

2016
2017
**Resource
Guide**



Answers on Aging



Important information on:

- ⌘ housing options
- ⌘ family caregiver support
- ⌘ transportation services
- ⌘ in-home care
- ⌘ and much more

2016
2017
**Resource
Guide**



Welcome to the Answers on Aging Resource Guide

Every year in September, the Larimer County Office on Aging (LCOA) is proud to present the new updated Answers on Aging Resource Guide.

The Resource Guide is a comprehensive directory of community resources for older and disabled adults, family caregivers, community members and service providers in Larimer County.

To list or update your business or organization in the Resource Guide, please complete and submit a form online at: <http://larimer.co.networkofcare.org/aging/services/add-correct.aspx>

The guide can be duplicated off of our website:
lcoa.networkofcare.org

Inclusion in the Answers on Aging Resource Guide does not imply endorsement by the LCOA and exclusion does not indicate disapproval. The LCOA neither guarantees nor makes any representations as to the accuracy or completeness of the information contained in its Resource Guide. The LCOA disclaims any and all responsibility and liability that may be asserted or claimed resulting from or arising out of reliance upon the information presented in the Resource Guide. The LCOA reserves the right to edit information to meet format, guideline and space requirements.

Please also visit our website for additional information including **community events** and our searchable **online Service Directory**.

lcoa.networkofcare.org

Can't find what you need in the guide?

**Please give us a call:
(970) 498-7750**

Answers on Aging

Resource Guide 2016-2017

The Larimer County Office on Aging (LCOA), located in the Department of Human Services, is the Area Agency on Aging (AAA) for Larimer County. As one of sixteen AAA's in Colorado, LCOA receives funding from the Federal Older Americans Act and the Older Coloradans Fund to provide services to Larimer County residents who are 60 and older, and to serve as the lead agency in planning and coordinating those services. As part of the LCOA, the Aging and Disability Resources for Colorado (ADRC) also serves adults over the age of 18 with a disability.

With Older Americans Act and Older Coloradans funds, the LCOA funds community partners to provide a range of programs. These programs provide supportive services and opportunities for older adults to enhance their health, these programs help vulnerable older adults, especially those at risk of losing their independence, to remain in their own homes and maintain their independence.

Funded Community Partners

Aging Clinic of the Rockies at CSU

Berthoud Area Transportation Service (BATS)

Colorado Legal Services

ColoradoVNA (previously RVNA)

Disabled Resource Services –
Vision Matters After 55

Elderhaus Adult Day Program

Ensign Skills Center, Inc.

Estes Park Home Care

Estes Park Senior Center

Fort Collins Senior Center

HomeWatch Caregivers, Inc.

InnovAge Home Care North

Lutheran Family Services

Meals-on-Wheels of Loveland-Berthoud

Namaqua Center

Rural Alternatives for Transportation (RAFT)

Right At Home

Senior Alternatives for Transportation (SAINT)

Seniors Helping Seniors of Northern Colorado

Stepping Stones Adult Day Program

University of Colorado Health

VIA Mobility Services

Volunteers of America

Wellington Senior Center

*The following symbol (**LCOA**) next to a listing in this guide designates either a direct service provided by the LCOA, or a LCOA funded community partner*



Board of County Commissioners

200 W. Oak Street
Post Office Box 1190
Fort Collins, Colorado 80522-1190
(970) 498 7010

The Board of County Commissioners is committed to providing the very best services to seniors!

Welcome to the 2016-17 edition of the Larimer County Office on *Aging's Answers on Aging Resource Guide*. Whether you're local or living elsewhere you can access the Guide and other services at www.larimer.org/seniors.

This Guide consistently provides a wealth of important information for seniors, disabled adults, their families and friends. This one-stop effort provides answers and connections for those in need.

Seniors make up a large, growing and important part of Larimer County's population and we are proud to have the Larimer County Office on Aging serving as one of 16 AAA's (Area Agency on Aging) in Colorado. The Office on Aging is the lead agency in planning and coordinating the services delivered to residents 60 years and older in Larimer County. Their mission emphasizes meeting the needs of those who are socially and/or economically disadvantaged while focusing on maintaining health, dignity, independence, and quality of life.

Thank you for the opportunity to serve you, and we hope you enjoy this publication. The Office on Aging is here for you; please contact them if you need any assistance, **970-498-7750**.

The Board of Larimer County Commissioners:

Commissioner Lew Gaiter III
Chair, District I

Commissioner Steve Johnson
Chair Pro-Tem, District II

Commissioner Tom Donnelly
District III



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Adult Day Programs



Assisted Living homes may also provide day programs based on availability. See page 39 for listing.

Easter Seals Colorado WINGS

(970) 669-2777

Day program for adults with special needs.
1656 Topaz Drive, Loveland, CO 80537

Elderhaus Adult Day Program, Inc. LCOA

(970) 221-0406

Specialized adult day program for people 18+ with special needs such as dementia (Alzheimer's, frontotemporal, etc.) post stroke, memory loss and cognitive decline also provides support for caregivers.
6813 S. College Avenue, Fort Collins, CO 80525

Foothills Gateway Adult Day Care Services on Wood Street

(970) 266-5443

Small specialized day program for adults with special needs.
400 Wood Street, Fort Collins, CO 80521

MindSet

(970) 223-6083

Specialized adult day program and PASA for people 18+ with special needs including traumatic brain injury, Intellectual Developmental Disability and chronic mental illness.
6813 S. College Avenue, Fort Collins, CO 80525

Stepping Stones Adult Day Program LCOA

(970) 820-6871

Adult day program offering a variety of planned activities, nutritious meals, gardening, music and art projects, exercise and medication administration for older adults experiencing some form of cognitive or physical disability. Also provides a monthly support group for caregivers.
302 3rd Street, SE, Suite 100, Loveland, CO 80537

Advance Directives



Advance directives are written instructions recognized under state law that relate to the making of medical treatment decisions and the provision of healthcare when or if a person is incapacitated. Advance directives ensure that patients are treated according to their own wishes.

Medical Durable Power of Attorney (MDPOA)

A Medical Durable Power of Attorney is a document you sign naming someone to make your healthcare decisions if and when you are not able to. The person is called your healthcare agent. A healthcare agent only has authority to make healthcare decisions. Your healthcare agent has all of the powers of decision making you do: he or she can consult with healthcare providers, review or get copies of your medical records, and make all necessary healthcare treatment and placement decisions. The agent must act according to his or her understanding of what your wishes and preferences would be. He or she must set aside his or her own values and preferences and do what you would do. A MDPOA cannot pay your bills, buy or sell real estate or other items of property for you, manage your bank accounts, etc. For that, you need to appoint a Financial or General Durable Power of Attorney. If you do not appoint a healthcare agent or MDPOA while you are able to make your own decision, Colorado law offers two options: selection of a Proxy Decision Maker for Healthcare or appointment of a guardian.

- ***Your healthcare agent is not permitted to direct your medical treatment against your wishes while you are still mentally capable of making your own medical decisions.***

Advance Directives (continued)

Proxy Decision Maker for Healthcare

When a doctor has determined that you cannot make your own decisions, and if you have not appointed a healthcare agent, the doctor must gather together as many interested persons as possible. These are people who know you well and have a close interest in your well-being, including your spouse or partner, parents, children, grandparents, siblings, even close friends. Then the assembled group must choose one person to be your Proxy Decision Maker. Ideally, this person knows you and your wishes for treatment best. If your wishes are not known, the Proxy must act in your best interest. The Proxy must make an effort to consult with you about the decisions to be made and also must consult with the rest of the group. If the group cannot pick a Proxy to begin with, or if at any time the group cannot agree about particular decisions, the only option is for someone in the group to go to court to ask for appointment of a guardian.

- *15-18.5-103 new statute as of 8/2016 allows for appointment of a physician (NOT your attending physician) to serve as Proxy Decision Maker if no one else is available to serve.*

Guardians

Guardians are appointed by the court to perform a certain set of duties on behalf of an incapacitated person. This person is called a ward or protected person. The law regards a person as being incapacitated when he or she is unable to make or communicate decisions concerning himself or herself. This may be due to mental illness, mental impairment, physical illness or disability, chronic use of drugs and/or alcohol, or other causes. A court order might appoint a guardian to make medical care and treatment decisions or a conservator to manage the ward's financial affairs. A court might appoint a limited guardian to provide particular services for a specific length of time. Generally the duties of a guardian are to decide where the ward should live; to arrange for necessary care, treatment or other services for the ward; and to see that the basic daily personal needs of the ward are met, including food, clothing and shelter.

MOST Form

The MOST form is a 1-page, 2-sided document that summarizes in a check-box style choices for key life-sustaining treatments including CPR, general scope of treatment, and artificial nutrition and hydration. For each type of treatment, the patient may refuse treatment, request full treatment, or specify limitations.

The MOST is primarily intended for use by chronically or seriously ill persons in frequent contact with healthcare providers, or already living in a nursing facility. It is completed by the patient or authorized decision maker along with a healthcare provider who can explain what each of the choices means for that patient at that time. Then it is signed by the patient or healthcare agent/Proxy and a physician, advanced practice nurse, or physician's assistant. When signed, it becomes a medical order set, not an advance directive.

Living Will

A living will is a document you sign telling your doctors to stop or not start life-sustaining treatments if you are in a terminal condition and can't make your own decisions or if you are in a persistent vegetative state (PVS). A terminal condition is one that is incurable or irreversible and for which life-sustaining treatment will only postpone the moment of death. Persistent vegetative state results from a severe brain injury and generally means that the person is alive and may appear to sleep and wake, but is completely unaware of his or her

surroundings; cannot speak, drink, or eat; and may not be able to feel or react to pain. A Living Will only goes into effect 48 hours after two doctors certify that you are in a terminal condition and can't make your own decisions or you are in a PVS. Your doctor must make a good effort to notify persons close to you that this certification has been made and that they will withdraw or withhold life-sustaining treatment within two days. You can include a list of persons to be notified in the Living Will document, with their contact information. You can also include a list of persons authorized to talk to your doctors about your condition and care. These persons are not authorized to make any decision about your care, however.

In Colorado, you may also designate in your Living Will that your doctors should stop or not start any tube feeding and other forms of artificial nutrition and hydration, once the terminal or PVS certification has been made, unless they consider it is necessary to provide comfort or relieve pain. You may also include other instructions about your care, but these instructions will only go into effect at the same time as the Living Will: when your doctors certify you are in a terminal condition and can't make your own decisions or you are in a PVS. Your doctors, Proxy Decision Maker, or guardian cannot override your Living Will however, in your Living Will document or in the MDPOA document, you can give your healthcare agent the authority to override all or part of your Living Will.

CPR Directive

A Cardio-Pulmonary Resuscitation Directive (CPR) allows you – or your agent, guardian, or Proxy Decision Maker to refuse resuscitation on your behalf. CPR is an attempt to revive someone whose heart and/or breathing has stopped by using special drugs and/or machines or by firmly and repeatedly pressing the chest. If you don't have a CPR Directive and your heart and/or lungs stop or malfunction, your consent to CPR is assumed. However, if you have a CPR Directive refusing resuscitation, and your heart and/or lungs stop or malfunction, then paramedics and doctors, emergency personnel or others will not press on your chest or use breathing tubes, electric shock, or other procedures to get your heart and/or lungs working again.

A CPR directive is not exactly the same as a DNR (Do Not Resuscitate) order, although many people refer to the CPR Directive as a DNR. A DNR order is an order written in your medical chart by your doctor while you are being cared for in a healthcare facility, such as a hospital or nursing home. The doctor will likely discuss this order with you or your surrogate decision maker, but does not have to. DNR orders are written when your doctor believes that resuscitation would not work or might cause more harm than good. A DNR order expires when you are discharged from that facility. A CPR Directive is a type of advance directive that you make for yourself or an authorized decision maker makes for you, and it is valid outside of the healthcare facility. Signing a CPR Directive does not mean you won't receive other medical care such as medicine, other treatment for pain, bleeding, broken bones or comfort care.

General Durable Power of Attorney

A General Durable Power of Attorney authorizes another person (your agent) to make decisions concerning your property for you (the principal). Your agent will be able to make decisions and act with respect to your property (including your money) whether or not you are able to act for yourself. This power of attorney does not authorize the agent to make health care decisions for you. The meaning of authority over subjects listed on this form is explained in the "Uniform Power of Attorney Act," Part 7 of Article 14 of Title 15, Colorado Revised Statutes.

Advance Directives (continued)

You should select someone you trust to serve as your agent. Unless you specify otherwise, generally the agent's authority will continue until you die or revoke the power of attorney or the agent resigns or is unable to act for you. If your agent is unable to or unwilling to act for you, your power of attorney will end unless you have named a successor agent. You may also name a second successor agent. This power of attorney becomes effective immediately unless you state otherwise in the special instructions.

**The following agencies can assist with advance directives.
For additional options, see Legal Assistance on page 45**

Larimer Advance Care Planning Team

(Health District of Northern Larimer County)

(970) 482-1909

No cost/No Age Limit. Team provides education and assistance in completion of Advance Care Directives for residents of Larimer County. Trained Guides will work with individuals on deciding, discussing, documenting and sharing end of life wishes with loved ones and health care providers, including completion of Medical Durable Powers of Attorney, Living Wills, MOST Form.

Training available to groups on The Conversation Project and Advance Care Planning.

425 West Mulberry Suite #110 Fort Collins, CO 80521

Lutheran Family Services - Advanced Care Planning

(970) 232-1180

Education and hands-on assistance in the creation of Advanced Directives at no charge.

The goal of this service is to equip older adults, their families, church leaders and local professionals with the tools necessary to make decisions about future medical care in times of trial.

<http://www.lfsm.org/caregiver-services/advanc-care-planning>

2850 McClelland Drive, #3200, Fort Collins, CO 80525

Systems of Care Initiative (SOCI) Advanced Care Planning

(970) 449-6840

A community based non-profit organization that provides Advanced Care Planning service to the community. Referrals are accepted from physicians, facilities, professionals and individuals in the community seeking information and assistance with Advanced Care Planning.

Service is provided at no cost.

University of Colorado Health Senior Services/Aspen Club

The Aspen Club, in partnership with Sharing the Care Campaign of Northern Colorado, other local agencies, and other national and state organizations, are highlighting the importance of advanced health-care decision making (aka, discussing end-of-life issues). The Aspen Club provides assistance with Durable Power of Attorney Healthcare Form and Living Will Form. Please call for more information about The Conversation Project education and training provided by the Aspen Club. Please see page 18 for listing.

1025 Garfield, Ste. A, Fort Collins, CO 80524 _____ **Fort Collins (970) 495-8560**

2500 Rocky Mountain Avenue, Loveland, CO 80538 _____ **Loveland (970) 624-1860**

For additional information on The Conversation Project, please visit:

Sharing the Care Campaign of Northern Colorado - <http://www.sharingthecarcampaign.com/>



Several agencies throughout Larimer County assist individuals with applications for benefits. If the applicant lives in a nursing facility, the facility social worker or other staff/designee will assist with the application. Applicants receiving services from a home health care agency, hospice agency or other case management system can contact the agency's social worker for application assistance. If you are not connected to one of these systems, the following agencies can provide application assistance:

**ADRC Information & Assistance,
Larimer County Office on Aging **LCOA** **(970) 498-7750****

Hands on assistance with Long Term Care Medicaid and Medicare Savings Program applications. Home visits available for home bound clients. Appointments required.

2601 Midpoint Drive, Ste. 112, Fort Collins, CO 80525

Catholic Charities of Larimer County – Senior Connect **(970) 484-5010**

Assistance with Old Age Pension (OAP), Medicare Savings Program (MSP), Aid to the Needy and Disabled (AND), Food Stamps, Adult Medicaid and Long Term Care Medicaid applications.

460 Linden Center Drive, Fort Collins, CO 80524

Larimer County Department of Human Services **(970) 498-6300**

Assistance with Medicaid, Aid to the Needy Disabled (AND), Food Stamps, Long Term Care Medicaid, Old Age Pension (OAP), Medicare Savings Program (MSP). Walk in and appointments are available. Call for technician availability and assistance.

1501 Blue Spruce Drive, Fort Collins, CO 80524

Larimer Health Connect **(970) 472-0444**

Assistance site for Connect for Health Colorado and the Dept. of Health Care Policy and Financing. Help reviewing the options when you are shopping for health insurance, including assistance with Medicaid and CHP+ applications. Help understanding your current insurance benefit or assistance changing your insurance if you have had changes in your work or personal situation. Call for an appointment or make an appointment online at larimerhealthconnect.org

144 N. Mason, #7, Fort Collins, CO 80524

The Seasons Club at McKee Medical Center **(970) 820-4097**

Assistance with the Low Income Subsidy (LIS) application. LIS provides assistance with Medicare Part D premiums and co-payments. Income guidelines apply. Call for an appointment.

2000 Boise Avenue, Loveland, CO 80538

University of Colorado Health Senior Services/Aspen Club

Assistance with the Low Income Subsidy (LIS) application. LIS provides assistance with Medicare Part D premiums and co-payments. Income guidelines apply. Call for an appointment.

1025 Garfield, Ste. A, Fort Collins, CO 80524 **Fort Collins (970) 495-8560
2500 Rocky Mountain Avenue, Loveland, CO 80538 **Loveland (970) 624-1860****



Area Agencies on Aging (AAA) are experts on all aspects of aging. Federally mandated in 1974, AAA's help older Americans and their caregivers live quality lives with independence and dignity. There are 16 AAA's in Colorado and over 600 in the United States. Each AAA covers a specific region of the state. AAA's provide a continuum of services and programs that serve older adults over the age of 60. These services and programs are either provided directly by the AAA or through contracts with community-based agencies. The AAA has many options to help older adults 60+, their families and caregivers to remain independent in the community, including information and referral services, case management, transportation, nutrition and home-delivered meals, homemaker services, legal services and more.

Alpine Area Agency on Aging, Region 12 **(970) 468-0295**

Counties: Eagle, Grand, Jackson, Pitkin and Summit.

Associated Governments of Northwest Colorado, Region 11 **(970) 248-2717**

Counties: Garfield, Mesa, Moffat, Rio Blanco and Routt.

Boulder County Aging Services Division, Region 3B **(303) 441-3570**

Boulder County

Denver Regional Council of Governments (DRCOG), Region 3A **(303) 455-1000**

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

East Central Council of Governments, Region 5 **(719) 348-5562 x5**

Counties: Cheyenne, Elbert, Kit Carson, Lincoln.

Huerfano/Las Animas Area Council of Governments, Region 14 **(719) 845-1133**

Counties: Huerfano and Las Animas.

Larimer County Office on Aging, Region 2A LCOA **(970) 498-7750**

Larimer County

League for Economic Assistance & Planning, Region 10 **(970) 249-2436**

Counties: Delta, Gunnison, Hinsdale, Montrose, Ouray and San Miguel.

Lower Arkansas Valley Area Agency on Aging, Region 6 **(719) 383-3166**

Counties: Baca, Bent, Crowley, Kiowa, Otero and Prowers.

Northeastern Colorado Association of Local Governments, Region 1 **(970) 867-9409**

Counties: Logan, Morgan, Phillips, Sedgwick, Washington and Yuma.

Pikes Peak Area Agency on Aging, Region 4 **(719) 471-2096**

Counties: El Paso, Park and Teller.

Pueblo Area Agency on Aging, Region 7 **(719) 583-6120**

Pueblo County

San Juan Basin Area Agency on Aging, Region 9 **(970) 264-0501**

Counties: Archuleta, Dolores, La Plata, Montezuma and San Juan.

South-Central Colorado Seniors, Inc., Region 8 (719) 589-4511

Counties: Alamosa, Conejos, Costilla, Mineral, Rio Grande and Saguache.

Upper Arkansas Area Agency on Aging, Region 13 (719) 539-3341

Counties: Chaffee, Custer, Fremont and Lake.

Weld County Area Agency on Aging, Region 2B (970) 346-6950

Weld County

Caregiver Support



Aging Clinic of the Rockies at CSU LCOA (970) 491-6795

Caregiver Support Program

Individual counseling for individuals caring for an older adult, age 60 or older. Caregiving may be a stressful experience and as a caregiver, you may benefit from the support of counseling services. Up to 8 sessions of donation based services are available, call for more information.

Colorado State University, Gifford Building, 501 West Lake Street, Fort Collins, CO 80523

Alzheimer's Association (970) 472-9798

Support for individuals and their caregivers dealing with Alzheimer's disease or other types of dementia. Access to information, support groups, education, message boards and care consultations.

415 Peterson Street, Fort Collins, CO 80524

Alzheimer's Association 24/7 Helpline (800) 272-3900

The Center for Family Outreach (970) 495-0084

The Center works with Larimer County youth and their families to achieve long-term positive changes and healthy relationships. In addition, The Center also offers support services for parents and grandparents raising adolescents.

1100 Poudre River Drive, Ste. B, Fort Collins, CO 80524

Family Caregiver Support, Larimer County Office on Aging LCOA (970) 498-7750

Support for family caregivers through resources, education, classes, respite grants, support groups and care consultations.

2601 Midpoint Drive, Ste.112, Fort Collins, CO 80525

Lutheran Family Services Older Adult and Caregiver Services (970) 232-1180

Mental health counseling for older adults and caregivers on issues related to aging and life transitions.

2850 McClelland Drive, #3200, Fort Collins, CO 80525

Caregiver Support (continued)

Namaqua Center LCOA

(970) 494-4231

SummitStone Health Partners

Support for the health and well-being of grandfamilies. The Kinship Navigator helps people access resources, respite care, education programs and assistance navigating the system.

125 Crestridge Street, Fort Collins CO 80525

Volunteers of America Caring Companion Program LCOA

(970) 472-9630

Volunteers provide weekly non-medical respite for the family caregiver and companionship for the care receiver.

405 Canyon Avenue, Fort Collins, CO 80521

Classes:

Powerful Tools for Caregivers LCOA

(970) 498-7750

Designed to help the caregiver take care of themselves while caring for a relative or friend.

Family caregivers learn tools to increase self-care and confidence. The program consists of six classes.

Call for locations or more information.

Organizations:

Elder Care Network (ECN)

(970) 495-3442

ECN is a volunteer organization of family members, as well as private and non-profit service providers, who have joined together to ensure that family caregivers of older adults have access to the information and resources they need to provide and manage care, health and the wellbeing of their loved ones, as well as care for themselves. Please visit the website for additional information: www.eldercarenet.org.

Case Management



Public Agencies

Larimer County Office on Aging LCOA

(970) 498-7750

Family Caregiver Support and ADRC Options Counseling

Information and assistance to help individuals, family members, caregivers and professionals understand and access resources, set goals and review options, access long term services and supports, and resources for caregivers including, caregiver education, classes and respite grants. Whether you are caring for a loved one, or need help to remain as independent as possible in the community, call the LCOA for assistance. Home visits are available by appointment.

2601 Midpoint Drive, Ste.112, Fort Collins, CO 80525

Foothills Gateway Inc.

(970) 226-2345

Community Center Board

Programs and services for children and adults with intellectual and developmental disabilities.

301 W. Skyway Drive, Fort Collins, CO 80525

Larimer County Options for Long Term Care**(970) 498-7780**

Services for Long Term Care Medicaid clients living in the community or in assisted living homes receiving Long Term Care Medicaid Home and Community Based Services (HCBS)

1501 Blue Spruce Drive, Fort Collins, CO 80524

Medicaid Care Coordination**Regional Care Collaborative Organization (RCCO) Medicaid Care Coordination
Care Management Referral Line****(800) 793-1339**

If you are a Medicaid Accountable Care Collaborative (ACC) member, in addition to receiving the regular Medicaid benefits, you also belong to a Regional Care Collaborative Organization (RCCO). In Larimer County, this organization is Rocky Mountain Health Plans. The RCCOs role is to make sure that everyone involved in your care is working as a team – including you. Care Coordinators are available to work with you and any other providers who care for you, to help coordinate the different services you receive, help you find community and social services in your area, and work together with you to reach your health and wellness goals. Call for more information.

Geriatric Care Managers - Private Pay

Professional geriatric care managers have been educated in various fields of human services, social work, psychology, nursing, gerontology – and are trained to assess, plan, coordinate, monitor and provide services for older adults and their families. Advocacy and care coordination for older adults is a primary function of the care manager.

Action HealthCare Services**(970) 449-9101**

Marcy Greenslit

American Elder Advocates**(970) 744-4526**

Donna Forbes

Columbine Care Management**(970) 619-0082****Covell Care & Rehabilitation, LLC****(970) 204-4331****Life Changes Care Management****(970) 999-5169**

Donna Forrest, RN

My Elder Care Consultant, LLC**(970) 980-1362**

LuAnn Smith

Peggy Haller, MA, MGS**(970) 493-0895**

Peggy Haller

Senior Life Solutions, LLC**(970) 282-7975**

Colleen Daugherty

Seniors in Transition**(970) 204-6977**

Kirsten Hartman

Case Management (continued)

Non-Profit Agencies

Alzheimer's Association **(970) 472-9798**

Serves individuals and their families living with Alzheimer's disease or other types of dementia.

415 Peterson Street, Fort Collins, CO 80524

Brain Injury Alliance of Colorado (BIAC) **(888) 331-3311 or (303) 355-9969**

Provides no cost statewide case management for children, youth and adults who have sustained a medically documented brain injury. Help completing applications, finding resources, problem solving, coordinating care, navigating complex systems of care and providing emotional encouragement and support.

1325 S. Colorado Blvd. B 300 Denver, CO 80222

Cancer Support Services **(970) 297-6165**

Serves cancer patients and their families in Larimer County and provides help accessing resources.

Patient's doctor must be associated with University of Colorado Health.

2121 E. Harmony Road, Ste. 170, Fort Collins, CO 80528

Catholic Charities of Larimer County – Senior Connect **(970) 484-5010**

Provides case management to people age 60 and over including in-home assessment, care coordination, advocacy and referrals. Se habla español.

460 Linden Center Drive, Fort Collins, CO 80524

Disabled Resource Services

Services and guidance to people with permanent disabilities. Short and long term help that includes case management, peer support, advocacy, employment counseling, transitions from nursing homes, benefits counseling, access to community resources, medical equipment rental and assistance with Social Security benefits.

1025 Garfield, Ste. A, Fort Collins, CO 80524 **Fort Collins (970) 495-8560**

2500 Rocky Mountain Avenue, Loveland, CO 80538 **Loveland (970) 624-1860**

Lutheran Family Services - Geriatric Case Management **LCOA** **(970) 232-1180**

Older Adult and Caregiver Services - Geriatric Care Management services including care assessment and guidance in creating a plan that meets the client's care needs and goals. Services provided to adults 60 years and older.

2850 McClelland Drive, #3200, Fort Collins, CO 80525

Namaqua Center **LCOA** **(970) 494-4231****SummitStone Health Partners**

Support for the health and well-being of grandfamilies. The Kinship Navigator helps grandfamilies access resources, respite care, education programs and assistance navigating the system.

125 Crestridge Street, Fort Collins, CO 80525

National Multiple Sclerosis Society **(800) 344-4867 or (970) 482-5016**

Services for individuals with MS and their families including case management, financial assistance and support groups.

1525 Riverside Avenue, Ste. A, Fort Collins, CO 80524

University of Colorado Health (UCH)

Community Case Management

(970) 495-8554

Case Managers are master's level registered nurses and licensed clinical social workers who coordinate care for UCH patients in their home setting, and work closely with clinicians and community agencies, provide education, refer to community resources, and provide support where needed.

1024 S. Lemay Avenue, Fort Collins, CO 80524

Counseling



Aging Clinic of the Rockies at CSU LCOA

(970) 491-6795

Aging Clinic of the Rockies is a non-profit clinic that offers counseling and assessment services to community members on an affordable sliding fee scale based on gross annual income.

Colorado State University, Gifford Building, 502 West Lake Street, Fort Collins, CO 80523

Caregiver Support Program

Individual counseling for individuals caring for an older adult, age 60 or older. Caregiving may be a stressful experience and as a caregiver, you may benefit from the support of counseling services. Up to 8 sessions of donation based services are available, call for more information.

Neuropsychological Assessments

Aging Clinic of the Rockies also provides assessments if you or your loved one is experiencing cognitive or memory difficulties. A neuropsychological assessment may be a helpful tool to determine the best course of action. The assessments evaluates an individual's functioning including cognitive, memory, language, motor, executive, emotional, and adaptive functioning. Call for more information.

General Mental Health Services and Psychotherapy

Therapy can be effective for a number of issues, including life changes, relationships, depression, anxiety, age-related concerns, feeling lonely or isolated and end-of-life concerns. Call for more information.

Senior Peer Counseling

A new program that connects older adults age 60 and over, with trained paraprofessionals who are also seniors, to provide emotional and support services. Services are offered on a donation basis and can take place at a location where you and your counselor are most comfortable. Call for more information.

Alliance for Suicide Prevention of Larimer County

(970) 482-2209

Training for youth and adults about depression and suicide.

1100 Poudre River Drive, Ste. B, Fort Collins, CO 80524

TRU Hospice of Northern Colorado, Inc.

(970) 352-8487

Provides bereavement and grief counseling, hospice resources

2726 W. 11th Street Road, Greeley, CO 80634

Kathleen McKinney, Ph.D., LCSW

(970) 305-2399

Licensed psychotherapist. Works with older adults on life issues including: depression, anxiety, alcohol abuse, relationship issues, chronic illness, bereavement and grief, severe and persistent mental health illness. \$90/hr, will bill insurance, accepts Medicare and offers sliding fee scale.

425 W. Mulberry Street, Ste. 107, Fort Collins, CO 80521

Counseling (continued)

Lutheran Family Services Older Adult and Caregiver Services (970) 232-1180

Mental health counseling for older adults and caregivers on issues related to aging and life transitions.

2850 McClelland Drive, #3200, Fort Collins, CO 80525

Mountain Crest Behavioral Healthcare Center (970) 207-4800

Provides both in-patient and out-patient counseling for mental health and substance abuse issues including medical intervention and individual or group therapy.

4601 Corbett Drive, Fort Collins, CO 80528

Pathways (970) 663-3500

Individual, couples and family counseling and facilitated support groups for grief and loss or serious illness.

305 Carpenter Road, Fort Collins, CO 80525

Suicide Hotline (800) 273-8255

Online emotional support available 24 hours a day, seven days a week.

SummitStone Health Partners (970) 494-4200

Provides 24-hour emergency services, along with outpatient mental health and addiction treatment for all ages including individual and group treatment, and case management services. Bilingual services, access to primary care, and an in-house pharmacy.

24/7 Walk-In Crisis Services (970) 494-4200

Licensed mental health and addiction counseling services, walk-in availability with short term respite or residential treatment when needed. 24/7/365 care to people of all ages in behavioral health crisis. 10-bed community crisis clinic for up to 5 days (ages 18+)

1217 Riverside Avenue, Fort Collins, Co 80524

Fort Collins:

Administrative and Adult Services/Spirit Crossing Clubhouse (970) 494-4200

125 Crestridge Street, Fort Collins, CO 80525

Adult Services (970) 494-4200

525 W. Oak Street, Fort Collins, CO 80525

114 Bristlecone Street, Fort Collins, CO 80524

Loveland:

Adult Services, Primary Care, and Pharmacy (970) 494-4200

1250 N. Wilson Avenue, Loveland, CO 80537

Estes Park:

Adult Services (970) 586-9105

1950 Red Tail Hawk Drive, Estes Park 80517

Vet Center**(970) 221-5176**

Counseling for veterans including readjustment counseling for combat theater veterans; military sexual trauma and bereavement counseling for active duty veterans and family members; alcohol and drug referrals; information and referral; PTSD assessment and counseling.

702 W. Drake Road, Building C, Fort Collins, CO 80526

Dental Assistance

**Health District of Northern Larimer County****(970) 416-5331**

The Health District offers an array of dental services to meet the needs of older adults. The following are descriptions of the various dental services that are part of the Health District. Please contact them with any questions and to schedule an appointment.

202 Bristlecone Drive, Fort Collins, CO 80524

Colorado Senior Dental Program**(970) 416-5331**

Larimer County residents over age 60, low-income and do not qualify for dental benefits under Health First Colorado (Colorado's Medicaid Program), commercial dental insurance or certain other financial assistance programs. Income guidelines apply. Services are on a first-come, first-served basis and are contingent upon available funding.

Dental Connections**(970) 493-3366**

Serves Larimer County residents who make too much money to use the Health District's Family Dental Clinic, but still have trouble affording dental care. Patients are matched with a local private dentist in our community who has volunteered for the program.

Family Dental Clinic**(970) 416-5331**

Serves residents of northern Larimer County with Health First Colorado (Colorado's Medicaid Program) coverage, or who have no commercial dental insurance and meet financial guidelines. Available dental services include emergency care, cleanings, and certain types of x-rays, extractions, root canals, crowns, partial dentures and complete dentures.

- A sliding fee scale (based on income) is available for people who have applied for, but do not qualify for Health First Colorado (Colorado's Medicaid Program), or people who do not meet the age and/or income guidelines for the Senior Dental Program.
- Health First Colorado's annual dental benefit renews on July 1st each year. Current dental benefit includes \$1,000 for routine dental care with no co-payments (emergency dental care, partial dentures, and complete dentures are not subject to \$1,000 annual limit).

Sunrise Loveland Dental**(970) 461-8942****Loveland Community Health Center**

Provides dental care to all ages, with or without dental coverage. Emergency dental care is available. Sliding scale for low-income patients. Medicaid accepted.

302 3rd Street SE, Loveland, CO 80537



Community Training

Conversation Project

(970) 495-8560

It's not easy to talk about how you want the end of your life to be, but it's one of the most important conversations you can have with your loved one. The Conversation Project will help you get your thoughts together and then have the conversation. This isn't about filling out Advance Directives or other medical forms. It's about talking to your loved ones about what you or they want for end-of-life care. See more at: theconversationproject.org or contact the Aspen Club for more information and to schedule a training or appointment.

Project Visibility LCOA

(970) 498-7753

The goal of Project Visibility is to create an aging services community that is informed, sensitive to, and supportive of Lesbian, Gay, Bisexual and Transgender elders. The training is designed for administrators and staff of nursing facilities, assisted living residences, home care agencies and other senior service providers, as well as the friends and families of LBGT elders. This program is provided by the Larimer County Office on Aging in collaboration with the City of Fort Collins. For information or to schedule a training in Larimer County, contact Monica Becker with the Larimer County Office on Aging.

Continuing Education

Complete and Succeed at Any Age

Workforce Center (970) 498-6659

A workshop offered by the Workforce Center specifically targeted for job seekers over age 50.

Front Range Forum

(970) 493-0707

Provides classes and activities for adults who are intellectually curious and dedicated to enriching their lives through life-long learning. www.frontrangeforum.org

Osher Lifelong Learning Institute

Colorado State University (970) 491-7753

Affordable continuing education classes for individuals 50 years old and older. No prerequisites, tests, or degree required. For more information visit www.online.colostate.edu/osher.

Road Scholar

(800) 454-5768

Educational tours in all 50 states and 90 countries. Travel and study with local and renowned experts. For more information visit www.roadscholar.org.

Elder Abuse and Protection



AARP ElderWatch

(800) 222-4444

If you know of, or have been a victim of fraud or a scam, help fight fraud and protect others from being targeted by the same scams by contacting AARP ElderWatch. When you call, select Option #2, and a trained AARP volunteer can help talk you through your issue, gather information about it, and refer you to the appropriate agency to which you should file a complaint. www.aarpelderwatch.org

Larimer County Department of Human Services

Responds to reports of mistreatment or neglect of at-risk adults. Includes assessment, referrals, care coordination, representative payeeships and guardianships.

2555 Midpoint Drive, Ste. F, Fort Collins, CO 80525

Law Enforcement – Mandated Reporting

Colorado is a mandated reporting state for abuse/neglect of both at-risk elders, age 70 and older, and adults with Intellectual/Developmental Disabilities (IDD). If abuse or exploitation of an at-risk elder or an adult with IDD is observed, or you have a reason to believe that an at-risk elder or adult with IDD has been abused or exploited, or is at risk of being exploited, then report that person to a law enforcement agency within 24 hours after the observation or discovery. See page 45 in this guide for law enforcement telephone numbers.

Alternatives to Violence**(970) 669-5150**

Provides victims supportive services to both primary and secondary (witness) victims of violence. This may include domestic violence, sexual assault and other violent crimes. Provides individual and group therapy, crisis intervention, legal advocacy and housing assistance.

541 East 8th Street, Loveland, CO 80537

Hotline**(970) 880-1000****Colorado Consumer Line****(800) 222-4444**

To report elder fraud or financial abuse and/or get information about fraud. For more information visit www.coloradoattorneygeneral.gov.

Crossroads Safehouse**(970) 482-3502**

Domestic violence services including emergency shelter, advocacy, legal assistance referrals, transitional housing and education.

421 Parker Street, Fort Collins, CO 80525

Long Term Care Ombudsman, Larimer County Office on Aging **LCOA****(970) 498-7750**

Advocates for people living in skilled nursing and assisted living homes.

2601 Midpoint Drive, Ste. 112, Fort Collins, CO 80525

SAVA Center**(970) 472-4204**

Sexual Assault Victim Advocate Center

4812 S. College, Fort Collins, CO 80525

SAVA 24-Hour Rape Crisis Hotline**(970) 472-4200**

Provides emergency intervention to sexual assault victims, their family and friends

Employment Assistance



Colorado Division of Vocational Rehabilitation

(970) 223-9823

Assists persons with disabilities with employment opportunities, job training and support in the workplace.
2850 McClelland Drive, Ste. 2000, Fort Collins, CO 80525

Larimer County Workforce Center

Provides information and assistance on effective job search techniques and strategies. Offers one-on-one services and group workshops and training for updating or retooling skills for job seekers who have been laid off or are considering a career change.

200 W. Oak Street, Ste. 5000, Fort Collins, CO 80521 _____ **Fort Collins (970) 498-6600**

418 E. 4th Street, Loveland, CO 80537 _____ **Loveland (970) 619-4650**

1601 Brodie Avenue, Estes Park, CO 80517 _____ **Estes Park (970) 577-2140**

Senior Community Services Employment Program (SCSEP)

(970) 419-4362

A community service and work-based program for older workers; subsidized, part-time, community service training for unemployed, low-income persons age 55 or older who have poor employment prospects. Participants are placed in a variety of paid community service activities at non-profit and public/government facilities with the goal of attaining regular employment. Call for more information and eligibility requirements.

19 Old Town Square, Fort Collins, CO 80524

Financial Assistance



Public Assistance Programs

Old Age Pension

(970) 498-6300

Colorado's Old Age Pension (OAP) program provides financial assistance to elderly, low-income Colorado residents to help them attain a minimum monthly income. In addition to financial assistance, the OAP program provides some individuals with Medicaid or the OAP Health and Medical Care Program.

To be eligible for Old Age Pension, applicants must be 60 years of age or older, a U.S. citizen or a legal alien, and a Colorado resident. In 2016, an individual, can have resources valued at up to \$2,000, or as a married couple, up to \$3,000. In 2016, individuals can receive up to \$771 a month, but this amount may be reduced by other income sources.

To qualify for the health care benefits portion of the program (OAP Health and Medical Care Program), participants must be between 60 and 65 years of age. OAP Health and Medical Care Program does not cover individuals over the age of 65.

Larimer County Human Services, 1501 Blue Spruce Drive, Fort Collins, CO 80524

For assistance with this application, you can contact Catholic Charities (see listing on page 9) or Disabled Resource Services (see listing on page 14).

Supplemental Nutrition Assistance Program (SNAP) Food Stamp Program (970) 498-6300

The Supplemental Nutrition Assistance Program (SNAP), formerly known as the Food Stamp Program, provides food benefits to low-income households. Recipients receive benefits on an electronic card that is used like an ATM card to buy eligible food in authorized retail food stores. SNAP is the federal name for the program. The Colorado program is known as the Colorado Food Assistance Program.

For this program, you must be a resident of the state of Colorado and have a household income (before taxes) that is at or below the amount listed below. Please note that a household is considered to include all persons in the household who live together, and who purchase and prepare meals together. If a person is 60 years of age or older and he or she is unable to purchase and prepare meals separately because of a permanent disability, the person and the person’s spouse may be a separate household if the others they live with are low income. (Less than 165 % of FPL)

<u>Household Size</u>	<u>Maximum Monthly Income (2016)</u>	<u>Elderly & Disabled Household Income (2016)</u>
1	\$1287	\$1,980
2	\$1736	\$2,670
3	\$2184	\$3,360
4	\$2633	\$4,050

There are a few special rules for households that contain an adult, 60 years of age or older or disabled member. Call for more information:

Larimer County Human Services, 1501 Blue Spruce Drive, Fort Collins, CO 80524

Aid to the Needy Disabled (AND) and Aid to the Blind (AB) (970) 498-6300

AND provides a small cash benefit/stipend to low income qualified residents of Colorado residents age 18-59 who have a least a six-month disability that precludes them from working. The goal of this program is to provide a temporary financial assistance while the person is waiting for SSI approval. Medicaid assistance is not provided under this program.

AB program serves people under age 60 who have at least a six-month total disability that precludes them from working. The goal of the program is to provide interim financial assistance while waiting for approval for Supplemental Security Income (SSI). Medical assistance is not provided under this program.

Both programs provide up to \$200 per month. However, other income may reduce the benefit amount paid. Benefits begin one month after eligibility requirements have been met and are paid on the Colorado Quest (EBT) Card.

Larimer County Human Services, 1501 Blue Spruce Drive, Fort Collins, CO 80524



Home Care Allowance

(970) 498-6300

Home Care Allowance is a form of financial aid to purchase specific support services, chore, or personal care. Cash assistance and other benefits are made available to elderly and disabled individuals for unskilled care services which includes assistance with the activities of daily living such as bathing, eating, and basic mobility. Chore services that help the individual maintain their home's safety and upkeep are also permitted under this program, as is respite care and other forms of caregiver support. This is a consumer directed model of service and payments may be made toward any provider of the recipient's choosing including family members over the age of 18. In 2016, individuals are permitted annual incomes of up to \$8,850 with countable resources of \$2,000 or \$3,000 for married couples. Your primary home is an excluded resource up to a value of \$552,000.

Larimer County Human Services, 1501 Blue Spruce Drive, Fort Collins, CO 80524

Burial Assistance

(970) 498-6300

Burial Assistance provides cash assistance to eligible, low-income Colorado residents to help with the cost of a funeral, burial or cremation. Burial Assistance is available to individuals who are receiving, or were determined eligible, for one of the following programs at the time of death: Aid to the Blind; Aid to the Needy and Disabled; Colorado Works/TANF; Long Term Care Medicaid; Medicaid; Old Age Pension.

Larimer County Human Services, 1501 Blue Spruce Drive, Fort Collins, CO 80524

To Apply for Public Assistance Programs please contact:

Larimer County Department of Human Services

(970) 498-6300

Adult Medicaid, Aid to the Needy Disabled (AND), Food Stamps, Long Term Care Medicaid, Old Age Pension (OAP).

1501 Blue Spruce Drive, Fort Collins, CO 80524

Low Income Energy Assistance Program (LEAP)

(970) 498-7730

Provides financial assistance for heating costs. Applications accepted November 1 through April 30.

1501 Blue Spruce Drive, Fort Collins, CO 80524 **HEAT Helpline (866) 432-8435**

Social Security Administration

National (800) 772-1213

Social Security and Supplemental Security Income

301 S. Howes Street, 4th Floor, Fort Collins, CO 80521 **Local (866) 336-7385**

Social Security Disability Programs

Supplemental Security Income (SSI) and Social Security Disability Insurance (SSDI) are both federal programs that provide cash payments to people who meet the federal definition of "disabled".

SSI is designed to meet the basic needs of elderly, blind and disabled individuals who would otherwise have a hard time paying for food and shelter. SSI has very strict financial requirements, making it what is known as a "means-tested" benefit. In 2016, the monthly benefit for SSI is \$733. Typically a person who receives SSI immediately qualifies for Medicaid benefits.

SSDI is an entitlement program that is typically available to any person who has paid into the Social Security system for a least ten years, regardless of that person's current income and assets. Since SSDI is based on the beneficiary's earnings record, SSDI benefits vary widely when it comes to the

amount of money provided. The average benefit in 2016 is \$1165 per month.

If an individual's SSDI benefit is less than the SSI benefit (\$733), that individual may also be eligible for SSI benefits. SSDI beneficiaries are eligible to receive Medicare two years after they are deemed eligible for SSDI benefits.

To apply for SSI and SSDI please contact your local Social Security office to make an appointment:

National: 1-800-772-1213 or Local: 1-866-336-7385

Agencies

Catholic Charities of Larimer County

(970) 484-5010

Provides emergency assistance for bus passes, birth certifications and utility shutoffs (when funds are available). Services are offered at no cost.

460 Linden Center Drive, Fort Collins, CO 80524

Crossroads Ministry of Estes Park

(970) 577-0610

Provides access to food pantry, laundry and showers. Transportation, clothing vouchers, as well as emergency vouchers for rent, housing, utility shut-off's, medical bills and prescription medications.

Also provides training in money management and energy efficiency for low-income households.

851 Dry Gulch Road, P.O. Box 3616, Estes Park, CO 80517

Discover Goodwill of Southern and Western Colorado

(719) 442-0007 or (888) 775-5327

Assistance with utility bills. Monday-Friday, 8am-4:30pm, Applications accepted via fax, email or mail only. Call (719) 442-0007 and select option 4 to ask for an EOC application.

P.O. Box 39200, Colorado Springs, CO 80949

Elder Advocates

(970) 818-2050

Daily money management services to seniors. Services include: helping clients with paying bills, balancing their checkbook, making bank deposits, organizing financial documents, monitoring bank and investment accounts, submitting insurance claims, credit report checks, end of life planning, financial planning, tax preparation/planning.

123 E. Drake Road, Fort Collins, CO 80525

Energy Outreach Colorado

(866) HEAT-HELP or (866) 432-8435

Toll-free, 24-hours a day. Call to get connected with a community partner agency for assistance with your heating bill.

GreenPath Debt Solutions

(970) 229-0695

No cost credit counseling to assess your personal financial situation and help develop a budget and action plan. Debt consolidation and management; reduce interest rates and set-up a monthly payment plan. Foreclosure prevention, reverse mortgage counseling, home buyer assistance, credit report review, and bankruptcy counseling are also available. Fees do apply for some services.

424 Pine Street, Ste. 202, Fort Collins, CO 80524

Homelessness Prevention Initiative (HIP)

(970) 221-1553

Provides emergency rental and other financial assistance to members of the local community who face being evicted or face the loss of their housing through unforeseen emergencies. There may be a onetime cash aid provided for a security deposit, mortgage payment, rent, or even energy bills.

406 Butch Cassidy (in the CARE housing clubhouse), Fort Collins, CO 80524

Financial Assistance (continued)

House of Neighborly Service

(970) 667-4939

Food, emergency shelter, clothing, prescription assistance, utility shutoffs, household items and advocacy for residents living within the Thompson R2-J School District.

Community Life Center, 1511 E. 11th Street, Ste. 100, Loveland, CO 80537

Neighbor to Neighbor

Provides emergency rent, first month's rent assistance, housing counseling, home buyer education, home purchasing advising, supportive services and information on affordable housing and foreclosure prevention counseling.

1550 Blue Spruce Drive, Fort Collins, CO 80524

Fort Collins (970) 484-7498

Community Life Center, 1511 E. 11th Street, Loveland, CO 80537

Loveland (970) 663-4163

Salvation Army

(970) 207-4472

Provides emergency assistance for residents living in northern Larimer County, including food, clothing, bus passes.

3901 S. Mason Street, Fort Collins, CO 80525

Foundations

The A.V. Hunter Trust, Inc.

(303) 399-5450

Financial assistance for vision aids, hearing aids, durable medical equipment, dental care including fillings, extractions, partials and dentures. Assistance given one time only. All inquiries and applications must be submitted by a third party agency/professional.

Friends of Man

(303) 798-2342

Financial assistance for mobility equipment, home modifications, medical equipment and procedures, hearing aids, dentures and eyeglasses. Applications must be submitted by a third-party agency/professional.

Partnership for Age-Friendly Communities in Larimer County

(Previously Foundation on Aging for Larimer County)

(970) 498-6810

Provides emergency financial assistance for persons 60 years of age or older.

P.O. Box 288, Fort Collins, CO 80522

FOOD



For information on Food Stamps for older and disabled adults, please see page 21. (SNAP Food Stamp Program).

Senior Lunch Programs

Estes Park Senior Center

(970) 586-2996

Meals served Monday through Friday for a fee of \$5/members, \$7/non-members.

Reservations are required. No age restrictions.

220 4th Street, Estes Park, CO 80513

Volunteers of America Senior Dining Centers LCOA**(970) 472-9630**

Meals served Monday through Friday. No charge for adults 60 and over; donations are accepted. Reservations are required by 1:30 p.m. the previous day. See the following schedule for meal sites.
405 Canyon Avenue, Fort Collins, CO 80521

Volunteers of America Community Dining Centers - Meal Schedule

	Mon	Tues	Wed	Thurs	Fri
<i>Fort Collins Meal Sites</i>					
Fort Collins Senior Center	X	X		X	X
Northside Aztlan Center		X	X	X	
Oakbrook II Apartments	X	X	X	X	X
<i>Loveland Meal Sites</i>					
Chilson Senior Center	X	X		X	X
Silverleaf I Apartments	X				X
Silverleaf II Apartments		X		X	
<i>Bellvue and Wellington Meal Sites</i>					
Bellvue Senior Center				X	
Wellington Senior Center	X		X		X

X indicates the day that lunch is served at that meal site.
 For more information and reservations, call **472-9630**.

Meals-on-Wheels**Meals on Wheels Estes Park****(970) 586-2996****Estes Park Senior Center**

Home delivery of hot meals serving home bound older individuals in the Estes Valley Monday through Friday. Cost based on income.
220 4th Street, Estes Park, CO 80517

Meals on Wheels Fort Collins**(970) 484-6325**

Home delivered hot meals to home bound individuals in Fort Collins Monday through Friday. Cost based on income.
1217 E. Elizabeth Street, #11, Fort Collins, CO 80524
Mailing address: P.O. Box 424, Fort Collins, CO 80522

Meals on Wheels of Loveland-Berthoud LCOA**(970) 667-0311**

Hot and/or frozen meals delivered to home bound individuals in Loveland/Berthoud Monday through Friday. Donation based program for people age 60 and older.
437 N. Garfield Avenue, Loveland, CO 80537

Volunteers of America Meals on Wheels LCOA**(970) 472-9630**

Home delivered frozen meals provided weekly (box of either 5 or 7 meals) to home bound individuals in Fort Collins and some rural areas. No charge for adults 60 and over; donations are accepted.
405 Canyon Avenue, Fort Collins, CO 80521

Food (continued)

Food Distribution

Christ Center Community Church Outreach Center **(970) 223-4442**

Food, clothing and household items (no furniture, electronics or financial assistance). Must have legal status, SSA card, live in Poudre School District and show proof of income. Only available Monday through Thursday, 8:30 - 11:15 a.m.

2700 S. Lemay Avenue, Fort Collins, CO 80524

Crossroads Ministry of Estes Park **(970) 577-0610**

Provides access to food pantry, laundry and showers. Transportation, clothing vouchers, as well as emergency vouchers for rent, housing, utility shut-off's, medical bills and prescription medications. Also provides training in money management and energy efficiency for low-income households.

851 Dry Gulch Road, P.O. Box 3616, Estes Park, CO 80517

Food Bank of Larimer County (Food Share) **(970) 493-4477**

Food for individuals living in Larimer County that meet income guidelines

1301 Blue Spruce Drive, Fort Collins, CO 80524 Monday - Friday 1-6pm

2600 N. Lincoln, Loveland, CO 80537 Tuesday -Saturday 9am -2pm

Fort Collins Rescue Mission **(970) 224-4302**

Overnight shelter for men, women and children and soup kitchen.

316 Jefferson, Fort Collins, CO 80524

Hospitality Center and Kitchen **(970) 484-5010**

Catholic Charities of Larimer County

No cost lunch served Monday through Sunday.

460 Linden Center Drive, Fort Collins, CO 80524

House of Neighborly Service **(970) 667-4939**

Food, emergency shelter, clothing, prescription assistance, utilities, household items and advocacy for residents living within the Thompson R2-J School District.

Community Life Center, 1511 East 11th Street, Ste. 100, Loveland, CO 80537

Loveland Community Kitchen **(970) 278-1726**

Meals provided seven days a week. No charge for meals but donations are accepted.

Breakfast Monday-Friday 7:15 - 8:15am and Saturday-Sunday 8:15am - 9:15am

Lunch Monday - Friday 11:30am - 12:30pm and Saturday & Sunday, 3:00 - 4:00pm

427 N. Garfield Avenue, Loveland, CO 80537

Salvation Army **(970) 207-4472**

Emergency food boxes, education, counseling and vocational services provided to homeless and low-income individuals.

3901 S. Mason, Fort Collins, CO 80525

Serve 6.8 - The Resource Center**(970) 449-5401**

A collaborative effort of local churches to better care for the neighbors in the community who are facing financial hardship and crisis by providing food, clothing, and assistance navigating resources under one roof. Services include: Connection to financial resources, legal advice, clothing closet and food pantry. Please call for more information, appointments are required for some services.

1600 E. Mulberry, Unit 1, Fort Collins 80524**To make an appointment, call: _____ (970) 449-5404****Grocery Shopping Assistance****Country Supermarket****(970) 586-2702**

Assists seniors and disabled persons with in-store grocery shopping

900 Moraine Avenue, Estes Park, CO 80517**Volunteers of America Grocery Shopper Program****(970) 472-9630**

Grocery shopping program for seniors and disabled individuals where volunteer drivers pick-up grocery orders from the Fort Collins and Loveland Albertson's stores. No-cost service, consumer pays for the groceries. Prescription deliver also available.

405 Canyon Avenue, Fort Collins, CO 80521**Health Insurance Counseling****Larimer Health Connect****(970) 472-0444**

Assistance site for Connect for Health Colorado and the Department of Health Care Policy and Financing. Help reviewing the options when you are shopping for health insurance including assistance with Medicaid and CHP+ applications. Help understanding your current insurance benefit or assistance changing your insurance if you have had changes in your work or personal situation. Call for appointment or make appointment online at larimerhealthconnect.org

144 N. Mason, #7, Fort Collins, CO 80524**Senior Health Insurance Assistance Program (SHIP)****(888) 696-7213**

Counsels people free of charge about Medicare benefits, appeals, Medigap insurance, employer health plans and long term care insurance.

The Seasons Club at McKee Medical Center**(970) 820-4097**

Counsels people free of charge about Medicare benefits.

2000 Boise Avenue, Loveland, CO 80538**University of Colorado Health Senior Services/Aspen Club (SHIP)**

The Aspen Club is contracted with the State of Colorado as the Senior Health Insurance Assistance Program (SHIP) in Larimer County. They provide assistance, free of charge, about Medicare benefits, supplemental insurance, Medicare Advantage Plans, prescription drug plans and how Medicare works with employer plans. Information on Medicare Savings Programs and assistance with Low Income Subsidy (LIS) applications. LIS provides assistance with Medicare Part D premiums and co-payments.

1025 Garfield Street, Ste. A, Fort Collins, CO 80524**Fort Collins (970) 495-8560****2500 Rocky Mountain Ave., Loveland, CO 80538****Loveland (970) 624-1860**



For additional information about health promotion classes, see page 73.

Community Paramedic Program

(970) 495-8560

University of Colorado Health clients only. Program is administered through the Aspen Club. In-home blood pressure checks, flu vaccinations, risk assessments, fall prevention, medication education and well-check visits to home-bound individuals.

CSU/Larimer County Cooperative Extension

(970) 498-6000

Information and education on healthy living, nutrition and consumer/family issues, including resources for grandparents raising grandchildren.

1525 Blue Spruce Drive, Fort Collins, CO 80524

Health District of Northern Larimer County

(970) 224-5209

Heart-health screenings, heart disease prevention, blood pressure checks, cholesterol tests and smoking cessation classes with individualized counseling. Additional screenings available at other locations. Call for more information.

120 Bristlecone Drive, Fort Collins, CO 80524

Larimer County Department of Health & Environment

Health screenings and assessments. Vaccinations including pneumonia and tetanus available.

1525 Blue Spruce Drive, Fort Collins, CO 80524 Fort Collins **(970) 498-6700**

205 E. Sixth Street, Loveland, CO 80537 Loveland **(970) 679-4580**

1601 Brodie Avenue, Estes Park, CO 80517 Estes Park **(970) 577-2060**

McKee Community Wellness Services - Spirit of Women Program

Wellness Services at McKee Medical Center provides education and support that allows for healthier lifestyles and an improved quality of life for all ages. Promotes disease prevention by empowering women to take responsibility.

2000 Boise Avenue, Loveland, CO 80538 Direct line **(970) 820-4053**

Reservation line **(970) 820-3000**

Su Familia

(866) 783-2645

National Hispanic Family Health Hotline

Provides culturally and linguistically-proficient access to health services and information to the Hispanic community.

The Seasons Club at McKee Medical Center

(970) 820-4097

The Seasons Club strives to enhance the quality of life for mature adults through health promotion, education and recreation including Tai Chi and Matter of Balance. Designed for adults age 50 and over. Free membership.

2000 Boise Avenue, Loveland, CO 80538

University of Colorado Health Senior Services/Aspen Club

Program benefits include health education, screenings, hospital discounts and social opportunities to resident's ages 50-plus throughout northern Colorado.

1025 Garfield Street, Ste. A, Fort Collins, CO 80524 _____ **Fort Collins (970) 495-8560**
2500 Rocky Mountain Avenue, Loveland, CO 80538 _____ **Loveland (970) 624-1860**

Women's Wellness Connection

(866) 951-9355

American Cancer Society

Provides breast and cervical cancer screening (clinical breast exams, Pap tests, pelvic exams and mammograms) at a number of Larimer County sites. Income guidelines apply.

Hearing



Cap-Tel (Captioned Telephones)

Colorado Commission for the Deaf and Hard of Hearing

Cap-Tel uses voice-recognition technology to display verbatim captions of the other party's conversation on the telephone's screen, allowing the person with hearing loss to hear and read all comments.

For more information and to find out if you qualify for a free Cap-Tel phone, please call:

VP (720) 949-7457

V (303) 866-2097

Sprint Cap-Tel Education & Installations _____ **V (303) 835-6433**

VP (720) 210-5881

OEI Cap-Tel Education, Outreach & Installations _____ **V (720) 308-3131**

Hear Now

(800) 648-4327

Hearing aid financial assistance.

Larimer County Hearing Aid Bank

(970) 443-4962

Provides reconditioned hearing aids at a low-cost to approved applicants. An audiogram completed within one year must be provided by applicant. Also provides help with repair. Approved applicants will be billed on a sliding fee scale based on income.

508 Princeton Road, Fort Collins, CO 80525

Hearing (continued)

Relay Colorado (Sprint Relay)

A free public service that enables people with hearing loss or speech loss who use a teletypewriter (TTY) or other assistive device to communicate with standard telephone users. The conversation is relayed between two parties by a specially trained Relay Colorado Communications Assistant. Available 24 hours a day, 365 days per year. Sprint Relay is the current state provider.

Call for more information _____

VP (800) 676-3777

Speech to Speech (877) 787-1989

TTY (800) 676-3777

Speech-Language Pathology and Audiology Clinic

(970) 351-2012

Diagnostic and rehabilitative services to individuals with speech, language, hearing and/or balance difficulties. Services provided on a sliding fee scale based on income.

University of Northern Colorado, Gunter Hall, #0330, Greeley, CO 80639

Home Health Care Agencies



Home care helps make it possible for people to remain at home rather than use residential, long-term, or institutional-based nursing care. In Colorado, home care agencies are required to be licensed and there is a distinction between “home health care” and “home care” agencies.

Home Health Care Agency – medical home care services are provided by registered nurses, certified nursing assistants, physical, speech and occupational therapists, social workers, and dietitians. Services may include medical or psychological assessments, wound care, medication management, pain management, disease education, physical therapy, speech and occupational therapy.

Home Care Agency – non-medical home care services are provided by home care aides and certified nursing assistance. Services may include assistance with shopping, companionship and supervision, house-cleaning, and errands as well as activities of daily living (ADLs) such as bathing, eating, hygiene, dressing, and ambulation. Services are provided by home care aides and certified nursing assistants.

The Colorado Department of Public Health & Environment is responsible for the licensing and monitoring of both the medical and non-medical home care agencies in Colorado.

They can be reached at: _____ **(303) 692-2910 or (800) 842-8826**

Agency	Medical Services	Non-Medical Services	Medicaid Accepted
A Little R and R Home Care 1966 W. 15th Street, Ste. 6, Loveland, CO 80538 (970) 667-1067	No	Yes	Yes
Ability Home Health Care 3675 South College Ave., Ste. 16, Fort Collins, CO 80525 (970) 658-6509	Yes	No	Yes
Accentcare Home Care and Hospice 1180 Main Street, Ste. 9, Windsor, CO 80550 (970) 346-9700	Yes	No	Yes
Alexander Home Healthcare 8010 S. County Road 5, Unit 101, Windsor, CO 80528 (970) 682-2632	Yes	Yes	Yes
Alliant Home Health Care 12995 Sheridan Blvd., Ste. 20, Broomfield, CO 80020 (970) 484-8060	Yes	No	Yes
Alpha Omega Home Health Care, Inc. P.O. Box 113, Mead, CO 80542 (970) 266-2527	Yes	Yes	No
Amada Senior Care of Northern CO and Southern WY 2850 McClelland Drive, Ste. 3000, Fort Collins, CO 80525 (970) 237-5747	No	Yes	No
Banner Home Care Colorado 1810 North Boise Ave, Loveland, CO 80538 (970) 820-4435 - Loveland (970) 821-4435 - Fort Collins (970) 810-4435 - Greeley	Yes	Yes	Yes
Bayada Home Health Care 3500 John F Kennedy Parkway, Ste. 325, Fort Collins, CO 80525 (970) 282-8500	Yes	No	Yes
Bethesda Lutheran Communities 1330 Oakridge Drive, Ste.110, Fort Collins, CO 80525 (970) 484-2559	No	Yes	Yes
BrightStar Care 4198 N. Garfield Avenue, Loveland, CO 80538 (970) 667-7778	Yes	Yes	No
Caring Hearts, Inc. 6801 W. 20th Street #207, Greeley, CO 80634 (970) 378-1409	Yes	Yes	Yes
Caring Senior Service 333 W. Drake Road, Ste. 22, Fort Collins, CO 80526 (970) 672-1734	No	Yes	No
Colorado VNA (Previously RVNA) LCOA 2105 Clubhouse Drive, Greeley, CO 80634 (970) 330-5655	Yes	Yes	Yes
Columbine Poudre Home Care 915 Centre Avenue, Ste. #2, Fort Collins, CO 80526 (970) 482-5096	Yes	Yes	Yes

Agency	Medical Services	Non-Medical Services	Medicaid Accepted
Encompass Home Health of Colorado 1730 S. College Avenue, #304, Fort Collins, CO 80525 (970) 493-8500	Yes	No	Yes
Estes Park Home Health LCOA 555 Prospect Avenue, Estes Park, CO 80517 (970) 586-2273	Yes	Yes	Yes
Evergreen Home Healthcare 301 N. Howes Street, Ste. 110, Fort Collins, CO 80521 (970) 416-6481	Yes	No	Yes
Family Home Health 1790 30th Street, Ste. 350, Boulder, CO 80301 (720) 274-5974	Yes	Yes	Yes
First Light Home Care 1300 Plaza Ct., N. Ste. 202, Lafayette, CO 80026 (720) 502-3939	No	Yes	No
Good Samaritan Society Services at Home 2101 S. Garfield Avenue, Ste. 124, Loveland, CO 80537 (970) 624-5468	No	Yes	No
Good Samaritan Society-Colorado Home Care 2919 17th Ave. Suit 101, Longmont, CO 80503 (303) 702-0410	Yes	No	Yes
Home Care of the Rockies, Inc. 7105 La Vista Place, Ste.100, Longmont, CO 80503 (720) 204-6083	No	Yes	No
Home Instead Senior Care 251 Boardwalk Drive, Fort Collins, CO 80525 (970) 494-0289	No	Yes	No
HomeWatch Caregivers (Caregivers Inc.) LCOA 1220 W. Ash Street, #C, Windsor, CO 80550 (970) 674-9723	No	Yes	Yes
HomeWell Senior Care 1401 S. Taft, Ste. 207, Loveland, CO 80537 (970) 461-4799	No	Yes	No
InnovAge Home Care North LCOA 1191 Woodstock Drive, Unit C, Estes Park, CO 80517 (970) 586-3118 1303 E. 11th Street, Loveland, CO 80537 (970) 663-9168	Yes	Yes	No
Interim Healthcare of Fort Collins 2000 Vermont Drive, #100, Fort Collins, CO 80525 (970) 472-4180	Yes	Yes	Yes
Just as Family, LLC 1136 E. Stuart, #4206, Fort Collins, CO 80525 (970) 567-3804	No	Yes	No

Agency	Medical Services	Non-Medical Services	Medicaid Accepted
Live, Love and Laugh Homecare, LLC 3307 S. College Avenue, Ste. 216, Fort Collins, CO 80525 (970) 225-0916	No	Yes	No
Maxim Healthcare Services 3665 John F. Kennedy Parkway, #330, Fort Collins, CO 80525 (970) 493-9300	Yes	No	Yes
Preferred Home Health 2802 Madison Square Drive, Ste. 100, Loveland, CO 80538 (970) 776-1970	Yes	Yes	Yes
Right at Home LCOA 330 E. Mulberry St., Fort Collins, CO 80524 (970) 494-1111	No	Yes	No
Seniors Helping Seniors of Northern Colorado LCOA 2290 E. Prospect Road, Ste. 4, Fort Collins, CO 80525 (970) 631-8251	Yes	Yes	Yes
Synergy Homecare 2919 17th Ave, Ste. 215, Longmont, CO 80503 (720) 204-5788	No	Yes	No
Touchstone Home Health, LLC 5312 W. 9th Street Drive, Ste. 120, Greeley, CO 80634 (970) 356-3922	Yes	No	Yes
The Tunland Corporation 1901 Sharp Point Drive, Ste. D, Fort Collins, CO 80525 (970) 295-4539	No	Yes	Yes
Visiting Angels Living Assistance Services 5441 Boeing Drive, Ste. 200, Loveland, CO 80538 (970) 292-5668	No	Yes	No
Vitality Home Healthcare 1562 Taurus Ct., Loveland, CO 80537 (970) 667-2273	Yes	Yes	Yes

Home Maintenance



Accessible Systems of Northern Colorado

(970) 475-1880

Specializing in accessibility equipment and home modifications including residential elevators and life systems, ramps, grab bars or railing, specialized medical equipment and customized remodeling and modifications. Free home evaluations. Serving Loveland, Greeley, Fort Collins, Windsor, Longmont, Cheyenne, Laramie, Wheatland and Casper. VA and Medicaid contracts. Call for additional funding options.

9969 County Road 74, Severance, CO 80550

Home Maintenance (continued)

Adopt-A-Neighbor Program **(970) 224-6046**

Volunteer snow removal in Fort Collins – must apply in advance, preferably before the first snow.

281 N. College Avenue, P.O. Box 580, Fort Collins, 80522

Larimer County Home Improvement Program **(970) 635-5931**

Offers low to no interest rate loans with flexible terms to meet a home owner's budget for owners looking to repair or improve their home including accessibility modifications. The applicants must live in Larimer County, and be low to moderate income (call for income restrictions) Emergency fund grants up to \$1500, are available for homeowners 50% or below the area median income for urgent emergencies such as no hot water, burst pipes, gas leaks. Owner must occupy residence, rentals do not qualify.

Visit www.lovelandhousing.org for application or call for more information.

375 W. 37th Street, #200, Loveland, CO 80538

Longs Peak Energy Conservation **(800) 200-9006**

Weatherization program and services.

1288 Alaska Avenue, Longmont, CO 80501

Mailing address: P.O. Box 471, Boulder, CO 80506

Loveland Snow Squad **(970) 962-2764**

Volunteer snow removal in Loveland – must apply in advance, preferably in September.

500 E. Third Street, Loveland, CO 80537

Rural Development Loan/Grant Program **(719) 589-5661 ext.120**

Loans for low-income individuals who are looking to buy, repair or maintain their home and live in a rural area.

101 S. Craft Drive, Alamosa, CO 81101

Home Safety:

Berthoud Fire Protection District **(970) 532-2264**

Smoke detectors and fire safety information.

275 Mountain Avenue, Berthoud, CO 80513

Loveland Fire Rescue Authority **(970) 962-2497**

Smoke detectors and fire safety information. **Fire Prevention Bureau (970) 962-2537**

410 E. 5th Street, Loveland, CO 80537

Poudre Fire Authority **(970) 416-2892**

Smoke detectors and fire safety information. **Fire Prevention Bureau (970) 416-2891**

102 Remington Street, Fort Collins, CO 80524

Volunteers of America Handyman Program**(970) 472-9630**

Home safety assessment and education. Volunteers provide the labor; clients are responsible for the cost of materials.

405 Canyon Avenue, Fort Collins, CO 80521

Wellington Fire Protection District**(970) 568-3232**

Smoke detectors and fire safety information.

8130 3rd Street, Wellington, CO 80549

Homeless Shelters and Services

**137 Homeless Connection and Inclement Weather Shelter****(970) 667-1532**

Program of House of Neighborly Service. Inclement weather shelters for homeless adults.

137 S. Lincoln Avenue, Loveland, CO 80537

Catholic Charities – Mission Shelter**(970) 484-5010**

Emergency shelter for single men/women and families, breakfast and evening meal for shelter residents as well as facilities for showers and laundry.

460 Linden Center Drive, Fort Collins, CO 80524

After 5:00 p.m. (970) 493-0141

Fort Collins Rescue Mission**(970) 224-4302**

Emergency overnight shelter for homeless individuals. No children allowed. Breakfast and dinner available.

316 Jefferson Street, Fort Collins, CO 80524

Homeless Gear**(970) 658-9878**

Homeless Gear's mission is to provide homeless men, women and children with the supplies that they need to survive on the streets and the support and companionship that they need to navigate the path from homelessness to self-sufficiency. Donation drop-off M-TH 9am-4pm.

1305 Duff Drive, Unit #5, Fort Collins, CO 80524

Donation Drop Off: (970) 587-3556

Homelessness Prevention Initiative (HIP)**(970) 221-1553**

Provides emergency rental and other financial assistance to members of the local community who face being evicted or face the loss of their housing through unforeseen emergencies. There may be a one-time cash aid provided for a security deposit, mortgage payment, rent, or even energy bills.

406 Butch Cassidy (in the CARE housing clubhouse), Fort Collins, CO 80524

Sister Mary Alice Murphy Center for Hope**(970) 494-9940**

Support for people who are homeless or at-risk of becoming homeless. Information about housing, transportation, medical/dental health, counseling and employment resources.

242 Conifer Street, Fort Collins, CO 80524

Support Services for Veteran Families (SSVF)**(970) 472-9630****Volunteers of America**

Housing counseling, short-term case management, temporary financial assistance to prevent or resolve homelessness. This program is for low income veterans who are eligible for VA Health Administration Benefits, have been homeless within the last 90 days, scheduled to enter permanent housing within 90 days or, are at immediate risk of becoming homeless with eviction pending.

405 Canyon Avenue, Fort Collins, CO 80521

Hospice



Hospice Care: Provides specialized medical care for individuals dealing with life-limiting illness. Hospice focuses on managing symptoms and providing comfort when cure is no longer possible and assists the patient and the family through the end of life process by creating a natural and comfortable end-of-life experience.

Palliative Care: Provides specialized medical care for people with serious illness. It focuses on providing patients with relief from the symptoms, pain and stress of a serious illness - whatever the diagnosis. The goal of palliative care is to improve quality of life for both the patient and the family.

The following agencies provide hospice and/or palliative care in Larimer County.

Accentcare Home Care and Hospice (970) 346-9700

1180 Main Street, Unit 9, Windsor, CO 80550

Auburn Crest Hospice (970) 775-7022

2680 Abarr Drive #2, Loveland, CO 80538

Front Range Hospice & Palliative Care (970) 776-8080

3770 Puritian Way, Unit E, Frederick, CO 80516

Kindred Hospice (970) 667-0057

4350 Wadsworth Blvd., Ste. 250, Wheatridge 80033

Halcyon Hospice & Palliative Care (970) 535-0870

209 Main Street, Ste. B, Mead, CO 80542

Mailing: P.O. Box 177, Mead, CO 80542

TRU Hospice of Northern Colorado, Inc. (970) 352-8487

2726 W. 11th Street Road, Greeley, CO 80631

1801 16th St., 5th Floor, Greeley, CO 80631

Hospice of the Estes Valley (970) 586-2273

555 Prospect Avenue, Estes Park, CO 80517

Pathways (970) 663-3500

305 Carpenter Road, Fort Collins, CO 80525

2000 N. Boise Ave., 3rd Floor, Loveland, CO 80538

Housing



Please contact a realtor for information about 55+ communities in Larimer County or for information about patio homes and maintenance free communities that do not have age restrictions.

To find realtors with a SRES (Seniors Real Estate Specialists) designation, please go to:
www.seniorsrealestate.com

Affordable Housing

The following list are senior/disabled specific apartments that offer reduced rent, or subsidized rent through HUD project-based housing vouchers. Rent is based on income and eligibility for this housing may be based either on age and/or disability status. A separate application must be completed for each property. Apartments that are designated as reduced may accept Section 8 housing vouchers. Please call each listing for more information.

Reduced Rent: senior apartments that are subsidized by the city or county. Rent is set at a below market value for those who meet income guidelines. On average, monthly rent varies between \$550-\$800. Rent may increase even if income does not.

Subsidized Housing: senior apartments that are subsidized by the federal government, county, city or private funds. In most cases, rent is 30% of adjusted gross income for those who meet income guidelines.

Big Thompson Manor I (reduced rent) (970) 667-4195
224 Monroe Street, Loveland, CO 80537

Big Thompson Manor II (subsidized) (970) 667-4195
230 Monroe Street, Loveland, CO 80537

Chalet Apartments (reduced rent) (970) 493-4432
121 Dartmouth Trail, Fort Collins, CO 80525

DMA Plaza Apartments (reduced rent) (970) 493-7727
300 Remington Street, Fort Collins, CO 80524

Hamilton Park Apartments I & II (subsidized) (970) 532-3725
1300 & 1400 N. 4th Street, Berthoud, CO 80513

Harvest Pointe (subsidized) (970) 622-9907
4895 Lucerne Avenue, Loveland, CO 80538

Legacy Senior Residences (reduced rent) (970) 221-0212
Beacon Management, 413 N. Linden Street, Fort Collins, CO 80524

Mirasol Senior Community (reduced rent) (970) 663-1300
1153 Finch Street, Loveland, CO 80538

Northern Hotel (subsidized and reduced rent) (970) 493-2070
172 N. College Avenue, Fort Collins, CO 80524

Oakbrook I (subsidized) (970) 226-5060
3200 Stanford Road, Fort Collins, CO 80525

Oakbrook II (subsidized) (970) 223-1356
3300 Stanford Road, Fort Collins, CO 80525

Housing (continued)

The Pines Apartments (reduced rent) (970) 577-3730
1155 S. Saint Vrain Avenue, Estes Park, CO 80517

Reflections Senior Apartments (reduced rent) (970) 225-3711
321 E. Troutman Parkway, Fort Collins, CO 80525

The Sanctuary (subsidized) (970) 225-2116
3732 Kunz Court, Fort Collins, CO 80526

Silver Leaf I & II (Loveland Housing Authority) (subsidized) (970) 667-3232
2000 & 2100 Maple Drive, Loveland, CO 80538

Trail Ridge Apartments (subsidized) (970) 586-0216
1250 Community Drive, Estes Park, CO 80517

The Villages at Bryan (reduced rent) (970) 416-2460
114 S. Bryan, Fort Collins, CO 80521

The Willows (Neighbor to Neighbor) (reduced rent) (970) 484-7498
533 E. 4th Street, Loveland, CO 80537

Windtrail Park (CARE Property) (reduced rent) (970) 282-7522
2120 Bridgefield Lane, Fort Collins, CO 80526

Woodbridge Senior Apartments (reduced rent) (970) 472-1703
1508 W. Elizabeth Street, Fort Collins, CO 80521

For more information about low income housing options that are not senior specific, contact the following agencies:

CARE Housing (970) 282-7522
1303 W. Swallow Road, Bldg. 11, Fort Collins, CO 80526

Estes Park Housing Authority (970) 577-3730
500 Big Thompson Avenue, P.O. Box 1200, Estes Park, CO 80517

Housing Catalyst (Previously Fort Collins Housing Authority) (970) 416-2910
1715 W. Mountain Avenue, Fort Collins, CO 80521

Loveland Housing Authority (970) 667-3232
375 W. 37th Street, Ste. 200, Loveland, CO 80538

Neighbor to Neighbor
1550 Blue Spruce Drive, Fort Collins, CO 80524 Fort Collins (970) 484-7498
Community Life Center, 1511 E. 11th Street, Loveland, CO 80537 Loveland (970) 663-4163

Assisted Living Homes

An assisted living community is a care option that combines housing and support services. Assisted living is designed for individuals who require assistance with everyday activities such as meals, medication management, bathing, dressing and transportation.

Most assisted living communities determine the monthly rate based on levels of care. Facilities assess each resident and the assessment generally uses a point system based on activities of daily living (ADLs); bathing, dressing, grooming, mobility, continence, eating, medication management and laundry. A resident that needs assistance with several ADLs will have a higher monthly rate than a resident who is more independent.

Memory Care: Some assisted living communities specialize in dementia and Alzheimer's care and can provide more assistance in ADLs such as mobility, incontinence and other challenges associated with dementia and Alzheimer's.

The assisted living communities that only provide memory care are noted below as "memory community". The assisted living communities that have a designated "memory care unit" are noted below as "memory unit".

AppleLeaf Assisted Living (Medicaid accepted) 1328 1st Street, Berthoud, CO 80513	(970) 532-2600
Aspen House Assisted Living (Memory Community) 2212 E. 11th Street, Loveland, CO 80537	(970) 635-9800
Aspen House II (Memory Community) 2224 E. 11th Street, Loveland, CO 80537	(970) 635-2500
Brookdale Fort Collins AL 1002 Rule Drive, Fort Collins, CO 80525	(970) 229-9777
Brookdale Fort Collins MC (Memory Community) 1008 Rule Drive, Fort Collins, CO 80525	(970) 266-0700
Brookdale Mariana Butte (Memory Unit) 215 Shupe Circle, Loveland, CO 80537	(970) 622-0012
Brookdale North Loveland 2895 N. Empire Avenue, Loveland, CO 80538	(970) 667-9500
Collinwood Assisted Living (Medicaid accepted except in Memory Unit) 5055 S. Lemay Avenue, Fort Collins, CO 80525	(970) 223-3552
The Courtyard of Loveland (Medicaid accepted) 605 California Avenue, Loveland, CO 80537	(970) 667-3342
Eagles Nest Assisted Living 1026 Salmon Run, Fort Collins, CO 80524	(970) 493-1073

Housing (continued)

Fox Meadows Assisted Living 4021 Spruce Drive, Fort Collins, CO 80526	(970) 449-4472
Garden Square at Spring Creek (Medicaid accepted) 1000 E. Stuart Street, Fort Collins, CO 80525	(970) 494-3253
Good Samaritan Society Estes Park Village 1902 Ptarmigan Trail, Estes Park, CO 80517	(970) 577-7700
Good Samaritan Society Fort Collins Village 508 W. Trilby Road, Fort Collins, CO 80525	(970) 226-4909
Good Samaritan Society Loveland Village 2101 S. Garfield Avenue, Loveland, CO 80537	(970) 669-3100
Heritage Haus (Medicaid accepted) 208 19th Street SE, Loveland, CO 80537	(970) 669-5616
The Hillcrest 535 N. Douglas Avenue, Loveland, CO 80537	(970) 593-9800
The Joneses Assisted Living (Medicaid accepted) 2127 Eagle Drive, Loveland, CO 80537	(970) 663-2226
Lakeview Commons (Medicaid accepted) 1422 W. 29th Street, Loveland, CO 80538	(970) 278-4000
Lighthouse Elder Care, Inc. 700 Greenbriar Drive, Fort Collins, CO 80524	(970) 482-1119
Live To Assist 2914 W. Prospect Road, Fort Collins, CO 80526	(970) 224-1400
Loveland House Assisted Living (Medicaid accepted) 2115 Eagle Drive, Loveland, CO 80537	(970) 663-2223
MacKenzie Place (Memory Unit) 4750 Pleasant Oak Drive, Fort Collins, CO 80525	(970) 207-1939
Meadowlark Assisted Living 1214 Catulpa Place, Fort Collins, CO 80521	(970) 221-3707
Monarch Greens Assisted Living 1725 Lakeview Drive, Fort Collins, CO 80524	(970) 449-5644
MorningStar Assisted Living and Memory Care of Fort Collins (Memory Community) 3509 Lockwood Dr., Fort Collins, CO 80525	(970) 999-8790

New Mercer Commons (Memory Unit) 900 Centre Avenue, Fort Collins, CO 80526	(970) 495-1000
Park Regency Loveland (Medicaid accepted) 1875 Fall River Drive, Loveland, CO 80538	(970) 461-1100
Primrose Place (Medicaid accepted) 1330 E. 1st Street, Loveland, CO 80537	(970) 667-5962
The Residence at Oakridge (Medicaid accepted) 4750 Wheaton Drive, Fort Collins, CO 80525	(970) 229-5800
Seven Lakes Memory Care (Memory Community) 1990 Pikes Peak Drive, Loveland, CO 80538	(970) 461-5918
Terry Lake Assisted Living 3629 Woodridge Road, Fort Collins, CO 80524	(970) 221-3707
Turnberry Place Assisted Living 2401 Turnberry Road, Fort Collins, CO 80524	(970) 482-2215

Independent Living Communities

Independent living is housing designed exclusively for seniors, generally those aged 55 and over. Residents live independently in apartments or freestanding homes. Most communities offer activities and services that give seniors the opportunity to connect with peers. Other services offered may include beauty and barber salons, daily meals, basic housekeeping and laundry services. Independent living facilities are aimed at older adults who need little or no assistance with activities of daily living such as bathing, dressing and mobility and they do not provide any medical care. As with regular housing, you can hire in-home help separately if necessary.

Good Samaritan Society Estes Park Village 1901 Ptarmigan Trail, Estes Park, CO 80517	(970) 577-7700
Good Samaritan Society Fort Collins Village 508 W. Trilby Road, Fort Collins, CO 80525	(970) 226-4909
Good Samaritan Society Loveland Village 2101 S. Garfield Avenue, Loveland, CO 80537	(970) 669-3100
The Hillcrest 535 N. Douglas Avenue, Loveland, CO 80537	(970) 593-9800
MacKenzie Place 4750 Pleasant Oak Drive, Fort Collins, CO 80525	(970) 207-1939
Parkwood Estates Retirement Residence 2201 S. Lemay Avenue, Fort Collins, CO 80525	(970) 482-3924
Rigden Farm Senior Living 2350 Limon Drive, Fort Collins, CO 80525	(970) 224-2700

Housing (continued)

Sugar Valley Estates (970) 669-2317
4320 Georgetown Drive, Loveland, CO 80538

Village Cooperative of Fort Collins (970) 658-5711
1630 S. Lemay Ave, Unit 6, Fort Collins, CO 80525

The Wexford (970) 667-1900
1515 W. 29th Street, Loveland, CO 80538

The Winslow (970) 492-6200
909 Centre Avenue, Fort Collins, CO 80526

The Worthington (970) 490-1000
900 Worthington Circle, Fort Collins, CO 80526

Skilled Nursing Homes

Skilled nursing homes provide 24/7 care for older and disabled adults who need ongoing nursing care and supervision of care by a physician due to a chronic illness or condition. They provide assistance with all activities of daily living (ADLs) such as bathing, eating, medication management, toileting, mobility, dressing, grooming, continence, transportation and they also provide therapy and rehabilitation services. Some facilities have secured units for individuals with dementia and Alzheimer's who might need a higher level of care and/or supervision. Facilities that have a secured unit are noted in the listing below.

Please note: Some Medicare Advantage Plans have limited providers in Larimer County. If you have an Advantage Plan, call to find out if the nursing home accepts your Advantage Plan.

Berthoud Living Center (Medicaid accepted) (970) 532-2683
855 Franklin Avenue, Berthoud, CO 80513

Centre Avenue Health & Rehab Facility (970) 494-2140
815 Centre Avenue, Fort Collins, CO 80526

Columbine West Health & Rehab Facility (Medicaid accepted) (Secured Unit) (970) 221-2273
940 Worthington Circle, Fort Collins, CO 80526

Fort Collins Health Care Center (Medicaid accepted) (970) 482-7925
1000 S. Lemay Avenue, Fort Collins, CO 80524

Golden Peaks Care and Rehabilitation Center (Medicaid accepted) (Secured Unit*) (970) 482-2525
1005 E. Elizabeth Street, Fort Collins, CO 80524 (* Females only)

Good Samaritan Society Fort Collins Village (Medicaid accepted) (970) 226-4909
508 W. Trilby Road, Fort Collins, CO 80525

Good Samaritan Society Loveland Village (Medicaid accepted) (Secured Unit) (970) 669-3100
2101 S. Garfield Avenue, Loveland, CO 80537

Green House Homes At Mirasol (Medicaid accepted) (970) 342-2400
490 Mirasol Drive, Loveland, CO 80537

Lemay Avenue Health & Rehab Facility (Medicaid accepted) (Secured Unit) (970) 482-1584
4824 S. Lemay Avenue, Fort Collins, CO 80525

North Shore Health & Rehab Facility (Medicaid accepted) (970) 667-6111
1365 W. 29th Street, Loveland, CO 80538

Prospect Park Living Center (Medicaid accepted) (970) 586-8103
555 Prospect Avenue, P.O. Box 2740, Estes Park, CO 80517

Rehabilitation & Nursing Center of the Rockies (Medicaid accepted) (Secured Unit) (970) 484-7981
1020 Patton Street, Fort Collins, CO 80524

Sierra Vista Health Care Center (Medicaid accepted) (Secured Unit) (970) 669-0345
821 Duffield Court, Loveland, CO 80537

Spring Creek Health Care Center (Medicaid accepted) (970) 482-5712
1000 E. Stuart Street, Fort Collins, CO 80525

Information and Assistance for Housing

Larimer County Office on Aging **LCOA** (970) 498-7750
Provides listings of long term care, independent and subsidized housing options in Larimer County. Available online at: lcoa.networkofcare.org.
2601 Midpoint Drive, Ste. 112, Fort Collins, CO 80525

Estes Park Housing Authority (970) 577-3730
Provides housing options and services for low to moderate income households.
500 Big Thompson Avenue, P.O. Box 1200. Estes Park, CO 80517

House of Neighborly Service (970) 667-4939
Food, emergency shelter, clothing, prescription assistance, utilities, household items and advocacy for residents living within the Thompson R2-J School District.
Community Life Center, 1511 E. 11th Street, Ste. 100, Loveland, CO 80537

Housing Catalyst (Previously Fort Collins Housing Authority) (970) 416-2910
Provides housing options and services for low income households.
1715 W. Mountain Avenue, Fort Collins, CO 80521

Housing (continued)

Loveland Housing Authority

(970) 667-3232

Provides housing options and services for low income households.

375 W. 37th Street, #200, Loveland, CO 80538

Neighbor to Neighbor

Provides emergency rent, first month's rent assistance, housing counseling, home buyer education, home purchasing advising, supportive services and information on affordable housing.

1550 Blue Spruce Drive, Fort Collins, CO 80524 Fort Collins **(970) 484-7498**

Community Life Center, 1511 E. 11th Street, Loveland, CO 80537 Loveland **(970) 663-4163**

Neighborhood Services Office

(970) 224-6046

Mediation services and assistance to resolve issues or disputes between neighbors in Fort Collins also provides code and ordinance compliance.

281 N. College Avenue, Fort Collins, CO 80524

Mailing address: P.O. Box 580, Fort Collins, CO 80522

Information and Referral



ADRC Information & Assistance,

Larimer County Office on Aging **LCOA**

(970) 498-7750

Information and referral to programs, services and resources for disabled and older adults.

2601 Midpoint Drive, Ste. 112, Fort Collins, CO 80525

The ARC of Larimer County

(970) 204-6991

Promotes and protects the civil rights of people with intellectual and developmental disabilities through individual and systemic advocacy and education fostering an inclusive community that embraces people throughout their lifetime to be included in every aspect of community life. No cost advocacy, resources, workshops and community outreach provided.

1721 W. Harmony Rd., Unit 101, Fort Collins, CO 80526

Colorado Gerontological Society

(303) 333-3482

Advocacy and information on programs and services for seniors, families and elder care service specialists throughout Colorado. Website includes information on: dental, family caregiving, financial resources, healthy aging, hearing loss, home care, housing options, legal, leisure, long term care, Medicaid, Medicare, mental health, Tricare and Veterans benefits. Website: senioranswers.org

1330 Leyden St., Suite 148, Denver, CO 80220

Eldercare Locator

(800) 677-1116

A nationwide service that connects older Americans and their caregivers with information on senior services in their community. More information can be found at www.eldercare.gov.

Foothills Gateway, Inc.

(970) 226-2345

Community Center Board for persons with intellectual/developmental disabilities

301 W. Skyway Drive, Fort Collins, CO 80525

Serve 6.8 – The Resource Center**(970) 449-5404**

A collaborative effort of local churches to better care for the neighbors in the community who are facing financial hardship and crisis by providing food, clothing, and assistance navigating resources under one roof. Services include: Connection to financial resources, legal advice, clothing closet and food pantry. Please call for more information, appointments are required for some services.

1600 E. Mulberry, Unit 1, Fort Collins, CO 80524

United Way 211**2-1-1**

Information & Referral specialists who assist the public with referrals to community services.

Law Enforcement


Colorado State Patrol**(970) 224-3027**

3832 S. I-25, Fort Collins, CO 80525

Colorado State University Police Department**(970) 491-6425**

750 Meridian Avenue, Fort Collins, CO 80523

Estes Park Police Department**(970) 586-4000**

170 MacGregor Avenue, P.O. Box 1287, Estes Park, CO 80517

Fort Collins Police Department**(970) 221-6540**

2221 S. Timberline Road, Fort Collins, CO 80525

**Larimer County Sheriff's Office (Serves unincorporated
Larimer County and the Township of Berthoud)**

(970) 416-1985

2501 Midpoint Drive, Fort Collins, CO 80525

Loveland Police Department**(970) 667-2151**

810 E. 10th Street, Loveland, CO 80538

Legal Assistance



The following Elderlaw attorneys and clinics may provide no cost, low cost and sliding fee scale services. Please call for information on fees and services.

Attorneys:

Bell, Gould & Scott, P.C.**(970) 493-8999**

Gregory Bell

Elder Services: Advanced directives, estate planning and administration, guardianships and conservatorships, Medicaid eligibility advice and powers of attorney.

322 E. Oak Street, Fort Collins, CO 80524

Legal Assistance (continued)

Colorado Legal Services (Senior Law Project) LCOA **(970) 493-2891**

Legal assistance for low-income individuals and seniors on civil legal matters only.

Senior Law Project – donation based legal services for Larimer County residents age 60+ on legal issues related to Medicaid, public assistance benefits, long term care, powers of attorney, general estate planning, landlord tenant and consumer issues.

211 W Magnolia, Fort Collins, CO 80321

Law Office of C. Jan Lord, LLC **(970) 532-4183**

Elder Services: Estate planning, Medicaid planning, probate, trusts, special needs trusts, wills, powers of attorney and VA pension.

1201 Lake Avenue, Ste. A, Berthoud, CO 80513

Law Offices of Peter W. Bullard, P.C. **(970) 223-5900**

Elder Services: Guardianships and conservatorships, litigation, living wills, powers of attorney, probate, trusts and wills.

375 E. Horsetooth Road, Bldg. 6, Ste. 200, Fort Collins, CO 80525

Procter, Callahan & Liska, LLC **(970) 266-9669**

Kristine Callahan, Rikke Liska and Elaine Procter

Elder Services: Advice and drafting for the following topics: Estate Planning, Medicaid planning, Advance Directives and Powers of Attorney, Special Needs Trusts, revocable trusts, Estate and Probate Administration, Guardianships and Conservatorships. Sliding fee scale available upon proof of income and assets.

343 W. Drake Road, Ste. 240, Fort Collins, CO 80526

Stone Law, LLC **(970) 663-2121**

Andrew Stone

Elder Services: Estate and Medicaid planning, Conservatorship, Guardianship and LTC Insurance.

1419 W. 29th Street, Loveland, CO 80538

225 Union Blvd., Ste. 150, Lakewood, CO 80228

Wallace & Kling, P.C. **(970) 221-5602**

Elder Services: Medicaid, Medicare and Social Security, estate planning - including: wills, living wills, powers of attorney and other advance directives. Guardianship and conservatorship advice, trusts (estate, disability and special needs), probate and other post-death assistance.

412 S. Howes, Ste. B, Fort Collins, CO 80521

Clinics:

Access to Justice – Self-Help Center

(970) 494-3581

Provides help with self representation questions to better understand court procedures, the legal system and to obtain the forms you need. CANNOT provide legal advice. Monday and Friday 9:00 a.m. to 4:00 p.m., Wednesday 12:00 to 4:00 p.m., Thursday by appointment only. Computers available for research and completing forms. Self-Help Center is located on the first floor of the Larimer County Justice Center next to the clerk of the court.

201 Laporte Avenue, Fort Collins, CO 80521

Ask-A-Lawyer Clinic

Clinics are held the 2nd Tues. of the month from 3-5PM. Appointments are 15 min. To make an appointment, go to the Self Help Center, 1st Floor of Justice Center or email: 08selfhelp@judicial.state.co.us

201 Laporte Avenue, First Floor, Fort Collins, CO 80521

Fort Collins Senior Center

(970) 221-6644

Legal aid on first Thursday of each month by appointment only. Senior Center members only.

1200 Raintree Drive, Fort Collins, CO 80526

Larimer County Bar Association

(970) 402-2075

Pro bono clinics. Call for additional information and locations.

Probate, Guardianship and Conservatorship Clinic

(970) 494-3507 / (970) 494-3506

Court personnel available to meet with parties not represented by counsel to discuss probate, guardianship and conservatorship procedure and paperwork. Attorneys are available from 3-4pm in 15 minute intervals on a first-come, first-served basis to discuss simple probate, guardianship and conservatorship questions. Third Tuesday of each month 2-4pm

Larimer County Justice Center, 201 LaPorte Ave., Fort Collins; 2nd Floor - Jury Room A

Medicaid



Medicaid Buy-In Program

Medicaid Buy-In Program for Working Adults with Disabilities

970) 498-6300

Program allows adults with a disability who qualify to “buy-into” Colorado Medicaid. If you work and earn too much to qualify for Colorado Medicaid, you may qualify for this program. If you qualify, you pay a monthly premium which is based on your income. Call for more information.

Long Term Care Medicaid

Includes nursing facility care and Home and Community Based Services (where medical providers come into the home to render the necessary services to keep a disabled individual from being institutionalized in a nursing facility or hospital). To apply for Long Term Care Medicaid, please mark the Medical Assistance box on the application.

Medicaid (continued)

Disability Eligibility:

Individuals under the age of 65, requiring long term care services, must meet the Social Security disability criteria either through Social Security Income (SSI) eligibility or Social Security Disability Income (SSDI) eligibility. If you are under the age of 65 and have not been determined disabled by the Social Security Administration, you must also complete the Medicaid Disability application. For a copy of the application, please call (970) 498-6300.

Income Eligibility:

- The 2017 income limit is \$2,205 per month. For those individuals who are not hospitalized, an income trust can be established if one's gross income exceeds \$2,205 per month. There are limits for the income trust which are dependent on which county the applicant resides.

Only the individual applicant's income is considered in the eligibility determination. The applicant spouse's income is not considered for eligibility.

Resource Eligibility:

- The individual resource limit is \$2,000.
- The couple resource limit is \$4,000 if both members of the marital couple are applying for long term care benefits and they are sharing the same room in a nursing facility or if both are going to receive Home and Community Based Services.
- The couple resource limit is \$3,000 if both members of a marital couple are applying for long term care benefits and are living in separate rooms in a nursing facility.
- The 2017 couple resource limit is \$120,900 if one member of the couple is applying for long term care services and the other spouse is not applying for Medicaid and is not institutionalized.

Level of Care Eligibility:

Options for Long Term Care, the Single Entry Point (SEP) in Larimer County evaluates Medicaid long term care applicants to determine if their medical condition qualifies them to receive long term care services. This approval, in addition to financial approval, is necessary for eligibility.

Additional Eligibility Requirements:

- Applicants of long term care Medicaid cannot transfer assets for less than fair market value within 5 years of the date of application. If any transfers were made the applicant may be ineligible for long term care services for a period of time.
- If the applicant remains living in their principal place of residence then that residence, household goods, furniture, care and an irrevocable burial or funeral plan is exempt. If the applicant is moving to an assisted living/nursing home community and there is no spouse living in the principal place of residence, then that residence is considered an asset.

The following agencies can assist you with questions regarding Medicaid benefits and application process:

For assistance completing a Long Term Care Medicaid application. Appointments are required.
2601 Midpoint Drive, Ste. 112, Fort Collins, CO 80525

Larimer County Department of Human Services

(970) 498-6300

For questions regarding eligibility and the Long Term Care Medicaid application process.
1501 Blue Spruce Drive, Fort Collins, CO 80524

Larimer County Options for Long Term Care

(970) 498-7780

For questions regarding the functional eligibility assessment and Long Term Care Medicaid Home and Community Based Services.
1501 Blue Spruce Drive, Fort Collins, CO 80524

Medical Care



CICP

Colorado Indigent Care Program (CICP) provides discounted health care services to low-income people and families. **CICP is not a health insurance program.** Through this program, discounted health care services are provided by hospitals and clinics that participate in CICP.

You may qualify for CICP if you legally reside in Colorado, meet income (250% FPL) and resource guidelines and are not eligible for Medicaid or CHP+. If you have Medicare or other health insurance you may still qualify for CICP.

Household Size	Maximum Monthly Income (2016)
1	\$2,431
2	\$3,277
3	\$4,122
4	\$4,968

Medical services covered under CICP may be different at each participating hospital or clinic. Services may include: urgent care, inpatient hospital care, primary care and prescription drugs. With CICP, you are responsible for co-payments for the services you receive. Your income and resources determine what you pay. You are responsible for medical care or tests not covered by the CICP provider. You must apply at each location and cannot transfer your CICP from one location to another location. Since CICP is not a health insurance program, it does not satisfy the individual responsibility (mandate) requirement for people to have health insurance. If you only have CICP, you may be charged a penalty for not having health insurance.

Medical Care (continued)

CICP Medical Clinics

Clinics participating in CICP in Larimer County:

Colorado Health Medical Group Urgent Care at Harmony (970) 297-6250
2127 E. Harmony Street, Ste 140, Fort Collins CO 80528

Family Medicine Center (970) 495-7000
1025 Pennock Place Fort Collins, CO 80524 **Call for Appointment: (970) 495-8805**

Fort Collins Salud (970) 494-4040
1635 Blue Spruce Drive Fort Collins, CO 80524

Estes Park Salud (970) 586-9230
1950 Redtail Hawk Drive Estes Park, CO 80517

Milestone Family Medicine (970) 532-4644
549 Mountain Avenue, Berthoud, CO 80513

St. Matthews Medical Clinic - No cost clinic (970) 624-3425
1511 E. 11th Street, Ste. 170, Loveland, CO 80537

Sunrise Loveland Community Health Center (970) 669-4855
Provides services regardless of a patient's ability to pay; assists with screening for publicly funded programs or for private insurance. Offers a sliding fee scale and payment plans. Patient Advocates/Patient Navigators and Pharmacy Assistance Program available to existing patients who need additional help paying for medication.
302 3rd Street, Loveland, CO 80537

Sunrise SummitStone Clinic (970) 494-9789
1250 North Wilson Avenue, Loveland, CO 80537 **Call for Appointment: (970) 352-8898**

Hospitals

Banner Fort Collins Medical Center (970) 821-4000
4700 Lady Moon Drive, Fort Collins, CO 80526

Estes Park Medical Center (970) 586-2317
555 Prospect Avenue, Estes Park, CO 80517

McKee Medical Center (970) 820-4000
2000 Boise Ave Loveland, CO 80538 **Call for Appointment: (970) 820-4127**

Medical Center of the Rockies (970) 624-1200
2500 Rocky Mountain Avenue Loveland, CO 80538 **Call for Appointment: (970) 495-7250**

Poudre Valley Hospital (970) 495-7000
1024 Lemay Avenue, Fort Collins, CO 80524 Call for Appointment: (970) 495-7250

University of Colorado Health Harmony Emergency Room (970) 237-8100
4630 Snow Mesa Dr., Fort Collins, CO 80528

Rehab Hospitals

Northern Colorado Rehabilitation Hospital (970) 619-3400
4401 Union Street, Johnstown, CO 80534

Medical Clinics

Low-cost medical clinics in Larimer County that do not accept CACP:

Christ Clinic (970) 481-2390
Free Clinic Monday from 6:00 to 9:00 pm. Does not provide pain management services
3920 S. Shields Street, Fort Collins, CO 80526

Larimer County Department of Health & Environment
Health Screenings and assessments. Vaccinations including pneumonia and tetanus shots are available.
1525 Blue Spruce Drive, Fort Collins, CO 80524 Fort Collins: (970) 498-6700
205 E. Sixth Street, Loveland, CO 80537 Loveland: (970) 619-4580
1601 Brodie Avenue, Estes Park, CO 80517 Estes Park: (970) 577-2050

Behavioral Health

The following provide inpatient and/or outpatient services that address the needs of older adults with mental health challenges. Services vary by location and may include treatment for depression, delirium, hallucinations, assault behavior, bi-polar disorder, psychosis, suicidal feelings, anxiety, and co-occurring disorders.

Colorado Plains Medical Center (970) 867-3391
Geriatric Behavioral Health Unit Admission: (970) 542-4391
1000 Lincoln Street, Fort Morgan, CO 80701

Clear View Behavioral Health (970) 461-5061
4770 Larimer Parkway, Johnstown, CO 80534

Lutheran Medical Center (303) 467-4000
West Pines Behavioral Health – Senior Behavioral Health Admission: (303) 467-4080
3400 Lutheran Parkway, Wheatridge, CO 80033

The Medical Center of Aurora – North Campus (303) 360-3260
Senior Behavioral Health Program
700 Potomac Street, Aurora, CO 80011

Medical Care (continued)

Mountain Crest Behavioral Health (970) 207-4800
4601 Corbett Drive, Fort Collins, CO 80528

PVH/Emergency Room Crisis Assessment Center (970) 495-8090
24/7 Mental Health and Substance Abuse Evaluations and Referrals

Mountain Crest Outpatient Clinic (970) 207-4857
Full range of behavioral health treatment

Peak View Behavioral Health (719) 444-8484
7353 Sisters Grove, Colorado Springs, CO 80923

Porter Adventist Hospital – Centura Health (303) 765-6969
Geriatric Acute Care Hospitalization
2525 S. Downing Street, Denver, CO 80210

Medical Equipment



There are several medical equipment supply agencies in Larimer County. The following is a list of agencies that provide free and low-cost medical equipment and healthcare supplies.

Christ Center Community Church Outreach Center (970) 223-4442
Medical equipment “loan closet”. Inventory varies, call for availability. Must live within Poudre School District boundaries. Only available Monday through Thursday, 8:30 - 11:15 a.m.
2700 S. Lemay Avenue, Fort Collins, CO 80525

Disabled Resource Services

Durable medical equipment available for a nominal rental fee. Inventory varies based on donations and rentals. Some no-cost rentals are available depending on income and availability.

1017 Robertson, Unit B, Fort Collins, CO 80524 Fort Collins (970) 482-2700
118 E. 29th Street, Ste. C, Loveland, CO 80538 Loveland (970) 667-0816

GoodHealthWill (970) 624-6002

A “thrift store” for low-cost new and used medical equipment and healthcare supplies. Inventory varies based on donations. Donations accepted for all types of working medical equipment.

2003 W. 8th Street, Loveland, CO 80537

Quota Club of Estes Park (970) 586-4353

Loan closet for canes, crutches, walkers, wheelchairs, hospital beds, commodes and bed pans. Must be a resident of or visitor to Estes Park. (719) 337-3318



Medicare is a health insurance program for people 65+, those under age 65 with qualifying disabilities or any individual with end-stage renal disease. You **MUST** apply for Medicare benefits the month before you turn 65. Exceptions may apply as to when to enroll if you have other qualifying healthcare such as health insurance benefits from an employer. If you do not apply or do not have other qualifying health insurance coverage, penalties may apply when/if you do apply for Medicare benefits.

Medicare Supplemental Insurance

There can be gaps in your Original Medicare (Part A and Part B) coverage. Co-payments, coinsurance and deductible are costs that you are often responsible for paying. Medicare Supplemental Insurance serves as an enhancement to Original Medicare by filling in those coverage gaps. These plans may be purchased through private insurance companies and have monthly premiums. The best time to purchase/enroll in a Medicare Supplemental Insurance plan is during the Open Enrollment Period (OEP), which is six months long, beginning on the first day of the month in which you turn age 65. You have a guaranteed issue right to purchase a Medicare Supplemental policy during your OEP period which means, the insurance company may not review your medical history and the potential risk level it may or may not represent if you are in the OEP period. If you purchase a Medicare Supplemental policy after the OEP period, your approval and monthly premium will be subject to your medical history and potential risk level; you may be denied coverage or incur higher plan costs because of health issues.

Medicare Long Term Care Benefits

Medicare **DOES NOT PAY** for the cost of long term nursing home care, assisted living home care, or long term in-home care. Medicare does pay for some short term rehabilitative services under your Part A benefit after a qualifying hospital stay. For a complete list of Medicare benefits visit medicare.gov or call (800) 633-4227.

Medicare Advantage Plans

If you enroll in a Medicare Advantage Plan (sometimes call "Part C" or "HMO plan"), you still have Medicare, but your plan's benefits may differ from Original Medicare. Advantage plans cover all of the Medicare services but for example, your co-pay, coinsurance, and number of rehab days may not be the same as Original Medicare. Medicare Advantage Plans can charge different out-of-pocket costs and have different rules for how you get services, such as when you need a referral to see a specialist, or if you are required to only see "network" doctors, which skilled nursing and rehab facilities are in the plan, or which suppliers you can use that belong to the plan. Medicare Advantage Plans may also offer extra coverage. If you need help determining whether or not an Advantage plan is right for you, please contact the local SHIP office for assistance (Fort Collins 970-495-8560 or Loveland 970-624-1860).

What are the different parts of Medicare?

Medicare Part A (Hospital Insurance)

You usually don't pay a monthly premium for Part A coverage if you or your spouse paid Medicare taxes while working. If you did not pay Medicare taxes, you can buy Part A coverage and pay a monthly premium.

- Inpatient care in hospitals
- Skilled nursing facility care (for rehab services)
- Hospice care
- Home health care

Medicare Part B (Medical Insurance)

In 2016, most people pay the Part B premium of \$104.90 each month. There are indications that this premium will increase in 2017. In addition, if your modified adjusted gross income as reported on your IRS return is above a certain amount, you may pay a higher monthly premium.

- Services from doctors and other health care providers
- Outpatient care
- Home health care
- Durable medical equipment
- Some preventative services

Medicare Part C (Medicare Advantage)

- Managed by Medicare-approved private insurance companies
- Includes all benefits and services covered under Part A and Part B
- Usually includes Medicare prescription drug coverage (Part D) as part of the plan
- May include extra benefits and services for an extra cost

Medicare Part D (Medicare prescription drug coverage)

- Managed by Medicare-approved private insurance companies
- Helps cover the cost of prescription drugs
- May help lower your prescription drug costs and help protect against higher costs in the future

For Medicare information and enrollment assistance, the following agencies can assist with questions and enrollment:

Social Security Administration

(800) 772-1213

To apply for Medicare, contact Social Security three months before you turn 65 years old.

You can also apply for Part A (premium-free) and Part B (for which you pay a monthly premium) at www.socialsecurity.gov/retirement. If you are under 65 and disabled, you'll automatically get Part A and Part B after you receive disability benefits from Social Security for 24 months.

Medicare

(800) 633-4227

If you have questions about Medicare enrollment or benefits contact Medicare directly.

The Seasons Club at McKee Medical Center

(970) 820-4097

If you have questions or need assistance enrolling in Medicare, Medicare Advantage Plans or Medicare Part D prescription plans.

2000 Boise Avenue, Loveland, CO 80538

University of Colorado Health Senior Services/Aspen Club (local SHIP)

If you have questions or need assistance enrolling in Medicare, Medicare Advantage Plans or Medicare Part D prescription plans.

1025 Garfield Street, Ste. A, Fort Collins, CO 80524

Fort Collins (970) 495-8560

2500 Rocky Mountain Avenue, Loveland, CO 80538

Loveland (970) 624-1860

Medicare Quality Improvement Organizations

KEPRO

(844) 430-9504

KEPRO is the Beneficiary and Family Centered Care Quality Improvement Organization working under contract to the Centers for Medicare & Medicaid (CMS) to improve the quality of care for Medicare beneficiaries. Medicare beneficiaries in Colorado who are concerned about the medical care they received from a doctor or hospital can contact KEPRO. KEPRO can provide a free review of your medical record and determine if you received the proper care. This is one of your rights under Medicare. Generally, KEPRO will review the services and care provided the week before your discharge from Medicare services. You have the right to request that they review additional weeks for a more comprehensive review of your records.

Telligen

(720) 554-1695

A quality improvement organization (QIO) who works in collaboration with the Centers for Medicare & Medicaid (CMS) to achieve better care, better health for people and communities, more affordable care through quality improvement. Telligen's focus is at the community level by providing technical assistance and support to healthcare systems to improve quality of care and quality of life of Medicare beneficiaries. Telligen works with Medicare systems but does not work directly with Medicare recipients.

Medicare Part D and Medicare Part C (Medicare Advantage Plans) Enrollment Information

Each year, you have a chance to make changes to your Medicare Advantage or Medicare Part D prescription drug coverage for the following year. It is highly recommend that you review your Medicare Part D plan annually to ensure that you are in the most cost effective plan that meets your needs. Plan guidelines and benefits can change from year to year.

Medicare Part D and Medicare Advantage

Open Enrollment Period: October 15 - December 7

What can I do?

- Enroll in a Medicare Prescription Drug Plan
- Change your Medicare Part D Drug Plan
- Switch between Original Medicare and a Medicare Advantage Plan
- Switch from one Medicare Advantage Plan to another Medicare Advantage Plan
- Drop your Medicare prescription drug coverage completely

Medicare Advantage Disenrollment Period: January 1 - February 14

What can I do?

- If you're in a Medicare Advantage Plan, you can leave your plan and switch to Original Medicare
- If you switch to Original Medicare during this period, you'll have until February 14 to enroll in a Medicare Prescription Drug Plan to add drug coverage

Medicare (continued)

What can't I do?

- Switch from Original Medicare to a Medicare Advantage Plan
- Switch from one Medicare Advantage Plan to another plan
- Switch from one Medicare Prescription Drug Plan to another plan

The following agencies can assist you with questions regarding Medicare Part D benefits and enrollment:

Aspen Club _____ Loveland (970) 624-1860

Fort Collins (970) 495-8560

The Seasons Club at McKee Medical Center _____ (970) 820-4097

Medicare Savings Programs (MSP) Eligibility

- If you are on Medicare Part A, you may be eligible for one of the programs that help pay for your Medicare Part B premium
- If you are eligible for SSI and are entitled to Medicare, you may be eligible for payment of your Medicare Part A premium, Medicare Part B premium and any Medicare coinsurance and deductible

Four Kinds of Medicare Savings Programs

1. Qualified Medicare Beneficiary (QMB) Program
2. Specified Low-Income Medicare Beneficiary (SLMB) Program
3. Qualifying Individual (QI) Program
4. Qualified Disabled and Working Individuals (QDWI) Program

If you have income from working, you may qualify for these four programs even if your income is higher than the income limits listed below.

If you qualify for a QMB, SLMB or QI program, you automatically qualify for Extra Help (Low Income Subsidy - LIS) which provides assistance paying for your prescriptions.

If you do not qualify for a Medicare Savings Plan, you may qualify for Extra Help (Low Income Subsidy) to assist you with the cost of your prescriptions.

<i>Medicare Savings Program</i>	<i>Individual Income Limit</i>	<i>Married Income</i>	<i>Helps Pay For</i>
QMB*	\$1,010	\$1,355	Part A deductible and Part B Premium plus other deductible, and co-payments
SLMB*	\$1,208	\$1,622	Part B Premium Only
QI*	\$1,357	\$1,823	Part B Premium Only
*Assets for all MSP programs in 2016 must be less than:	\$8,780 for an individual		\$13,930 for a couple

Medicare Extra Help for Low Income Persons or Low Income Subsidy (LIS)

For individuals who receive Part D prescription drug coverage and are low-income, there is assistance available for the costs of deductibles and co-pays. This Extra Help is also known as the Low-Income Subsidy (LIS). If you do not qualify for Medicare Savings Plan, you may qualify for Extra Help (LIS) to assist with the cost of your prescriptions.

Who is eligible?

To receive Extra Help, persons must be eligible for Medicare Part D and have income less than 100% of the Federal Poverty Level for a full benefit or less than 150% for a partial benefit.

What are the benefits?

Benefits vary based on the recipient's income and on living situation. In general, Extra Help will pay for a person's monthly drug plan premium if it is an Extra Help approved plan. It will also pay the annual deductible amount (\$320 in 2016), though it will leave \$66 for partial subsidy recipients to pay out of pocket. Extra Help will also cover all drugs in the coverage gap, or doughnut hole, or 85% of drug costs for partial subsidy recipients.

Once recipients have spent \$2,850 in prescription costs, the coverage gap begins; however, individuals who are receiving Extra Help will continue to pay co-payments between \$1.20 and \$6.35. Individuals who receive partial subsidy will pay 15% of the co-pay for the drugs.

Once individuals have received \$6,455 in prescription drug costs, they will enter the catastrophic coverage level. Individuals who are receiving Extra Help (either full or partial subsidy), will pay between \$1.20 to \$6.35 for generics and name brand drugs or 5% of the drug cost, whichever is greater.

Individuals who in addition to Medicare, receive Medicaid, Supplemental Security Income or a Medicare Savings Program (Qualified Medicare Benefit - QMB, Qualified Individual 1- QI1) or auto-enrollees may be asked for documentation verification of lawful presence, income and resources by their county department of social services.

Low Income Subsidy (LIS) - Also known as Extra Help with Medicare Part D

Individual Income & Assets Limit	Couples Income Limit
\$1,485 income \$13,640 assets	\$2,003 income \$27,250 assets

The following agencies can assist you with questions regarding Medicare Part D, Medicare Savings Program and Low Income Subsidy benefits and enrollment:

ADRC Information & Assistance,

Larimer County Office on Aging 

(970) 498-7750

For assistance with the Medicare Savings Program (MSP) application. Appointment required.

Home visits are available for home bound.

2601 Midpoint Drive, Ste. 112, Fort Collins, CO 80525

Larimer County Department of Human Services

(970) 498-6300

For information on Medicare Savings Programs

1501 Blue Spruce Drive, Fort Collins, CO 80524

Medicare (continued)

The Seasons Club at McKee Medical Center

(970) 820-4097

Assists people free of charge regarding Medicare benefits, Medicare Savings Programs and Low Income Subsidy assistance

2000 Boise Avenue, Loveland, CO 80538

University of Colorado Health Senior Services/Aspen Club

The University of Colorado Senior Services/Aspen Club is contracted with the State of Colorado as the Senior Health Insurance Assistance Program (SHIP). They provide assistance free of charge to people about Medicare benefits, Supplemental insurance, Medicare Advantage Plans, Prescription Drug Plans, how Medicare works with employer plans and information on Medicare Savings Programs and Low Income Subsidy assistance.

1025 Garfield Street, Ste. A, Fort Collins, CO 80524

Fort Collins (970) 495-8560

2500 Rocky Mountain Ave., Loveland, CO 80538

Loveland (970) 624-1860

Mental Health Services



See Counseling section on page 15 and Behavioral Health section on page 51.

Colorado Access/Access Behavioral Care (ABC)

(970) 221-8508

ABC is the Behavioral Health Organization (BHO) for Medicaid recipients in Larimer County effective July 1, 2014. They do not provide behavioral health services directly, but work with providers in Larimer County to help individuals get the services they need. Call for information and to be connected to behavioral health services.

Connections

(970) 221-5551

Provides referrals based on insurance. Pro-bono services for ongoing mental health issues and substance abuse are available for the uninsured.

525 W. Oak Street, Fort Collins, CO 80521

Moving Assistance



The following moving companies provide sliding fee scale and some pro-bono services to older and/or disabled adults:

A Good Moving Company

(970) 412-6683

Sliding fee scale available on a case by case basis.

40759 Jade Dr., Ault, CO 80610

Eliminate The Clutter LLC

(970) 481-4805

Assisting seniors in organizing, downsizing, moving, packing and unpacking including new home set up services.

P.O. Box 35 Windsor, CO 80550

Kid Gloves

(970) 449-2309

4821 S. County Road 13, Loveland, CO 80537-8775

Silver Wings

(970) 305-1376

Relocation assistance and professional organizing; downsizing, decluttering, packing, unpacking, personalized organizational solutions, move-in assistance (set-up new living space and box removal), chronic disorganization expertise.

PACE Programs



Program of All-Inclusive Care for the Elderly (PACE) The Programs of All-Inclusive Care for the Elderly (PACE) provides comprehensive medical and social services to certain frail, community-dwelling elderly individuals, most of whom are dually eligible for Medicare and Medicaid benefits. To qualify, you must be 55 years of age or older; meet nursing home level of care; live in the service area of the PACE organization; and be able to live in the community without risking your health or safety.

InnovAge Greater Colorado PACE – North Center (970) 800-5500
1303 E. 11th Street, Loveland, CO 80537 Program Questions & Enrollment (855) 487-6768

Other PACE locations in Colorado:

InnovAge Greater Colorado PACE (888) 992-4464
Adams, Arapahoe, Broomfield, Denver, Jefferson Counties

InnovAge Greater Colorado PACE (719) 553-0400
Pueblo

Rocky Mountain PACE (719) 314-2327
El Paso

Senior CommUnity Care/VOANS PACE (970) 835-8500
Delta

Senior CommUnity Care/VOANS PACE (970) 252-0522
Montrose

Personal Emergency Response Systems



There are several national companies that provide personal emergency response systems. The following is a list of local agencies that have an office in Larimer County. For additional options, see Home Health Care agencies on pages 30-33.

Banner Lifeline (970) 810-4743
1810 N. Boise Ave., Loveland, CO 80538

Caring Solutions (970) 206-9595
601 N. Cleveland Ave, #7023, Loveland, CO 80537

Interim Healthcare of Fort Collins (970) 472-4180
2000 Vermont Drive, Ste.100, Fort Collins, CO 80525

Mountain Home Medical, Inc. (970) 232-3788
6706 N. Franklin Avenue, Loveland, CO 80538

Pet and Animal Assistance Programs



Animal Control/Humane Society of Larimer County

(970) 226-3647

6317 Kyle Avenue, Fort Collins, CO 80525

Elder Pet Care

(970) 493-2657

Veterinary services (low-cost veterinary services for seniors aged 60 and older). Sliding fee scale available based on total household income.

909 N. College Avenue, Fort Collins, CO 80521

Fort Collins Cat Rescue and Spay/Neuter Clinic

(970) 484-1861

Low-cost spay and neuter clinic, financial assistance available, income guidelines apply.

2321 E. Mulberry Street, Unit 1 and 9, Fort Collins, CO 80524

Pets Forever

(970) 491-7984

In-home, non-veterinarian pet care services, dog walking and pet clean-up for low income adults over 60 years of age.

Prevent Unwanted Pets (PUP)

(970) 226-2416

Temporary emergency pet food for those in need. Spay and neuter assistance.

P.O. Box 51, Fort Collins, CO 80522

Prescription Assistance



Crossroads Ministry of Estes Park

(970) 577-0610

Provides access to food pantry, laundry and showers. Transportation, clothing vouchers, as well as emergency vouchers for rent, housing, utility shut-off's, medical bills and prescription medications. Also provides training in money management and energy efficiency for low-income households.

851 Dry Gulch Road, P.O. Box 3616, Estes Park, CO 80517

House of Neighborly Service

Food, emergency shelter, clothing, prescription assistance, utilities, household items and advocacy for residents living within the Thompson R2-J School District.

Community Life Center, 1511 E. 11th Street, Ste. 300, Loveland, CO 80537

(970) 667-4939

531 8th Street, Berthoud, CO 80513

(970) 532-0161

McKee Medical Center Prescription Assistance

(970) 820-4017

Assists low income residents in getting medications for chronic health problems. The program is a service of the McKee Medical Center Foundation and serves clients who live in surrounding areas, use McKee and affiliated physicians, have a valid prescription, are low income.

2000 Boise Avenue, Loveland, CO 80538

Prescription Assistance Program

(970) 416-6519

Health District of Northern Larimer County. Helps clients who are low-income without insurance.

120 Bristlecone Drive, Fort Collins, CO 80524

Sunrise Loveland Community Health Center

(970) 669-4855

Provides services regardless of a patient's ability to pay by screening for eligibility for publicly funded programs or for private insurance, and by offering a sliding fee scale and payment plans. Patient Advocates/Navigators (Pharmacy Assistance Program) are available to assist existing patients who need additional help paying for medications.

302 3rd Street SE, Loveland, CO 80537

Senior Centers



If you meet the income guidelines or receive a state or federal assistance program, you may qualify for reduced fees for classes and services. Call your local Senior Center for more information and to request an application.

Bellvue Senior Center (970) 482-0406

2929 N. County Road 23, Bellvue, CO 80512

Berthoud Community Senior Center (970) 532-2730

248 Welch Avenue, Berthoud, CO 80513

Chilson Senior Center (970) 962-2783

700 E. 4th Street, Loveland, CO 80537

Estes Park Senior Center (970) 586-2996

220 4th Street, Estes Park, CO 80517

Fort Collins Senior Center (970) 221-6644

1200 Raintree Drive, Fort Collins, CO 80526

Wellington Senior Resource Center (970) 817-2293

3800 Wilson Avenue, Wellington, CO 80549

Senior Clubs/Organizations



AARP National (888) 687-2277

American Association of Retired Persons _____ Colorado (866) 554-5376

303 E. 17th Avenue, Ste. 510, Denver, CO 80203

Los Ancianos Unidos (970) 221-6256

Northside Aztlan Community Center

112 E. Willow Street, Fort Collins, CO 80524

OGLBT (970) 224-6029

Older Gay Lesbian Bisexual Transgender

Fort Collins Senior Center -- 1200 Raintree Drive, Fort Collins, CO 80526

The Seasons Club at McKee Medical Center (970) 820-4097

Programs designed for adults 50+ to enhance quality of life through health promotion, education and recreation

2000 Boise Avenue, Loveland, CO 80538

University of Colorado Health Senior Services/Aspen Club

Provides health education, screenings, hospital discounts and social opportunities to residents ages 50+ throughout northern Colorado

1025 Garfield Street, Ste. A, Fort Collins, CO 80524 _____ Fort Collins (970) 495-8560

2500 Rocky Mountain Avenue, Loveland, CO 80538 _____ Loveland (970) 624-1860

Social Security



Social Security Administration

Social security benefits, Supplemental Security Income
301 S. Howes Street, 4th Floor, Fort Collins, CO 80521

National (800) 772-1213

Local (866) 336-7385

Support Organizations and Groups



Alcoholics Anonymous (AA)

Northern Colorado Intergroup, Inc
Support groups and information regarding AA groups
155 N. College Avenue, #114, Fort Collins, CO 80524

Fort Collins (970) 224-3552

Estes Park (970) 586-2471

ALS Association (Amyotrophic Lateral Sclerosis)

10855 Dover Street, Ste. 500, Westminster, CO 80021

Support groups - Northern Colorado Rehabilitation Hospital

(303) 832-2322

(866) 257-3211

(970) 619-3400

Alzheimer's Association

Support for individuals and their caregivers dealing with Alzheimer's disease or other types of dementia. Access to information, support groups, education, message boards and care consultations.

415 Peterson Street, Fort Collins, CO 80524

Support groups

(970) 472-9798

(970) 472-9798

American Cancer Society

8221 W. 20th Street, Ste. A, Greeley, CO 80634

Support groups

McKee Cancer Center (970) 820-4129

University of Colorado Health (970) 495-8383

Cancer Support Services (970) 297-6165

(970) 356-9727

American Diabetes Association

2460 W. 26th Avenue, Ste. 500C, 5th Floor, Denver, CO 80211

Diabetes management class

University of Colorado Health (970) 495-8205

(888) 342-2383

(720) 855-1102

American Heart Association/American Stroke Association

1777 S. Harrison Street, Ste. 500, Denver, CO 80210

(303) 801-4630

American Lung Association

5600 Greenwood Plaza Blvd., Ste. 100, Greenwood Village, CO 80111

(303) 388-4327

The ARC of Larimer County

Promotes and protects the civil rights of people with intellectual and developmental disabilities through individual and systemic advocacy and education fostering an inclusive community that embraces people throughout their lifetime to be included in every aspect of community life. No cost advocacy, resources, workshops and community outreach provided.

1721 W. Harmony Rd. Unit 101, Fort Collins, CO 80526

(970) 204-6991

Arthritis Foundation (303) 756-8622

2280 S. Albion, Denver, CO 80222

Support groups (meets quarterly) _____ Aspen Club (970) 495-8560

Brain Injury Alliance of Colorado (BIAC) (303) 355-9969

1325 S. Colorado Blvd., Ste. 300, Denver, CO 80222

Support groups _____ Elderhaus Brain Benders (970) 223-6083

The Center for Family Outreach (970) 495-0084

The Center has various support groups throughout the calendar year for parents and grandparents raising adolescents. Child care is provided as long as advanced notice is given. The groups are offered in both English and Spanish.

1100 Poudre River Drive, Ste. B, Fort Collins, CO 80524

Grand Family Coalition (970) 699-2837

Social support for grandparents and kin raising kin; social events, daytime social groups and educational support tools.

Guardianship Alliance of Colorado (303) 228-5382

Provides information and referral for guardianship and conservatorships, advance directives and proxy decision-makers

801 Yosemite Street, Denver, CO 80230

Huntington's Disease - Rocky Mountain Chapter (303) 837-9937

Provides information regarding HDSA, resources and local chapter events.

Website: hdsa.org/com.

Support groups _____ (303) 321-5503

Lewy Body Dementia (LBD) (970) 219-0898

Medical Center of the Rockies

2500 Rocky Mountain Avenue, Loveland, CO 80538

Support groups _____ (970) 282-7183

Namaqua Center LCOA (970) 494-4231

SummitStone Health Partners

Support for the health and well-being of grandfamilies.

125 Crestridge St., CO 80538

Support groups _____ (970) 494-4231

National Alliance on Mental Illness (NAMI) (970) 494-4359

SummitStone Health Partners

P.O. Box 2926, Loveland, CO 80539

24/7/365 Crisis Services Walk-in Clinic _____ (970) 494-4200

1217 Riverside Avenue, Fort Collins, CO 80524

National Kidney Foundation (720) 748-9991

1391 Speer Blvd #250, Denver, CO 80204

National Multiple Sclerosis Society (970) 482-5016

1525 Riverside Avenue, Ste. A, Fort Collins, CO 80524

Support Organizations and Groups (continued)

National Osteoporosis Foundation (800) 231-4222

Northern Colorado AIDS Project (NCAP) (970) 484-4469

400 Remington Street, Ste. 100, Fort Collins, CO 80524

Parkinson's Association of the Rockies (303) 830-1839

1325 S. Colorado Blvd., Ste. 204B, Denver, CO 80222

Support groups _____ (303) 830-1839

PSP/CBD/MSA and Related Neurodegenerative Movement Diseases (970) 391-8898

P.O. Box 145, Berthoud, CO 80513

Support groups _____ Northern Colorado Rehabilitation Hospital (970) 391-8898

Rocky Mountain Stroke Center (303) 730-8800

5666 S. Bannock Street, Littleton, CO 80120

Support groups _____ Northern Colorado Rehab Hospital (970) 619-3400

Additional Support Groups

Fronto Temporal Dementia Peer Group _____ Elderhaus (970) 221-0406

Life Transitions _____ Elderhaus (970) 223-6083

Caregiver Support Group _____ Stepping Stones (970) 820-6871

Dementia Care Partners Support Group _____ Timberline Church (970) 213-4548

Memory Cafes _____ Timberline Church (970) 213-4548

Caregiver Support Group _____ Estes Park Good Samaritan Village (970) 586-2273

Tax Assistance



Income Tax Assistance

AARP (970) 674-3500

Help with individual tax returns - January - April 15th annually.

For more information go to www.aarp.org/taxaid _____ (888) 687-2277

Internal Revenue Service (800) 829-1040

Information Only

Volunteer Income Tax Assistance (Colorado VITA) 2-1-1

United Way 211

No cost assistance for low-income individuals who need help preparing their tax returns

January - April 15th annually

Property Tax Deferral Programs

Colorado Property Tax Deferral Program

(970) 498-7020

Larimer County Treasurer's Office

Helps seniors continue to afford to live in their home by deferring the payment of their property taxes. The loan from the State of Colorado becomes due and payable (with interest) only upon the death of the taxpayer, when the property is sold, if the applicant is no longer eligible, or when the property is no longer occupied. Surviving spouses may continue property tax deferral if they are 60 or older when the circumstance occurs, and they meet the other requirements. Interest on a loan for property tax deferral shall accrue at the rate of the most recently issued ten-year United States treasury note.

Eligibility requirements:

- Applicant must be 65 years or older
- All prior years' property taxes must be paid
- Applicant must own and occupy the property as their primary residence
- The total value of all liens of mortgages and deeds of trust on the property, is less than or equal to seventy-five percent of the actual value of the property, as determined by the county assessor
- Those who qualify must file an application with their respective county treasurer between January 1 and April 1 of each year

Property Tax Exemption

Senior Homestead Exemption

(970) 498-7050

Larimer County Assessor's Office

Qualifying Larimer County seniors are eligible for a tax exemption on 50 percent of the first \$200,000 in value of their primary residence. New applications must be submitted to the county assessor by July 15.

- Applicant must be 65 years or older
- The home must be the applicants primary residence for the past 10 years as of January 1 of the year applying

Rebate Programs

City of Fort Collins Rebate Program

(970) 416-2304

This program rebates a portion of the City sales tax paid on food to anyone meeting income and residency requirements. In addition, rebates of a portion of City utility charges and the City property tax (or rent) are available to seniors (age 65+) and people with disabilities who meet income and residency requirements. Applications are accepted August 1 through October 31.

215 N. Mason Street, 2nd Floor, P.O. Box 580, Fort Collins, CO 80522

City of Loveland Food, Utility and Sales Tax Rebate Programs

(970) 962-2361

This program issues food sales tax rebates to individuals and families who qualify according to HUD income guidelines. Rebate amounts are based on an estimate according to family size and income level. Applications are accepted from April 4 through May 31.

1511 E. 11th Street, Ste. 100, Loveland, CO 80537

Tax Assistance (continued)

Colorado Property Tax/Rent/Heat Rebate Program **(303) 238-7378**

Colorado residents who are at least 65 years old (or a surviving spouse at least 58 years of age) or disabled for all of the applicable year and meet income requirements may be eligible for the Property Tax/Rent/Heat/Rebates. Individuals may apply for the rebate for up to two years after the subject year (so individuals can apply for the 2014 benefit until December 31, 2016, and 2015 until the end of 2017). The income requirements change every year. The 2014 income limit is \$12,720 (\$17,146 for a couple). The 2015 income limit is \$12,953 (\$17,460 for a couple). To receive the rebate, individuals must have paid property taxes, rent, or heating bills (with documentation). The actual amount rebated to applicants will vary based on income and heating expenses, up to a maximum rebate of \$792 per year. Applications at www.colorado.gov.

3030 S. College Avenue, Fort Collins, CO 80525

Town of Estes Park Food Tax Refund Program **(970) 586-5331**

This program issues food sales tax rebates to individuals and families who qualify according to HUD income guidelines. Rebate amounts are based on an estimate according to family size and income level. Applications are accepted by May 29. Applications on estes.org/finance website. Applicants must meet residency requirement by residing within the boundaries of Estes Park Valley.

P.O. Box 1200, Estes Park, CO 80517

Property Tax Work-Off Programs

Larimer County Senior Tax Work-Off Program **LCOA** **(970) 498-7750**

Larimer County Office on Aging (Area Agency on Aging)

This program allows people age 60 and over the opportunity to work off up to \$400 of the Larimer County portion of their property tax bill. Gross monthly household income must be at or below \$1,980 (for 1 person) and \$2,670 (for 2 people). Qualified taxpayers are placed in jobs in various Larimer County departments. Applications are only accepted at the beginning of February.

Poudre School District/Senior Tax Work-Off Program **(970) 490-3517**

This program is for people age 60 and older who live in the Poudre School District. Participants work in the schools and are paid minimum wage, up to 80 hours for a maximum of \$480. School closed mid-June through mid-August.

Thompson R2J School District/Senior Tax Work-Off Program **(970) 613-5072**

This program is for people age 62 and older and live in the Thompson School District. Participants work in the school for a maximum of 30 hours at minimum wage. Applications are only taken in the Fall (call for date applications taken).

Therapy Services



Covell Care & Rehabilitation, LLC **(970) 204-4331**

Provides occupational, physical, speech, massage and additional services such as geriatric care management, senior fitness, incontinence treatment, dementia/cognitive testing and driving retirement programming. Home safety and adaptive equipment evaluations also available.

2350 Limon Drive, Fort Collins, CO 80525

Individually designed therapy services for adults in their home, our office or out in the community. Specializing in Parkinson's specific therapy techniques and services for adults with Parkinson's disease.

1015 W. Horsetooth Road, Suite 210, Fort Collins, CO 80526

Telephone Services

You may be eligible for a free cell phone if you are receiving benefits from any of the following public assistance programs: Medicaid, Food Stamps, Section 8 Housing, SSI, LEAP, TANF, OAP, AB, or AND. You may also qualify if your total household income is at or below 135% of the Federal Poverty Guidelines. 2016 guidelines: \$16,038 annual gross income, or \$1337 monthly gross income for a single person. The following is a list of Lifeline Assistance free government cell phones in Colorado. The plans may vary by carrier, call for more information.

Wireless (Cell Phone) Providers

Access Wireless	(888) 900-5899	Q Link Wireless	(855) 754-6543
American Assistance	(866) 966-2628	Standup Wireless	(800) 544-4441
Assurance Wireless	(888) 898-4888	Tag Mobile	(866) 959-4918
Blue Jay Wireless	(855) 425-8529	Tempo Communications	(877) 822-8501
Budget Mobile	(888) 777-4007	Terracom Wireless	(877) 351-4747
Life Wireless	(888) 543-3620	Total Call Mobile	(800) 550-5265

For hearing impaired Telephone options, please see pg. 29

For more information and additional options, please visit the following websites:

<http://www.phone-bill-assistance.com/lifeline/CO>

<http://www.freegovernmentcellphones.net/states>

Transportation

The following listings include the public transportation options that are available in Larimer County. Para-transit services are indicated next to the listing and are for people with a physical or cognitive disability who are unable to access public transportation options such as fixed bus route services. Para-transit services can accommodate wheelchairs and is a door-to-door service. Riders will need to complete an application that requires information about their disability and the signature of their primary care physician. Please call for more information about the application process.

BATS (Para-transit) LCOA

(970) 532-3049

Berthoud Area Transportation Service

Serves the residents of Berthoud with door to door transportation. Operates Monday through Friday 8:00 a.m. to 4:00 p.m., includes weekly trips to Loveland and Longmont.

328 Massachusetts Avenue, Berthoud, CO 80513

Transportation (continued)

Bustang

(800) 900-3011

Colorado Department of Transportation

Connects commuters and travelers to and from Denver. Bus leaves from downtown transit Center: 250 No. Mason, Fort Collins and connects to the Harmony Transfer Center, Loveland-Greeley Park & Ride, Union Station and Denver Bus Center. Website: <http://www.ridebustang.com/north-line>

COLT (Para-transit)

(970) 962-2700

Door-to-door para-transit service for disabled individuals or those 60 years of age or older who cannot access fixed route bus service. Services limited to Loveland, Monday through Saturday. Reservations are required.

Dial-A-Ride (Para-transit)

(970) 224-6066

Door-to-door para-transit service for individuals who cannot use Transfort due to a disability. Services are limited to Fort Collins and are available for individuals who live within 3/4 mile of fixed Transfort routes in Fort Collins. Application for services and advance reservations are required.

4414 E. Harmony Road, Ste. 200, Fort Collins, CO 80528

Dial-A-Taxi (Para-transit ONLY)

(970) 224-6066

Door-to-door para-transit service for Dial-A-Ride riders to be used for subsidized taxi trips. Trip MUST begin within the Dial-A-Ride service area and riders will be transported to a door-to-door destination. This is a voucher program, passenger pays \$2.50 per one way trip, plus any fares for trips that cost over \$20. Transfort covers \$17.50 of any trip. Fees are paid directly to the driver and a 24-hour advance reservation is required.

DAV Van Transportation

(970) 484-1795

Disabled American Veterans

Van service to Cheyenne and Denver VA Medical Centers. Not wheelchair accessible. Call for a reservation.

605 S. Shields, Fort Collins, CO 80521

FLEX (Para-transit)

Transportation from Fort Collins South Transit Center to Coffman & 8th Street in Longmont with stops along the way in Loveland and Berthoud. **Call COLT or Transfort for more information.**

MAX Bus Rapid Transit (Para-transit)

(970) 221-6620

Service runs Monday through Saturday and follows a dedicated route that runs parallel to the BNSF Railway between the South Transit Center (south of Harmony Road) and Downtown. It is served by 12 stations and stops. All buses are wheelchair accessible.

RAFT (Para-transit) LCOA

(970) 532-0808

Rural Alternatives for Transportation

Transportation provided by volunteer drivers for adults 60 and older and adults with disabilities that prevent them from driving. Trips are provided into Berthoud, Loveland, Longmont and adjacent areas. Services provided to residents living within the Berthoud Fire Protection District. Reservations are required three days in advance. Wheelchair accessible services are available. Riders in manual chairs must have personal attendant. Hours of operation: M-F 8am to 4pm

248 Welch Avenue, P.O. Box 1074, Berthoud, CO 80513

Senior Alternatives in Transportation

Transportation provided by volunteer drivers for adults 60 and older and adults with disabilities. No transportation provided between Loveland and Fort Collins or outside the city limits. Hours of operation are 8:15 a.m. to 4:00 p.m., Monday through Friday, reservations required. This service cannot transport wheelchairs or scooters.

333 W. Drake Road, Ste. 42, Fort Collins, CO 80526

Fort Collins (970) 223-8645

Loveland (970) 223-8653

Total Transit (Para-transit)

(855) 264-6368

State contracted Medicaid transportation provider for non-emergency medical transportation services for Medicaid eligible consumers who require transportation to a Medicaid funded medical appointment. To determine whether this service is available to you, visit website: medicaidco.com

Transfort (Para-transit)

(970) 221-6620

Fort Collins public bus system with over 20 fixed routes throughout Fort Collins. Some routes connect to the MAX Bus Rapid Transit system. Call for schedule and fares.

250 N. Mason, Fort Collins, CO 80524

Via Mobility Services (Para-transit) LCOA

(888) 647-9768

Service available to older adults, adults with disabilities and the general public within Estes Park. Trips provided for any purpose including: shopping, outings, medical appointments, employment and recreation. This is a shared para-transit ride service and schedules change daily based on where riders need to go. Reservations required in advance. Monday-Friday 8-5.

2855 N. 63rd Street, Boulder, CO 80301

Wellington Senior Resource Center (Para-transit) LCOA

(970) 817-2293

Transportation for Wellington residents age 60 and over. Service area is limited. Reservations are required.

3800 Wilson Avenue, Wellington, CO 80549



Cheyenne VA Medical Center**(307) 778-7550**

Provides health care services to veterans in southeastern Wyoming, northern Colorado and western Nebraska.

2360 E. Pershing Blvd., Cheyenne, WY 82001

Colorado Division of Veteran's Affairs**(303) 284-6077**

Assists veterans, their dependents and survivors in obtaining their state and federal benefits.

Lakewood (303) 914-5832

1355 S. Colorado Blvd. Ste. 113, Denver, CO 80222

DAV Van Transportation**(970) 484-1795****Disabled American Veterans**

Van service to Cheyenne and Denver VA Medical Centers. No wheelchair access. Call for a reservation.

605 S. Shields, Fort Collins, CO 80521

Healing Warriors**(970) 776-8387**

A nonprofit organization offering clinic services to service members and their families for pain and PTS symptoms. Their mission is to advance individual wellbeing for Veterans and their families through evidence-based complementary care services and education.

1136 E. Stuart, Building 4, Ste. 202, Fort Collins, CO 80525

Jobs for Veterans Programs**(970) 498-6099**

A state grant funded program that provides intensive job search assistance for veterans with significant barriers to securing and maintaining employment.

200 W. Oak Street, 5th Floor, Fort Collins, CO 80525

418 E. 4th Street, Loveland, CO 80537

Justice for Veterans/Veteran Treatment Court**(307) 777-6885**

Assistance with benefits and claims for veterans and their families.

200 W. Oak Street, 5th Floor, Fort Collins, CO 80521

Larimer County Veterans Services**(970) 498-7394**

Provides services to veterans and their families and assistance with; filing for and obtaining benefits, claim counseling, help submitting claims and representation regarding issues with claims. Provides advocacy for veterans, their families and survivors.

200 W. Oak Street, 5th Floor, Fort Collins, CO 80521

Larimer County Workforce Center**(970) 498-6656**

Colorado Department of Labor & Employment for veterans.

200 W. Oak Street, 5th Floor, Fort Collins, CO 80521

National Caregiver Support Line**(855) 260-3274**

Resource and referral center to assist caregivers, veterans and individuals seeking caregiver information.

Operation Salute at Elderhaus**(970) 221-0406**

VA contracted day program services.

6813 S. College Avenue, Fort Collins, CO 80526**Operation Traumatic Brain Injury Freedom****(855) 355-6824**

Assists active duty and veterans with traumatic brain injuries (TBIs).

Support Services for Veteran Families (SSVF)**(970) 472-9630****Volunteers of America**

Housing counseling, short-term case management, temporary financial assistance to prevent or resolve homelessness. This program is for low income veterans who are eligible for VA Health Administration Benefits, have been homeless within the last 90 days, scheduled to enter permanent housing within 90 days, or are at immediate risk of becoming homeless with eviction pending.

405 Canyon Avenue, Fort Collins, CO 80521**VA Community Clinic****(970) 224-1550**

Outpatient clinic managed from the Cheyenne VA Medical Center. Services include: primary care, mental health, counseling, audiology, nutrition counseling and lab services. Appointment required.

2509 Research Blvd., Fort Collins, CO 80526**Vet Center****(970) 221-5176**

Counseling for veterans including: readjustment counseling for combat theater veterans; military sexual trauma and bereavement counseling for active duty veterans and family members; alcohol and drug referrals; information and referral; PTSD assessment and counseling.

702 W. Drake, Building C, Fort Collins, CO 80526**Veterans Crisis Line****(800) 273-8255**

Free, confidential support for veterans in crisis and their families and friends.

(Press 1)

Vision

**Audio Information Network of Colorado****(877) 443-2001 or (303) 786-7777**

Provides free audio services that help blind, visually impaired, and print-disabled individuals maintain independence and stay connected to their community. Access to nearly 100 Colorado newspapers, grocery/discount ads, magazines, and other local publications. Volunteers read and record in English and Spanish. Options include pre-tuned digital receivers, telephone or the internet. Available 24/7.

1700 S. 55th Street, Ste. A, Boulder, CO 80301**Choice Magazine Listening****(888) 724-6423**

A free audio magazine for adults with impaired vision or other disability.

Colorado Talking Books Library**(800) 685-2136**

Postage-free recorded, Braille and large print library materials to eligible readers in Colorado.

180 Sheridan Blvd., Denver, CO 80226

Vision (continued)

Disabled Resource Services - Vision Matters After 55 **LCOA** **(970) 581-5695**

Services provided to low-vision/blind seniors, age 55 and older. Includes accessing vision-related services/resources, home assessments, adaptive tools/assistive technology, support groups, education and social/recreational opportunities.

Individualized assistance and services delivered at no charge to meet specific vision-related needs (i.e., coping, skills training, peer support and aid to families).

1017 Robertson, Unit B, Fort Collins, CO 80524

Enight Skills Center, Inc. **LCOA** **(970) 407-9999**

Visual rehabilitation programs and low vision evaluations for all ages.

Scholarships are available qualified persons.

1740 So. College Avenue, Fort Collins, CO 80525

Eye Care America **(877) 887-6327**

Free comprehensive eye exam and follow-up care for applicants 65 or older who have not had an eye exam within the last three years. This service is not available for anyone covered under an HMO or who has eye care benefits through the VA.

P.O. Box 429098, San Francisco, CA 94142

Lions Club of Fort Collins **(970) 377-2282**

Eye exams and new eyeglasses for low-income residents of all ages. If you need help, please call and leave your name and phone number. Interviews are held the third Thursday of each month by appointment only at First United Methodist Church, located at the corner of Stover and Elizabeth in Fort Collins.

Lions Club of Loveland **(970) 622-0289**

Eyeglasses and/or eye exams for low-income Loveland residents (one year minimum residency).

Call for an application to be mailed to you, or pick up an application at:

House of Neighborly Services, 1511 E. 11th Street, Ste. 300, Loveland, CO 80537

Volunteer Opportunities



Volunteers of America **(970) 472-9630**

RSVP (Retired and Senior Volunteer Program)

Community members age 55+ are matched with volunteer opportunities with local non-profits.

405 Canyon Avenue, Fort Collins, CO 80521



The following is a list of wellness classes and agencies that provide a variety of health and wellness classes, screenings and education for older adults in Larimer County.

A Matter of Balance

Program emphasizes practical strategies to reduce fear of falling and increase activity levels.

Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors and exercise to increase strength and balance.

Consists of eight 2-hour classes.

Aspen Club (970) 495-8560

Seasons Club (970) 820-4097

Am I Hungry? Mindful Eating Program

(970) 495-8560

University of Colorado Health/Aspen Club

Learn to be in charge of your eating instead of feeling out of control. Practice letting go of guilt from overeating, and learn to eat foods you love without overeating. An 8-week program, 1.5 hours per week. Call the Aspen Club to register. For questions, contact 495-7523

1025 Garfield Street, Fort Collins, CO 80524

Enhance Wellness

(970) 495-7335

University of Colorado Health

A 6-month program of wellness support including personal coaching, nutrition counseling, and a 90 day supervised fitness program, wellness classes and a counselor to help with mind-body connections. Cost is \$125 for the 6 month program. Call for more information.

1025 Pennock Place, Suite 107, Fort Collins, Co 80524

Enight Skills Center - Matter of Balance for Low Vision LCOA

(970) 407-9999

An adapted Matter of Balance Program for the visually impaired that allow's participants with vision loss to use modified materials and exercises to make learning easier. Large print materials and assistance with exercises are provided.

Living Well with Chronic Conditions LCOA

(970) 495-7509

University of Colorado Health

A 6-week program, 2 1/2 hours per week, empowers people to better cope with your symptoms, communicate with health care providers, eat well and exercise more. Living Well with Chronic Conditions, Living Well with Diabetes and Living Well with Chronic Pain.

Moving for Better Balance

(970) 820-4097

Moving for Better Balance is an evidence-based program shown to improve balance with regular practice of Tai Ji Quan forms (movements).

N' Balance LCOA

An evidence-based strength training program and exercise class that focuses on re-training and strengthening your body to give you better balance. The class meets for 6 or 8 weeks, twice a week. This is a great continuation to A Matter of Balance and allows you to maintain better balance through a stronger body.

Call for class times and registration information _____

Estes Park Senior Center (970) 586-2996

Fort Collins Senior Center (970) 221-6644

Wellness Classes (continued)

Powerful Tools for Caregivers LCOA

(970) 498-7750

Program is designed to help the caregiver take care of themselves while caring for a relative or friend. Family caregivers learn tools to increase self-care and confidence. The program consists of six classes. Call for locations or more information on classes.

Stepping On Fall Prevention Workshop

(970) 495-7502

University of Colorado Health

A 7-week class that helps older adults reduce their fall risk and maintain their independence. Includes a review of safe footwear, home modification and sleep. Class includes balance and strengthening exercises and presentation by a pharmacist, vision expert, community mobility expert and a physical therapist. Classes are held in both Loveland and Fort Collin. Call for information. Cost is \$10.

For additional health and wellness classes, contact the following:

Chilson Senior Center

(970) 962-2783

A variety of classes, activities and programs for older adults including health, wellness and fitness classes. Call for a list of current classes and times.

700 E. 4th Street, Loveland, CO 80537

City of Fort Collins Health & Wellness Programs

(970) 221-6644

A partnership of UCHHealth, Columbine Health Care and the City of Fort Collins, classes are offered at the Fort Collins Senior Center that address health and wellness. The classes generally fit into three broad categories that meet the needs and interests of members of the Fort Collins Senior Center and the local community and include: Health Awareness, Lifestyle Management and Wellness & Education. Call for a list classes and times.

1200 Raintree Drive, Fort Collins, CO 80526

The Seasons Club at McKee Medical Center

(970) 810-6633 or (970) 810-4097

Health and wellness screenings that focus on prevention are provided to identify health risks and establish baselines for regular health monitoring. A Matter of Balance, Heartsave CPR, AARP Driver Safety and Diabetes. Call for a list of current classes and times.

2000 Boise Avenue, Loveland, CO 80538

University of Colorado Health Senior Services/Aspen Club

A variety of health and wellness classes that address fall risk, wellness information and health screening for residents 50 plus. Call for a list of classes and more information.

1025 Garfield, Ste. A, Fort Collins, CO 80524

Fort Collins (970) 495-8560

2500 Rocky Mountain Ave., Loveland, CO 80538

Loveland (970) 624-1860

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Larimer County Office on Aging

Call for Information or Assistance
(970) 498-7750

The Larimer County Office on Aging (LCOA) has a dedicated staff that provide direct services, manage programs, oversee the funded community partners, and provide leadership in the planning and coordination of services for older and disabled adults in Larimer County.

Office on Aging Staff

Lynda Meyer
Program Manager

Monica Becker
Ombudsman

Tina Corrigan-Hugo
Department Specialist

Amber Franzel
Ombudsman

Katy Mason
Program Coordinator

Lynette McGowan
Program Coordinator
Family Caregiver Support

Stephanie Morris
Program Coordinator
Quality and Assurance

Eliza Piesman
Case Manager
ADRC Information & Assistance

Linda Rumney
Program Coordinator Lead
ADRC Options Counseling

Wendy Schleppy
Case Manager
ADRC Information & Assistance

Carol Seest
Case Manager
ADRC Benefits Counseling

Office on Aging Advisory Council

The LCOA has an advisory council comprised of twenty community members and representatives of community organizations who help to enhance the leadership role of the LCOA. The council provides advisory functions to further the LCOA's mission of developing and coordinating community-based services for older adults in Larimer County.

Jay Adams

Judy Jones

Crystal Bloemen

Ken Lamport

Elaine Boni

Roy Lilley

David Born

Ellen Pihlstrom

Sharon Courtney

Mary Shultz

Myles Crane

Briauna Souders

Helen Davis

Katie Stieber

Bonnie Glass

Sharon Zamora

Robin Depperschmidt-Williams



**For additional copies of the
Answers on Aging resource
guide please contact:**

Larimer County Office on Aging
2601 Midpoint Drive, Suite 112
Fort Collins, CO 80525

970.498.7750
larimer.org/seniors



OFFICE ON AGING



Do you need help finding resources and services for older adults & adults with disabilities in Larimer County?

Information & Assistance

For aging and disability resources

Options Counseling

Help connecting older adults, their family members,
and adults with disabilities to programs and resources

Benefits Counseling

Help with long term care medicaid & medicare
savings program applications

Family Caregiver Support

Support and connections for family caregivers

Long Term Care Ombudsman

Advocates for residents in assisted living and
nursing home communities

**Area Agency on Aging (AAA) and Aging and
Disability Resource Center: 970-498-7750**