

ANSWERS ON AGING

2018 – 2019
RESOURCE GUIDE

IMPORTANT INFORMATION ON:

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





2018 – 2019 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 adults and adults living with disabilities, family caregivers, community members and service providers in Larimer County.

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Please contact us to list or update your business or organization in the Resource Guide.

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

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

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.

Answers on Aging

Resource Guide 2018-2019

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 living 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, 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**

A Little R and R Home Care

Aging Clinic of the Rockies at CSU

Berthoud Area Transportation Services (BATS)

BrightStar Care

Colorado Legal Services

Disabled Resource Services

Elderhaus Adult Day Program, Inc.

Ensign Skills Center

Estes Park Home Care

Estes Valley Recreation and Park District - Community Center

First Light Home Care

Good Samaritan Society Services at Home

Health District of Northern Larimer County

Heart & Soul Paratransit

Homewatch Caregivers, Inc.

Innovage Home Care North

Lutheran Family Services

Meals on Wheels of Loveland and Berthoud

Namaqua Center

(SummitStone Health Partners)

Right At Home

Rural Alternative for Transportation (RAFT)

Senior Alternatives in Transportation (SAINT)

Senior Helpers

Seniors Helping Seniors of Northern Colorado

Stepping Stones Adult Day Program

UCHealth (PVH & MCR)

VIA Mobility Services

Volunteers of America

Wellington Senior Center



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 best services to our seniors

Thank you for reading the 2018-19 *Answers on Aging Resource Guide* from the Larimer County Office on Aging. The guide is the go-to place to find services and resources for seniors, disabled adults, caregivers, and families of seniors.

It's easy to get to --- no matter where you are you can always find the Answers on Aging Guide online at www.larimer.org/seniors. The guide contains services, resources and contact information on a large number of topics. The Senior Tax Work-Off Program, In-Home Services Voucher Program, Chore Voucher Program, and Family Caregiver Support are just a few examples of what's inside the guide.

Seniors are a large and important part of Larimer County's population, and the Larimer County Office on Aging is proud to be the main organization that provides and connects residents 60 years and older in Larimer County with resources and services. We strive to help those that are physically or economically disadvantaged.

We hope you find the information in the *Answers on Aging Resource Guide* valuable and thank you for giving us the opportunity to serve you. If you need assistance or more information, contact the Larimer County Office on Aging at **970-498-7750**.

The Board of Larimer County Commissioners:

Commissioner Lew Gaiter III
 District I

Commissioner Steve Johnson
 Chair, District II

Commissioner Tom Donnelly
 Chair Pro-Tem, District III

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Access to Services

No Wrong Door Pilot Project

(970) 498-7750

Larimer County Department of Human Services

1501 Blue Spruce Drive, Fort Collins, CO 80524

Larimer County Department of Human Services was awarded one of the four regional pilot site implementation grants for No Wrong Door in Colorado. The project is a joint effort of the Colorado Department of Health Care Policy & Financing, Office of Community Living; Colorado Department of Human Services, State Unit on Aging; Colorado Department of Labor and Employment, Division of Vocational Rehabilitation. The purpose of the three-year No Wrong Door (NWD) implementation grant, secured with funding from the federal Administration on Community Living (ACL) is to develop a model for implementing NWD statewide to address many of the major challenges experienced by Long-term Care Services and Supports (LTSS) consumers.

The purpose of this project is:

To streamline access to long term services and supports and identify the barriers that currently impact consumers trying to access services. As part of this project, the Larimer County Department of Human Services, (Office on Aging/ADRC, Options for Long Term Care and Long Term Care Financial) are working in collaboration with the following key community partners: Foothills Gateway, Inc., Disabled Resource Services, and SummitStone Health Partners.

We hope that you find this resource guide helpful. If you need assistance finding long term services and supports to meet your specific needs, please do not hesitate to contact us for personalized assistance: **(970) 498-7750 or adrc@larimer.com**

For additional resources, please visit our website at: **lcoa.networkofcare.org**

Adult Day Programs

Assisted Living homes may also provide day programs based on availability. See page 44 for listing.

Easter Seals Colorado WINGS

(970) 669-2777

Provides services in a day program setting to support adults with intellectual and physical disabilities. WINGS is open M-F 9am to 3:30pm. Transportation is provided. Medicaid and private pay accepted.

1670 Topaz Drive, Loveland, CO 80537

Elderhaus Adult Day Program, Inc.

(970) 221-0406

Specialized community based adult day program for people 18+ with special needs such as dementia (Alzheimer's, frontotemporal, etc.) post stroke, memory loss and cognitive decline. Occupational and speech therapy on site, support provided for caregivers, transportation available. Accepts Medicaid, VA, long term care insurance. Sliding fee scale available.

6813 S. College Avenue, Fort Collins, CO 80525

Elderhaus Brain Benders

(970) 223-6083

Program that provides support and assistance to individuals with a traumatic brain injury. Assistance in regaining lost skills, help building confidence and independence as well as setting and attaining goals. Serves adults 18+, Tues., Wed., Thursday 8:30 a.m. - 3 p.m. Cafe hours are 8:30 a.m. to 10:30 a.m. on Tues., Wed. & Thurs.

6813 S. College Avenue, Fort Collins, CO 80525

Adult Day Programs (continued)

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 community based adult day program and Program Approved Service Agency (PASA) for people 18+ with special needs including traumatic brain injury, intellectual and developmental disability and chronic mental illness. Transportation available.

6813 S. College Avenue, Fort Collins, CO 80525

Stepping Stones Adult Day Program

(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. Provides a caregiver support group that meets on the 1st and 3rd Thursday of every month.

302 3rd Street, SE, Suite 100, Loveland, CO 80537

Advance Directives

Every adult has the legal right to consent to or refuse medical treatment. Advance directives are written instructions recognized under state law that can be used at any stage of life to ensure that the medical treatment you receive is consistent with your wishes and preferences should you be unable to make your own decisions. Signing an advance directive does not take away your right to decide what you want, if you are able to do so, but allows for your wishes to be known and honored when you cannot communicate them yourself. Advance medical directives in Colorado include: Medical Durable Power of Attorney, Living Wills, CPR Directives; Organ and Tissue Donation Declarations, MOST form and Disposition of Last Remains Declarations. Advance medical directives may be revoked or amended at any time.

Medical Durable Power of Attorney (MDPOA)

In Colorado, no one is given automatic authority to make decisions for another adult. A Medical Durable Power of Attorney is a document you sign naming someone else to make your healthcare decisions when you cannot do so. This may be temporary due to an accident or injury, or more long term if due to permanent incapacity. The person you name is called your healthcare agent. A healthcare agent only has authority to make all healthcare decisions you could have made yourself if able to do so, such as consult with healthcare providers, review or get copies of your medical records, and make all necessary healthcare treatment and placement decisions. Your healthcare agent is NOT, however, authorized to pay your bills, manage your bank account or handle any other financial matters. For that, you need to appoint an agent under a Financial or General Durable Power of Attorney. The agent must act according to his or her understanding of your wishes and preferences. He or she must set aside his or her own values and preferences and do what you would do. If your wishes are not known, your agent must act in your best interest. Your healthcare agent is also not permitted to direct your medical treatment over your objection. Filing for dissolution of marriage or legal separation terminates authority of a spouse listed as agent unless specified otherwise and the authority under any Power of Attorney ends at your death.

Advance Directives (continued)

Living Will

A Colorado “Declaration as to Medical or Surgical Treatment”, or Living Will, is a document you sign expressing your wishes to the doctor regarding the administration, withholding, or withdrawal of life-sustaining procedures and artificial nutrition and hydration. A Living Will has narrow application and is only effective if at some future time you are unable to make your own decisions and are certified by two doctors to have either a terminal condition or you are in a persistent vegetative state (PVS). A terminal condition 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. Life-sustaining procedures are those that only serve to prolong the dying process, including intubation, CPR, dialysis and surgery. In Colorado, you may also designate in your Living Will your decision to accept or reject any tube feeding and other forms of artificial nutrition and hydration as well as whether or not you wish to donate organs and/or tissues. 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. All treatment necessary to alleviate pain and suffering, however, will continue to be provided regardless of your choices made on the Living Will. Your doctor must make a good effort to notify persons close to you that a certification of your lack of capacity and a terminal or PVS condition has been made. There is a 48 hour period after certification and notice before the doctor is required to withdraw or withhold all life sustaining procedures if so directed. 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 with the understanding that these persons are not empowered to make any decisions regarding your care. Your doctors, proxy decision maker, or guardian cannot override your Living Will. Your healthcare agent may also not override directions stated in your Living Will unless expressly stated otherwise in your Living Will or MDPOA. In Colorado, a Living Will must be witnessed by two uninterested persons, and notarized if possible.

CPR Directive

A Cardio-Pulmonary Resuscitation Directive (CPR Directive) allows you or your healthcare agent, guardian, or proxy decision maker to refuse resuscitation on your behalf. Advance CPR Directives are orders written by a patient to state their wishes for care in the case of cardiopulmonary arrest. These orders give attending healthcare providers instruction on the patient’s wishes for care if they cannot speak for themselves. The document is signed by you or an authorized decision maker and a doctor. If you sign a CPR Directive for yourself, no one else can revoke it. 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 use procedures to get your heart and/or lungs working again. A Do Not Resuscitate (DNR) order is not the same as an advance directive. A DNR order is a doctor directed order written in your medical chart 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 may enter the order without a patient’s consent or knowledge. DNR orders are written when your doctor believes that resuscitation would not work or might cause more harm than good. A DNR orders 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. If you sign a CPR Directive make sure to display it prominently so that emergency medical services can find it and honor your wishes.

Advance Directives (continued)

Organ and Tissue Donation Declarations

Declarations regarding organ and tissue donation may be made in a stand-alone document, MDPOA, Living Will, or on your driver's license. If you do not make a declaration, your healthcare agent, spouse, adult children, parents, adult siblings, adult grandchildren, grandparents, caregiver or your guardian, if applicable, gets to decide whether or not to make an organ and/or tissue donation.

Disposition of Last Remains Declarations

You have the right and power to direct the disposition of your last remains. This declaration may be made in a will; prepaid funeral, burial or cremation contract; MDPOA; Designated Beneficiary Agreement; or Living Will. The declaration may cover disposition (cremation, burial, entombment) and ceremonial instructions, and must be signed and dated by you. If you do not make a declaration, your Personal Representative, spouse, designated beneficiary, adult children, parents, guardian, conservation, majority of adult siblings, THEN any person willing to pay your funeral expenses gets to decide for you.

MOST Form

The Medical Orders for Scope of Treatment (MOST) form is a 1-page, 2-sided document that summarizes 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 form is primarily intended for use by frail elderly, chronically or seriously ill, persons in frequent contact with healthcare providers, or already living in a nursing facility. It is completed by the patient with decisional capacity 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/guardian and a physician, advanced practice nurse, or physician's assistant. The MOST form, when signed, becomes a portable medical order set that communicates a patient's desire for particular treatments on bright green card stock.

If you do not appoint a healthcare agent while you are able to make your own decisions, Colorado law offers two options: selection of a proxy decision maker for healthcare or appointment of a guardian.

Proxy Decision Maker for Medical Treatment

If you do not make any advance medical directives, and a doctor has determined that you cannot make your own decisions, the doctor may rely on a proxy decision maker. In order to appoint a proxy, the doctor must make reasonable efforts to locate and notify as many "interested persons" as possible, those with a close interest in your well-being. These people include your spouse or partner, parents, adult children, siblings, adult grandchildren, even close friends. The group must agree by consensus which one of them will serve as your proxy decision maker. Ideally, this person knows you and your wishes for medical treatment best. If your wishes are not known, the proxy, like your healthcare agent, must act in your best interest. The proxy must make an effort to consult with you and the rest of the group about the decisions to be made. If the group cannot agree on who the proxy should be if the patient objects to the selection 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. The proxy's decision making capabilities are limited and may require consultation from the attending physicians, specialists and possibly a medical ethics committee. If there is no person willing or able to serve, a physician (NOT your attending physician) may be appointed to serve as proxy decision maker. The proxy decision maker may be removed if the patient regains decisional capacity or is discharged.

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.

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 healthcare decisions for you. You should select someone you trust to serve as your agent. Unless you specify otherwise, 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. A statutory form can be found at "Uniform Power of Attorney Act," Part 7 of Article 14 of Title 15, Colorado Revised Statutes. This statutory power of attorney for Colorado becomes effective immediately unless you state otherwise in the special instructions.

The following agencies can assist with preparing advance directives.

For additional options, see Legal Assistance on page 52

Larimer Advance Care Planning Team

(Health District of Northern Larimer County)

(970) 482-1909

No cost/No Age Limit. The Advance Care Planning (ACP) 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, and MOST Form. Training available to groups on The Conversation Project and Advance Care Planning. Notary services and help with sharing advance medical directives with healthcare providers is available.

425 West Mulberry Suite #110 Fort Collins, CO 80521

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.

UCHealth Senior Services/Aspen Club

The Aspen Club provides assistance with the Durable Power of Attorney Healthcare Form and the Living Will Form. Please call for more information about The Conversation Project, education and training provided by the Aspen Club. Please see page 21 for listing.

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

Fort Collins (970) 495-8560

(By Appointment Only)

Loveland (970) 624-1860

For additional information on The Conversation Project, please visit:

Sharing the Care Campaign of Northern Colorado - www.sharingthecarecampaign.com/

Application Assistance

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 or another cases management system, the following agencies may be able to provide application assistance:

Larimer County Office on Aging (*A Partner in No Wrong Door*) **(970) 498-7750**

Aging and Disability Resources for Colorado (ADRC)

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

1501 Blue Spruce Drive, Fort Collins, CO 80524

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, Medicaid Disability Applications, Aid to the Needy Disabled (AND), Food Stamps, Long Term Care Medicaid, Old Age Pension (OAP), and Medicare Savings Program (MSP). Walk in and appointments are available. Call for technician availability and assistance. Application assistance not available on Wednesday afternoon.

1501 Blue Spruce Drive, Fort Collins, CO 80524

200 Peridot Avenue, Loveland, CO 80537 (Oct. 2018)

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

Larimer Health Connect is a free service that helps people find the best options for health insurance to meet their family's health needs and budget. Trained staff provides free, impartial, in-person assistance with new, free and lower-cost health insurance plans, including Health First Colorado (Medicaid), Child Health Plan Plus (CHP+), and plans from the Connect for Health Colorado Marketplace. Larimer Health Connect is a project of the Health District of Northern Larimer County. Hours: M-F 8AM - 5PM. Walk-ins may be accommodated depending on staff availability, but appointments are preferred.

Visit larimerhealthconnect.org or call to schedule an appointment.

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

UCHealth 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**

Caregiver Support

Aging Clinic of the Rockies at CSU

(970) 491-6795

Columbine Health Systems Center for Healthy Aging

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 on a donation basis are available, call for more information.

151 W. Lake Street, 8021 Campus Delivery, Fort Collins, CO 80524

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.

212 West Mountain Avenue, Fort Collins, CO 80521

Larimer County Office on Aging (A Partner in No Wrong Door)

(970) 498-7750

Family Caregiver Support

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

1501 Blue Spruce Drive, Fort Collins, CO 80524

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

Namaqua Center - SummitStone Health Partners

(970) 494-4231

Grandfamily program provides supportive services for grandparents raising grandchildren with support groups two times a month, ongoing case management services with access to resources, emergency aid, community support/awareness, educational programs, and assistance in navigating systems.

221 E. 29th St, Suite 101, Loveland, CO 80538

Volunteers of America Caring Companion Program

(970) 472-9630

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

405 Canyon Avenue, Fort Collins, CO 80521

Caregiver Support (continued)

Classes:

Caregiver Stress-Busting **(970) 498-7750**

An evidence-based program that provides support for family caregivers of persons with a chronic disease or illness. The nine-week program consists of weekly, 90 minute sessions with a small group of caregivers. The program is focused on education, support, problem-solving, and stress management. Call for more information.

Powerful Tools for Caregivers **(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 / Care Management

Action HealthCare Services – Marcy Greenslit **(970) 449-9101**

Private Care Manager – Assistance with care assessments and care coordination for individuals and their families; guidance through the maze of health care options, care advocates, community resource specialist, liaison between clients, family members and caregivers. Fee for service.

American Elder Advocates – Donna Forbes **(970) 744-4526**

Private Care Manager – Nationally certified guardian. Advocacy and care coordination providing a comprehensive assessment, including the planning, coordination and monitoring of services for older adults and their families. Fee for service.

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

Serves cancer patients and their families – Provides help accessing resources. Patient's doctor must be associated with UCHealth. No cost service.

2121 E. Harmony Road, Fort Collins, CO 80528

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

Serves individuals 55+ – Provides case management services in Loveland and Fort Collins helping individuals live independently in their own homes. The majority of the clients served are low-income, homebound, frail or at-risk older adults. Services include, information and referral to health and community resources, assessments of physical, emotional and environmental situations, case management, advocacy to access resources, assistance with benefits and resource applications, friendly visitor companionship program. An Energy Outreach Colorado (EOC) partner agency. No cost service.

460 Linden Street, Fort Collins, CO 80524

Case Management / Care Management (continued)

Columbine Care Management

(970) 619-0082

Private Care Management – Ensuring the best possible care for your loved one by attending appointments and coordinating communication between physicians and specialists; researching and arranging providers for medical and non-medical care as well as equipment and other services; managing medications, understanding insurance and financial concerns and assisting with transitions in care. Fee for service.

Condit Cares, LLC - Angela Condit

(970) 691-6679

Private Care Management - Licensed clinical social worker provides counseling and care management in the client's place of residence. Accepts private pay, Medicare Advantage plans, supplemental insurance, and Medicaid as a secondary insurance for counseling services. Care management services are private pay, sliding fee scale available.

Covell Care & Rehabilitation, LLC

(970) 204-4331

Private Care Management – Comprehensive assessment, evaluation and planning; care coordination, family education and support. We organize the chaos, navigate the system and support the entire family. Fee for service.

2350 Limon Drive D12, Fort Collins, CO 80525

Foothills Gateway, Inc. – Community Center Board (A Partner in No Wrong Door)

(970) 226-2345

Serves children and adults with intellectual and developmental disabilities. Case management services. Since 1972, Foothills Gateway has improved the lives of thousands of people with intellectual & developmental disabilities and their families in Northern Colorado by helping to conquer challenges and achieve their maximum potential. Foothills Gateway strives to empower every ability and highlight the achievements of the human spirit of all ages. No cost service.

301 W. Skyway Drive, Fort Collins, CO 80525

Larimer County Options for Long Term Care (A Partner in No Wrong Door)

(970) 498-7780

Serves individuals with Long Term Care Medicaid - Home and Community Based Services: Larimer County Single Entry Point for Long Term Care Medicaid. Case Management services for individuals that have Long Term Care Medicaid - Home and Community Based Services (HCBS). No cost service.

1501 Blue Spruce Drive, Fort Collins, CO 80524

Life Changes Care Management – Donna Forrest, RN

(970) 999-5169

Private Care Manager – Empowering clients and their families to effectively navigate the healthcare system, make informed choices, and obtain beneficial treatment in the appropriate care setting. Medical management and advocacy, caregiver support and education, expert guidance for end-of-life care. Fee for service.

Liv Health

(970) 888-4070

Private Care Management. Services provided in the individual's home, skilled nursing facility, assisted living facility, independent living facility and other community settings. Services include customized care plan, healthcare management, home care services, risk management, screening and assessments, assistance with Medicaid, Social Security, Medicare, housing, food stamps, and other case management needs as well as transportation to and from medical appointments. M-F 9am-5pm, serving Weld and Larimer Counties, \$75/visit for case management. Sliding fee scale available and individual's under poverty level pay \$0 for case management.

1281 E. Magnolia Street, Unit D, #123, Fort Collins, CO 80524

Case Management / Care Management (continued)

My Elder Care Consultant, LLC – LuAnn Smith

(970) 980-1362

Private Care Manager – Consultations, assessments and guidance for individuals and families through the confusing and overwhelming world of health care. Assistance finding and coordinating appropriate care and medical providers, medical management, and long distance liaison with family. Fee for service.

Peggy Haller, MA, MGS

(970) 493-0895

Private Care Manager – Assess, plan, coordinate, monitor and provide services for older adults and their families including advocacy and care coordination. Fee for service.

Regional Accountable Entity (RAE)

Care Management referral line: (800) 793-1339

Serves individuals with Medicaid. On July 1, 2018, the Regional Care Collaborative Organization and the Behavioral Health Organization became the Regional Accountable Entity (RAE). The Colorado Department of Health Care Policy and Financing awarded Rocky Mountain Health Plan (RMHP) the contract to serve as the RAE for Region 1 of the Health First Colorado Accountable Care Collaborative (ACC). Region 1 includes Larimer County. As the RAE, RMHP is responsible for connecting Health First Colorado Members with both primary care and behavioral health services. This builds upon the foundation of RMHP's previous services as a Regional Care Collaborative Organization (RCCO), growing the community-oriented approach for Health First Colorado. As the RAE, RMHP serves individuals with Medicaid benefits - and provides care management services and assistance coordinating all of the providers who care for you, including behavioral health providers so that everyone works together as a team across settings and during care transitions including help finding programs and services in the community to meet your needs. No cost service.

Senior Life Solutions, LLC – Colleen Daugherty

(970) 282-7975

Private Care Manager – Evaluations to determine appropriate care, identify strengths, needs, desires, personal preferences and possible barriers including safety, medical, social, psychological, spiritual, legal and financial factors. Step by step plan based on the situation, help problem solving and accessing community resources. Fee for service.

UCHealth Community Case Management

(970) 495-8554

Serves UCHealth Patients - Case managers are master's level registered nurses and licensed clinical social workers who coordinate care for UCHealth patients in their home setting, and work closely with clinicians and community agencies, provide education, refer to community resources, and provide support where needed. No cost service.

1024 S. Lemay Avenue, Fort Collins, CO 80524

Community Assistance Resources

A Little Help

(970) 412-9396

A Colorado nonprofit connecting neighbors to help seniors thrive. Provides volunteer services to help older adults age well at home and events to combat isolation and build community. Equips neighbors of all ages to volunteer and empower older adults to live interdependently and with a high quality of life. Volunteers provide non-medical services including transportation, yard work, handy help, technology, companionship/friendly visitor, errands, snow shoveling, home chores, light cleaning and organization, and other activities that offer "a little help". For membership or volunteer information, contact: info@alittlehelp.org

19 Old Town Square, Suite #238, Fort Collins, CO 80524

Community Assistance Resources (continued)

Berthoud Life Center (located at Grace Place Church)

(970) 532-0161

Tuesday 9:30am-2:00pm and Thursdays 10am-5pm. Includes services from House of Neighborly Service, Easter Seals, Disabled Resource Services and HNS Family Navigators and Food Bank for Larimer County. Clients are seen based on caseworker availability and time allowance.

375 Meadowlark Drive, Berthoud, CO 80513

Brain Injury Alliance of Colorado (BIAC)

(303) 355-9969 or (800) 955-2443

Resource Navigation is the foundational support program of BIAC. Program supports survivors, family members, and caregivers and services are provided by phone, email, text, or in-person. All ages can access this free support. Examples of support: finding medical providers, understanding brain injury, filling out paperwork, connecting to community-based resources, and problem-solving. Provides classes, workshops, support groups, educational materials, newsletter and recreation/social activities.

Online referral form: <https://biacolorado.org/referral/> or email info@biacolorado.org

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

House of Neighborly Service

(970) 667-4939

Food, 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

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 assistance.

281 N. College Avenue, Fort Collins, CO 80524 Mailing address: P.O. Box 580, Fort Collins, CO 80522

Larimer County Office on Aging (A Partner in No Wrong Door)

(970) 498-7750

Aging and Disability Resources for Colorado (ADRC) and Family Caregiver Support

A trusted source of information on the full range of long-term services and support options.

Information and referrals to programs, services and resources for older adults, caregivers and adults living with a disability and help navigating the options. Provides Network of Care, an on-line website and comprehensive searchable on-line service directory, to help individuals find programs and services in Larimer County to meet their needs. Services are provided at no cost.

lcoa.networkofcare.com

1501 Blue Spruce Drive, Fort Collins, CO 80524

Options Counseling, one-on-one personalized decision-making assistance to help individuals and their families understand, access and navigate the long term service and support system including understanding Long Term Care Medicaid eligibility and the application process, public assistance programs, in-home and community care options, and community resources and services. Appointments are recommended and home visits are available by appointment.

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

Chore Voucher Program for adults 60+ residing in Larimer County to help with chores around the home and light housekeeping. The Chore Voucher program is a self directed reimbursement program that provides some financial assistance for older adults 60+ who need assistance with household chores. Call for more information about this program.

Community Assistance Resources (continued)

In-Home Services Voucher program provides light housekeeping and personal care for adults 60+ living in Larimer County who need assistance in their home due to cognitive and/or physical limitations. The Office on Aging contracts with local home care agencies who provide the services. Call for more information about this program.

Application assistance provided to help individuals complete and submit an application for Long Term Care Medicaid and/or Medicare Savings Programs benefits. Assistance provided by appointment and home visits are available.

For assistance finding an ADRC in another part of Colorado _____ please call **(844) 265-2372**

Loveland Community Life Center

(970) 667-4939

Mon-Thurs 9AM-4PM, First Thursday of the month 9AM-7PM. Includes services from House of Neighborly Service (basic and emergency services), Angel House (homeless families with children), Neighbor to Neighbor (rental and mortgage assistance), Catholic Charities (Senior Outreach), St. Matthews Medical Clinic (free medical clinic), Volunteer Income Tax Assistance (VITA), Worklife Partnership (advocates in the workplace), Larimer Health Connect, Sunrise Medical Mobile Unit, People Ready (job connections) Clients are seen based on caseworker availability and time allowance.

1151 East 11th Street, Loveland, CO 80537

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. Services include: Connection to financial resources, legal advice, clothing closet and food pantry. Please call for more information, appointments are required for some services.

1239 East Drake Road, Fort Collins, CO 80525

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 Safeway stores. No-cost service, consumer pays for the groceries. Prescription delivery also available.

405 Canyon Avenue, Fort Collins, CO 80521

A Wiser Mind

(888) 982-9899

In-home mental health treatment for anxiety, grief, depression and family counseling including Brain Activation Therapy for dementia, Alzheimer's, and stroke patients. Emotional and cognitive services begin with detailed mental and emotional assessments delivered by licensed therapists. Based on a client's needs, sessions can address emotional issues or challenges adjusting to life-changing events. If memory loss is present, services are tailored to address cognitive challenges, with activities to help with reasoning, language skills and long-term memory. www.aWiserMind.com

Aging Clinic of the Rockies at CSU

(970) 491-6795

Columbine Health Systems Center for Healthy Aging

Aging Clinic of the Rockies is a non-profit clinic that offers counseling and assessment services.
151 W. Lake Street, 8021 Campus Delivery, Fort Collins, CO 80524

The Aging Clinic of the Rockies offers the following FREE counseling services for seniors and caregivers:

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.

Senior Peer Counseling

A 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.

The Aging Clinic of the Rockies also offers the following counseling and assessment services to community members on an affordable sliding fee scale based on gross annual income:

Neuropsychological Assessments

Aging Clinic of the Rockies also provides assessments if you or your loved one are 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.

Alliance for Suicide Prevention of Larimer County

(970) 482-2209

Training for youth and adults about depression and suicide.
217 West Olive Street Fort Collins, CO 80521

Condit Cares, LLC - Angela Condit

(970) 691-6679

Licensed clinical social worker provides counseling and care management in the client's place of residence. Accepts private pay, Medicare advantage plans, supplemental insurance, and Medicaid as a secondary insurance for counseling services.

Counseling (continued)

Kathleen McKinney, Ph.D., LCSW

(970) 305-2399

Licensed psychotherapist with experience working with older adults. Has worked with individuals struggling with depression, anxiety, alcohol abuse, relationship issues, chronic illness, bereavement and grief as well as with individuals diagnosed with severe and persistent mental illnesses (such as schizophrenia and bipolar disorder). \$90/hour, will bill insurance, accepts Medicare and offers a sliding scale fee.

5131 S. College Ave, Bldg B, Fort Collins, CO 80525

Liv Health

(970) 888-4070

Services provided in the individual's home, skilled nursing facility, assisted living facility, independent living facility and other community settings. Behavioral therapy, cognitive behavioral therapy, depression, grief counseling, mindfulness and substance abuse treatment. Behavioral health treatment is billed to insurance. Fee for Service, a sliding fee scale is offered to individuals without insurance. Medicare/Medicaid and all private insurance accepted.

1281 E. Magnolia Street, Unit D, #123, Fort Collins, CO 80524

Lutheran Family Services Older Adult and Caregiver Services

(970) 232-1180

Counseling for older adults and caregivers on issues related to aging and mental health.

2032 Lowe Street, Fort Collins, CO 80525

Mountain Crest Behavioral Healthcare Center

(970) 207-4800

Provides both inpatient and outpatient counseling for mental health and substance abuse issues including medical intervention and individual or group therapy, and caregiving support groups.

4601 Corbett Drive, Fort Collins, CO 80528

Pathways

(970) 663-3500

Individual, couples and family counseling; 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 (A Partner in No Wrong Door)

(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/Mobile Crisis Services

(970) 494-4200

24/7/365 care to people of all ages in a behavioral health crisis. 10-bed Crisis Stabilization Unit 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

Counseling (continued)

ACT/CDDT – High Intensity Service Teams _____ **(970)-494-9703**
2001 S. Shields, Building G, Fort Collins CO

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

TRU Hospice of Northern Colorado, Inc. _____ **(970) 352-8487**
Provides bereavement, grief counseling and hospice resources
2726 W. 11th Street Road, Greeley, CO 80634

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 (low cost)

Family Dental Clinic
Health District of Northern Larimer County _____ **(970) 416-5331**
The Health District's Family Dental Clinic offers an array of dental services to meet the needs of older adults. 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. The Family Dental Clinic offers a full range of dental services for adults including cleanings, silver and tooth-colored fillings, full and partial dentures, extractions, root canals and crowns. An appointment to determine if you meet the guidelines to qualify is required to access the full range of services. Patients experiencing pain or infection can usually be seen for an emergency appointment the same day.
Hours: Monday – Thursday 7:30 a.m. – 6:00 p.m., Friday 8:00 a.m. – 5:00 p.m.
202 Bristlecone Drive, Fort Collins, CO 80524

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. Individuals/families with incomes up to 250% of the federal poverty may qualify for dental services if they live in the Health District (Larimer County north of Carpenter Road)

The Family Dental Clinic accepts public insurance, including the Health First Colorado (Colorado's Medicaid Program) annual adult dental benefit, which 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).

The Family Dental Clinic is a Colorado Senior Dental Program grantee site serving low-income residents of Larimer County over age 60, who do not qualify for Health First Colorado (Colorado Medicaid) dental benefits, dental health insurance or other financial assistance programs. Income guidelines apply. Services are on a first-come, first-served basis contingent upon available funding.

Dental Assistance (low cost) (continued)

The Health District also offers the Dental Connections program, which serves Northern Larimer County residents who make too much money to use the Family Dental Clinic, but still have trouble affording dental care. Patients are provided referral and information on other dental services in the community.

Donated Dental Services (DDS) Dental Lifeline Network of Colorado **(303) 534-3863**

Dental treatment is provided by volunteer dentists. Eligible person: low income seniors age 65+ and persons living with a disability, or individuals who qualify as medically fragile and cannot afford dental care and are not eligible for assistance from Friends of Man, AV Hunter Trust, or any other agency that provides financial assistance for dental work. Emergency services are not included in this program and waitlists are typically long. For more information please visit: dentallifeline.org/colorado/ or to request an application please call: **888.235.5826**

1800 15th Street Ste 100 Denver, CO 80202

Salud Family Health Centers - Dental Services

Provides general dental services including cleanings and exams, diagnostic services including x-rays, fillings, partials and dentures, crowns and bridges, gum treatment, root canal therapy and oral surgery procedures including extractions. Accepts Medicaid and Delta Dental. Receives funding for the Colorado Dental Health Care Program for Low-Income Seniors and also offers a sliding fee scale based on income. Insurance enrollment and payment assistance available.

Monday - Friday 8:00 a.m. - 5:00 p.m.

1635 Blue Spruce Drive, Fort Collins, CO 80524 **(970) 484-0999**

1830 Laporte Avenue, Fort Collins, CO 80524 **(970) 484-0999**

1950 Redtail Hawk Drive, Estes Park, CO 80517 **(970) 484-0999**

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

Driver Safety and Rehabilitation Programs

CNS Adaptive Driving Solutions **(970) 493-6667**

A driver rehabilitation program for people who need to develop or improve their current driving capacities due to disease, injury or age related changes. Driving is a privilege and we strive to balance personal independence with the public safety needs of our community. Services are provided by occupationalist therapists who are Certified Driver Rehabilitation Specialists. Includes clinical evaluation, behind-the-wheel evaluation, adaptive equipment prescription and training in skills that are essential to driving.

2850 McClelland Drive, Suite 3000B, Fort Collins, CO 80525

Driver Safety and Rehabilitation Programs (continued)

Covell Care & Rehabilitation - Driving Rehabilitation

(970) 204-4331

Driving rehabilitation to help families and individuals understand whether or not they should be driving. Occupational therapy services (clinical and behind the wheel) that provide information around community mobility, and driving performance. Evaluation includes physical, visual processing, cognitive skills as they relate to activities of daily living, community mobility and transportation. Call to learn more.

2350 Limon Drive, Ste. D12, Fort Collins, CO 80525

Pro31 Safe Senior Driver LLC

(970) 988-9085 or (303) 653-864

Conducts in-home senior driving assessments. Includes a driving/on the road test. Assessment is conducted by licensed Physical and Occupational Therapists who are certified in the Beyond Driving with Dignity program. Services provided to individuals in Colorado, Wyoming, and Nebraska.

www.pro31saafeseniordriver.org

Education

Community Training

The 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

(970) 224-6029

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, Long Term Care Ombudsman program in partnership with the City of Fort Collins. For information on providers and long term care communities that have participated in the training please call the Larimer County Ombudsman at: (970) 498-7754 To schedule a training in Larimer County, please call: (970) 224-6029

Continuing Education

Compete and Succeed at Any Age

(Workforce Center) (970) 498-6659

A workshop offered by the Workforce Center targeted for job seekers of all ages. Discover barriers for job opportunities in a tight labor market and learn how to overcome those barriers. Develop your self marketing, conduct employer and networking research, and find ways to update your skills while you are job searching.

Front Range Forum

(916) 212-0438

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

Education (continued)

Continuing Education (continued)

Osher Lifelong Learning Institute

(Colorado State University) (970) 491-7753

A member-based, member-driven learning community for curious minds of all ages, with special attention to those ages 50 and better! Osher offers the excitement and joy of learning in a stress-free atmosphere. There are no tests, no grades, no prerequisites and no attendance requirements. For more information visit www.osher.colostate.edu

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.road scholar.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

Adult Protective Services

(970) 498-7770

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 52 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 therapy, crisis intervention, legal advocacy, safe house 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.

Elder Abuse and Protection (continued)

Crossroads Safehouse

(970) 482-3502

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

421 Parker Street, Fort Collins, CO 80525

Don't Take the Bait - Prevent Elder Abuse

Between 2016 to 2017, 24 percent of the reports to Colorado Protective Services were elder abuse scams resulting in a loss of just over \$11 million. Never include any financial information or social security numbers in emails or share them with another person or organization unless YOU made a transaction with a legitimate organization. DO NOT give your social security number, bank account number, credit card number or other personal information to anyone who calls you on the phone unless YOU made the call to a legitimate organization. For more information and a list of active scams occurring in our community, visit: <https://www.larimer.org/sheriff/services/information/frauds-scams>

To report a scam, contact your local law enforcement:

Larimer County Sheriff's Office (970) 416-1985

Estes Park Police Department (970) 586-4000

Fort Collins Police Services (970) 221-6540

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

Long Term Care Ombudsman

Larimer County Office on Aging (A Partner in No Wrong Door)

(970) 498-7750

Serves individuals living in an assisted living home or skilled nursing home and any individual with long-term care questions and concerns. Can provide advocacy and help with investigating and resolving complaints, and mediate conflicts in assisted living communities and skilled nursing homes in Larimer County. Provides unbiased consultations and education on the daily operations, resident rights, and regulations of long-term care homes including assistance looking for an assisted living home or skilled nursing home community in Larimer County.

1501 Blue Spruce Drive, Fort Collins, CO 80524

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

State PACE Ombudsman Program

Disability Law Colorado

(303) 722-0300

The State PACE Ombudsman is charged with establishing statewide policies to identify, investigate and seek the resolution on behalf of a PACE participant related to any action, inaction or decision of a PACE provider that may adversely affect the health, safety, welfare or rights of the PACE participant.

455 Sherman St. #130, Denver, CO 80203

Employment Assistance

Colorado Division of Vocational Rehabilitation

(970) 207-6464

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 _____ **(970) 498-6600**

200 Peridot Avenue, Loveland, CO 80537 (Oct. 2018) _____ **(970) 619-4650**

(By Appointment Only) Estes Park, CO 80517 _____ **(970) 577-2152**

Senior Community Services Employment Program (SCSEP)

(970) 419-4362

The Senior Community service Employment Program (SCSEP) is a federally subsidized, community service and work-based program for qualified, unemployed, low income individuals age 55 and older. Program participants are paid minimum wage (\$9.30/hr.) while performing a variety of community service activities at non-profit or public/government partner agencies. The goal of the program is to help participants remove barriers to employment and transition into regular/unsubsidized part-time or full time employment. Enrollment priority is given to individuals who are veterans; are over age 65; have a disability; have limited English proficiency or low literacy skills; reside in a rural area; have low employment prospects; or are homeless or at risk for homelessness. Please call for more information and other eligibility requirements.

19 Old Town Square, Fort Collins, CO 80524

Financial Assistance

Public Assistance Programs

Old Age Pension (OAP)

(970) 498-6300

To receive OAP benefits, you must meet the following criteria: Be 60 years of age or older, be a U.S. citizen, a naturalized citizen, or an eligible legal resident of the United States for the 5 years preceding application, and a Colorado resident, meet income limit (effective January 2018 - \$788 or below), and meet resource limit of \$2,000 for an individual or \$3,000 for a married couple.

OAP provides financial assistance up to \$788 per month. Any other income, such as social security benefits, supplemental security income (SSI) or veteran's assistance etc. may reduce the amount of OAP benefits. The annual maximum benefit is \$9,456 (2018).

Individuals age 60-64 may be eligible for Colorado's OAP Health Care Program (OAP-A) benefits and individuals receiving OAP benefits that don't qualify for Medicaid may also receive medical benefits via OAP-B, although these benefits focus more on immediate medical needs instead of long-term care. Via the OAP Health Care Program (OAP-A), services may include emergency transportation, home health, hospice, outpatient care, pharmacy, medical supplies and durable equipment and more. Financial benefits are issued through an electronic benefit transfer (EBT) card which works like a debit card at a grocery store or ATM machine.

For assistance with this application, you can contact Catholic Charities (see listing on page 10) or Disabled Resource Services (see listing on page 51).

Financial Assistance (continued)

Public Assistance Programs (continued)

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

SNAP is a food assistance program in Colorado that provides food benefits to low-income individuals. Benefits are issued on an electronic benefit transfer (EBT) card which can be used at most grocery stores and some farmer's markets to buy food. All individuals who do not meet federal exemption criteria must register for work, accept an offer of suitable work and take part in the Employment First Program. Individuals who receive SNAP benefits can use their benefits at some local farmers markets. With the Double Up Food Bucks Colorado program, for every \$1 spend at a participating farmers market, you will receive another \$1 to spend on Colorado-grown fruits and vegetables (up to \$20 per visit) For more information on the Double Up Food Bucks Colorado program please call: (720) 573-3632 or visit doubleupcolorado.org.

To apply for SNAP/food assistance, please apply online through Colorado.gov/PEAK or contact:

Larimer County Human Services, (970) 498-6300

1501 Blue Spruce Drive, Fort Collins, CO 80524 .

200 Peridot Ave. Loveland, CO 80537 (Oct. 2018)

Household Size Maximum Annual Income Before Taxes (2018)

1	\$15,678
2	\$21,112
3	\$25,546
4	\$31,980

Income limits may be higher for seniors and disabled individuals

Households that are receiving public assistance (Temporary Assistance for Needy Families or Supplemental Security Income may be eligible for SNAP regardless of income.

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

Colorado's Aid to the Needy Disabled (State AND) program provides cash payment to raise an eligible person's income from other sources to \$200 per month. Individuals must be eligible for SSI in order to receive State AND benefits. Benefits begin one month after eligibility requirements have been met and are paid on an electronic benefit transfer (EBT) card.

To qualify for State AND you must: Be age 18-59, be a United States citizen or a legal resident of the United States, be a resident of Colorado, cooperate with alcohol or controlled substance programs, remain substance free if your disability primary diagnosis is drug or alcohol addiction and have been, or expect to be totally disabled for six months or more. Your gross monthly income must be below \$200 per month and resources below \$2,000 for individuals, and \$3,000 for married couples. Resources include cash, checking and savings accounts, stocks, bonds, some insurance policies and secondary property. Your primary residence, a car, personal belongings, household goods, and some burial policies and life insurance policies are exempt. To apply for State AND benefits, please contact Larimer County Human Services.

Financial Assistance (continued)

Public Assistance Programs (continued)

Burial /Cremation Assistance

(970) 619-4493

Larimer County Department of Human Services

The Burial Assistance Program provides financial assistance to eligible, low-income Larimer County residents to help with the cost of a funeral, burial or cremation for individuals whose estates do not have sufficient resources to pay the cost. Requirements include: Individual must be a Larimer County resident at the time of death; Be a recipient of Medicaid or on a "Burial Approved Program" at time of death; and meet the resource guidelines established for the program. Call or email Nicole Vasquez for more information: nvasquez@larimer.org.

Larimer County Department of Human Services (A Partner in No Wrong Door)

(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

200 Peridot Avenue, Loveland, CO 80537 (Oct. 2018)

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. The monthly benefit for SSI in Colorado is \$775. Typically a person who receives SSI immediately qualifies for Medicaid benefits.

SSDI is a program that is typically available to any person who meets disability eligibility and 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 2018 was \$1197 per month. If an individual's SSDI benefit is less than the SSI benefit (\$775), that individual may also be eligible for SSI benefits. SSDI beneficiaries are eligible to receive Medicare 24 months 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

Financial Assistance (continued)

Agencies

Catholic Charities of Larimer County

(970) 484-5010

An Energy Outreach Colorado (EOC) Partner. 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

City of Fort Collins Utilities - Income Qualified Assistance Program (IQAP)

(970) 212-2900

This program is designed to help limited income individuals. Provides 23% reduction in water, wastewater and electric utility rates. You may qualify for IQAP if you are low income or received LEAP during the previous season and are a City of Fort Collins Utilities electric, water or wastewater customer. To participate in this program, complete and return the application between July 1 - August 31. You will be informed of acceptance by September 15. You will be required to participate in efficiency and educational activities (approximately 2 hours per year). The monthly bill credit will start in October and must be renewed each year. For more information or to access the application: www.fcgov.com/iqap

222 Laporte Avenue, Fort Collins CO 80524

Crossroads Ministry of Estes Park

(970) 577-0610

Provides food, vouchers for laundry, showers, clothing, limited housing, utility shut-off, medical bills and prescription medications assistance. Also provides training in money management and energy efficiency for low-income households. Services limited to residents of Estes Valley.

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

Energy Outreach Colorado (EOC)

(866) Heat Helpline (866) 432-8435

If it is between November 1 and April 30, apply for heating assistance through LEAP (See LEAP listing for more information). If you have a letter from LEAP saying you do not qualify for LEAP assistance, you may still apply for heating assistance through an Energy Outreach Colorado (EOC) partner agency by calling the Heat Helpline. If it is between May 1 and October 31, LEAP does not accept applications, but you can apply for heating assistance through an EOC partner agency by calling the Heat Helpline or visit:

www.energyoutreach.org/get-help/paying-your-energy-bill

Energy Outreach Colorado does not provide direct help to individuals.

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. Please note fees do apply for some services.

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

House of Neighborly Service

(970) 667-4939

An Energy Outreach Colorado (EOC) Partner. Food, emergency shelter, clothing, prescription assistance, utility shut offs, 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

Financial Assistance (continued)

Agencies (continued)

La Familia/The Family Center

(970) 221-1615

An Energy Outreach Colorado (EOC) Partner. Provides utility assistance to Larimer County residents who need help paying their past due utility bills. M-F 8am-12pm and 1pm-5pm appointment preferred.

309 Hickory Street #5, Fort Collins, CO 80524

Low Income Energy Assistance Program (LEAP)

Toll Free (888) 775-5327

Discover Goodwill

(To Submit Application) FAX (855) 830-3483

Provides financial assistance for heating costs to low-income households with income up to 165% of the FPL. (\$1669/mo for individual in 2018) Applicant must be responsible for paying heating costs to an energy provider, fuel dealer, or as part of their rent, be a permanent legal resident or have household members who are U.S. citizens. Applications accepted by mail November 1 through April 30. www.discovermygoodwill.org/programs/leap

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

Neighbor to Neighbor

(970) 484-7498

First month's rent assistance, homelessness prevention assistance, housing search assistance, HomeShare, affordable housing, home purchase advising, homebuyer education classes, reverse mortgage counseling, and foreclosure prevention counseling. www.n2n.org

1550 Blue Spruce Drive, Fort Collins, CO 80524

(970) 484-7498

(affordable housing and homeownership programs)

Murphy Center, 242 Conifer St., Fort Collins

(970) 494-9705

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

(970) 663-4163

Salvation Army

Provides emergency assistance for residents living in Larimer County. Temporary daily assistance, weekly food baskets, bus passes, hygiene products and clothing.

3901 S. Mason Street, Fort Collins, CO 80525

(970) 207-4472

840 N Lincoln Ave, Suite 101 Loveland, CO 80537

(970) 699-8380

Foundations

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 online by a third party agency/professional.

<http://avhuntertrust.org/>

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.

Financial Assistance (continued)

Foundations (continued)

Partnership for Age-Friendly Communities in Larimer County (Emergency Grants) (970) 498-6810

Provides emergency financial assistance to low-income adults age 60 and over on a case by case basis. Individuals may request financial assistance one time in a twelve month period. On-line applications must be made by a third-party agency/professional and are available at: **pafclarimer.org**. All other inquiries for financial assistance please call the emergency grant phone number. PAFC fosters leadership and strong community collaborations that will plan, design, and implement sustainable strategies to enhance quality of life for older adults in Larimer County.

P.O. Box 288, Fort Collins, CO 80522 _____ (Administration) (970) 310-4900

Food

For information on Food Stamps for older and disabled adults, please see page 25. (SNAP Food Stamp Program).

Senior Lunch Programs

Estes Park Senior Citizens Center, Inc. (located at the Masonic Lodge) _____ (970) 586-2191

Offers lunch M-F at 11:45am catered by the Big Horn Restaurant. Menu is published monthly in Estes Park News, cost of lunch is \$5 for members, \$8 for non-members with reservations required three business days in advance. Annual Membership fee \$20. All ages welcome. Call for more information. Hours M-F 9am-2pm.

Masonic Lodge, 1820 South St. Vrain, Estes Park, CO 80517

Volunteers of America Senior Dining Centers _____ (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

Food (continued)

Senior Lunch Programs

VOLUNTEERS OF AMERICA **Smiling Spoon Sites and Locations**

For individuals 60 years of age and older
Good Food, Good Friends, Entertainment, Better Health!

We Want You!

Join the fun & become part of a larger vibrant Senior community.

	Mon	Tues	Wed	Thurs	Fri
FORT COLLINS SENIOR CENTER 1200 Raintree Drive (Fort Collins)	OPEN	OPEN		OPEN	OPEN
OAKBROOK I 3200 Stanford Road (Fort Collins)			OPEN		
OAKBROOK II 3300 Stanford Road (Fort Collins)	OPEN		OPEN		OPEN
NORTHSIDE AZTLAN CENTER 112 East Willow (Fort Collins)		OPEN		OPEN	
CHILSON SENIOR CENTER 700 East 4th Street (Loveland)	OPEN	OPEN		OPEN	OPEN
SILVER LEAF II 2000 Maple Drive (Loveland)		OPEN		OPEN	
WELLINGTON SENIOR CENTER 3800 Wilson Avenue (Wellington)	OPEN		OPEN		OPEN
BELLVUE GRANGE 2929 North County Rd. 23 (Bellvue)				OPEN	

Lunch is served at noon at all locations. Milk, tea, and coffee are complimentary with meals. For reservations and cancellations, please call (970) 472-9630 before 1:30 p.m. the business day before you are planning on dining.

The suggested donation for those 60 and older is \$2.50.
Guests under the age of 60 are welcome and must pay \$13.50.

Food (continued)

Meals-on-Wheels

Estes Valley Meals on Wheels

(970) 480-1082

Crossroads Ministry of Estes Park

Home delivery of hot meals serving homebound individuals in Estes Valley Monday through Friday. Participants should call no later than 2pm Tuesday the week before they wish to begin receiving meals. Volunteers deliver meals between 11 a.m. and 12:30 p.m. Menus are provided one month in advance. Participants must be home to receive meals. Frozen meals may be ordered and delivered in advance to cover weekends and holidays. Cost varies according to need; participants will be billed monthly.

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

Meals on Wheels Fort Collins

(970) 484-6325

Home delivered hot meals to homebound individuals in Fort Collins Monday through Friday. Meal cost \$5, sliding scale available. Call for more information.

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

(970) 667-0311

Hot and/or frozen meals delivered to homebound individuals in Loveland/Berthoud Monday through Friday. This program is offered at no cost for people age 60 and older. Donations are appreciated.

437 N. Garfield Avenue, Loveland, CO 80537

Volunteers of America Meals on Wheels

(970) 472-9630

Home delivered frozen meals provided weekly (box of either 5 or 7 meals) to homebound 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 Distribution

Crossroads Ministry of Estes Park

(970) 577-0610

Provides food, vouchers for laundry, showers, clothing, limited housing, utility shut-off, medical bills and prescription medications. Also provides training in money management and energy efficiency for low-income households. Services limited to residents of Estes Valley.

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. Individuals may use either location. Call for income guidelines.

1301 Blue Spruce Drive, Fort Collins, CO 80524 Monday - Friday 12-6pm

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

Fort Collins Rescue Mission

(970) 224-4302

Overnight shelter and soup kitchen for men, and women. Children can go to breakfast or dinner with a caretaker accompanying them at all times.

316 Jefferson, Fort Collins, CO 80524

Food (continued)

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 a.m. - 8:15 a.m. and Saturday-Sunday 8:15 a.m. - 9:15 a.m.

Lunch Monday - Friday 11:30 a.m. - 12:30 p.m. and Saturday & Sunday, 3:00 p.m. - 4:00 p.m.

Evening meal Mondays & Thursdays 5:30 p.m. - 6:30 p.m.

427 N. Garfield Avenue, Loveland, CO 80537

Salvation Army

Provides emergency assistance for residents living in Larimer County. Temporary daily assistance, weekly food baskets, bus passes, hygiene products and clothing

3901 S. Mason Street, Fort Collins, CO 80525 (970) 207-4472

840 N Lincoln Ave, Suite 101 Loveland, CO 80537 (970) 699-8380

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.

1239 East Drake Road, Fort Collins, CO 80525

Nutrition Services

Volunteers of America - Nutrition Counseling

(970) 472-9630 Ext. 11

Free one-on-one nutrition counseling with a registered dietitian for older adults 60+ who reside in Larimer County. Includes initial home consultation and follow up visits for extra support. Program addresses nutritional concerns for diabetes, high blood pressure, high cholesterol, heart disease, kidney disease, weight loss or gain, osteoporosis, loss of appetite, healthier eating and ways to save money. Call for more information or to schedule an appointment.

405 Canyon Avenue, Fort Collins, CO 80521

Health Insurance Counseling

Larimer Health Connect

(970) 472-0444

Larimer Health Connect is a free service that helps people find the best options for health insurance to meet their family's health needs and budget. Trained staff provides free, impartial, in-person assistance with new, free and lower-cost health insurance plans, including Health First Colorado (Medicaid), Child Health Plan Plus (CHP+), and plans from the Connect for Health Colorado Marketplace.

Visit larimerhealthconnect.org or call to schedule an appointment.

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.

UCHealth Senior Services/Aspen Club

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**

(By Appointment Only) _____ **Loveland (970) 624-1860**

Health Promotion and Wellness

For additional information about health promotion classes, see page 83.

Community Paramedic Program

(970) 495-8560

UCHealth 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 homebound 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, tetanus, measles, hepatitis A, Flu, HPV. Clinics in Fort Collins, Loveland and Estes Park. Primarily serves Medicaid and uninsured clients, cannot bill private insurance.

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

200 Peridot Ave., Loveland, CO 80537 (Oct. 2018) _____ **Loveland (970) 619-4580**

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

Health Promotion and Wellness (continued)

McKee Community Wellness - Spirit of Women Program (970) 810-6633

Wellness Services at McKee Medical Center provides education and support that allows for healthier lifestyles and an improved quality of life for all ages including Tai Chi and Matter of Balance.

2000 Boise Avenue, Loveland, CO 80538

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 regardless of insurance.

UCHealth 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

(By Appointment Only) 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. Call for screening & eligibility.

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) 481-7188

(VP = Video Phone V= Voice)

Hear Now - Starkey Hearing Foundation (800) 328-8602

Application based program that provides hearing help to low-income Americans.

Call for an application or email: hearnow@starkeyfoundation.org.

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.

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
Spanish Relay (800) 676-4290
(VP = Video Phone V= Voice)

Speech-Language Pathology and Audiology Clinic

(970) 351-2012

Diagnostic and rehabilitative services to individuals with speech, language, hearing and/or balance difficulties. Sliding fee scale is available for those who qualify for services only.

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 assistants. 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.

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**

Or visit: www.colorado.gov/pacific/cdphe/home-care-agencies-consumer-resources

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 138 E. 4th, Ste. 3, Loveland, CO 80537 (970) 658-6509	Yes	No	Yes

Home Health Care Agencies (continued)

Agency	Medical Services	Non-Medical Services	Medicaid Accepted
Accentcare Home Care and Hospice 4065 St. Cloud, Ste. 200, Loveland, CO 80538 (970) 346-9700	Yes	No	Yes
AGC In Home Services 1136 E. Stuart Street, Ste. 4201 (970) 300-3414	No	Yes	Yes
Alexander Home Healthcare 8010 S. County Road 5, Unit 101, Windsor, CO 80528 (970) 682-2632	Yes	Yes	Yes
All Valley Home Care Longmont 717 W. 5th Ave., Longmont, CO 80501 (303) 357-5631	No	Yes	Yes
Alliant Home Health LLC 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-K, 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) 810-6222 - Greeley	Yes	No	Yes
Bayada Home Health Care 3500 John F Kennedy Parkway, Ste. 325, Fort Collins, CO 80525 (970) 282-8500	Yes	No	Yes
BrightStar Care 3880 N. Grant Ave., Ste. 180, Loveland, CO 80538 (970) 667-7778	Yes	Yes	No
Caring Hearts 6801 W. 20th Street #207, Greeley, CO 80634 (970) 378-1409	Yes	Yes	Yes
Caring Senior Service of Fort Collins Home Care 333 W. Drake Road, Ste. 22, Fort Collins, CO 80526 (970) 672-1734	No	Yes	No
Columbine Poudre Home Care Bloom At Home 915 Centre Ave., Ste. #2, Fort Collins, CO 80526 (970) 482-5096	Yes	Yes	Yes
Encompass Home Health of Colorado 2171 Citrine Court, Loveland, CO 80537 (970) 493-8500	Yes	No	Yes

Home Health Care Agencies (continued)

Agency	Medical Services	Non-Medical Services	Medicaid Accepted
Estes Park Home Health Care 555 Prospect Ave., 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 361 71st. Ave. Suite 104, Greeley, CO 80634 (970) 515-5025	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 W. 17th Avenue, Ste. 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 Helpers Home Care 9101 Pearl Street, Suite 201, Thornton, CO 80229 (720) 442-8156	No	Yes	No
Home Instead Senior Care 251 Boardwalk Drive, Fort Collins, CO 80525 (970) 494-0289	No	Yes	No
HomeWatch Caregivers (Caregivers Inc.) 1220 W. Ash Street, #C, Windsor, CO 80550 (970) 674-9723	No	Yes	Yes
HomeWell Senior Care 1401 S. Taft Ave., Ste. 207, Loveland, CO 80537 (970) 461-4799	No	Yes	No
InnovAge Home Care North 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

Home Health Care Agencies (continued)

Agency	Medical Services	Non-Medical Services	Medicaid Accepted
Live, Love and Laugh Homecare, LLC 3307 S. College Ave., 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
PeopleCare Health Services 200 E. 7th Street, Ste. 416, Loveland, CO 80537 (970) 480-0529	No	Yes	Yes
Phoenix Home Healthcare 1562 Taurus Ct., Loveland, CO 80537 (970) 667-2273	Yes	Yes	Yes
Preferred Home Health 2802 Madison Square Drive, Ste. 100, Loveland, CO 80538 (970) 776-1970	Yes	Yes	Yes
Right at Home 330 E. Mulberry Street, Fort Collins, CO 80524 (970) 494-1111	No	Yes	No
Senior Helpers 430 Stover Street, Fort Collins, CO 80524 (970) 658-8228	No	Yes	No
Seniors Helping Seniors of Northern Colorado 2290 E. Prospect Road, Ste. 6, Fort Collins, CO 80525 (970) 631-8251	Yes	Yes	Yes
Synergy Homecare 2919 17th Ave, Ste. 215, Longmont, CO 80503 (970) 373-1558	No	Yes	No
Visiting Angels Living Assistance Services of Windsor 5441 Boeing Drive, Ste. 200, Loveland, CO 80538 (970) 292-5668	No	Yes	No

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.

2015 2nd Avenue, Suite I, Greeley, CO 80631 (Admin. Office and warehouse only)

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

Home Maintenance (continued)

Energy Resource Center

(970) 617-2801

Weatherization program and services. Offers free energy efficiency evaluations and upgrades to income-qualified residents. If you qualify for the Low-income Energy Assistance Program (LEAP) or Supplemental Security Income, you automatically qualify for free assistance from the Energy Resource Center. Other automatic qualifiers include: SNAP, TANF, AND, or OAP.

Visit: www.erc-co.org/free-weatherization/

3543 South Lincoln Suite 2, Loveland, CO 80537

Larimer County Home Improvement Program

(970) 635-5931

Low to no interest rate loans with flexible terms to meet a home owner's budget to repair or improve their home including accessibility modifications. Must live in Larimer County, be low to moderate income (call for income restrictions). Program includes mobile/manufactured home repairs (this is a limited program). Emergency grant funds up to \$3,000 (Serves individuals 50% or below the area median income) for 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

Loveland Snow Squad

(970) 962-2764

Volunteer snow removal within Loveland City Limits for low income, and disabled. Must apply in advance, preferably in September.

500 E. Third Street, Loveland, CO 80537

Rural Development Loan/Grant Program

(719) 589-5661 Press 4

Loans for low-income individuals who are looking to buy, repair or maintain their home and live in a rural area. Must be the homeowner and occupy the home, be unable to obtain affordable credit elsewhere, have a family income below 50% of the area median income, and for grants be age 62 or older and not be able to repay a repair loan.

101 S. Craft Drive, Alamosa, CO 81101

Volunteers of America Handyman Program

(970) 472-9630

The Handyman program provides assistance to seniors and people with disabilities with safety related home modifications such as grab bars, chair risers, minor repairs, and wheelchair ramps. Projects considered for this program must make a home safer; the program cannot provide cosmetic projects like painting, landscaping, mowing lawns, etc. Skilled volunteers complete the projects and provide free labor. The only thing clients are obligated to pay for are any materials that are used during a project. We also offer home safety consultations to assess how to make a home safer, specifically to help people age in their own homes.

405 Canyon Avenue, Fort Collins, CO 80521

Home Safety:

Berthoud Fire Protection District

(970) 532-2264

Smoke detectors and fire safety information.

275 Mountain Avenue, Berthoud, CO 80513

Home Maintenance (continued)

Home Safety: (continued)

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

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 , and day center.

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

Homeward Alliance (970) 658-9878

Homeward Alliance’s mission is to empower individuals and families who face homelessness to survive, move forward and thrive. Located at The Murphy Center, Homeward Alliance provides outdoor gear and basic-needs supplies, benefits enrollment, employment support, housing and support program assistance. Donation Drop Off: M-F 9-4 To schedule a larger donation please call: (970) 829-1151 or visit: homewardalliance.org

242 Conifer Street, 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

Homeless Shelters and Services (continued)

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 and Palliative Care

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

4065 Saint Cloud Drive, Suite 200, Loveland, CO 80538

Auburn Crest Hospice

(970) 775-7022

2680 Abarr Drive #2, Loveland, CO 80538

Front Range Hospice & Palliative Care

(970) 776-8080

3770 Puritan Way, Unit E, Frederick, CO 80516

Halcyon Hospice & Palliative Care

(970) 535-0870

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

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

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 (Inpatient Care Center)

Suncrest Hospice

(970) 619-8378

1601 Foxtrail Drive, Suite 200, Loveland, CO 80538

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, (Inpatient Care Center) (970) 475-0041

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 \$600-\$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

DMA Plaza Apartments (currently remodeling) (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 (970) 493-2070
172 N. College Avenue, Fort Collins, CO 80524

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

Housing (continued)

Oakbrook II (subsidized) 3300 Stanford Road, Fort Collins, CO 80525	(970) 223-1356
Oakridge Crossing 4786 McMurry Avenue, Fort Collins, CO 80525	(970) 286-2299
The Pines Apartments (reduced rent) 1155 S. Saint Vrain Avenue, Estes Park, CO 80517	(970) 577-3730
Reflections Senior Apartments (reduced rent) 321 E. Troutman Parkway, Fort Collins, CO 80525	(970) 225-3711
The Sanctuary (subsidized) 3732 Kunz Court, Fort Collins, CO 80526	(970) 225-2116
Silver Leaf I & II (Loveland Housing Authority) (subsidized) 2000 & 2100 Maple Drive, Loveland, CO 80538	(970) 667-3232
Trail Ridge Apartments (subsidized) 1250 Community Drive, Estes Park, CO 80517	(970) 586-0216
The Villages at Bryan (reduced rent) 114 S. Bryan, Fort Collins, CO 80521	(970) 416-2460
The Willows (Neighbor to Neighbor) (reduced rent) 533 E. 4th Street, Loveland, CO 80537	(970) 484-7498
Windtrail Park (CARE Property) (reduced rent) 2120 Bridgefield Lane, Fort Collins, CO 80526	(970) 282-7522
Woodbridge Senior Apartments (reduced rent) 1508 W. Elizabeth Street, Fort Collins, CO 80521	(970) 472-1703
For more information about low income housing options that are not senior specific, contact the following agencies:	
CARE Housing 1303 W. Swallow Road, Bldg. 11, Fort Collins, CO 80526	(970) 282-7522
Estes Park Housing Authority 500 Big Thompson Avenue, P.O. Box 1200, Estes Park, CO 80517	(970) 577-3730
Housing Catalyst 1715 W. Mountain Avenue, Fort Collins, CO 80521	(970) 416-2910
Loveland Housing Authority 375 W. 37th Street, Ste. 200, Loveland, CO 80538	(970) 667-3232

Housing (continued)

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) (970) 532-2600
1328 1st Street, Berthoud, CO 80513

Aspen House Assisted Living (Memory Community) (970) 635-9800
2212 E. 11th Street, Loveland, CO 80537

Aspen House II (Memory Community) (970) 635-2500
2224 E. 11th Street, Loveland, CO 80537

Brookdale Fort Collins AL (970) 229-9777
1002 Rule Drive, Fort Collins, CO 80525

Brookdale Fort Collins MC (Memory Community) (970) 229-9777
1008 Rule Drive, Fort Collins, CO 80525

Brookdale Mariana Butte (Memory Unit) (970) 622-0012
215 Shupe Circle, Loveland, CO 80537

Brookdale North Loveland (970) 667-9500
2895 N. Empire Avenue, Loveland, CO 80538

Collinwood Assisted Living (Medicaid accepted except in Memory Unit) (970) 223-3552
5055 S. Lemay Avenue, Fort Collins, CO 80525

The Courtyard of Loveland (Medicaid accepted) (970) 667-3342
605 California Avenue, Loveland, CO 80537

Housing (continued)

Eagles Nest Assisted Living 1026 Salmon Run, Fort Collins, CO 80524	(970) 493-1073
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
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

Housing (continued)

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
The Suites Fort Collins 4880 Ziegler Road, Fort Collins, CO 80528	(970) 223-4376
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
Windsong at Rock Creek Memory Care (Memory Community) 3150 Rock Creek Drive, Fort Collins, CO 80528	(970) 372-5838

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

Housing (continued)

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
Sugar Valley Estates 4320 Georgetown Drive, Loveland, CO 80538	(970) 669-2317
Village Cooperative of Fort Collins 1630 S. Lemay Ave, Unit 6, Fort Collins, CO 80525	(970) 658-5711
The Wexford 1515 W. 28th Street, Loveland, CO 80538	(970) 667-1900
The Winslow 909 Centre Avenue, Fort Collins, CO 80526	(970) 492-6200
The Worthington 900 Worthington Circle, Fort Collins, CO 80526	(970) 490-1000

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) 855 Franklin Avenue, Berthoud, CO 80513	(970) 532-2683
Centre Avenue Health & Rehab Facility 815 Centre Avenue, Fort Collins, CO 80526	(970) 494-2140
Columbine West Health & Rehab Facility (Medicaid accepted) (Secured Unit) 940 Worthington Circle, Fort Collins, CO 80526	(970) 221-2273
Estes Park Health Living Center (formerly Prospect Park Living Center) (Medicaid accepted) 555 Prospect Avenue, P.O. Box 2740, Estes Park, CO 80517	(970) 586-8103

Housing (continued)

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

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) (Secured Unit) (970) 482-5712
1000 E. Stuart Street, Fort Collins, CO 80525

The Suites Fort Collins (970) 223-4376
4880 Ziegler Road, Fort Collins, CO 80528

Information and Assistance for Housing

Assisted Living Locators (970) 660-8898
Free placement agency for seniors, to assist in finding Independent, Assisted, Memory Care, Small homes, Home Health, Home Care, and Hospice.

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

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

Housing (continued)

Larimer County Office on Aging

Aging and Disability Resources for Colorado (ADRC) (A Partner in No Wrong Door) (970) 498-7750

Provides a list of housing options for assisted living communities, skilled nursing homes, independent living and senior subsidized housing options in Larimer County. Housing lists are available online at:

lcoa.networkofcare.org (LCOA Publications)

1501 Blue Spruce Drive, Fort Collins, CO 80524

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

Offers first month's rent assistance, homelessness prevention assistance, housing search assistance, HomeShare, affordable housing, home purchase advising, homebuyer education classes, reverse mortgage counseling, and foreclosure prevention counseling. **www.n2n.org.**

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**

Murphy Center for Hope, 242 Conifer Street, Fort Collins, CO 80524 _____ **(970) 494-9705**

Neighbor to Neighbor HomeShare

(970) 491-3233

An innovative housing solution where homeowners (55 years of age or older) offer housing accommodations to HomeSeekers in exchange for an agreed level of support in the form of financial exchange, assistance with household tasks, or simple companionship with a potential to save money, share utility costs, reduce financial worry, provide mutual assistance and increase security and independence. HomeProviders must live in Larimer County. HomeSeekers must live, work or attend school in Larimer County. Neighbor to Neighbor staff complete comprehensive background check and assist with potential matches; final decision is made by HomeProvider and HomeSeeker.

Visit **www.n2n.org** to request an application or call for more information.

1550 Blue Spruce Drive, Fort Collins, CO 80524

Larimer County Office on Aging (A Partner in No Wrong Door)

(970) 498-7750

Aging and Disability Resources for Colorado (ADRC) and Family Caregiver Support

A trusted source of information on the full range of long-term services and support options. Information and referrals to programs, services and resources for older adults, caregivers and adults living with a disability and help navigating the options. Provides Network of Care, an on-line website and comprehensive searchable on-line service directory, to help individuals find programs and services in Larimer County to meet their needs. Services are provided at no cost.

lcoa.networkofcare.com

1501 Blue Spruce Drive, Fort Collins, CO 80524

Options Counseling, one-on-one personalized decision-making assistance to help individuals and their families understand, access and navigate the long term service and support system including understanding Long Term Care Medicaid eligibility and the application process, public assistance programs, in-home and community care options, and community resources and services. Appointments are recommended and home visits are available by appointment.

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

Chore Voucher Program for adults 60+ residing in Larimer County to help with chores around the home and light housekeeping. The Chore Voucher program is a self directed reimbursement program that provides some financial assistance for older adults 60+ who need assistance with household chores. Call for more information about this program.

In-Home Services Voucher program provides light housekeeping and personal care for adults 60+ living in Larimer County who need assistance in their home due to cognitive and/or physical limitations. The Office on Aging contracts with local home care agencies who provide the services. Call for more information about this program.

Application assistance provided to help individuals complete and submit an application for Long Term Care Medicaid and/or Medicare Savings Programs benefits. Assistance provided by appointment and home visits are available.

For assistance finding an ADRC in another part of Colorado _____ please call **(844) 265-2372**

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. **www.arclc.org**

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

Information and Referral (continued)

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, home care, housing options, long term care, Medicaid, Medicare, Tricare and Veterans benefit referrals. Website: senioranswers.org

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

Disabled Resource Services (A Partner in No Wrong Door)

Assists people of any age and any disability: physical, visual, auditory, cognitive, or mental/emotional. Provides short-term help that includes information and referral, peer support, advocacy, independent living skills training, transitions from nursing homes, benefits counseling, access to community resources and medical equipment rental. Also provides assistance with SSI/SSDI application, Aid to the Needy Disabled (AND) and Old Age Pension (OAP) applications. No cost service.

1017 Robertson Street , Unit B, Fort Collins, CO 80524 _____ **(970) 482-2700**

118 E. 29th Street, Loveland, CO 80538 _____ **(970) 667-0816**

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. - Community Center Board, A Partner in No Wrong Door

(970) 226-2345

Community Center Board for persons with intellectual/developmental disabilities

301 W. Skyway Drive, Fort Collins, CO 80525

National Multiple Sclerosis Society

(970) 482-5016

Provides access to counseling and peer facilitated support groups, educational programs, referrals to neurologists and healthcare professionals, national teleconferences and internet programs, services for the homebound, and social and recreational programs to assist people with MS and their families. No cost service.

2000 South College Avenue, Suite 207, Fort Collins, CO 80525

(Second floor of the Chase Bank building)

Senior Access Points

A collaboration between Colorado State University Extension of Larimer County; Colorado State University, Department of Human Development and Family Studies; Partnership for Age-Friendly Communities; and the Larimer County Office on Aging/ADRC. The goal of Senior Access Points is to help older adults, caregivers, community members and professionals find aging-related resources in Larimer County. For more information, please visit: <http://larimerseniors.org>

United Way 211

2-1-1

A free and confidential referral service that assists clients in navigating health and human resources, including child care, tax preparation assistance, food pantries, shelter, rental assistance, and more.

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 Resources

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, Linder & Scott, P.C. (970) 493-8999

Gregory Bell

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

318 E. Oak Street, Fort Collins, CO 80524

Beyers Law, LLC (970) 669-1101

Elder Services: Estate and Medicaid planning, guardianship and conservatorships, special needs planning.

231 W. 4th Street, P.O. Box 1346, Loveland, CO 80539

Colorado Legal Services (Senior Law Project) (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. Does not include wills and trusts.

211 W Magnolia, Fort Collins, CO 80521

Legal Resources (continued)

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, probate 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.

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

Stone Law, LLC

(970) 663-2121

Andrew Stone, Jodie Hoke

Elder Services: Estate and Medicaid planning, conservatorship, guardianship and Long Term Care 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 advice, 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.

425 W. Mulberry, Ste. 107, 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, Wednesday and Friday 8:30 a.m. to 4:00 p.m., Wednesday 12:00 to 4:00 p.m., Tuesday 9:00 a.m. to 2:00 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

Legal Resources (continued)

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

Organizations:

Guardianship Alliance of Colorado - Ability Connection Colorado

(303) 228-5382

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

801 Yosemite Street, Denver, CO 80230

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.

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

Long Term Care Medicaid

Includes nursing facility care and Home and Community Based Services (where medical providers come into the home or assisted living community 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.

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 2018 income limit is \$2,250 per month. For those individuals who are not hospitalized, an income trust can be established if one’s gross income exceeds \$2,250 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.

Medicaid (continued)

Long Term Care Medicaid (continued)

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 2018 couple resource limit is \$123,600 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 may be considered an asset.

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

Larimer County Office on Aging

Aging and Disability Resources for Colorado (ADRC) (A Partner in No Wrong Door) (970) 498-7750

Information and guidance regarding eligibility and the application process for Long Term Care Medicaid and Medicare Savings Program. Hands-on assistance completing and submitting the application. Appointments are required.

1501 Blue Spruce, Fort Collins, CO 80524

Larimer County Department of Human Services (A Partner in No Wrong Door) (970) 498-6300

For questions regarding eligibility and the Long Term Care Medicaid application process.

1501 Blue Spruce Drive, Fort Collins, CO 80524

200 Peridot Avenue, Loveland, CO 80537 (Oct. 2018)

Larimer County Options for Long Term Care (A Partner in No Wrong Door) (970) 498-7780

For questions regarding the functional eligibility assessment and Long Term Care Medicaid Home and Community Based Services (HCBS).

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 Health First Colorado (Colorado's Medicaid Program) or CHP+. If you have Medicare or other health insurance you may still qualify for CICP. You must apply for CICP at each clinic and/or hospital. If you have CICP at one clinic or hospital it does not transfer or apply to other locations.

Household Size	Maximum Monthly Income (2018)
1	\$2,512
2	\$3,383
3	\$4,254
4	\$5,125

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. To find a hospital or clinic that participates in CICP call 1-800-221-3943 (State Relay 71).

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, bipolar disorder, psychosis, suicidal feelings, anxiety, and co-occurring disorders.

Colorado Plains Medical Center **(970) 867-3391**
Geriatric Behavioral Health Unit **Admission: (970) 542-4361**
1000 Lincoln Street, Fort Morgan, CO 80701

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

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

Medical Care (continued)

Behavioral Health (continued)

The Medical Center of Aurora

North Campus Health Crisis Assessment Team (HCAT)

(303) 360-3650

Senior Behavioral Health Program

700 Potomac Street, Aurora, CO 80011

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

Hospitals

Banner Fort Collins Medical Center

(970) 821-4000

4700 Lady Moon Drive, Fort Collins, CO 80526

Estes Park Health (formerly Estes Park Medical Center)

(970) 586-2317

555 Prospect Avenue, Estes Park, CO 80517

McKee Medical Center

(970) 820-4640

2000 Boise Ave Loveland, CO 80538

Medical Center of the Rockies

(970) 624-2500

2500 Rocky Mountain Avenue Loveland, CO 80538

Poudre Valley Hospital

(970) 495-7000

1024 Lemay Avenue, Fort Collins, CO 80524

UCHealth Harmony Emergency Room

(970) 237-8100

4630 Snow Mesa Dr., Fort Collins, CO 80528

Medical Clinics

Centerra Health Physician Group - Primary Care Berthoud (CICP)

(970) 532-4644

549 Mountain Avenue, Berthoud, CO 80513

Medical Care (continued)

Medical Clinics (continued)

Christ Clinic (No Cost 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 (Faith Evangelical Free Church)

328 Remington Street, Fort Collins, CO 80524 (Mountain View Community Church)

Family Medicine Center (CICP) (970) 495-7000

1025 Pennock Place Fort Collins, CO 80524

Call for Appointment: (970) 495-8805

Larimer County Department of Health & Environment

Health screenings and assessments. Vaccinations including pneumonia, tetanus, measles, hepatitis A, Flu, HPV. Clinics in Fort Collins, Loveland and Estes Park. Primarily serves Medicaid and uninsured clients, cannot bill private insurance.

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

200 Peridot Ave, Loveland, CO 80537 (Oct. 2018) Loveland: (970) 619-4580

1601 Brodie Avenue, Estes Park, CO 80517 Estes Park: (970) 577-2050

Salud Health Care Centers - Estes Park (CICP) (970) 586-9230

1950 Redtail Hawk Drive Estes Park, CO 80517

Salud Health Care Centers - Fort Collins (CICP) (970) 494-0999

1635 Blue Spruce Drive Fort Collins, CO 80524

1830 Laporte Avenue, Fort Collins, CO 80524

St. Matthews Medical Clinic (No Cost Clinic) (970) 624-3425

(located inside the Community Life Center) A free, Christian-based clinic for those in the Loveland area that don't have medical insurance and/or can't afford it. Provides preventative care services, and treatment and management of acute and chronic disease. For more information or to make an appointment: www.stmatthewsmedicalclinic.org

1511 E. 11th Street, Ste. 170, Loveland, CO 80537

Sunrise Loveland Community Health Center (CICP) (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 (CICP) (970) 494-9789

To access CICP services, patients must first contact Sunrise Loveland Community Health Center (see listing above)

1250 North Wilson Avenue, Loveland, CO 80537

UCHealth Urgent Care – Harmony Campus (CICP) (970) 297-6250

2127 E. Harmony Street, Ste 140, Fort Collins CO 80528

Medical Care (continued)

Rehab Hospitals

Northern Colorado Rehabilitation Hospital
4401 Union Street, Johnstown, CO 80534

(970) 619-3400

Medical Equipment

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

Clearwater Church

(970) 223-5770

Medical equipment lending closet. Must have legal status, SSA card, live in Poudre School District and show proof of income. Only available Monday through Thursday, 8:30 a.m. - 4:00 p.m.

2700 S. Lemay Avenue, Fort Collins, CO 80525

Disabled Resource Services (A Partner in No Wrong Door)

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

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.

For more information, please visit the website: <https://www.medicare.gov/>

Medicare Supplemental Insurance

There can be gaps in your Original Medicare (Part A and Part B) coverage such as co-payments, coinsurance and deductible 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 pre-existing 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 in a nursing home or at your home in the community under your Part A benefit after a qualifying hospital stay. When you are hospitalized, it is important to know your admission status; is your stay in the hospital classified as being under observation or were you admitted as an inpatient? For a qualifying Medicare hospital stay you must be admitted to the hospital and a qualify hospital stay does not apply if you are in the hospital for observation.

For a complete list of Medicare benefits visit [medicare.gov](https://www.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 State Health Insurance Assistance Program (SHIP) office for assistance (See Aspen Club listing on next page).

Medicare (continued)

For more information or assistance on Medicare plans and benefits, please contact the local State Health Insurance Assistance Program (SHIP) listed below:

UCHealth Senior Services/Aspen Club

1025 Garfield, Ste. A, Fort Collins, CO 80524 _____ Fort Collins (970) 495-8560
(By Appointment Only) Loveland, CO 80538 _____ 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. Part A benefits include:

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

Medicare Part B (Medical Insurance)

The standard Part B premium amount in 2018 is \$134 (or higher depending on your income). In 2018, the deductible for Part B is \$183. Social Security will notify you regarding the exact amount you will pay for your Part B premium. Part B benefits include:

- 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 (some copayments and deductible may vary, and you may be required to use in-network providers)
- 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 (if you do not enroll in a Part D plan when you become eligible for Medicare benefits and enroll at a later time, you will be subject to penalties and your premiums will be higher.)

Medicare (continued)

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.

UHealth Senior Services/Aspen Club

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

(By Appointment Only)

Loveland (970) 624-1860

Medicare Quality Improvement Organizations

KEPRO

(844) 430-9504

The Quality Improvement Organization (QIO) Program dedicated to improving the quality of care and health outcomes for beneficiaries of Medicare. As the Beneficiary and Family Centered Care Quality Improvement Organization (BFCC-QIO) KEPRO provides information and assistance to providers, patients, and families regarding beneficiary complaints, quality of care reviews, discharge appeals, and advocacy.

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 (continued)

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

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:

UCHealth Senior Services/Aspen Club _____ Loveland (970) 624-1860
Fort Collins (970) 495-8560

Medicare Savings Programs (MSP) Eligibility

- If you have Medicare Part A, you may be eligible for one of the Medicare Saving 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 through one of the Medicare Savings programs.

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.

Medicare (continued)

<i>Medicare Savings Program</i>	<i>Individual Income Limit</i>	<i>Married Income</i>	<i>Helps Pay For</i>
QMB*	\$1,032	\$1,392	Part A deductible and Part B Premium plus other deductible, and co-payments
SLMB*	\$1,234	\$1,666	Part B Premium Only
QI*	\$1,386	\$1,872	Part B Premium Only
*Assets for all MSP programs in 2018 must be less than:			
	\$9,060 for an individual		\$14,340 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 for the plan, and cover most drug costs in the coverage gap, or doughnut hole.

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

Individual Income & Assets Limit	Couples Income & Assets Limit
\$1,518 income \$14,100 assets	\$2,030 income \$28,150 assets

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

Larimer County Office on Aging

Aging and Disability Resources for Colorado (ADRC) (A Partner in No Wrong Door) (970) 498-7750

Information and guidance regarding eligibility and the application process for Medicare Savings Programs and Low Income Subsidy. Hands-on assistance completing and submitting the application. Appointments are required.

1501 Blue Spruce, Fort Collins, CO 80524

Medicare (continued)

Larimer County Department of Human Services (A Partner in No Wrong Door) (970) 498-6300

For information on Medicare Savings Programs

1501 Blue Spruce Drive, Fort Collins, CO 80524

200 Peridot Avenue, Loveland, CO 80537 (Oct. 2018)

UCHealth 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

(By Appointment Only) Loveland (970) 624-1860

Mental Health Services

See Counseling section on page 17 and Behavioral Health section on page 56 and Case Management listing for Regional Accountable Entity (RAE) Rocky Mountain Health Plan page 14.

Connections (970) 221-5551

Provides behavioral health counseling and therapy referrals based on insurance. Pro-bono services for ongoing mental health issues and substance abuse are available for the uninsured, if meet financial eligibility guidelines.

425 W. Mulberry, Suite 101, Fort Collins, CO 80521

Moving - Downsizing 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. Organizing to eliminate clutter.

P.O. Box 35 Windsor, CO 80550

Heritage Handlers (303) 709-3897

Non-profit business that provides packing and moving services for seniors 55+ to minimize stress when downsizing and moving into a new residence or community. Services include downsizing, sorting/organizing, distribution of personal belongings to family members, sale or donation of unneeded items, move management, packing, unpacking, and setting up a new home. Member of the National Association of Senior Move Managers (NASMM).

359 Meeker Court, Louisville, CO 80027

Moving - Downsizing Assistance (continued)

Kid Gloves

(970) 449-2309

Assists with the physical and emotional demands of moving. We work with you to develop a personalized plan and help you decide what will fit into your new home, and make arrangements for what is left. Help with the physical packing and moving as well as assistance with the emotional upheaval of sorting, packing and moving.

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) and chronic disorganization expertise.

PACE Program

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 and Enrollment (855) 487-6768

PACE Ombudsman Program

State PACE Ombudsman Program Disability Law Colorado

(303) 722-0300

The State Ombudsman is charged with establishing statewide policies to identify, investigate and seek the resolution on behalf of a PACE participant related to any action, inaction or decision of a PACE provider that may adversely affect the health, safety, welfare or rights of the PACE participant.

455 Sherman St. #130, Denver, CO 80203

Personal Emergency Response Systems

There are several national companies that provide personal emergency response systems (PERS). The following is a list of local agencies that provide personal emergency response systems in Larimer County. Some of these agencies may also provide medication management systems/boxes, wandering alerts systems, and seizure alert watches. Call for more information.

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

Personal Emergency Response Systems (continued)

Home Helpers Monitoring Services (720) 442-8156
9101 Pearl Street, Suite 201, Thornton, CO 80229

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

Tunstall Americas - Medical Equipment (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
3501 E. 71st Street, Loveland, CO 80538

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, proof of income and pet ownership required.
909 N. College Avenue, Fort Collins, CO 80521

Fort Collins Cat Rescue and Spay/Neuter Clinic (970) 484-8516
A non-profit, high-quality, subsidized (low-cost) spay and neuter clinic. All spay/neuter procedures are performed by licensed, Colorado veterinarians. We perform more than 6,000 procedures annually, financial assistance available, income guidelines apply. Applications for financial assistance are available online: www.fccrsnc.org
2321 E. Mulberry Street, Unit 1, Fort Collins, CO 80524

Pets Forever (970) 491-0207
In-home, non-veterinarian pet care services such as, dog walking and pet clean-up to help low- income elderly and disabled Larimer County residents maintain ownership of their pets for as long as possible, and to improve the health and well-being of these pets and owners by providing needed help and resources. Colorado State University affiliated program.

Prevent Unwanted Pets (PUP) (970) 226-2416
"PUP" is a non-profit, 501(c)3 charitable organization in Northern Colorado dedicated to promoting responsible care of companion animals. Provides spay and neuter education information and helps those in need with financial assistance for their pet's spay/neuter surgery. To qualify for assistance, the surgery must be performed by a Larimer County, CO, veterinarian. Temporary emergency pet food is available for those who have temporary financial difficulties. For more information or an application visit: <http://www.preventunwantedpets.com/>
P.O. Box 51, Fort Collins, CO 80522

Prescription Assistance

Berthoud Life Center (located at Grace Place Church) (970) 532-0161

House of Neighborly Service provides prescription assistance at the Berthoud Life Center on Tuesdays 9 a.m. - 2:30 p.m. & Thursdays 10 a.m. - 5 p.m.

375 Meadowlark Drive, Berthoud, CO 80513

Crossroads Ministry of Estes Park (970) 577-0610

Provides food, vouchers for laundry, showers, clothing, limited housing, utility shut-off, medical bills and prescription medications. Also provides training in money management and energy efficiency for low-income households. Services limited to residents of Estes Valley.

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

House of Neighborly Service (970) 667-4939

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

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

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) 461-3843

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, Suite 150, 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 Citizens Center, Inc. (located at the Masonic Lodge) (970) 581-2191

Masonic Lodge, 1820 South St. Vrain, Estes Park, CO 80517

Estes Valley Community Center (970) 586-8191

660 Community Drive, Estes Park, CO 80517

Senior Centers (continued)

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

UCHealth 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
(By Appointment Only) Loveland, CO 80538 _____ Loveland (970) 624-1860

Social Security

Social Security Administration National (800) 772-1213
Social Security Administration benefits, Supplemental Security Income _____ Local (866) 336-7385
301 S. Howes Street, 4th Floor, Fort Collins, CO 80521

Support Organizations and Groups

Alcoholics Anonymous (AA) Fort Collins (970) 224-3552
Northern Colorado Intergroup, Inc _____ Estes Park (970) 586-2471
Support groups and information regarding AA groups
155 N. College Avenue, #114, Fort Collins, CO 80524

Support Organizations and Groups (continued)

- ALS Association (Amyotrophic Lateral Sclerosis)** (303) 832-2322
10855 Dover Street, Ste. 500, Westminster, CO 80021
Support Group _____ (303) 832-2322
(Meets at Medical Center of the Rockies (MCR))
- 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
Support groups _____ (970) 472-9798
National Alzheimer's Association (24 hour help line) _____ (800) 272-3900
- American Cancer Society** (970) 356-9727
8221 W. 20th Street, Ste. A, Greeley, CO 80534
Support groups _____ McKee Cancer Center (970) 820-4129
UCHealth (970) 495-8383
Cancer Support Services (970) 297-6165
- American Diabetes Association** (888) 342-2383
2460 W. 26th Avenue, Ste. 500C, 5th Floor, Denver, CO 80211 (720) 855-1102
Diabetes management class _____ UCHealth (970) 495-8205
- American Heart Association/American Stroke Association** (303) 801-4630
1777 S. Harrison Street, Ste. 500, Denver, CO 80210
- American Lung Association** (303) 388-4327
5600 Greenwood Plaza Blvd., Ste. 100, Greenwood Village, CO 80111
- 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
- Arthritis Foundation** (303) 756-8622
2280 S. Albion, Denver, CO 80222 _____ Helpline (888) 391-9389 Option 101
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 National (800) 955-2443
Support groups:
The Matthews House _____ (970) 292-8360
220 N. Grant, Fort Collins 2nd Monday, 5:30-7pm (access the entrance on Loomis)
Northern Colorado Rehabilitation Hospital _____ (970) 292-8360
4401 Union Street, Johnstown - 4th Monday, 5:30-7pm

Support Organizations and Groups (continued)

The Center for Family Outreach	(970) 495-0084
The Center has various support groups all seasons except summer for parents and grandparents raising adolescents. The groups are offered in both English and Spanish. 212 West Mountain Avenue, Fort Collins, CO 80521	
Grand Family Coalition	(970) 494-4231
Social support for grandparents and kin raising kin; social events, daytime social groups and educational support tools.	
Huntington's Disease - Rocky Mountain Chapter	(303) 837-9937
Provides information regarding HDSA, resources and local chapter events. hdsa.org/com Support groups _____ (303) 321-5503	
Namaqua Center	(970) 494-4231
SummitStone Health Partners	
Support for the health and well-being of grandfamilies. 221 E 29th St., Suite 101, Loveland, 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
2000 South College Avenue, Suite 207, Fort Collins, CO 80525 (Second floor of the Chase Bank building)	
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 Parkinson's Support Group of Larimer County _____ (970) 222-1867	
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	

Support Organizations and Groups (continued)

Rocky Mountain Stroke Center (303) 730-8800

5666 S. Bannock Street, Littleton, CO 80120

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

Life After Stroke Support Group _____ (970) 488-0016

Additional Support Groups

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

Life Transitions _____ Elderhaus (970) 221-0406

Caregiver Support Group (Alzheimer's Assoc.) _____ Stepping Stones (970) 820-6871

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

Caregiver Support Group (Alzheimer's Assoc.) _____ Estes Park Good Samaritan Village (970) 586-2273

Grief Support Group _____ Auburn Crest Hospice (970) 775-7022

Memory Cafes _____ The Lodge at MacKenzie Pl & Timberline Church (970) 213-4548

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

The senior and military tax deferral program is offered by the State of Colorado. It allows you to postpone your tax payments until you sell your property, or your estate is settled after your death. Interest is applied to the amount you defer. You can defer either the whole amount of your taxes, or half of your taxes. The Larimer County Treasurer's Office collects the information and sends it to the State of Colorado who manages the program, makes all of the decisions, and then notifies the county treasurer who has been approved or disapproved.

Tax Assistance (continued)

Property Tax Deferral Programs (continued)

Eligibility requirements:

- Applicant must be 65 years or older on or before January 1 of this year or be a person called into military service as of January 1 of the year in which the person files a claim. You cannot be earning income from the property (i.e. renting the property) but you can have a home office. If your property is in a trust, you must be named as the trustee and the beneficiary of the trust. (Most trusts are not set up this way)
- All prior years' property taxes must be paid
- Applicant must own and occupy the property as their primary residence
- If a qualified applicant has a reverse mortgage, the property is only eligible for future deferrals if a subordination agreement from the mortgage lender is submitted with the application.
- The completed application must be returned to the Treasurer's Office no later than the close of business (4:30PM) March 30.

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 applicant's 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

The City of Fort Collins offers three rebate programs to qualified residents: Sales Tax on Food Rebate, Utility Rebate/Rent or Property Tax Rebate. The rebate program runs from August 1 through October 31 each year and is designed to assist low income individuals, families, disabled individuals, and seniors who live in Fort Collins. A Fort Collins resident may qualify for only the food tax rebate, or may qualify for all three rebates, depending on income, age, and disability status. A resident living in the growth management area may only qualify for the food tax rebate.

Applications will be available beginning August 1 each year and must be submitted with all paperwork prior to October 31 of each year. For more information and applications, please call or visit the website: <https://www.fcgov.com/rebate/>

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 (House of Neighborly Service)

500 E. Third Street, Utility Billing, Loveland, CO 80537 (City of Loveland Utilities)

Tax Assistance (continued)

Rebate Programs (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 2016 benefit until December 31, 2018, and 2017 until the end of 2019). The income requirements change every year. The 2016 income limit is \$13,234 (\$17,839 for a couple), and The 2017 income limit is \$13,608 (\$18,343 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 \$892 per year.

Applications at www.TaxColorado.com click on File and PTC Rebate or call: Colorado Department of Revenue (303) 238-7378 or call 2-1-1 for information on completing the application.

Please visit this website for applications:

www.colorado.gov/pacific/tax/property-tax-rent-heat-credit-ptc-rebate-forms

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 May 29 - 31. Applications on estes.org/finance website. Applications are accepted May 1-May 29. You can pick up an application at the Finance Department at Town Hall, 170 MacGregor Avenue from 8am to 5pm Mon-Fri and at www.estes.org/finance. Applicants must meet residency requirement by residing within the boundaries of Estes Valley Recreation and Park District.

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

Property Tax Work-Off Programs

Larimer County Senior Tax Work-Off Program **(970) 498-6360**

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 \$2023 (for 1 person) and \$2743 (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 applicants must own and live in their home in the Thompson School District. Only one person from each household may apply. School district employees are NOT eligible for this program. Applicants must pass a background check. Most participants will work with students to assist teachers, but there are some clerical positions as well. Participants work for a maximum of 30 hours at minimum wage. Applications must be submitted no later than August 31. In-person screenings begin in the middle of July. Call for an application or go online to: www.thompsonschoools.org/volunteer

Therapy Services

Balance Center of Fort Collins

(970) 492-5161

Specializes in vestibular and balance rehabilitation especially after a fall. Dizziness, vertigo, BPPV, vestibular deficits, post-concussion syndrome, osteoporosis, osteopenia programs and treatment including physical therapy, occupational therapy, post-surgical rehabilitation, acute orthopedic injuries, and joint replacement rehab. Accepts Medicare, Medicaid, Private Insurance.

1136 E. Stuart Street, Fort Collins, CO 80525

Better People Care LLC

(970) 988-9085

Certified Dementia Practitioners providing home and community-based direct-service Occupational Therapy for dementia care, arthritic conditions, cumulative trauma, home safety, incontinence issues, community mobility, senior driving self-assessments, post-surgery rehabilitation, fall prevention, care partner training and education, and generalized health and well-being. Private pay. Serving all of Northern Colorado. www.betterpeoplecare.com

Covell Care & Rehabilitation, LLC

(970) 204-4331

Provides physical therapy, occupational therapy, speech therapy, incontinence programs, driving assessments and rehabilitation, geriatric care management, therapeutic massage and fitness programs. Specialized dementia services and dementia/cognitive assessments. Service provided at the outpatient clinic or in the client's home. Accepts Medicare, Medicaid and most other insurance.

2350 Limon Drive, Ste. D12, Fort Collins, CO 80525

Northern Colorado Therapy Services, LLC

(970) 658-0688

Individually designed Speech and Occupational Therapy services for adults in our office, client homes, or out in the community. Specializes in evaluating and treating individuals with Parkinson's Disease. Medicare accepted.

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. \$16,389 annual gross income, or \$1366 monthly gross income for a single person (2018). 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	Standup Wireless	(800) 544-4441
American Assistance	(866) 966-2628	Tag Mobile	(866) 959-4918
Assurance Wireless	(888) 898-4888	Tempo Communications	(877) 822-8501
Blue Jay Wireless	(855) 425-8529	Terracom Wireless	(877) 351-4747
Life Wireless	(888) 543-3620	Virgin Mobile	(888) 322-1122
Q Link Wireless	(855) 754-6543		

For hearing impaired Telephone options, please see page 34

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 for older adults and adults living with a disability 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 the provider for more information about the application process.

BATS (Para-transit)

(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 trips to Loveland on Tues. and Thurs and trips to Longmont on Mondays. Please call by 4pm the day before a trip is needed. Rides are confirmed by 5pm. New riders register by phone.

807 Mountain 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. Single ride is \$10. For more information please visit website: <http://www.ridebustang.com/north-line>

COLT - City of Loveland Transit

(970) 962-2700

Fixed route and express route transportation in Loveland. For routes and hours please call or visit:

<http://www.cityofloveland.org/departments/public-works/transit-colt>

105 West Fifth Street, Loveland, CO 80537

COLT (Para-transit) Effective April 2, 2018 please call Dial-A-Ride (970) 224-6066. All paratransit rides in Loveland after April 2, 2018 will be provided by Dial-A-Ride. A single ride trip costs \$2.00. Personal care attendants are free. Hours: Monday–Friday 6:38 a.m. to 6:37 p.m., Saturday 8:48 a.m. to 5:37 p.m.

DAV Van Transportation

Disabled American Veterans

(970) 484-1795

No cost van service to Cheyenne and Denver VA Medical Centers for veterans. Vans are not wheelchair accessible. No transportation provided to local VA clinics; this is not a home pick-up service, you must go to one of the designated pick up locations. Call 48 hours in advance to make a reservation.

6813 S. College Avenue, Fort Collins, CO 80525

Dial-A-Ride (Para-transit) (Serves Fort Collins and Loveland)

(970) 224-6066

Door-to-door para-transit service for individuals who cannot use Public Bus Transportation options due to a disability. Services are available in both Fort Collins and Loveland for individuals who live within $\frac{3}{4}$ mile of a fixed bus route. Applications for service and advance reservations are required. Call for more information, to receive an application, or to schedule a ride.

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 through a voucher program. All potential passengers MUST apply for Dial-A-Ride service. Applications are available by mail or fax only. Dial-A-Taxi tTrip MUST begin within the Dial-A-Ride service area and riders will be transported door-to-door. Transfort covers first \$20 of any trip (approximately 5 miles), and passenger pays any fare that goes over the \$20. Fees paid directly to driver, 24-hour advance reservation is required. To schedule a ride, call Yellow Cab at 970.224.6066. Requests can be made up to 24 hours in advance of the trip. Service hours: 6am to 11pm Mon-Sat, and 8am to 7pm on Sundays and Holidays.

FLEX (Para-transit)

FLEX is a regional bus route serving stops between Fort Collins, Loveland, Berthoud, Longmont, and Boulder. This service is operated by Transfort and is made possible through regional partnerships. All buses are wheelchair accessible. Exact Fare only, drivers carry no change. Single ride: \$1.25, Seniors (60+), Disabled & Medicare: \$.60. **Call Transfort (970) 221-6620 or COLT (970) 962-2700 for more information.**

Transportation (continued)

Heart & Soul Paratransit

(970) 690-3338

Provides customized transportation services based on the needs of the client. Locally owned, family run, door through door paratransit service serving Northern Colorado residents with both medical and non-medical transportation. Safe, reliable services with a team of dedicated, compassionate drivers. Drivers are certified in First Aid/CPR/AED/Oxygen/Dementia Care/Transfers/Developmental Disabilities. 5AM-Midnight 7-days a week.

200 E. Swallow Road, Fort Collins, CO 80525

MAX Bus Rapid Transit (Para-transit)

(970) 221-6620

Service runs Monday - Saturday 5:00 a.m.- midnight, Sundays and Holidays 8:00 a.m.- 7 p.m. MAX 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. All buses are wheelchair accessible.

RAFT (Para-transit) (Rural Alternative for Transportation)

(970) 532-0808

Services provided by volunteer drivers for adults 60 and older and adults living with a disability 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 who need assistance with their chair must have a personal attendant. Hours of operation: M-F 8am to 4pm

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

SAINT Volunteer Transportation (Senior Alternatives in Transportation)

(970) 223-8604

Personal, door-to-door transportation provided by volunteer drivers for adults 60 and older and adults 18 and older living with a disability preventing them from driving. Transportation provided within the cities of Fort Collins and Loveland. Drivers cannot transport individuals between the city of Loveland and Fort Collins and services are not provided in outlying areas. Please call for more information about service area. SAINT provides prescheduled rides and reservations must be made at least 3 days in advance. There is no charge for services, but donations are appreciated. Service Hours are Monday through Friday 8:15 am – 4:00 pm. Riders must be able to ambulate and self-transfer independently with or without a cane, walker or service animal.

333 West Drake Road #42, Fort Collins, CO 80526

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

VEYO - Colorado NEMT (Non- Emergent Medical Transport)

(855) 264-6368

State contracted Medicaid transportation provider for non-emergency medical transportation services for Health First Colorado (Colorado Medicaid) eligible consumers living in Larimer County who require transportation to a Health First Colorado (Colorado Medicaid) funded medical appointment. To schedule a ride please have your Health First Colorado ID number, date of birth, address for pick up, doctor's name, address and phone number, and the date and time of your appointment along with the estimated time for any return trip. To determine whether this service is available to you, visit the Health First Colorado website: www.colorado.gov/hcpf/our-members

Transportation (continued)

Via Mobility Services (Para-transit)

(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 8am - 5pm.

2855 N. 63rd Street, Boulder, CO 80301

Wellington Senior Resource Center (Para-transit)

(970) 817-2293

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

Reservations are required.

3800 Wilson Avenue, Wellington, CO 80549

Yellow Cab

(970) 224-2222

Taxi service in Northern Colorado. Services operate 24 hours a day, seven days a week, 365 days a year. Yellow Cab's Mobility Plus provides services for medical patients, elderly passengers, and people with disabilities. Yellow Cab transports people to cancer treatments, dialysis, and many other types of medical appointments. Yellow Cab is owned by Veolia Transportation.

Veterans Services

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 Veterans Affairs

(303) 284-6077

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

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

DAV Van Transportation

(970) 484-1795

Disabled American Veterans

No cost van service to Cheyenne and Denver VA Medical Centers for veterans. Vans are not wheelchair accessible. No transportation provided to local VA clinics; this is not a home pick-up service, you must go to one of the designated pick up locations. Call 48 hours in advance to make a reservation.

6813 S. College Avenue, Fort Collins, CO 80525

Fort Collins VA Clinic

(970) 224-1550

Outpatient clinic managed from the Cheyenne VA Medical Center. M-F 7am to 5pm. Services include: primary care, mental health, counseling, audiology, nutrition counseling, physical and occupational therapy once a month, and on-site lab services for routine blood draws. Appointment required.

2509 Research Blvd., Fort Collins, CO 80526

Veterans Services (continued)

Healing Warriors

(970) 776-8387

A nonprofit organization offering clinic services to service members, their partners, and parents for pain and PTS symptoms. Their mission is to advance individual well being for Veterans, their partners, and parents through evidence-based complementary care services and education. Provides Acupuncture, CranioSacral and Healing Touch Therapy to Service Members and their family for pain, PTSD and sleep.
1136 E. Stuart, Ste. 4202, Fort Collins, CO 80525

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. Office Hours: 8am-4:30pm, Lunch from 12:30pm to 1pm Mon-Thurs, Friday 8am-12pm (except Holidays)
200 W. Oak Street, 5th Floor, Fort Collins, CO 80521

Larimer County Workforce Center - Jobs for Veterans Programs

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 80521 _____ **(970) 498-6600**

200 Peridot Avenue, Loveland, CO 80537 (Oct. 2018) _____ **(970) 619-4650**

(By Appointment Only) Estes Park, CO 80517 _____ **(970) 577-2152**

Loveland VA Clinic

(970) 962-4900

Outpatient clinic managed from the Cheyenne VA Medical Center. M-F 7am to 5:30pm. Services include: primary care, mental health, pharmacist, social work, nutrition, optometry, physical and occupational therapy, podiatry, cardiopulmonary, telehealth, home based primary care, laboratory and pathology, audiology, transportation services, chaplain, and Veterans Experience Liaison.
5200 Hahns Peak Drive, Loveland, CO 80538

National Caregiver Support Line

(855) 260-3274

Resource and referral center to assist caregivers, veterans and individuals seeking caregiver information. Call or visit their website at: www.caregiver.va.gov

Operation Salute at Elderhaus

(970) 221-0406

A program geared towards veterans designed to meet the needs of any veteran adjusting from war to civilian life in Northern Colorado. Operation Salute provides individualized services to support physical, mental, emotional and social health concerns. VA contracted day program services.

6813 S. College Avenue, Fort Collins, CO 80526

Operation Traumatic Brain Injury (TBI) Freedom

(855) 355-6824

Provides support for Veterans and active duty military personnel with traumatic brain injury (TBI). The program is located in Colorado Springs, but serves all of Colorado. Offers case management, crisis management, medical and mental health referrals, employment/education assistance, psychosocial classes, emergency assistance for severe needs and much more. Referrals can be made by individual veteran, community partner or clinician.

(Craig Hospital OTF@craighospital.org)

Veterans Services (continued)

Support Services for Veteran Families (SSVF)

(970) 472-9630

Volunteers of America

Program participants must be low income veterans, be eligible for VA Health Administration Benefits, and be residing in permanent housing but be at imminent risk of homelessness, or homeless but scheduled to be permanently housed within 90-days, or exited permanent housing in the last 90 days. Provides housing counseling, short-term case management, temporary financial assistance to prevent or resolve homelessness.

405 Canyon Avenue, Fort Collins, CO 80521

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 (Press 1), or text to 838255

Free, confidential support for veterans in crisis and their families and friends. 24 hours a day, 7 days a week, 365 days a year.

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

Free library service to Colorado residents who cannot read standard print. Audio, Braille and large print books sent through the USPS mail postage-paid. Download service also available for your smart device.

180 Sheridan Blvd., Denver, CO 80226

Disabled Resource Services - Vision Matters After 55 (A Partner in No Wrong Door) **(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.

(970) 407-9999

Visual rehabilitation programs and low vision evaluations for all ages. Scholarships available for qualified persons.

1740 So. College Avenue, Fort Collins, CO 80525

Vision (continued)

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 18 years old and older. 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) 622-9799

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

A Little Help

(970) 412-9396

A Colorado nonprofit connecting neighbors to help seniors thrive. Provides volunteer services to help older adults age well at home and events to combat isolation and build community. Equips neighbors of all ages to volunteer and empower older adults to live interdependently and with a high quality of life. Volunteers provide non-medical services including transportation, yard work, handy help, technology, companionship/friendly visitor, errands, snow shoveling, home chores, light cleaning and organization, and other activities that offer "a little help". For Membership or volunteer information, contact:

info@alittlehelp.org

19 Old Town Square, Suite #238, Fort Collins, CO 80524

Volunteers of America

(970) 472-9630

RSVP (Retired and Senior Volunteer Program)

Community members age 55+ are matched with volunteer opportunities with local nonprofits.

405 Canyon Avenue, Fort Collins, CO 80521

Wellness Classes

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

Community Wellness (970) 962-2423

A program designed to manage falls and increase activity for individuals concerned about falls, or who have experienced falls. Program emphasizes practical strategies to manage falls, helps individuals set goals to increase activity, teaches exercises to increase strength and balance and how to get up properly if you do fall. Classes are held once a week for 8 week sessions, and each session is for 2 hours. Call for class schedule. Workshop is FREE to participants 60+ but registration is required. There is a minimal fee for participants younger than 60. Classes are held at the Chilson Recreation Center (Senior Center) in collaboration with Banner McKee Medical Center and Mindsource Brain Injury Network.

700 E. 4th Street, Loveland, CO 80537

Am I Hungry? Mindful Eating Program

(970) 495-8560

UCHealth - 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 call 495-7523

1025 Garfield Street, Fort Collins, CO 80524

Enhance Wellness - UCHealth

(970) 495-7335

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. Scholarships available for low-income. Enroll any month of the year. Call for more information.

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

Ensign Skills Center - Matter of Balance for Low Vision

(970) 407-9999

An adapted Matter of Balance Program for the visually impaired that allows 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 - UCHealth

(970) 495-7509

A 6-week program, 2 1/2 hours per week, empowers people to better cope with your symptoms, communicate with healthcare 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

Community Wellness (970) 810-6633

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

Wellness Classes (continued)

N' Balance

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.

Estes Valley Community Center (on-going classes) _____ (970) 586-8191

Fort Collins Senior Center _____ (970) 221-6644

Chilson Recreation Center (Senior Center) _____ (970) 962-2423

Powerful Tools for Caregivers

(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 - UCHealth

(970) 495-7502

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 Collins. Call for information. Cost is \$10.

Caregiver Stress-Busting

(970) 498-7750

An evidence-based program that provides support for family caregivers of persons with a chronic disease or illness. The nine-week program consists of weekly, 90 minute sessions with a small group of caregivers. The program is focused on education, support, problem-solving, and stress management. Call for more information.

Walk with Ease - Chilson Recreation Center (Senior Center)

(970) 962-2423

Whether you need relief from arthritis pain or just want to be active, the Arthritis Foundation's 6-week Walk With Ease program can teach you how to safely make physical activity part of your everyday life. The program can help you reduce the pain and discomfort of arthritis; increase balance, strength and walking pace; build confidence in your ability to be physically active; and improve overall health. You must register to participate in this class. Classes are 8 weeks sessions and meet 3 times per week. Each class is 1 hour. Free for ages 50+.

700 E. 4th Street, Loveland, CO 80537

Wellness Classes (continued)

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 UCHealth, 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

Community Wellness at McKee Medical Center

(970) 810-6633

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, Heartsaver CPR. Call for a list of current classes and times.

2000 Boise Avenue, Loveland, CO 80538

UCHealth 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 adults and adults living with disabilities in Larimer County.

Office on Aging Staff

Lynda Meyer

Program Manager

Tina Corrigan-Hugo

Department Specialist

Shelbie Engleking

Assistant Ombudsman

Amber Franzel

Ombudsman

Katy Mason

Program Coordinator

Lynette McGowan

Program Coordinator

Family Caregiver Support

Stephanie Morris

Program Coordinator

Quality Assurance

Eliza Piesman

Assistant Ombudsman

Linda Rumney

Program Coordinator Lead

Aging and Disability Resource Center (ADRC)

Wendy Schleppey

Case Manager

Aging and Disability Resource Center (ADRC)

Carol Seest

Case Manager

Aging and Disability Resource Center (ADRC)

Tori Wimmer

Case Manager

Aging and Disability Resource Center (ADRC)

Office on Aging Advisory Council

The LCOA has an advisory council comprised of eighteen 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

Margaret Long

Crystal Bloemen

Ellen Pihlstrom

Elaine Boni

Gregg Seebohm

David Born

**Jody Shadduck
-McNally**

Sharon Courtney

Katie Stieber

Myles Crane

Punkie Whitely

Ferri Erickson

Kristy Wygmans

Bonnie Glass

Sharon Zamora

Kirsten Hartman

Roy Lilley



For additional copies of the
Answers on Aging resource
guide please contact:

Larimer County Office on Aging
1501 Blue Spruce Drive
Fort Collins, CO 80524

For information on resources
and services in Larimer County,
please visit
lcoa.networkofcare.org

970.498.7750
larimer.org/seniors



Do you need help finding resources and services for older adults and adults living with a disability in Larimer County?

Information & Assistance

For aging and disability resources

Options Counseling

Help connecting older adults, their family members,
and adults living 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
Resources for Colorado (ADRC): (970) 498-7750**