jefferson
The Seniors’ Resource Center provides weekday transportation to medical and dental appointments, dining centers, grocery stores, adult day services, local priority trips (such as to a nursing home, laundromat, cemetery or polling place) as well as limited personal trips. Call 303-235-6972 to schedule a ride or visit srcaging.org for more information.
**Volunteers of America**

2660 Larimer St.
Denver, CO 80205

[voacolorado.org](http://voacolorado.org)

303-567-2382 (Clear Creek)
303-582-5444 (Gilpin)

**Counties served:** Gilpin and Clear Creek

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**Gilpin and Clear Creek County senior transportation**

Volunteers of America provides weekday transportation to medical and dental appointments, grocery stores, dining centers and local priority trips (such as trips to a nursing home, laundromat, cemetery or polling place). Transportation is provided by appointment.
A3 (formerly American Council of the Blind and Visually Impaired of Colorado)
545 North Broadway, PMB #10
Denver, CO 80203
acbco.org
303-831-0117

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

Counseling and Education
A3’s Sight for Seniors program provides older adults who are blind and visually impaired with skills and tools for productive and engaging lives after vision loss.

The comprehensive program includes:

- home assessments and counseling to assess client home safety and provide risk assessment
- nutrition counseling and fall prevention training
- a client support network
- orientation and mobility training
- volunteer recruitment and training

Material aid
A3 provides a variety of material aids to seniors who are blind and visually impaired through its Sight for Seniors program. Services include adaptive aids and devices (not eyeglasses), assistive technology and professional eye exams by a low-vision specialist.
Audio Information Network of Colorado
1700 55th St., Suite A
Boulder, CO 80301-2702
aincolorado.org
303-786-7777
877-443-2001 (outside the metro area)
Counties served: Adams, Arapahoe, Broomfield, Denver, Douglas, Gilpin and Jefferson

Audio services for older adults who are blind, visually impaired and print-disabled

The Audio Information Network of Colorado provides audio services to help blind, visually impaired and print-disabled individuals stay independent and connected to their community. Programming is broadcast 24/7. Listeners have access to nearly 100 Colorado newspapers, grocery discount advertisements, magazines and other local publications. All publications are read and recorded by volunteers. Listening options include pre-tuned digital receivers provided by the Audio Information Network of Colorado, telephone or internet (live streaming or podcast).

Colorado Center for the Blind
2233 West Shepperd Ave.
Littleton, CO 80120
cocenter.org
303-778-1130
Counties served: Adams, Arapahoe, Broomfield, Clear Creek, Denver, Douglas, Gilpin and Jefferson

Services for seniors who are blind and low-income: Counseling

The Colorado Center for the Blind provides a positive approach to adjusting to vision loss through individual and group sessions. Discussions 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
srcaging.org
303-238-8151
Counties served: Adams, Clear Creek, Gilpin, Jefferson

Counseling
Seniors’ Resource Center provides counseling services for older adults who are visually impaired including an initial intake session to assess client needs, one or more counseling sessions and an in-home safety assessment. Following the in-home assessment, Seniors’ Resource Center staff determines whether the client could benefit from which, if any, material aid.

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

- railings to improve in-home safety
- in-home grab bars
- smoke detectors
- canes and white canes
- personal vision readers, magnifying readers, clothing readers (not eyeglasses)
- large-screen calculators
- optometrist appointments
- talking watches