

Chapter 30

Programs, Services, and Resources for Older Adults*

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30-1. Introduction

A wide range of programs and services are available for older adults to protect or enhance their health and well-being and to help them maintain safety and independence while living in the comfort of their own homes. These programs and services include everything from personal care services to free and low-cost home repairs, from Meals on Wheels to recreational and social opportunities. Services have increased and evolved over time to meet the needs of a rapidly growing older adult population. As the baby boomer generation continues to age, the need for services will expand and Congress will continue to enact legislation that will impact the variety and availability of resources and services in local communities. The Older Americans Act is one of many laws enacted to assist older adults in maintaining their health and well-being, and is the basis for local Area Agencies on Aging, discussed below.

Many of the programs and services that follow are not always well known or advertised, as they are most often provided by agencies that have a very limited budget for marketing and outreach and must direct most of their funding into providing the services. If you have difficulty locating a program, service, senior center, or senior organization in your area, call 211 (United Way Helpline) or the DRCOG Network of Care ((303) 480-6700 in metro Denver or (866) 959-3017 outside metro Denver). You may also access the Network of Care at www.drcog.networkofcare.org.

30-2. Area Agencies on Aging

An Area Agency on Aging (AAA) plans, coordinates, and funds services that enable seniors to live independently in their own homes. AAAs were established under the Older Americans Act in 1973 to respond to the needs of Americans aged 60 and over in every local community throughout the country. Services available through AAAs fall into five categories:

- 1) **Information and Access Services**, including information and referral, health insurance counseling, client assessment, care management, transportation, caregiver support, retirement planning, and education.
- 2) **Community-Based Services**, including employment services, senior centers, congregate meals, adult day services, and volunteer opportunities.
- 3) **In-Home Services**, including Meals on Wheels, homemakers, chore services, telephone reassurance, friendly visiting, energy assistance and weatherization, emergency response systems, home health services, personal care services, and respite care.
- 4) **Housing**, including senior housing for independent living and alternative living facilities, such as assisted living.
- 5) **Elder Rights**, such as legal assistance, elder abuse prevention programs, and ombudsman services for complaint resolution.

The services provided by AAAs across the country may vary and reflect the needs of the local communities they serve. Transportation and in-home care may be a priority in rural areas, for example, while Meals on Wheels and adult day services may be more of a priority in urban areas. AAAs continue to assess the needs of older adults in the communities they serve and adjust to meet these changing needs.

A list of Area Agencies on Aging for Colorado appears as section 11-6, "Resources," in Chapter 11, "Arm Yourself with Consumer Protection Information."

30-3. Adult Protective Services

Adult Protective Services (APS) provides assistance to at-risk adults whose health and well-being may be compromised or in danger due to abuse, neglect, or exploitation. In the Colorado Adult Protective Services statute, an at-risk adult is defined as

an individual eighteen years of age or older who is susceptible to mistreatment or self-neglect because the individual is unable to perform or obtain services necessary for the individual's health, safety, or welfare, or lacks sufficient understanding or capacity to make or communicate responsible decisions concerning his or her person or affairs.

Mistreatment of an at-risk adult can include physical abuse, self-abuse, sexual abuse, neglect, confinement, financial exploitation, and other forms of exploitation. Physical abuse includes hitting, slapping, pushing, kicking, and confinement. Self-abuse is the infliction of injury to the adult by the adult's own volition, including suicide attempts, self-inflicted wounds, pulling out hair, etc. Neglect may include untreated medical conditions, malnourishment, dehydration, unclean appearance, bedsores, unsanitary conditions in the home, and being left alone for long periods of time when in need of supervision. Self-neglect may also include the above and may be caused by confusion, wandering, inability to communicate needs, and medication mismanagement.

Senate Bill 13-111 (SB 13-111): This bill was passed by the Colorado legislature in 2013, and is about mandatory reporting of elder abuse and exploitation. It defines an at-risk adult as a person 18 years of age or older who, because of age or mental or physical ability, is unable to perform or obtain services necessary for his or her health, safety, or welfare, or lacks sufficient understanding or capacity to make or communicate responsible decisions concerning his or her person or affairs. It also creates a class of protections for "at-risk elders," who are defined as anyone age 70 or older. The bill requires certain specified professionals to report suspected mistreatment, self-neglect, or exploitation of at-risk adults to a law enforcement agency. On or after July 1, 2014, mandatory reporters who fail to report such instances within 24 hours commit a class 3 misdemeanor.

To report suspected abuse, neglect, or exploitation: Call the county department of social services where the at-risk individual lives and ask for Adult Protection intake. Have as many facts together as possible when you make the call, including names, addresses, phone numbers, dates, times, and the reasons you are making the call on this individual's behalf. If you are concerned about the welfare of an at-risk adult, you may also contact local police with your concerns and ask them to do a wellness check. They can then assess the situation and make a referral, if necessary, to Adult Protective Services (APS). If the individual is in immediate danger, call 911.

What Adult Protective Services will do: APS staff will assess the individual's ability to make appropriate decisions for himself or herself and decide whether to open a case and make interventions on the individual's behalf. All at-risk adults have the right of self-determination and may refuse or reject protective services. A court must sometimes decide whether the individual is competent to make decisions for himself or herself. When given consent or appointed by the court, APS staff will investigate reports of abuse, neglect, and exploitation; remove at-risk adults from danger; and make arrangements for appropriate programs and services. If interventions are made, they are provided in a manner that will cause minimal disruption to the at-risk adult's life and ensure that his or her dignity and confidentiality are protected.

30-4. Senior Recreation Centers

Senior Recreation Centers may provide a number of different services depending upon the size and characteristics of the community they serve. Senior centers are a gathering place where older adults can participate in social, educational, fitness, and recreational opportunities.

Most all senior centers offer fitness classes, which may include aerobics, dance, yoga, tai chi, water fitness, etc. Most centers also offer various enjoyment/educational classes, including painting, pottery, jewelry-making, scrapbooking, cooking, computers, and languages. Many senior centers offer travel and outdoor recreation programs, as well as groups, clubs, and indoor games such as bingo, poker, pool, and bridge. Some senior centers may offer non-recreational programs, such as transportation services, congregate meal sites, and information and referral services. Again, classes and programs offered usually reflect the needs and interests of the local communities they serve.

Lists of senior recreation centers and other organizations serving seniors appear in Exhibits 30A and 30B at the end of this chapter. As mentioned above, you may call 211 or your local AAA if your locality does not appear on these lists.

30-5. Senior Service and Resource Organizations

A wide variety of programs and services of a non-recreational nature are offered by senior organizations and resource centers throughout the state. These services are vital to the health, safety, and well-being of older adults and may be funded entirely or in part by counties, municipalities, private foundations, and local Area Agencies on Aging.

As with senior recreation centers, senior resource organizations usually reflect and focus on the most significant needs of older adults in the communities they serve. Many of the programs and services listed in the section below may be offered by local senior resource organizations. Check the listings in Exhibits 30A and 30B for senior resource organizations near you, or call 211 or your local AAA.

30-6. Key Programs and Services for Seniors

Adult Day Services: Provides care, activities, and meals for functionally impaired adults while their caregivers work or attend to other needs. Participants in the program are able to interact with peers in a social setting during the day, then return to the comfort of their own homes at night when family or other caregivers are present. This service is provided by both for-profit and nonprofit agencies, and is often covered by insurance, Medicaid, or other public funds.

Benefits Check-Up: This program, developed and maintained by the National Council on Aging, connects seniors age 55 and over to financial benefit programs for which they may be eligible. Seniors with limited incomes may discover, for example, they are eligible for programs such as Old Age Pension or programs that pay all or part of their Medicare

Part B premiums. Since 2001, millions have used Benefits Check-Up to find public benefits, veterans benefits, and programs to help pay for prescription drugs, health care, etc. Seniors can go online to www.benefitscheckup.org, enter the requested information, and receive a printout of benefits. They may also call Centura Health Links at (866) 479-3301 for assistance with this.

Care Management: A care manager can be an important resource to families and caregivers who are attempting to arrange for care or to access resources for their loved ones. This is often fully funded by Older Americans Act funds for seniors aged 60 and over. A care manager will arrange for a meeting with the client and interested family members, then conduct a full in-home assessment of the individual's strengths and needs. This will provide information on how well the individual is able to perform each of his or her activities of daily living, such as bathing, dressing, housework, money management, social needs, etc. A home safety assessment will also be conducted, and safety devices such as railings and grab bars may be installed for the client. Once the care manager gathers this information, he or she will create a care plan, which will outline the services needed and who the providers will be. Help with necessary applications is also given. These providers may include Meals on Wheels, transportation, home health, volunteers, and any number of other services. The care manager will carefully monitor the delivery of services and make changes as needed. Care management greatly reduces the burden on loved ones and ensures the best possible, least-restrictive care for the client.

Caregiver and Homemaker Services: Public funds are sometimes available to provide in-home care and/or homemaker services. As mentioned above, AAAs often fund these services in local communities. County Options for Long-Term Care agencies fund programs such as Home and Community Based Services (HCBS), which place caregivers in the homes of persons in need of help with activities of daily living. A Home Care Allowance (HCA) may also be available, which gives those in need of care a monthly allowance with which to pay someone for cleaning or caregiving. Some agencies provide free respite care, in which either a volunteer or paid staff is placed in the home for several hours or more per week to give the primary caregiver a respite, or break, from his or her duties.

Dental, Vision, and Hearing Services: A number of foundations, clinics, agencies, and service groups help pay for dentures and dental work, vision and glasses, and hearing and hearing aids, or provide services at a greatly reduced rate. Call 211 or your local senior organization for more information.

Employment Programs: Various agencies, such as AARP and county workforce centers, have programs that help seniors find employment. The Senior Community Employment Program (SCEP) is operated under Title V of the Older Americans Act. Seniors 55 and over are paid to perform up to 20 hours per week of community service in a training position in nonprofit and governmental organizations while they learn new skills and pursue permanent employment.

Fall Prevention Services: Falls are the leading cause of injury deaths among older adults and the most common cause for hospitalization. Prevention may include home safety assessments and modifications, medication reviews, health assessments, and vision screenings. A number of free and low-cost programs and services are available to reduce or eliminate falls.

Forms Assistance: Seniors often are reluctant to apply for benefits for which they are eligible because of sometimes lengthy and confusing applications. Many senior resource organizations have staff who help seniors through the maze of paperwork necessary to receive benefits. County social services departments also have staff who help with applications for benefits such as food stamps, Medicaid, etc.

Free 911 Cell Phone: Some senior organizations and law enforcement agencies offer free cell phones for seniors. These cell phones are typically used and reconditioned and will only dial 911, so that seniors can dial for help in an emergency involving themselves or others. There is no contract or monthly service fee, as any working cell phone will dial 911.

Friendly Visiting and Telephone Reassurance: Volunteers are often available in local communities to make visits to homebound seniors who are isolated or in frail health. This provides regular social contact and helps to ensure safety and well-being. Volunteers also provide telephone reassurance, whereby isolated seniors are called on a regular basis for socialization and to check on their well-being. This is also a great volunteer opportunity, and often connects homebound seniors looking for something to do with similar individuals. Check with your local senior organization for more information.

Handyman, Home Rehabilitation, and Weatherization Services: Some senior organizations offer low- to no-cost handyman services. Services may be performed by professionals or skilled volunteers. Many counties and municipalities offer housing rehabilitation programs where grants or low-interest loans are given to low-income homeowners to assist in repairing or replacing major housing systems that are potential health or safety concerns. Weatherization programs, which assist low-income homeowners in saving energy dollars by insulating homes, may also be available.

Information and Referral: Information on resources and services of all types is available through senior centers, resource centers, emergency assistance centers, social services agencies, Area Agencies on Aging, United Way (dial 211), and many other agencies. Often, an agency employs an information and referral specialist whose job is to identify needs, help solve problems, and make appropriate referrals.

Medical Equipment Lending: Programs are available that loan durable medical equipment, such as walkers, wheelchairs, bath benches, etc., free of charge to older adults recovering from surgery or temporarily in need of these items for health and safety. Call 211 or check with your local senior organization for details.

Nutrition Services: Services to help meet the nutritional needs of seniors include the following programs. *Meals on Wheels:* This is a nationwide program that may vary in services and scope from community to community. In general, volunteers deliver hot or frozen meals to homebound individuals who are unable to shop or prepare nutritious meals on their own. The daily contact by the volunteer also provides a wellness check and social contact for often frail, at-risk individuals. Costs are usually offset by donations or fees on a sliding scale. *Congregate Meals:* Group meals are provided free or at low cost at various sites, including schools, senior centers, and other public sites. Older adults are able to enjoy a nutritious meal in the company of others. *Other Food Programs:* Food banks, food stamps, and other programs are available to older adults living on limited, fixed incomes. Food banks usually serve local county and other geographical areas and have various days and

hours of operation. Call 211 or your county social services department for a food bank in your area. Food stamp programs provide a regular monthly amount that may be spent on food-only items. Enroll for food stamps through your county department of social services. Government programs, such as the Commodity Supplemental Food Program (CSFP) may also be available on a monthly basis. Seniors are able to pick up government commodities at a site in their community, or have them brought to their house if they are homebound.

Personal Emergency Response Systems: A personal emergency response system (PERS) is an electronic device designed to let the user summon help in an emergency. This system has three components: a small radio transmitter or help button worn by the user, a console connected to the user's telephone, and an emergency response center that monitors calls. PERS may be purchased, rented, or leased, and monthly service fees apply. As with any major purchase, it is important to check out several systems before you buy and to compare prices and features. PERS are usually covered under Medicaid benefits.

Property Tax Assistance: The *Colorado Senior Property Tax Exemption* is available to seniors age 65 and older who have lived in their homes for at least 10 years or are the surviving spouse of someone who meets this requirement. The program exempts from taxation 50 percent of the first \$200,000 of actual value of the residential property. Other programs to help with property taxes are listed here. *Disabled Veteran Exemption:* This is available to applicants who sustained a permanent disability while serving on active duty in the United States Armed Forces. Other eligibility requirements apply. Applications must be submitted to the Division of Veterans Affairs by July 1 each year. Call (303) 284-6077 for more information. *Property Tax Deferral:* This program is for Colorado residents who are 65 years of age or older or are in active military service. These individuals may defer or postpone payment of their property taxes by contacting their county treasurer's office. The state treasury will pay the taxes directly to the county for the taxes due that year. This loan (with interest) will be logged as a lien against the property, which is recovered when repaid or when the owner dies or the property changes hands. Applications for this program are available from your county assessor and should be submitted by April 1 each year. *Property Tax/Rent/Heat Rebate:* This program is for full-year Colorado residents who are age 65 or older, surviving spouses who are 58 years of age or older, or persons with disabilities. Income limits apply. Eligible individuals can receive this rebate even if they normally do not file any other income taxes. *Property Tax Work-Off Program:* Some taxing entities offer a property tax work-off program for citizens who are age 60 or over or who are physically or developmentally disabled. As an example, by volunteering in some local school districts, you may be able to work off up to \$400 of your property taxes. Call your county assessor's office or local school district for more information on programs in your area.

Rent and Utility Assistance: Various nonprofit and faith-based organizations offer rent, utility, and prescription assistance. Funding may come from a number of government and private sources. Call 211 or your local information and referral source for names and numbers of local agencies.

Resources for Pets: Pets are often vital companions for older adults, many of whom are homebound and have limited social contacts. Some agencies offer seniors the opportunity to adopt a pet free of charge. Other agencies offer spaying and neutering and other health services for pets for free or at low cost. Some food banks and other organizations

often have pet food and other products available so that low-income seniors can provide for their pets. There are also for-profit businesses that come directly to the home for pet grooming, vaccinations, and other services.

Reverse Mortgage: A reverse mortgage is a loan against the home that does not need to be repaid for as long as the owner lives there. With a reverse mortgage, the equity or value of the home can be turned into a regular monthly cash advance or can be taken out in a single lump sum. Other options may also be available. Typically, nothing is repaid on the loan until the owner passes away, moves, or sells the home, at which time it will be repaid out of the equity or estate.

As long as the property taxes and homeowners' insurance are paid, the home remains in possession of the owner and may still be passed on to heirs. To be eligible for a reverse mortgage, seniors must be 62 or over and own and reside in the home. Many older adults living on limited, fixed incomes find a reverse mortgage an ideal way to increase monthly income and meet current needs. A number of lenders offer reverse mortgages, and loan and processing fees are involved. It is advisable to talk to at least two companies and compare fees and services offered. See Chapter 20, "Reverse Mortgages," for more information.

Senior Liaison Officers: Some law enforcement agencies employ a senior liaison officer, who will answer questions and concerns for seniors and provide information on frauds, scams, and guarding personal safety. They help to prevent seniors from being victims of crime and link them to other resources and agencies for assistance. Senior liaison officers often have a weekly presence in senior centers, shopping malls, and other public places.

Support Groups: In a support group, members give each other support, encouragement, and understanding about a similar problem, whether it be grief, caregiving, addiction, disease, etc. Support groups are usually led by a professional who offers encouragement and resources while allowing members to guide the conversation in a relaxed, non-threatening atmosphere. Most all groups are free of charge and provide a social connection for those experiencing loss or disease. A wide variety of support groups are available for seniors and their caregivers. Contact your local senior organization or mental health department for support groups in your area.

Tax Counseling: Many local senior organizations partner with the Internal Revenue Service to provide the Volunteer Income Tax Assistance (VITA) program. Trained volunteers from nonprofit organizations provide free tax counseling and basic income tax return preparation for seniors, the disabled, and lower-income people. Many seniors who do not normally file are often unaware of rebates and refunds for which they may be eligible, such as rent, heat, and property tax rebates. This program is usually conducted at senior and other community centers during tax preparation season. Most locations offer electronic filing. To locate the nearest VITA site, call (800) 906-9887.

Transportation: Many local transportation districts have programs to serve disabled and frail individuals who are unable to use regular public transportation. Costs are minimal. Some senior organizations have government funding to provide free transportation to doctors, dentists, meal sites, food banks, or grocery stores. Some agencies serving seniors may also have volunteers who will provide free transportation.

Volunteer Opportunities — Senior Corps: Senior Corps is a nationwide program that connects adults aged 55 and over to a wide variety of volunteer opportunities in the communities in which they live. It offers three programs. The *Retired and Senior Volunteer Program (RSVP)* connects volunteers aged 55 and over with service opportunities in their communities that match their interests and skills. Volunteers are placed with schools, hospitals, food banks, and many other nonprofit agencies. The *Foster Grandparent Program* connects volunteers aged 60 and over with children and young people with exceptional needs. Volunteers mentor, support, and offer guidance to vulnerable children. The *Senior Companion Program* matches volunteers aged 60 and over with adults in their community who have difficulty with the simple tasks of daily living. They may assist with shopping or light chores or just make friendly visits.

Work Opportunities for Seniors: Although many seniors choose to retire when they reach their eligibility age to receive Social Security and Medicare, there are some full- and part-time work opportunities for seniors. Interested seniors should call their county workforce centers and ask about the Senior Community Service Employment Program (SCSEP) or Work Assistance program (WA). To qualify for SCSEP, adults must be age 55 or older, legally eligible to work in the United States, and have a household income no greater than 125 percent of the federal poverty level.

* CBA-CLE would like to thank Lew Forester for his work writing and updating the chapter in prior years.

Exhibit 30A.
Colorado Senior Recreation Centers

Front Range — Denver Metropolitan Area

Arvada

Community Recreation Center (303) 425-9583
6842 Wadsworth Blvd.
www.apexprd.org

Aurora

Aurora Center for Active Adults (303) 739-7951
30 Del Mar Cir.
www.auroragov.org

Brighton

Eagle View Adult Center (303) 655-2075
1150 Prairie Center Pkwy.
www.brightonco.gov

Broomfield

Broomfield Community Center Senior Center (303) 464-5526
280 Spader Way
www.broomfield.org

Castle Rock

Castle Rock Active Adult (303) 688-9498
2323 Woodlands Blvd.
www.castlerockseniorcenter.org

Commerce City

Commerce City Senior Center (303) 289-3756
6060 E. Parkway Dr.
www.c3gov.com

Denver — City & County of Denver Recreation Centers

www.denvergov.org (click on "Recreation Centers & Pools")

5090 Recreation Center (720) 865-2150
5090 Broadway

Ashland Recreation Center (720) 865-0510
2475 W. Dunkeld Pl.

Athmar Recreation Center (720) 865-2180
2680 W. Mexico

Aztlan Recreation Center 4435 Navajo St.	(720) 865-4380
Barnum Recreation Center 360 Hooker St.	(720) 865-0350
Carla Madison Recreation Center 2401 E. Colfax Ave.	(720) 865-5580
Central Park Recreation Center 9651 E. Martin Luther King Jr. Blvd.	(720) 865-0750
Cook Park Recreation Center 7100 Cherry Creek Dr. S.	(720) 865-0610
Eisenhower Recreation Center 4300 E. Dartmouth Ave.	(720) 865-0730
Glenarm Recreation Center 2800 Glenarm Pl.	(720) 865-3380
Green Valley Ranch Recreation Center 4890 Argonne Way	(720) 865-4370
Harvard Gulch Recreation Center 550 E. Iliff Ave.	(720) 865-0905
Harvey Park Recreation Center 2120 S. Tennyson Way	(720) 865-0550
Hiawatha Davis Jr. Recreation Center 3334 Holly St.	(720) 865-0590
Highland Recreation Center 2880 Osceola St.	(720) 865-0600
Johnson Recreation Center 4809 Race St.	(720) 865-5660
La Alma Recreation Center 1325 W. 11th Ave.	(720) 865-2200
La Familia Recreation Center 65 S. Elati St.	(720) 865-2170
Martin Luther King Jr. Center 3880 Newport St.	(720) 865-0530

Montbello Recreation Center 15555 E. 53rd Ave.	(720) 865-0580
Montclair Recreation Center 729 Ulster Way	(720) 865-0560
Platt Park Senior Center 1500 S. Grant St.	(720) 865-0630
Rude Recreation Center 2855 W. Holden Pl.	(720) 865-0570
Scheitler Recreation Center 5031 W. 46th Ave.	(720) 865-0640
Southwest Recreation Center 9200 W. Saratoga Pl.	(720) 865-0670
St. Charles Rec. Center 3777 Lafayette St.	(720) 865-2190
Swansea Recreation Center 2650 E. 49th Ave.	(720) 865-0540
Twentieth Street Recreation Center 1011 20th St.	(720) 865-0520
Washington Park Recreation Center 701 S. Franklin St.	(720) 865-3400
Denver — Other Recreation Centers	
Denver Indian Center 4407 Morrison Rd. www.denverindiancenter.org	(303) 936-2688
Denver Inner City Parish 1212 Mariposa St. http://dicp.org	(303) 629-0636
Jewish Community Center 350 S. Dahlia St. www.jccdenver.org	(303) 399-2660
Our Savior's Senior Center 915 E. 9th Ave. www.oslchurchdenver.org	(303) 831-7023

Salvation Army Red Shield Community Center 2915 High St.	(303) 295-2107
Senior Support Services 846 E. 18th Ave. www.seniorsupportservices.org	(303) 832-1622
University Hills YMCA 3901 E. Yale Ave. www.denverymca.org	(720) 524-2750
Westwood Community Center 1000 S. Lowell Blvd. www.swic-denver.org	(303) 934-2181
Zion Senior Center 5151 E. 33rd Ave.	(303) 333-5746
Englewood Malley Senior Recreation Center 3380 S. Lincoln St. www.englewoodco.gov	(303) 762-2660
Evergreen Wulf Recreation Center 5300 S. Olive Rd. www.evergreenrecreation.com	(720) 880-1200
Foothills Park & Recreation District (Littleton) www.ifoothills.org	
Lilley Gulch Recreation Center 6147 S. Holland Way	(303) 409-2500
Peak Community and Wellness Center 6612 S. Ward St.	(303) 409-2200
Ridge Recreation Center 6613 S. Ward St.	(303) 409-2264
Golden Golden Community Center 1470 10th St. www.cityofgolden.net	(303) 384-8100

Highlands Ranch

Recreation Center at Southridge (303) 471-7020
4800 McArthur Ranch Rd.
www.hrcaonline.org

Lakewood

Clements Community Center (303) 987-4820
1580 Yarrow St.
www.lakewood.org

Littleton Area

Douglas H. Buck Community Recreation Center (303) 797-8787
2004 W. Powers Ave.
www.ssprd.org

Northglenn

Northglenn Senior Center (303) 450-8801
11801 Community Center Dr.
www.northglenn.org/rec_and_events/seniors

Parker

Parker Senior Center (303) 841-5370
10675 Longs Way
www.parkerseniorcenter.org

Thornton

Thornton Active Adult Center (303) 255-7850
11181 Colorado Blvd.
www.thorntonco.gov

Westminster

MAC Center (303) 426-4310
3295 W. 72nd Ave.
www.cityofwestminster.us

Wheat Ridge

Active Adult Community Center (303) 205-7500
6363 W. 35th Ave.
www.rootedinfun.com

Eastern Plains

Burlington

McArthur Senior Center (719) 346-7986
350 Hollowell St.
www.burlingtoncolo.com

Limon

Hub City Senior Center
220 East Ave.

(719) 775-2721

Northern Colorado

Boulder

www.bouldercolorado.gov/older-adults

Boulder Senior Services West
909 Arapahoe Ave.

(303) 441-3148

Berthoud

Berthoud Community Center
248 Welch Ave.
www.berthoudcolorado.com

(970) 532-3049

Brush

Brush Senior Center
612 Ray St.

(970) 842-5046

Erie

Erie Community Center – Active Adults
450 Powers St.
www.erieco.gov

(303) 926-2795

Estes Park

Estes Valley Community Center
660 Community Dr.
<https://evrpd.colorado.gov/>

(970) 586-8189

Fort Collins

Fort Collins Senior Center
1200 Raintree Dr.
www.fcgov.com/recreation/senior-center/

(970) 221-6644

Fort Lupton

Fort Lupton Community Center
203 S. Harrison
www.fortlupton.org

(303) 857-4200, ext. 6166

Greeley

Greeley Active Adult Center
1010 6th St.
<https://greeleyrec.com>

(970) 350-9440

Johnstown

Johnstown Senior Center (970) 587-5251
101 W. Charlotte St.
www.townofjohnstown.com

Lafayette

Lafayette Senior Center (303) 665-9052
103 S. Iowa Ave.
www.cityoflafayette.com

Longmont

Longmont Senior Center (303) 651-8411
910 Longs Peak Ave.
<http://longmontcolorado.gov>

Loveland

Chilson Senior Center (970) 962-2783
700 E. 4th St.
www.cityofloveland.org

Louisville

Louisville Senior Center (303) 666-7400
900 W. Via Appia Way
www.louisvilleco.gov/residents/recreation-senior-services

Nederland

Nederland Area Seniors, Inc. (303) 258-0799
750 N. Peak to Peak Hwy.

Sterling

Heritage Senior Citizen Center (970) 522-1237
821 N. Division Ave.

Wellington

Wellington Senior Resource Center (970) 817-2293
3800 Wilson Ave.
www.townofwellington.com

Southern Colorado

Alamosa

South Central Colorado Seniors (719) 589-4511
1116 3rd St.

Calhan

Paulson Senior Center (719) 347-2616
205 5th St.

Cañon City

Golden Age Council (719) 275-5177
728 Main St.
www.canoncitieseniorcenter.com

Colorado Springs

Colorado Springs Senior Center (719) 955-3400
1514 N. Hancock Ave.
www.ppyca.org/colorado-springs-senior-center

Hillside Community Center (719) 385-7900
925 S. Institute
<https://coloradosprings.gov/hillside-community-center>

Meadows Park Community Center (719) 385-7940
1943 S. El Paso Ave.
<https://coloradosprings.gov/meadows-park-community-center>

Salvation Army Community Center (719) 636-3891
910 Yuma St.
www.coloradosprings.salvationarmy.org

Florence

Florence Senior Community Center (719) 784-6493
100 Railroad St.

La Junta

La Junta Senior Citizens Center (719) 384-5486
114 E. 2nd St.
<https://visitlajunta.net/play/la-junta-senior-center>

Lamar

Lamar Senior Center (719) 336-4072
407 E. Olive St.

Penrose

Penrose Senior Center (719) 372-3872
405 Broadway

Pueblo

Joseph H. Edwards Active Adult Center (719) 545-8900
230 N. Union Ave.
www.srda.org

Salida

Salida Senior Citizens Center (719) 539-3351
305 F St.
www.salidacommunitycenter.org

Trinidad

H.R. Sayre Senior Center (719) 846-3336
1222 San Pedro Ave.

Woodland Park

Woodland Park Senior Center (719) 687-3877
312 N. Pine St.
www.woodlandparkseniors.com

Western Colorado

Aspen

Pitkin County Senior Center (970) 920-5432
275 Castle Creek Rd.
www.pitkinseniors.com

Craig

Senior Citizen Center (970) 824-3911
633 Ledford St.

Delta

Senior Citizen Center (970) 874-7661
247 Meeker St.

Durango

Durango/La Plata Senior Center (970) 382-6445
2424 Main Ave.
www.co.laplata.co.us

Eagle

Golden Eagle Senior Center (970) 328-8896
715 Broadway
www.eaglecounty.us

Hotchkiss

Hotchkiss Senior Citizens (970) 872-3494
276 W. Main St.

Grand Junction

G J Senior Recreation Center (970) 243-7408
550 Ouray Ave.
www.gjseniorcenter.com

Gunnison

Gunnison Community Center (970) 641-8060
200 E. Spencer Ave.

Montrose

Montrose Pavilion (970) 249-7015
1800 Pavilion Dr.
<http://montrosepavilion.org/115/senior-center>

Nucla

Nucla Senior Citizens Inc. (970) 864-7278
386 Main St.

Olathe

Olathe Community Center (970) 323-5391
115 Main St.

Paonia

Paonia Senior Citizens Inc. (970) 527-3435
106 3rd St.
[https://townofpaonia.colorado.gov/departments/
public-services/senior-services](https://townofpaonia.colorado.gov/departments/public-services/senior-services)

Parachute

Parachute Valley Senior Center (970) 285-7216
540 N. Parachute

Steamboat Springs

Routt County Council on Aging, Senior Center (970) 879-0633
1605 Lincoln
www.rccoaging.org

Rifle

Rifle City Senior Center (970) 665-6540
50 Ute Ave.
www.rifleco.org/596/Senior-Center

Exhibit 30B.
Senior Service and Resource Organizations

Front Range — Denver Metropolitan Area

AARP State Office, http://states.aarp.org/colorado	(866) 554-5376
AARP ElderWatch	(303) 222-4444
Aging & Adult Services	(303) 866-2800
Area Agency on Aging (DRCOG), https://drcog.org	(303) 455-1000
Benefits Check-Up, www.benefitscheckup.org	
Catholic Charities — Senior Outreach, www.ccdenver.org	(303) 742-0828
Colorado Division of Insurance, https://doi.colorado.gov	(303) 894-7499
Colorado Fund for People with Disabilities, www.cfpdtrust.org	(303) 733-2867
Colorado Housing and Finance Authority, www.chfainfo.com	(800) 877-2432
Denver Office on Aging	(720) 913-8450
Douglas County Senior Outreach Services, www.douglas.co.us/community/senior-adult-services	(303) 814-4374
Foster Grandparents Program, www.voacolorado.org	(303) 297-0408
Guardianship Alliance of Colorado, www.abilityconnectioncolorado.org	(303) 691-9339
Integrated Family Community Services, www.ifcs.org	(303) 789-0501
Jewish Family Service, www.jewishfamilyservice.org	(303) 597-5000
Long-Term Care Ombudsman, https://drcog.org	(303) 455-1000
Lutheran Family Services Rocky Mountain, www.lfsrcm.org	(303) 922-3433
National Eldercare Locator, www.eldercare.acl.gov	(800) 677-1116
Rebuilding Together Metro Denver, http://rebuildingdenver.org	(720) 524-0840
RSVP (Retired and Senior Volunteer Program) of the Denver Metro Area	(303) 297-0408
Senior Answers and Services, www.senioranswers.org	(303) 333-3482
Senior Assistance Center, www.seniorassistancecenter.org	(303) 455-9642
Senior Hub, Inc., www.seniorhub.org	(303) 426-4408
Seniors! Inc. (InnovAge), www.myinnovage.org	(844) 704-9613
Seniors Resource Center, www.srcaging.org	(303) 238-8151
Senior Support Services, www.seniorsupportservices.org	(303) 832-1622
Special Needs Trust Network	(303) 331-4420

Northern Colorado

Boulder, Lafayette, and Louisville

Boulder County Aging Services, www.bouldercounty.org/families/seniors/services	(303) 441-3570
Boulder Long-Term Care Ombudsman	(303) 441-1173
Boulder Senior Services West	(303) 441-3148
Circle of Care/Arts for Elders, www.circleofcareproject.org	(303) 358-4300
Cultivate, www.cultivate.ngo	(303) 443-1933
Guardianship Alliance, www.abilityconnectioncolorado.org	(303) 691-9339
Jewish Family Service, www.jewishfamilyservice.org	(303) 415-1025
Lafayette Senior Center	(303) 665-9052
Longmont Senior Center	(303) 651-8411
Louisville Senior Center	(303) 666-7400
Lyons Senior Resources, www.townoflyons.com	(303) 823-9016
Nederland Senior Resources	(303) 258-0799
Ombudsman Monitoring Program	(303) 441-3570
Project HOPE	(303) 441-3945
Retired Senior Volunteer Program (RSVP)	(303) 443-1933

Fort Collins

Aspen Club at Poudre Valley Hospital	(970) 495-8560
Catholic Charities	(970) 484-5010
Larimer County Office on Aging, www.larimer.org	(970) 498-7750
Family Caregiver Support Program	(970) 498-7758
Long-Term Care Ombudsman	(970) 498-7754
Property Tax Work Off Program	(970) 498-6360
Pathways: Programs for Grief and Loss, www.pathways-care.org	(970) 663-3500
Volunteers of America (many programs for seniors)	(970) 472-9630

Fort Lupton

Catholic Charities	(303) 857-0521
Recreation Community Complex Coordinator	(303) 857-4200, x6162

Greeley

Area Agency on Aging	(970) 400-6950
Catholic Charities Weld County	(970) 353-6433
Retired Senior Volunteer Program (RSVP)	(970) 515-5125

Longmont

Boulder County Aging Services Division	(303) 441-3570
Long-Term Care Ombudsman	(303) 441-1173
Outreach United Resource Center, www.ourcenter.org	(303) 772-5529
Senior Resource Specialist	(303) 651-8716
RSVP of Boulder County (many services for seniors)	(303) 443-1933

Loveland

Aspen Club	(970) 624-1860
House of Neighborly Services, http://honservice.org	(970) 667-4939

Southern Colorado

Cañon City

Council of Governments, www.uaacog.com	(719) 275-8350
Upper Arkansas Council of Governments Area Agency on Aging	(719) 539-3341 or (877) 610-3341

Colorado Springs

El Paso Department of Human Services, https://humanservices.elpasoco.com	(719) 636-0000
HealthLink 50+ Club	(719) 444-2273
Pikes Peak Area Agency on Aging, www.ppacg.org	(719) 471-2096
Pikes Peak Community Action Agency	(719) 358-8396
Senior Information and Assistance Center	(719) 471-2096
Senior Insurance Assistance	(719) 635-4891
Senior Resource Council, https://seniorresourcecouncil.org	(719) 260-0744
Silver Key Senior Services, www.silverkey.org	(719) 884-2300

Monument

Tri-Lakes Cares, www.tri-lakescares.org	(719) 481-4864
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Pueblo

Area Agency on Aging	(719) 583-6120
Aging and Disability Resources for Colorado (call 211 for info)	(719) 583-6611
Long-Term Care Ombudsman	(719) 583-6123
Retired and Senior Volunteer Program (RSVP)	(719) 545-8900
Seniors! Inc.	(719) 553-0478
Senior Resource Development Agency, www.srda.org	(719) 545-8900
United Way of Pueblo, www.pueblounitedway.org	(719) 225-8580

Salida

Upper Arkansas Area Agency on Aging (877) 610-3341 or
(719) 539-3341

Western Colorado

Aspen

Pitkin County Senior Services, www.pitkinseniors.com (970) 920-5432

Carbondale

Senior Matters, <https://valleyseniormatter.org> (970) 230-2158
Delta County Senior Resource Council

Eagle

Aging and Adult Services (970) 328-8840
Caregiver Connections (970) 445-0312
Healthy Aging Program (970) 328-8896
Alpine Area Retired Senior Volunteer Program (970) 468-0295, x122

Glenwood Springs

High Country Retired Senior Volunteer Program, (970) 947-8460
www.highcountryrsvp.org

Grand Junction

Center for Independence, <http://cfigj.org> (970) 241-0315
Mesa County Area Agency on Aging (970) 241-8480
Mesa County RSVP, www.rsvpgrandjunction.org (970) 243-9839
Western Colorado Resource and Referral call 211

Rifle

Senior Housing (970) 625-3974
Traveler Services, www.rfta.com (970) 925-8484

Exhibit 30C. DRCOG Network of Care Fact Sheet

Fact Sheet

Our goal: Helping you!

The Denver Regional Council of Governments (DRCOG) Area Agency on Aging is THE place to be for help for older adults, people with disabilities, caregivers and families. The DRCOG Area Agency on Aging is dedicated to making sure you get connected to the resources you need to age independently. We provide comprehensive resources and assistance for people living in the Denver metro area through our popular Network of Care website at no cost to you.

Website tips:

- ✿ Translate the entire site into 54 different languages with a simple click
- ✿ Use the Large Print function to make the site easier to read
- ✿ Access the site with screen readers for low vision
- ✿ Email or print health articles and provider listings directly from the site



Network of Care

www.drcog.networkofcare.org

What is Network of Care? It's a comprehensive, community-based website to help you age successfully. Here's what you'll find on the Network of Care website:

- ✿ Search our easy-to-use **Service Directory** to find the help you need in the Denver metro area. Search for service providers by main topics, key words and geographic area.
- ✿ Use our secure, electronic **Personal Health Record** to manage your medical info online. Create a private online file of advance directive information for you or a loved one.
- ✿ Browse our **Library** of unbiased, evidence-based information on more than 40,000 health topics. Research medications, diseases and more.
- ✿ Look for **Assistive Devices** to help you live independently in our up-to-date database of more than 21,000 tools and devices. Find manufacturers of everything from wheelchairs to telephones designed for low-vision or low-hearing users.
- ✿ Contact your State and Federal **Legislators** and make your voice heard! Track legislation in Congress and at the State Capitol that affects older adults and people with disabilities.
- ✿ **Stay engaged in your community:**
 - Check out the current events calendar
 - Explore lifelong learning opportunities
 - Find caregiver support and assistance

Rather speak to someone than search the web?

No problem!

Call **303-480-6700** in metro Denver

1-866-959-3017 toll free outside metro Denver



