ANSWERS ON AGING

LARIMER COUNTY
COMMITTED TO EXCELLENCE

2019 - 2020 Resource Guide





IMPORTANT INFORMATION ON:

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



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.

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 2019-2020

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 older adults, particularly those vulnerable older adults at risk of losing their independence, with supportive services and opportunities to enhance their health and wellbeing while remaining independent in their own homes.

Funded Community Partners

A Little R and R Home Care

Aging Clinic of the Rockies at CSU

Berthoud Area Transportation Services (BATS)

Colorado Legal Services

Elderhaus Adult Day Program, Inc.

Ensight Skills Center

Estes Park Home Care

Estes Valley Recreation and Park District - Community Center

First Light Home Care

Health District of Northern Larimer County

Heart & Soul Paratransit

Homewatch Caregivers, Inc.

Innovage Home Care North

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

Revised 8/01/2019

LARIMER COUNTY | BOARD OF COUNTY COMMISSIONERS

P.O. Box 1190, Fort Collins, Colorado 80522-1190, 970.498.7010, Larimer.org



The Board of County Commissioners is Committed to Providing the Best Services to our Seniors

Thank you for reading the 2019-20 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, adults with disabilities, 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 County Commissioners:

Commissioner John Kefalas
District I

Commissioner Steve Johnson
District II

Commissioner Tom Donnelly
District III

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Adult Day Programs

Assisted Living homes may also provide day programs based on availability. See page 42 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 - 3pm. Transportation is provided. Medicaid and private pay accepted.
1656 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 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 in building confidence and independence as well as setting and attaining goals. Serves adults 18+, T, W, Th 8:30am - 3pm Cafe hours are 8:30am - 10:30am on T,W, & Th.
6813 S. College Avenue, Fort Collins, CO 80525

Foothills Gateway Adult Care Services on Wood Street **(970) 266-5443**

Small day program specializing in respite for adults with developmental disabilities.
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, Ste. 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

Advance Directives (continued)

Disposition of Last Remains Declarations. Advance medical directives may be revoked or amended at any time.

The following agencies can assist with preparing advance directives.
For additional options, see Legal Assistance on page 51

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 W. Mulberry Ste. #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 18 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 case management system, the following agencies may be able to provide application assistance:

Larimer County Office on Aging (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

Application Assistance (continued)

Catholic Charities of Larimer County – Senior Connect **(970) 494-9725**

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.
Murphy Center, 242 Conifer Street, 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

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 provide free, impartial, in-person assistance with 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 **(970) 495-8560**

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

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**

Caregiver Support (continued)

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. Groups offered in both English and Spanish. Call for more information.
212 W. Mountain Avenue, Fort Collins, CO 80521

Larimer County Office on Aging **(970) 498-7750**

Family Caregiver Support
Support for family caregivers through individual caregiver consultations, respite assistance, and connections to support groups, counseling and classes. Home visits offered by appointment.
1501 Blue Spruce Drive, Fort Collins, CO 80524

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 Street, Ste. 101, Loveland, CO 80538

Volunteers of America Caring Companion Program **(970) 472-9630**

Volunteers provide weekly non-medical respite for family caregivers and socialization and friendship for the care receiver.
405 Canyon Avenue, Fort Collins, CO 80521

Classes:

Powerful Tools for Caregivers **(970) 498-7750**

A program for family caregivers designed to help caregivers take care of themselves while caring for a loved one. Provides tools to better communicate feelings and deal with difficult emotions and helps caregivers find relevant resources. The class meets weekly for six weeks. Call for more information.

Stress-Busting Program for Family Caregivers **(970) 498-7750**

A program for family caregivers of persons living with dementia or a chronic illness to reduce caregiver stress. This nine-week program meets weekly with a small group of caregivers and teaches stress management techniques and relaxation and coping strategies. Call for 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.

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) 494-9725**

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.
Murphy Center, 242 Conifer Street, Fort Collins, CO 80524

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.

Foothills Gateway, Inc. – Community Center Board **(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 **(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 advocacy, caregiver support and education. Expert guidance for dementia and chronic or serious illness care, and Advance Care Planning. Fee for service.

Case Management / Care Management (continued)

Liv Health **(970) 888-4070**

In-Home Case 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. We also provide services to Veterans, such as help with enrollment, education, aid and attendance, DIC and spousal benefits and more. We provide social work services with the VA and the Veterans Directed Care Program. M-F 9am - 5pm, serving Weld and Larimer Counties. Sliding fee scale available and individuals under poverty level pay $0 for case management.

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

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**

As the Regional Accountable Entity (RAE), Rocky Mountain Health Plans (RMHP) is responsible for connecting Health First Colorado Members with both primary care and behavioral health services for Region 1, Larimer County. The RAE services include:

- Connecting members with both primary care, behavioral health services
- Provide care coordination services to support whole person care, including activities to address social determinants of health.

The RAE seeks to improve each individual's experience of–and access to–health care. At the same time, it establishes accountability for cost management and improved health using a patient-centered medical home model.

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

Certified Care Managers - A team of licensed, medical social workers who provide healthcare advocacy, coordination of medical care, caregiver support, education, resources, and consulting to help individuals remain as independent as possible. Thorough assessments address current needs, and create a workable plan for the future, while honoring one's preferences, needs, and desires. Can act as an Agent for Medical Power of Attorney or as Guardian. Fee for service. Free 1-hour consultation.

Community Assistance Resources

A Little Help **(970) 412-9396**

A Colorado non-profit connecting neighbors to help seniors thrive. Provides volunteer services to help older adults age well at home 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, organization, and other activities that offer "a little help". For membership or volunteer information, contact: **info@alittlehelp.org**

19 Old Town Square, Ste. #238, Fort Collins, CO 80524

Community Assistance Resources (continued)

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

Tuesdays 9:30am - 2:00pm and Thursdays 10am-5pm. Includes services from House of Neighborly Service, Easter Seals, Disabled Resource Services, Grand Family Coalition, SummitStone, House of Neighborly Service (HNS) Navigators, and Food Bank for Larimer County.
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

Dementia Friendly Communities Of Northern Colorado

Help for persons striving to live well with dementia and their care partners. Resources, education, and classes for community members, caregivers and persons with dementia. For more information visit: **dementiafriendlycommunitiesnoco.org**

Disabled Resource Services

Assists people of any age and any disability: physical, visual, auditory, cognitive, or mental/emotional. Provides the following services: information and referral, peer support, advocacy, independent living skills training, transitions from nursing homes, benefits counseling, access to community resources, employment assistance, and medical equipment rentals. Also provides assistance with SSI/SSDI application and Human Services benefits 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

House of Neighborly Service (970) 667-4939

Food, clothing (including some small household items), prescription assistance, past due utility bill assistance, a day shelter for homeless individuals, shelter program for homeless families with children 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 **(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 deep cleaning. 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.

Transition Coordination Services Options Counseling
(formerly Colorado Choice Transitions- CCT)

Options Counseling for individuals with Long Term Care Medicaid benefits who are currently residing in a skilled nursing home in Larimer County, and want to explore their options of moving back to the community from the nursing home with Transition Coordination Services. Individuals must be post rehab to be eligible for this transition program.

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

Community Assistance Resources (continued)

Loveland Community Life Center **(970) 667-4939**

M-Th 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 E. 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 E. 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

In-Home Services

Helpful Hands for Seniors **(970) 290-0110**

Licensed Cosmetologist who goes into the client's home. Provides pedicures,toenail trims, finger nail trims, manicures, and haircuts, pernaments, hair color, shampoo and sets, bow-dry and iron curl for both men and women. Reasonably priced services, loves working with older adults and helping them to look and feel their best. Fee for service, references available. Call for more information.

Counseling

For Behavioral Health services, please see page 57.

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 W. Olive Street Fort Collins, CO 80521

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 Avenue, 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

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 **(970) 494-4200**

Provides 24-hour crisis stabilization 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 at some locations.

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 Offices **(970) 494-4200**
4856 Innovation Drive, Fort Collins, CO 80525

Fort Collins: Medicare Clinic and Billing
4102 Timberline Road, Fort Collins, CO 80525

Spirit Crossing Clubhouse
1148 E. Elizabeth Street, Fort Collins, CO 80538

Counseling (continued)

Adult Services (970) 494-4200
700 Centre Avenue, Fort Collins, CO 80526
114 Bristlecone Street, Fort Collins, CO 80524

ACT/CDDT - High Intensity Service Teams (970) 494-9703
2001 S. Shields, Bldg. G, Fort Collins, CO 80525

Loveland: Adult Services, Primary Care, and Pharmacy (970) 484-4200
1250 N. Wilson Avenue, Loveland, CO 80537

Estes Park: Adult Services (970) 586-9105
1950 Red Tail Hawk Drive, Estes Park, CO 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, Bldg. 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. The Family Dental Clinic 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 comprehensive dental services for adults including cleanings, fillings, full and partial dentures, extractions, root canals and crowns. A Dental Services Guide on our Eligibility team will work directly with you to determine clinic eligibility. An appointment with a Dental Services Guide is required prior to your dental visit to ensure you receive the most affordable options for dental care available to you. Patients experiencing pain or infection can usually be seen for an emergency appointment the same day.
Hours: M-Th 7:30am - 6pm, F 8am - 5pm
202 Bristlecone Drive, Fort Collins, CO 80524

The following are descriptions of the various dental services that are part of the Health District:

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)

Dental Assistance (low cost) (continued)

The Family Dental Clinic accepts the Health First Colorado (Colorado's Medicaid Program) annual adult dental benefits, 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.

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. M-F 8am - 5pm

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, Ste. 3000B, Fort Collins, CO 80525

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) 653-8864**

Conducts in-home senior driving self-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) 498-7754**

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.

Education (continued)

Continuing Education

Compete and Succeed at Any Age **(Larimer County Economic and Workplace Development) (970) 498-6659**

A workshop for job seekers with strong credentials and/or work history who may be experiencing the "overqualified" bias. Learn how to find job opportunities in a tight labor market and learn how to overcome employment 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 **(970) 776-9921 or (970) 308-8849**

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

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 job 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.roadscholar.org**

Elder Abuse and Protection

AARP ElderWatch **(800) 222-4444 (Option 2)**

If you have been a victim of fraud or a scam, help fight fraud and protect others from being targeted by contacting AARP ElderWatch. A trained AARP volunteer can help talk you through your issue, gather information and refer you to the appropriate agency to file a complaint.

www.aarp.org/aarp-foundation/our-work/income/elderwatch/

Adult Protective Services **(970) 498-7770**

Larimer County Department of Human Services

Adult Protective Services receives reports of mistreatment or neglect of at-risk adults who, due to age or disability, are unable to advocate for themselves. Following an assessment, Adult Protective Services will make referrals to implement services to reduce risk and prevent further mistreatment.

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

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 abused or exploited, then report that person to a law enforcement agency within 24 hours after the observation or discovery. See page 50 in this guide for law enforcement telephone numbers.

Elder Abuse and Protection (continued)

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

After Hours Crisis Hotline (970) 880-1000

A non-profit serving Southern Larimer County with a SafeHouse and victim's rights advocacy. Serves any victim of violent crime and specialize in domestic violence and sexual assault including primary or secondary (witness) of violence. Provides individual therapy, crisis intervention, legal advocacy, and housing assistance.

541 E. 8th Street, Loveland, CO 80537

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 2017-2018, 25 percent of the reports to Colorado Protective Services were elder abuse scams resulting in a loss of just over $22 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 **(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

Elder Abuse and Protection (continued)

SAVA Center **24-hr. Rape Crisis Hotline: (970) 472-4200**

The Sexual Assault Victim Advocate (SAVA) Center provides a 24-hr. Rape Crisis Hotline for victims, their families and friends, crisis intervention, advocacy and counseling for all those affected by sexual violence in Northern Colorado while also providing prevention programs through community outreach and education.

4812 S. College Avenue, Fort Collins, CO 80525 **(970) 472-4204**
1570 W. 1st Street, Loveland, CO 80537 **(970) 775-2962**

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 Street, #130, Denver, CO 80203

Stop Fraud Colorado **(Colorado Consumer Line) (800) 222-4444**

Developed by the Consumer Protection Section of the Colorado Attorney General's Office to support the mission of protecting consumers and businesses from the unscrupulous behavior of fraudsters operating throughout the state. Visit the website for information on Disaster, Digital, Mail, Telemarketing, Medicaid, Creditor Fraud, and other Common Scams. **www.stopfraudcolorado.gov**

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 Economic & Workforce Development (formerly 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 **(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 ($11.10/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

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 2019 - $809 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 $809 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.

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 9) or Disabled Resource Services (see listing on page 49).

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. 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**.
If you would like assistance completing the application over the phone, please contact Hunger Free Colorado **(855) 855-4626** or visit **hungerfreecolorado.org**

If you would like an application mailed to you, please call Larimer County Human Services.
Larimer County Human Services **(970) 498-6300**
1501 Blue Spruce Drive, Fort Collins, CO 80524
200 Peridot Avenue, Loveland, CO 80537

For more information and/or the income guidelines, please call or visit:
fns.usda.gov/snap/recipient/eligibility

Public Assistance Programs (continued)

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

Colorado's Aid to the Needy Disabled (State AND) program provides a cash payment. 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 $217 per month and resources below $2,000 for individuals, and $3,000 for married couples. Resource include, but are not limited to 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. If you would like an application mailed to you, please call Larimer County Human Services.

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 **(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

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 $771. 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 2019 was $1234 per month. If an individual's SSDI benefit is less than the SSI benefit ($771), 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

Agencies

Catholic Charities of Larimer County **(970) 484-5010 x1**

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

Agencies (continued)

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, past due utility assistance, limited prescription assistance, limited gas vouchers for medical appointments, job interviews or to get to work; and other referrals for residents living within the Thompson R2-J School District.
Community Life Center, 1511 E. 11th Street, Ste. 100, Loveland, CO 80537

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 (719) 633-9098**

Provides financial assistance for heating costs to low-income households with income up to 165% of the Federal Poverty Limit (FPL). 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, 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 Street, Fort Collins **(970) 494-9705**
Community Life Center, 1511 E. 11th Street, Loveland **(970) 663-4163**

Financial Assistance (continued)

Agencies (continued)

The Salvation Army - Fort Collins **(970) 207-4472**

Provides emergency assistance for residents living in Fort Collins. Clothing and hygiene products. Food baskets for Homeless 1 time per week daily 8:15am-9:30am, Food baskets for families 2 times per month M,W,F 10am - 12pm.

3901 S. Mason Street, Fort Collins, CO 80525

The Salvation Army - Loveland/Berthoud **(970) 699-8380**

Provides emergency assistance for residents living in Loveland and Berthoud. Clothing and hygiene products, food baskets and snacks, dog and cat food, computer classes for seniors, assist with lifeline free government cell phone applications.

840 N. Lincoln Avenue, Ste. 101 Loveland, CO 80537

Foundations

A.V. Hunter Trust, Inc. (Funds For One) **(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.

www.friendsofman.org

Food

For information on Food Stamps for older and disabled adults, please see page 22.
(SNAP Food Stamp Program).

Senior Lunch Programs

Estes Park Senior Citizens Center, Inc. **(970) 581-2195**

Offers lunch M-F at 11:45am catered by the Big Horn Restaurant. Menu is published weekly in Estes Park News, cost of lunch is $5 for members, $8 for non-members with reservations required one business day in advance. Annual Membership fee $25. All ages welcome. Call for more information. Hours M-F 9am-2pm.

1760 Olympian Lane, 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 1:30pm the previous day. See the following schedule for meal sites.

405 Canyon Avenue, Fort Collins, CO 80521

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		OPEN		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 Road 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 1:30pm 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 $12.00.

New site coming to Berthoud Community Center, call for more information.

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 M-F. Participants should call no later than 2pm Tuesday the week before they wish to begin receiving meals. Volunteers deliver meals between 11am and 12:30pm. 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, Estes Park, CO 80517

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

Home delivered hot meals to homebound individuals in Fort Collins M-F. Meal cost $5, sliding scale available. Call for more information.

1217 E. Elizabeth Street, #11, Fort Collins, CO 80524

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

Hot and/or frozen meals delivered to homebound individuals in Loveland/Berthoud M-F. 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 M-F 12 - 6pm

2600 N. Lincoln, Loveland, CO 80537 T-Sat 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 x1**

Catholic Charities of Larimer County

No cost lunch served M-Sun.

460 Linden Center Drive, Fort Collins, CO 80524

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

Clients may receive one regular food basket which includes meat, milk and eggs, or two homeless food baskets per month for residents living within the Thompson R2-J School District. Referrals are also given for other food sources.

Community Life Center, 1511 E. 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 M-F 7:15am - 8:15am and Sat-Sun 8:15am - 9:15am
Lunch M-F 11:30am - 12:30pm and Sat-Sun, 3pm - 4pm
Evening meal Mon. Thurs. 5:30pm - 6:30pm

427 N. Garfield Avenue, Loveland, CO 80537

The Salvation Army - Fort Collins **(970) 207-4472**

Provides emergency assistance for residents living in Fort Collins. Clothing and hygiene products. Food baskets for Homeless 1 time per week daily 8:15 - 9:30am, Food baskets for families 2 times per month M,W,F 10am - 12pm.

3901 S. Mason Street, Fort Collins, CO 80525

The Salvation Army - Loveland/Berthoud **(970) 699-8380**

Provides emergency assistance for residents living in Loveland and Berthoud. Clothing and hygiene products, food baskets and snacks, dog and cat food, computer classes for seniors, assist with lifeline free government cell phone applications.

840 N. Lincoln Avenue, Ste. 101 Loveland, CO 80537

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 E. Drake Road, Fort Collins, CO 80525

Nutrition Services

Chefs for Seniors **(720) 726-1953**

We take the worry out of planning, shopping for and preparing meals. It's the solution to help the senior population age in place, enjoy nutritious meals, and have the opportunity to chat with a friendly chef while the chef prepares the meals in the client's home. Fee for service.

1905 Lorraine Drive, Fort Collins, CO 80524

Food (continued)

Nutrition Services (continued)

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 in-person assistance with no-cost 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 wellness classes, see page 84.

Community Paramedic Program **(970) 227-5087**

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 Promotion and Wellness (continued)

Health District of Northern Larimer County **(970) 224-5209**

Heart-health screenings, heart disease prevention, blood pressure checks, cholesterol tests and smoking cessation 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

Communicable disease information. Health screenings and assessments for sexually transmitted diseases. Vaccinations for adults including travel vaccinations. For more information call an immunization nurse at (970) 498-6795. To schedule an appointment, call (970) 498-6767. Clinics in Fort Collins, Loveland and Estes Park. Includes services for Medicaid, under-insured and uninsured clients, cannot bill private insurance. **www.larimer.org/health**

1525 Blue Spruce Drive, Fort Collins, CO 80524 _____ Fort Collins (970) 498-6700
200 Peridot Avenue, Loveland, CO 80537 _____ Loveland (970) 619-4580
1601 Brodie Avenue, Estes Park, CO 80517 _____ Estes Park (970) 577-2060

McKee Community Wellness **(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 N. 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

urHealthcare Advocate, Inc. **(970) 692-1044**

Works to empower patients - minimize stress and maximize healthcare benefits by helping our clients effectively and efficiently navigate the dysfunctional healthcare system. Ensures clients are fully informed before making important decisions. Acts as a communication liaison between the patient, their providers, insurers and families.

1916 W. Prospect Road, Fort Collins, CO 80526

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)

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

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.

Relay Colorado

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 is the current state provider.

Contact for more information _____ **Voice/TTY (800) 676-3777**
Speech to Speech (877) 787-1989
Spanish (800) 676-4290

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
1828 10th Avenue, Greeley, CO 80631

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**
Accentcare Home Care and Hospice 4065 St. Cloud, Ste. 200, Loveland, CO 80538 (970) 346-9700	**Yes**	**No**	**Yes**
Alexander Home Healthcare 8010 S.County Road 5, Unit 101,Windsor, CO 80528 (970) 682-2632	**Yes**	**Yes**	**Yes**
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. 1900, Fort Collins, CO 80525 (970) 237-5747	**No**	**Yes**	**No**
Banner Home Care Colorado 1810 N. 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**

Home Health Care Agencies (continued

Agency	Medical Services	Non-Medical Services	Medicaid Accepted
BrightStar Care 3880 N. Grant Avenue, Ste. 180, Loveland, CO 80538 (970) 667-7778	**Yes**	**Yes**	**No**
Canyon Home Care and Hospice of Loveland 350 E. 8th Street, Ste. 2, Loveland, CO 80537 (970) 330-5655	**Yes**	**No**	**Yes**
Caring Hearts 6801 W. 20th Street #207, Greeley, CO 80634 (970) 378-1409	**Yes**	**No**	**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 Avenue, Ste. #2, Fort Collins, CO 80526 (970) 482-5096	**Yes**	**Yes**	**Yes**
ComForCare Home Care - Fort Collins 541 Garden Drive, Unit O, Ste. 100, Windsor, CO 80550 (970) 460-9947	**No**	**Yes**	**Yes**
Comfort Guardians LLC 6621 Antigua Drive #1, Fort Collins CO 80525 (970) 488-9835	**No**	**Yes**	**No**
Encompass Home Health of Colorado 2171 Citrine Court, Loveland, CO 80537 (970) 493-8500	**Yes**	**No**	**Yes**
Estes Park Home Health Care 555 Prospect Avenue, Estes Park, CO 80517 (970) 586-2273	**Yes**	**Yes**	**Yes**
Evergreen Home Healthcare 301 N. Howes Street, Ste. 110, Fort Collins, CO 80521 (970) 416-6481	**Yes**	**No**	**Yes**
Family Home Health 1790 30th Street, Ste. 350, Boulder, CO 80301 (720) 274-5974	**Yes**	**Yes**	**Yes**
First Light Home Care 361 71st. Avenue, Ste. 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**
HomeCare of the Rockies, Inc. 7105 La Vista Place, Ste.100, Longmont, CO 80503 (720) 204-6083	**No**	**Yes**	**No**
Home Instead Senior Care 251 Boardwalk Drive, Fort Collins, CO 80525 (970) 494-0289	**No**	**Yes**	**No**

Home Health Care Agencies (continued

Agency	Medical Services	Non-Medical Services	Medicaid Accepted
HomeWatch Caregivers (Caregivers Inc.) 1220 W. Ash Street, #C, Windsor, CO 80550 (970) 674-9723	**No**	**Yes**	**Yes**
HomeWell Senior Care 1401 S. Taft Avenue, Ste. 207, Loveland, CO 80537 (970) 461-4799	**No**	**Yes**	**No**
InnovAge Home Care North 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**
Live, Love and Laugh Homecare, LLC 3307 S. College Avenue, Ste. 216, Fort Collins, CO 80525 (970) 225-0916	**No**	**Yes**	**No**
Maxim Healthcare Services 3665 John F. Kennedy Parkway, #330, Fort Collins, CO 80525 (970) 493-9300	**Yes**	**No**	**Yes**
Phoenix Home Care & Hospice 1562 Taurus Court, 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**
Pristine Home Care - Non-Medical Home Care 3870 N. Garfield, Ste. 101, Loveland, CO 80538 (970) 344-8870	**No**	**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**
Spirit of Knightingale Home Care, LLC 4104 Cherry Hills Drive, Fort Collins, CO 80524 (970) 480-0592	**Yes**	**Yes**	**Yes**
Synergy Homecare 2919 17th Avenue, Ste. 215, Longmont, CO 80503 (970) 373-1558	**No**	**Yes**	**No**

Home Health Care Agencies (continued

Agency	Medical Services	Non-Medical Services	Medicaid Accepted
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 stair lifts, ramps, wheelchair lifts, lift & transfer systems, grab bars/railings, and barrier-free bathrooms. Free home evaluations. Serving Loveland, Greeley, Fort Collins, Windsor, Longmont, Cheyenne, Laramie, Wheatland and Casper. VA and Medicaid contracts. Call for additional funding options.

2725 W. 11th Street Road, Greeley, CO 80634

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

Ascent Mobility Solutions **(720) 545-9222**

Specializes in stairlifts, wheelchair lifts, elevators and other accessibility equipment including ramps, vehicle lifts and walk-in bathtubs. Free, no obligation in-home estimate and needs assessment. Serves Colorado Front Range.

747 Sheridan Blvd., #4B, Lakewood, CO 80214

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 S. Lincoln, Ste. 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

Home Maintenance (continued)

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) 456-0120 x4**

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.

760 Bent Avenue, Las Animas, CO 81504

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

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 x 5**

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 pm (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) 829-1151**

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 housing support for individuals and families, benefits enrollment, employment support, shelter diversion, re-entry services, outdoor gear and basic-needs supplies, and bike repair. Donation Drop Off: M-F 9am - 4pm. To schedule a larger donation please call: **(970) 829-1151 or visit: www.homewardalliance.org/product**

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

Support Services for Veteran Families (SSVF) **(970) 999-5877**

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.

116 Harvard Street, Ste. #4 Fort Collins, CO 80525

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 St. Cloud Drive, Ste. 200, Loveland, CO 80538

Auburn Crest Hospice **(970) 775-7022**
2680 Abarr Drive, #2, Loveland, CO 80538

Canyon Home Care and Hospice of Loveland **(970) 330-5655**
350 E. 8th Street, Ste. 2, Loveland, CO 80537

Estes Park Health Hospice Care **(970) 586-2273**
555 Prospect Avenue, Estes Park, CO 80517

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

Pathways **(970) 663-3500**
305 Carpenter Road, Fort Collins, CO 80525
2000 N. Boise Avenue, 3rd Floor, Loveland, CO 80538 (Inpatient Care Center)

Phoenix Home Care & Hospice **(970) 667-2273**
1562 Taurus Court, Loveland, CO 80537

Suncrest Hospice **(970) 619-8378**
1601 Foxtrail Drive, Ste. 200, Loveland, CO 80538

TRU Hospice of Northern Colorado, Inc. **(970) 352-8487**
2726 W. 11th Street Road, Greeley, CO 80631
1801 16th Street, 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 visit:
www.seniorsrealestate.com

Affordable Housing

The following list is 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

Affordable Housing (continued)

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

Oakridge Crossing **(970) 286-2299**
4786 McMurry Avenue, Fort Collins, CO 80525

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

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

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

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

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

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

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

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

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

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

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

Estes Park Housing Authority **(970) 577-3730**
363 E. Elkhorn Avenue, Ste. 101, Estes Park, CO 80527

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

Affordable Housing (continued)

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

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

Assisted Living Homes

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

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

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

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

AppleLeaf Assisted Living (Medicaid accepted) **(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

Assisted Living Homes (continued)

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

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

Fox Meadows Assisted Living **(970) 449-4472**
4021 Spruce Drive, Fort Collins, CO 80526

Garden Square at Spring Creek (Medicaid accepted) **(970) 494-3253**
1000 E. Stuart Street, Fort Collins, CO 80525

Good Samaritan Society Estes Park Village **(970) 577-7700**
1902 Ptarmigan Trail, Estes Park, CO 80517

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

Good Samaritan Society Loveland Village **(970) 669-3100**
2101 S. Garfield Avenue, Loveland, CO 80537

Heritage Haus (Medicaid accepted) **(970) 669-5616**
208 19th Street SE, Loveland, CO 80537

The Hillcrest **(970) 593-9800**
535 N. Douglas Avenue, Loveland, CO 80537

The Joneses Assisted Living (Medicaid accepted) **(970) 663-2226**
2127 Eagle Drive, Loveland, CO 80537

Lakeview Commons (Medicaid accepted) **(970) 278-4000**
1422 W. 29th Street, Loveland, CO 80538

Lighthouse Elder Care, Inc. **(970) 482-1119**
700 Greenbriar Drive, Fort Collins, CO 80524

Live To Assist **(970) 224-1400**
2914 W. Prospect Road, Fort Collins, CO 80526

Loveland House Assisted Living (Medicaid accepted) **(970) 663-2223**
2115 Eagle Drive, Loveland, CO 80537

Assisted Living Homes (continued)

MacKenzie Place (Memory Unit) **(970) 207-1939**
4750 Pleasant Oak Drive, Fort Collins, CO 80525

Monarch Greens Assisted Living **(970) 449-5644**
1725 Lakeview Drive, Fort Collins, CO 80524

MorningStar Assisted Living and Memory Care of Fort Collins (Memory Community) **(970) 999-8790**
3509 Lockwood Drive, Fort Collins, CO 80525

New Mercer Commons (Memory Unit) **(970) 495-1000**
900 Centre Avenue, Fort Collins, CO 80526

Park Regency Loveland (Medicaid accepted) **(970) 461-1100**
1875 Fall River Drive, Loveland, CO 80538

Primrose Place (Medicaid accepted) **(970) 667-5962**
1330 E. 1st Street, Loveland, CO 80537

The Residence at Oakridge (Medicaid accepted) **(970) 229-5800**
4750 Wheaton Drive, Fort Collins, CO 80525

Seneca House Assisted Living **(970) 795-8600**
4406 Seneca Street, Fort Collins, CO 80526

Seven Lakes Memory Care (Memory Community) **(970) 461-5918**
1990 Pikes Peak Drive, Loveland, CO 80538

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

Terry Lake Assisted Living **(970) 221-3707**
3629 Woodridge Road, Fort Collins, CO 80524

Turnberry Place Assisted Living **(970) 482-2215**
2401 Turnberry Road, Fort Collins, CO 80524

Windsong at Rock Creek Memory Care (Memory Community) **(970) 372-5838**
3150 Rock Creek Drive, Fort Collins, CO 80528

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 **(970) 577-7700**
1901 Ptarmigan Trail, Estes Park, CO 80517

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

Good Samaritan Society Loveland Village **(970) 669-3100**
2101 S. Garfield Avenue, Loveland, CO 80537

The Hillcrest **(970) 593-9800**
535 N. Douglas Avenue, Loveland, CO 80537

MacKenzie Place **(970) 207-1939**
4750 Pleasant Oak Drive, Fort Collins, CO 80525

Parkwood Estates Retirement Residence **(970) 482-3924**
2201 S. Lemay Avenue, Fort Collins, CO 80525

Rigden Farm Senior Living **(970) 224-2700**
2350 Limon Drive, Fort Collins, CO 80525

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

The Wexford **(970) 667-1900**
1515 W. 28th Street, Loveland, CO 80538

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

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

Skilled Nursing Homes

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

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

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

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

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

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

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

Skilled Nursing Homes (continued)

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

A Home for Life **(970) 218-5057**
A collaboration of small assisted living communities that provides help to make it as easy as possible for you to make an informed decision and find the right home for your loved one, or friend in need of care. This resource is designed to help you find all the local Residential Assisted Living homes with up-to-date information about amenities, pricing and availability. Please visit the website: **www.ahome4life.com** or call for more information.

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.
363 E. Elkhorn Avenue, Ste. 101, Estes Park, CO 80527

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

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, 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**

Housing (continued)

Information and Assistance for Housing (continued)

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

Senior Living Advisors of Colorado **(970) 541-4592**

Providing free assistance to find the right respite, in-home care, independent, assisted & memory care communities, that meet your unique needs, desires, and budget.
1635 Foxtrail Drive, Loveland, CO 80537

Information and Referral

Larimer County Office on Aging **(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 for individuals in the caregiver role for an older spouse, partner, parent, or other family member. Provides individual consultations, respite assistance, and connections to support groups, counseling and classes. Home visits offered by appointment.

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.

Transition Coordination Services Options Counseling (formerly Colorado Choice Transitions-CCT) Options Counseling for individuals with Long Term Care Medicaid benefits who are currently residing in a skilled nursing home in Larimer County, and want to explore their options of moving back to the community from the nursing home with Transition Coordination Services. Individuals must be post rehab to be eligible for this transition program.

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 Road, Unit 101, Fort Collins, CO 80526

Colorado Gerontological Society **(303) 333-3482**

Advocacy and information on programs and services for seniors, families and elder care service specialists throughout Colorado. Website includes information on: dental, family caregiving, financial resources, healthy aging, home care, housing options, long term care, Medicaid, Medicare, Tricare and Veterans benefit referrals. Website: **senioranswers.org**
1129 Pennsylvania Street, Denver, CO 80203

Disabled Resource Services

Assists people of any age and any disability: physical, visual, auditory, cognitive, or mental/emotional. Provides the following services: information and referral, peer support, advocacy, independent living skills training, transitions from nursing homes, benefits counseling, access to community resources, employment assistance, and medical equipment rentals. Also provides assistance with SSI/SSDI Application and Human Services benefits 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 **(970) 226-2345**

Community Center Board for persons with intellectual/developmental disabilities
301 W. Skyway Drive, Fort Collins, CO 80525

Information and Referral (continued)

National Multiple Sclerosis Society **(970) 482-5016**

The National MS Society's MS Navigator program provides you with accurate, current and comprehensive information. We can also help you identify and advocate for what you need. We offer referrals to healthcare providers, educational opportunities and assistance accessing services. Call **1-800-344-4867** or email **ContactUsNMSS@nmss.org**
2000 S. College Avenue, Ste. 207, Fort Collins, CO 80525
(Second floor of the Chase Bank building)

Senior Access Points **(For Information on Resources) (970) 498-7740**

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 80537

Legal Resources

The following Elderlaw attorneys and clinics may provide some 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

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**

Peter W. Bullard, Rikke M. Liska

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

375 E. Horsetooth Road, Bldg. 6, Ste. 101, Fort Collins, CO 80525

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

Sutherland, Connor & Callahan, LLC **(970) 224-9779**

Kristine L. Callahan and Erin L. Connor

Elder Services: Advice and drafting for the following topics: Estate planning, Medicaid/Long term care planning, advance directives, and powers of attorney, special needs trusts, revocable trusts, estate and probate administration, guardianships and conservatorships.

1315 Oakridge Drive, Ste. 120, Fort Collins, CO 80525

Legal Resources (continued)

Attorneys: (continued)

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 – Court Resource 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. M, W, F 8am - 4pm, T and Th 8am - 2pm and by appointment. Computers available for research and completing forms. Court Resource 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 Tuesday of the month from 3pm - 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

Larimer County Bar Association (Pro Bono Program) **(970) 402-2075**

Provides referrals to private attorneys (Pro Bono) and to appropriate agencies for Larimer County residents who meet financial and income guidelines. Does not handle bankruptcy, criminal, workers compensation, social security or personal injury cases. Intakes occur weekly in Fort Collins on Wednesdays and in Loveland on Thursdays, with some holiday restrictions. Call for more information.

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 3pm - 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 Avenue, Fort Collins; 2nd Floor - Jury Room A

Organizations:

Guardianship Alliance of Colorado - Ability Connection Colorado **(303) 228-5382**

Provides information and referrals 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 2019 income limit is $2,313 per month. For those individuals who are not hospitalized, an income trust can be established if one's gross income exceeds $2,313 per month. There are limits for the income trust which are dependent on which county the applicant resides.

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

Resource Eligibility:

- The individual resource limit is $2,000.
- The couple resource limit is $4,000 if both members of the marital couple are applying for long-term care benefits and they are sharing the same room in a nursing facility or if both are going to receive Home and Community Based Services.
- The couple resource limit is $3,000 if both members of a marital couple are applying for long-term care benefits and are living in separate rooms in a nursing facility.
- The 2019 couple resource limit is $126,420 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.

Long Term Care Medicaid (continued)

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) (970) 498-7750
Information and guidance regarding eligibility and the application process for Long Term Care Medicaid and Medicare Savings Program. Hands-on application assistance for individuals living in the community who would like to apply for Long Term Care Medicaid or Medicare Savings Programs. This service provides assistance to individuals who are not already connected to a case management/social services system or for individuals who are not residing in a nursing home. Appointments are required.
1501 Blue Spruce, Fort Collins, CO 80524

Larimer County Department of Human Services (970) 498-6300
For questions regarding eligibility and the Long Term Care Medicaid application process.
1501 Blue Spruce Drive, Fort Collins, CO 80524
200 Peridot Avenue, Loveland, CO 80537

Larimer County Options for Long Term Care (970) 498-7780
For questions regarding the functional eligibility assessment and Long Term Care Medicaid Home and Community Based Services (HCBS).
1501 Blue Spruce Drive, Fort Collins, CO 80524

Home and Community Based Services (HCBS) Waivers

A waiver is an extra set of Health First Colorado (Colorado's Medicaid Program) benefits that you may qualify for in certain cases.These benefits can help you remain in your home and community.
For more information please call, **Larimer County Options for Long Term Care_____ (970) 498-7780**

For information on the Developmental Disabilities or Supported Living Services waivers, please call
Foothills Gateway, Inc. _____ (970) 226-2345

HCBS offers the following Adult Waivers:

Brain Injury Waiver (BI)
For individuals with a brain injury who need extra support to live in their communities.

Community Mental Health Supports Waiver (CMHS)
Provides assistance to people with a mental illness that require long-term supports and services in order to remain in a community setting.

Developmental Disabilities Waiver (DD)
For persons with a developmental disability. Provides access to 24/7 supervision through residential habilitation and day habilitation services and supports.

Elderly, Blind and Disabled Waiver (EBD)
Provides assistance for people age 65 and older who have a functional impairment or are blind, and to people ages 18-64 who are physically disabled or have a diagnosis of HIV or AIDS, and require long-term supports and services in order to remain in a community setting.

Spinal Cord Injury Waiver (SCI)
For persons with a spinal cord injury. Limited to individuals in the Denver Metro area.

Supported Living Services Waiver (SLS)
Provides necessary services and supports for adults with an intellectual or developmental disability so they can remain in their homes and communities.

Colorado Indigent Care Program (CICP)

Provides discounted health care services to low-income people and families. **CICP is not health insurance.** Through this program, discounted health care services are provided by hospitals and clinics that participate in CICP.

Who Qualifies?

- People legally residing in Colorado
- People who meet income and resource guidelines
- People who are not eligible for Health First Colorado (Colorado's Medicaid Program) or Child Health Plan Plus (CHP+)
- People who are covered by Medicare or who have other health insurance may be eligible for CICP.

Family Size	Approximate Annual Income	Approximate Monthly Income
1	up to $30,150	up to $2,512
2	up to $40,600	up to $3,383
3	up to $51,050	up to $4,254
4	up to $61,500	up to $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) or visit the website: **www.colorado.gov/hcpf/colorado-indigent-care-program**

Behavioral Health

For Counseling options please see page 17.

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.

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

Colorado Plains Medical Center **(970) 867-3391**
Geriatric Behavioral Health Unit **Admissions: (970) 542-4364**
1000 Lincoln Street, Fort Morgan, CO 80701

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

UCHealth Mountain Crest Behavioral Health Center - Fort Collins **(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**
Senior Psychiatric Inpatient Unit
2525 S. Downing Street, Denver, CO 80210

SCL Health - West Pines **(303) 467-4080**
Senior Behavioral Health Care, 4th Floor of Lutheran Medical Center
3400 Lutheran Parkway, Wheatridge, CO 80033

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 N. Boise Avenue, 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 Drive, Fort Collins, CO 80528

Medical Clinics

Centerra Health Physician Group - Primary Care Berthoud (CICP) **(970) 532-4644**
549 Mountain Avenue, Berthoud, CO 80513

Christ Clinic (No Cost Clinic) **(970) 481-2390**
Free clinic by appointment only. Does not provide pain management services.
3920 S. Shields Street, Fort Collins, CO (Faith Evangelical Faith Church)
Monday evenings 6pm - 9pm
328 Remington Street, Fort Collins, CO (Mountain View Community Church)
First Saturday of each month from 9am - 11:30am
Third Friday evening of each month from 6pm- 9pm

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
Communicable disease information. Health screenings and assessments for sexually transmitted diseases. Vaccinations for adults including travel vaccinations, for more information call an immunization nurse at (970) 498-6795. To schedule an appointment, call (970) 498-6767. Clinics in Fort Collins, Loveland and Estes Park. Includes services for Medicaid, under-insured and uninsured clients, cannot bill private insurance. **www.larimer.org/health**
1525 Blue Spruce Drive, Fort Collins, CO 80524 _____ Fort Collins: (970) 498-6700
200 Peridot Avenue, Loveland, CO 80537 _____ Loveland: (970) 619-4580
1601 Brodie Avenue, Estes Park, CO 80517 _____ Estes Park: (970) 577-2050

Medical Clinics (continued)

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 80521

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 N. Wilson Avenue, Loveland, CO 80537

UCHealth Urgent Care – Harmony Campus (CICP) **(970) 297-6250**
2127 E. Harmony Street, Ste. 140, Fort Collins CO 80528

Rehab Hospitals

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

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 M - TH, 8:30am - 4pm

2700 S. Lemay Avenue, Fort Collins, CO 80525

Disabled Resource Services

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

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

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

GoodHealthWill **(970) 624-6002**

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

2003 W. 8th Street, Loveland, CO 80537

Quota Club of Estes Park **(970) 586-4353**

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

Medicare

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 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.

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 2019 is $135.50 for beneficiaries with incomes at or below $85,000 for an individual taxpayer, $170,000 for a married couple filing jointly (the premium is based on your income). In 2019, the deductible for Part B is $185. Social security will notify you regarding the exact amount you will pay for your Part B premium. Please note that effective in 2020 as a result of legislation passed in 2019 by Congress, Medigap plans will no longer be allowed to offer coverage of the Medicare Part B deductible. 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:

Medicare **(800) 633-4227**

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

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.

UCHealth 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)

Please note that the income and asset limits for MSP eligibility change every year in March/April.

Medicare Savings Program	*Individual Income Limit*	*Married Income*	*Helps Pay For*
QMB*	$1,061	$1,430	Part A deductible and Part B Premium plus other deductible, and co-payments
SLMB*	$1,269	$1,711	Part B Premium Only
QI*	$1,426	$1,923	Part B Premium Only
*Assets for all MSP programs in 2019 must be less than:	$9,230 for an individual		$14,600 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
$1,582 income $14,600 assets	$2,134 income $28,720 assets

Medicare (continued)

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) (970) 498-7750
Information and guidance regarding eligibility and the application process for Medicare Savings Program and Low Income Subsidy. Hands-on application assistance for individuals living in the community who would like to apply for Medicare Savings Programs or Low Income Subsidy. This service provides assistance for individuals who are not residing in a nursing home. Appointments are required.
1501 Blue Spruce Drive, Fort Collins, CO 80524

Larimer County Department of Human Services (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 page14 and Behavioral Health section on page 57 and Case Management listing for Regional Accountable Entity (RAE) Rocky Mountain Health Plan page 10.

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, Ste. 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 Drive, Ault, CO 80610

Moving - Downsizing Assistance (continued)

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

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, personalized organizational solutions, customized decluttering assistance with realistic tips to help learn and enjoy decluttering your home. Hands on tutoring to deal with mail, paperwork and filing. Move manager; arranging movers, packing, unpacking, move-in assistance (set-up new living space and box removal) Chronic disorganization expertise. Serving northern Colorado.

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 Street #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.

American Medical Alert Corporation, A Connect America Company **(866) 686-7504**
471 S. Baldwin Street, Woodland Park, CO 80863

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

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

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

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

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

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 9am - 2pm & Thursdays 10am - 5pm**.**

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**

Clients may receive up to four (4) prescription vouchers per client per calendar year with a total annual maximum not to exceed $200.

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 uninsured, under-insured, or having challenges paying for prescriptions.

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, Ste. 150, Loveland, CO 80537

Your Rx Concierge, LLC **(970) 214-0709**

No cost Rx assistance to individuals of all ages ordering FDA-approved prescription medications from accredited International Pharmacies for maximum cost savings. Also provides assistance in identifying the lowest local price, and any manufacturer rebates or sponsored prescription savings assistance program where available.

P.O. Box 271704, Fort Collins, CO 80527

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. **(970) 581-2195**
1760 Olympian Lane, Estes Park, CO 80517

Estes Valley Community Center **(970) 586-8191**
660 Community Drive, Estes Park, CO 80517

Fort Collins Senior Center **(970) 221-6644**
1200 Raintree Drive, Fort Collins, CO 80526

Wellington Senior Resource Center **(970) 817-2293**
3800 Wilson Avenue, Wellington, CO 80549

Senior Clubs/Organizations

AARP **National (888) 687-2277**
American Association of Retired Persons **Colorado (866) 554-5376**
303 E. 17th Avenue, Ste. 510, Denver, CO 80203

Los Ancianos Unidos **(970) 221-6256**
Northside Aztlan Community Center
112 E. Willow Street, Fort Collins, CO 80524

OGLBT **(970) 224-6029**
Older Gay Lesbian Bisexual Transgender
Fort Collins Senior Center –– 1200 Raintree Drive, Fort Collins, CO 80526

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**
Support groups and information regarding AA groups
155 N. College Avenue, #120, Fort Collins, CO 80524

ALS Association (Amyotrophic Lateral Sclerosis) — **(303) 832-2322**
10855 Dover Street, Ste. 500, Westminister, CO 80021

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
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

American Diabetes Association — **(888) 342-2383**
2460 W. 26th Avenue, Ste. 500C, 5th Floor, Denver, CO 80211 — **(720) 855-1102**

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

Arthritis Foundation — **(303) 756-8622**
2280 S. Albion, Denver, CO 80222

Brain Injury Alliance of Colorado (BIAC) — **(303) 355-9969**
1325 S. Colorado Blvd., Ste. 300, Denver, CO 80222 — **National (800) 955-2443**

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 W. Mountain Avenue, Fort Collins, CO 80521

Support Organizations and Groups (continued)

Grand Family Coalition **(970) 699-2837**

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**

Namaqua Center **(970) 494-4231**

SummitStone Health Partners

Support for the health and well-being of grandfamilies.

221 E. 29th Street, Ste. 101, Loveland, CO 80538

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 Ataxia Foundation **(763) 553-0020**

National Kidney Foundation **(720) 748-9991**

1391 Speer Blvd. #250, Denver, CO 80204

National Multiple Sclerosis Society **(970) 482-5016**

2000 South College Avenue, Ste. 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

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

P.O. Box 145, Berthoud, CO 80513

Rocky Mountain Stroke Center **(303) 730-8800**

5666 S. Bannock Street, Littleton, CO 80120

Support Organizations and Groups (continued)

Additional Support Groups

Ataxia Support Group	**(970) 222-3875**
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 Place & Timberline Church (970) 213-4548**

Spanish Speaking Supports

Iglesia Pacto de Amor **(970) 213-9167**

Offers various support groups all year. Groups are offered in Spanish. For more information please visit the website below.
Ofrecemos varios grupos de apoyo durante todas las estaciones del año. Los grupos se ofrecen en español. Para más información visita la página web en : **www.iglesiapactodeamor.com**
5420 Taft Avenue, Loveland CO 80538

For additional Spanish speaking support groups, please see The Center for Family Outreach listing on page 8.

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.

Eligibility requirements:

- Applicant must be 65 years or older on or before January 1 of this year or be a person called into military (activated guard or reserve) 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) April 1.

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) 342-2292**

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)

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 benefit until December 31, 2019, and 2018 until the end of 2020). The income requirements change every year. The 2017 income limit is $13,608 ($18,343 for a couple), and the 2018 income limit is $14,074 ($18,972 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 in May, and due by the last business day in May. You can pick up an application at the Finance Department at Town Hall, 170 MacGregor Avenue from 8am - 5pm M - F and at **estes.org/finance.** Applicants must meet residency requirement by residing within the boundaries of Estes Valley Recreation and Park District.

P.O. Box 1747, Estes Park, CO 80517

Tax Assistance (continued)

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 $2,082 (for 1 person) and $2,818 (for a couple). Qualified taxpayers are placed in jobs in various Larimer County departments. Applications are only accepted at the beginning of February.

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 work during school hours with students to assist teachers. However, some volunteers work in clerical positions as well as in miscellaneous areas such as landscaping, crossing guards, libraries, etc. 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.thompsonschools.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, dementia-specialist non-medical in-home care, care for 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 mobile outpatient physical, occupational and speech therapies, pelvic floor therapy, driving rehabilitation, therapeutic massage, social work services and personalized fitness programs. Telehealth services available. Service available at the clients' homes, in the community or at one of the three outpatient locations within Larimer County, Accepts Medicare, Medicaid, VA, Humana and most other insurance.
2350 Limon Drive, Ste. D12, Fort Collins, CO 80525

Therapy Services (continued)

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.

712B Whalers Way, Ste. B200 Fort Collins, CO 80525

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 32

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 M-F 8am - 4pm, includes trips to Loveland on Tuesdays 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

Bustang **(800) 900-3011**

Colorado Department of Transportation

Connects commuters and travelers to and from Denver. Bus leaves from downtown transit Center: 250 N. 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 W. Fifth Street, Loveland, CO 80537

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. Morning appointments encouraged. DAV van leaves promptly at 2pm to return to Fort Collins.

Dial-A-Ride (Para-transit) (Serves Fort Collins and Loveland) **(970) 224-6066**

Door-to-door para-transit service for individuals in Loveland and Fort Collins who cannot use Public Bus Transportation options due to a disability. The City of Loveland Transit has partnered with the City of Fort Collins and Dial-A-Ride (zTrip) to provide Para-transit services. Services are available in both Fort Collins and Loveland for individuals who live within 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

Transportation (continued)

Dial-A-Taxi (Para-transit ONLY) (Loveland and Fort Collins) (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 zTrip at (970) 224-6066. Requests can be made up to 24 hours in advance of the trip. Service hours: 6am to 11pm M-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.**

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 M - Sat 5am - midnight, Sundays and Holidays 8am - 7pm 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.

Medicaid - Colorado NEMT (Non- Emergent Medical Transport)

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. For more information about this service and the provider, please visit: **www.colorado.gov/pacific/hcpf/non-emergent-medical-transportation**

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 Rural Fire Protection District of Berthoud. Potential riders must fill out a short application. 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 - 4pm

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

Transportation (continued)

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. Services hours are M-F 8:15am - 4pm. Riders must be able to ambulate and self-transfer independently with or without a cane, walker or service animal.

333 W. 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

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. M-F 8am to 7:30pm.

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

zTrip (formerly Yellow Cab) (970) 224-2222

zTrip is a taxi service in northern Colorado that uses licensed, professional drivers. Services operate 24 hours a day, seven days a week, 356 days a year. Trips can be booked by phone, online, or with the zTrip app. Schedule your rides for immediate pick-up or for future needs. zTrip can transport you anywhere you need to go, from medical appointments to the movies. zTrip Mobility Plus provides services for medical patients, elderly passengers, and people with disabilities. zTrip does not use surge pricing so you pay the same low fare any time of the day.

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. Morning appointments encouraged. DAV van leaves promptly at 2pm to return to Fort Collins.

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 8am - 4:30pm. Services include: primary care, mental health, counseling, audiology, nutrition counseling, and on-site lab services for routine blood draws. Appointment required.

2509 Research Blvd., Fort Collins, CO 80526

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.

1044 W. Drake Road, Ste. 202 Fort Collins, CO 80526

Larimer County Veterans Services **(970) 498-7390**

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

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

Larimer County Economic and Workforce Development - 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 (970) 619-4650
(By Appointment Only) Estes Park, CO 80517 (970) 577-2152

Loveland VA Clinic **(select option 2, and then option 2 again) (970) 962-4900**

Outpatient clinic managed from the Cheyenne VA Medical Center. M-F 7am - 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)

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.
116 Harvard Ste. #4, Fort Collins, CO 80525

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 Compass **(970) 658-5498**

Created by and for Veterans and their families. Educates the community, fills gaps, creates collaboration among service providers provides advocacy and a better understanding of the needs of Veterans. Veteran Navigators guide Veterans and their families to find resources to meet their needs.
215 W. Oak Street, Fort Collins, CO 80521

Veterans Services (continued)

Veterans Crisis Line **(800) 273-8255 (Press 1), or text to 838255**

Veteran & Family Resource Directory (720) 600-0860

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 **(970) 482-2700**

Services provided to people who are low vision or blind. Includes accessing vision-related services/ resources, home assessments, adaptive tools/assistive technology, support groups, and education. 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

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

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

1740 S. College Avenue, Fort Collins, CO 80525

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

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

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

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

Eye exams and new eyeglasses for low-income residents 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.

Vision (continued)

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 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, organization, and other activities that offer "a little help". For Membership or volunteer information, contact: **info@alittlehelp.org**
19 Old Town Square, Ste. #238, Fort Collins, CO 80524

Partnership For Age-Friendly Communities in Larimer County (PAFC) **PAFClarimer.org**

PAFC's mission is to foster leadership and strong community collaboration that will plan, design, and implement sustainable strategies to enhance the quality of life for older adults in Larimer County. With the use of grassroots teams of volunteers called Self Directed Volunteer Teams (SDVT), PAFC has a focus on four priority groups to help promote a livable community: Housing, Health and Wellness, Mobility and Access, and Culture of Aging. The SDVTs have specific goals and timelines which can be ideal for volunteers who don't want to make a long-term commitment. To start your volunteer journey with PAFC, contact Volunteers of America at (970) 472-9630.
www.PAFClarimer.org/voa-seniorcorpsrsvp

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. Worshop 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

Wellness Classes (continued)

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. Eat the foods you love without guilt or overeating. End mindless and emotional eating. An 8-week program, 1.5 hours per week. Cost: $65 includes classes, book and workbook. Register with Aspen Club: 495-8560. Instructor Deanna O'Connell: 495-7523. Classes in Loveland and Fort Collins.

1025 Garfield Street, Fort Collins, CO 80524

Enhance Wellness - UCHealth **(970) 495-7335**

A 6-month program of wellness support including personal health coaching, nutrition classes, a 90 day supervised fitness program, and a counselor to help with mind-body connections. Cost is $125 for the 6 month program. Scholarships available for low-income reduce the cost to $50. Enroll any month of the year. Call for more information.

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

Ensight 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 you to better cope with symptoms, eat smarter, incorporate physically active, and learn effective communication skills. Living Well with Chronic Conditions, Living Well with Diabetes, Living Well with Chronic Pain and Cancer: Thriving and Surviving.

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**

A program for family caregivers designed to help caregivers take care of themselves while caring for a loved one. Provides tools to better communicate feelings and deal with difficult emotions and helps caregivers find relevant resources. The class meets weekly for six weeks. Call for more information.

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.

Stress-Busting Program for Family Caregivers (970) 498-7750

A program for family caregivers of persons living with dementia or a chronic illness to reduce caregiver stress. This nine-week program meets weekly with a small group of caregivers and teaches stress management techniques and relaxation and coping strategies. Call for more information.

Tai Chi to Aid in Fall Prevention: Banner Health Community Wellness (970) 810-6633

Tai Chi offers many benefits for the body and mind. This is an evidenced-based program shown to improve balance and strength with regular practice. It is designed to aid in re-training the body and mind in how to move appropriately, aiding in the prevention of falls. Classes are held twice a week for each 12 week session and each class is 1 hour in length. Silver Sneakers members are covered at no cost, or $60 per each 12-week session.

2000 N. Boise Avenue, Loveland, CO 80538

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

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 - Senior Center (970) 221-6644

The Fort Collins Senior Center provides adults an opportunity to access and engage in recreational opportunities, stay active and socialize. The Senior Center's diverse program selection includes travel, outdoor adventure, special events, fitness, art and more. The Senior Center is open to all adults but specialized in programming for adults 50 years of age & up. Call for a list of classes and times please call or visit the website for more information: **www.fcgov.com/recreation/senior-center**

You can also get a list of classes in The Recreator: **www.fcgov.com/recreator/**

1200 Raintree Drive, Fort Collins, CO 80526

Wellness Classes (continued)

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, Blood Screenings, Yoga, Tai Chi. Call for a list of current classes and times.

2000 N. Boise Avenue, Loveland, CO 80538

UCHealth Senior Services/Aspen Club

A free membership program for people 50+ that offers health, wellness and medical classes. Other services include Medicare counseling, advance care planning, fall prevention classes, mindfulness classes, year-round health screenings and low cost blood tests. For more information, visit **www.uchealth.org/aspenclub** or call.

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

2500 Rocky Mountain Avenue, 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 Quality Assurance Coordinator

Suzanne Murray
Case Manager
Aging and Disability Resource Center (ADRC)

Eliza Piesman
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Wendy Schleppy
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 twenty-one 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
Crystal Bloemen
Elaine Boni
David Born
Jill Couch
Sharon Courtney
Myles Crane
Ferri Erickson
Mary George
Joe Glomboski
Jan Gruber
Kirsten Hartman
Lisa Hays
Roy Lilley
Margaret Long
Danita Nixon
Ellen Pihlstrom
Jody Shadduck-McNally
Punkie Whitely
Kristy Wygmans
Sharon Zamora

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



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

LARIMER COUNTY
COMMITTED TO EXCELLENCE