

Community

Resources

Caring About Yourself

*Where do you go for help, when you don't know where to start?
Let us help you.*

Pima Council on Aging serves as advocate, planner, developer and provider of services and programs for Pima County's older citizens and their families.

Direct Services

- Ambassador Program
- Advocacy (local, state and national)
- Caregiver Lending Library
- Consumer Issues
- Council of Senior Citizens Organization
- Elder Rights & Benefits Assistance Program
- Family Caregiver (information and assistance)
- Gerontological Professional Resource Library
- Information & Assistance
- Long-Term Care Advocate Program (nursing and assisted living facilities)
- Mature Worker Connection (50+ Job Placement Service)
- Medicare/Insurance Counseling (part of Arizona State Health Insurance Assistance Program)
- Neighbors Care Alliance
- Never Too Late (monthly newsletter)
- Older Adult Suicide Prevention Program
- Personal Budgeting Assistance
- Retired and Senior Volunteer Program
- Speakers Bureau/Community Forums

Contracted Services

- Arizona Living Well (health promotion programs)
- Caregiver Training
- Case Management and Assessment
- Congregate Meals and Socialization (in 14 sites)
- Family Caregiver Services
- Grandparents Raising Grandchildren Services
- Home Repair (major and minor)
- Housekeeping
- Legal Services
- Lifeline
- Personal Care
- Pima Meals on Wheels (home delivered)
- Primary Nursing Clinics
- Respite for family caregivers
- Transportation

8467 E. Broadway Blvd.
Tucson, Az, 85710
Help Line: (520) 790-7262
Administration: (520) 790-0504
Website: www.pcoa.org
E-mail: help@pcoa.org

Helping
Caring
Teaching
Sharing
Guiding
Training
Growing
Feeding
Assisting
Serving

Advocacy, action,
and assistance to
our community for
over 40 years.



Call 520-790-7262 or
go to www.pcoa.org



Advocacy, Action, Assistance

Caregiver Programs and Services

ELDERCARE INFORMATION AND ASSISTANCE SERVICES

In the U.S. today, nearly one out of every four homes is involved in caregiving for persons 60 or older. PCOA serves as a starting point for Pima County caregivers and older adults who need assistance and linkage to available services and resources. Our eldercare specialists assist in examining options, locating help through local community resources, and connecting families with help for their own personal needs as they relate to their caregiver role. **For further information, call the Caregiver Specialists at PCOA (520) 790-7262 or Email questions to:**

- Suzy Bourque, MSW, sbourque@pcoa.org
- Sandy Davenport, MSW, sdavenport@pcoa.org
- Laura Michaels, MSW, lmichaels@pcoa.org
- Fran Coleman, M.Div., fcoleman@pcoa.org

RESPIRE SERVICES

Respite services exist to provide caregivers temporary relief or rest from caregiving activities. Respite care may be provided for a few hours a week in the home, or through a temporary stay in an assisted living home. Services are provided on a cost-sharing basis determined by income and ability to pay. To qualify, the caregiver must live with the care recipient. **Please call the Pima County Community Services System Central Intake at (520) 790-7262.**

CAREGIVER WEB SITE

www.arizonacaregivers.org

A local web site for family caregivers in Pima County offered by The Caregiver Consortium, Inc.

FAMILY CAREGIVER LENDING LIBRARY

Through the PCOA video lending library, videos on different topics related to family caregiving are available for viewing by caregivers or small groups. For further information, please call Melissa Morgan, M.L.S. at PCOA (520) 790-0504 or email mmorgan@pcoa.org

K.A.R.E. FAMILY CENTER

Are you a caregiver and raising a child under 18?

Services which you might find useful are available at K.A.R.E as follows:

- Information, education and resource referrals
- Help in completing guardianship packet for Probate Court
- Help with filling out applications for benefits such as TANF, AHCCCS or Kids Care
- Advocacy for caregivers and children with schools, court, health care and mental health agencies, benefits programs, Child Protective Services, etc.
- Case management
- On-site mental health services for children, adults, families and groups
- Recreation for youth and families
- Support groups for kin and adoptive families
- Classes for grandparents and others who are "becoming parents again"

This "one stop shop" center for caregivers and adoptive families is located at 4710 E. 29th St., Building 7 in Tucson. **For more information, call (520) 323-4476.**

Contact us for information on services for caregivers and older adults.

Pima Council on Aging

Area Agency on Aging
8467 E. Broadway Blvd.
Tucson, AZ 85710-4009

Helpline: (520) 790-7262

Phone: (520) 790-0504

Fax: (520) 790-7577

Internet: www.pcoa.org

E-Mail: help@pcoa.org

The Older Americans Act/National Family Caregiver Support Program provides funding support for these programs through Pima Council on aging, a non-profit organization since 1967.



A DIVISION OF PIMA HEALTH SYSTEM & SERVICES

CAREGIVER EDUCATION & SUPPORT PROGRAM



Are You A Family Caregiver?

We can help you find a healthy balance between taking care of yourself and taking care of your loved one.

If you provide **any** or all of the following:

- Occasional or daily help at home (chores, meals, transportation, etc.)
- Business and /or financial assistance
- Emotional support
- Daily supervision and/or personal care
- Medication management

...whether your elderly, ill or disabled loved one lives with you, in their own home, in a facility, or even long distance.... **you are a family caregiver.**

The Caregiver Education & Support Program is here to assist you along the path of caregiving.

Support Groups

Share experiences and ideas with others who understand

Caregiver support groups are held in different areas of town at different times. Connect with other family caregivers; learn stress management techniques, find out about community resources, and develop a mutual bond of support.

Two types of groups are offered: Educational support groups meet for 2 hours, once a week, for 8 weeks. Drop-in support groups are ongoing, open to all, and meet once or twice a month for 1 - 1½ hours.

Group Educational Topics include:

- Stress Management and Relaxation Techniques
- Effective Communication
- Community Resources
- Coping with Difficult Emotions
- Living with Loss
- Setting Limits & Creating Realistic Expectations

Information/Education

- Information & Referral – Find out about community resources and explore your options
- Practical Skills Classes – Two-hour skill-building sessions on topics such as back safety and body mechanics, dementia care, managing medications, and more...
- Community Outreach – Presentations to groups & organizations on a variety of caregiving issues
- Resource Library – Books, videos and tapes available for loan

Counseling

Our professionally trained and experienced staff is available to provide brief counseling and care consultation to individuals and families.

Take time to help yourself.....

Caregivers report 3-4 times as many stress symptoms as the general population. Many tell us that loneliness and isolation are among the hardest aspects of caregiving.

Remember, you are *not* alone....

We can provide you with the support you need.

**Caregiver Education and Support Program
Pima Health System-Community Services System
Abrams Public Health Center
3950 S. Country Club Rd., #400
Tucson, AZ 85714**

243-8378 or 243-8379

*There is **no charge** for any of these services. Donations are accepted and appreciated.*

Respite Program

WHY RESPITE?

In the U.S. today, nearly one out of every five homes is involved in caregiving to persons aged 60 or over. This means that about 25 million people are caregivers. Caregiving responsibilities can sometimes cause caregiver exhaustion, stress, depression and ill health. Respite services exist to provide a break, a time of renewal and an opportunity to reclaim personal time for caregivers.

The goals of respite programs are:

1. To prevent caregiver "burnout"
2. To support the integrity of the family unit
3. To delay institutionalization as long as possible.

THE RESPITE PROGRAM

Funded by the Older Americans Act of Congress, the PHS Respite Program is designed so that caregivers can take time off. We provide short-term respite care arrangements for individuals 60 and older who are living with their unpaid, family caregivers. Priority is given to individuals who demonstrate economic and social need for services. Respite services are provided on a sliding fee scale (based on care recipient income) and families are asked to cost-share for services.

TYPES OF RESPITE

The Respite Program provides two basic types of service:

1. **IN-HOME RESPITE:** The Case Manager will meet with the family to assess needs, and then will make arrangements for regular, ongoing, at-home respite care (Hours vary depending on family needs).
2. **FACILITY RESPITE:** The Case Manager will meet with the family to assess needs, and then will make arrangements with contracted facilities for short-term overnight placement of the care recipient (typically one week stay in an Skilled Nursing Facility).

ELIGIBILITY

- Pima County residents.
- Care recipients who are 60 years or older.
- Families demonstrating economic and social need.

CONTACT: 790-7262 for additional information.



Community Services System

A DIVISION OF PIMA HEALTH SYSTEM

General Information:

The PHS-Community Services System (CSS) is a coordinated delivery system that provides home and community based services to low-income frail elderly and younger physically disabled members of our community who are at risk of not meeting their daily living needs. The services through the program are intended to keep individuals living independently for as long as possible, while helping to ensure their health and well-being.

The Community Services System is a non-entitlement program which is funded through a combination of grants. Funding to support the CSS is provided, in whole or in part, by Pima County, the Administration on Aging and the Arizona Department of Economic Security–Division of Aging and Adult Services, Pima Council on Aging, and individual contributions.

Eligibility:

Due to limited funding, services are targeted to those individuals who have the greatest need, both socially and economically, and who are most unable to pay. Eligibility is pre-screened by the CSS Central Intake Unit when a client, family member or agency makes a referral to the system.

Types of Services Offered:

Adult Day Health
Congregate Meals
Housekeeping
Personal Care

Case Management
Home Delivered Meals
Emergency Alert System
Respite

Home Repair & Adaptation
Attendant Care Services
Shopping

Referrals

The CSS utilizes a centralized Intake Unit located at Pima Council on Aging (PCOA). The intake specialists assist callers with information, resources and conduct appropriate screening for the CSS. If eligible, potential clients will be referred to one of the four case management agencies listed below for an in-home assessment.

The CSS centralized intake number is **790-7262**.

There are four agencies in the County that provide case management. Case Managers act as client advocates. They are responsible for assessing eligibility, determining clients' needs, authorizing and coordinating services and performing ongoing monitoring of the service plan.

CSS Case Management Agencies

Jewish Family & Children's Services
Marana Health Center

Our Family Services, Inc.
Catholic Social Services

Rev. 5/10



Senior Programs: Caregiving Services · Health Advocacy · Mobile Meals
Social Service Programs: Food Bank · Emergency Financial Assistance

Our Mission

Founded in 1985, the mission of **Interfaith Community Services** (formerly Northwest Interfaith Center) is:

To live our diverse faiths by helping seniors, disabled individuals and people in financial crisis in Pima County achieve stable and independent lives through support from volunteers, faith communities and the community at large.

The Need for our Services Continues To Increase...

The growing senior population

There are 119,000 seniors age 65+ and this number is increasing yearly. Overall, 41% of local seniors have disabilities, according to the U.S. Census Bureau. The population age 85+ is expected to double by 2015 and the need for assistance increases with advancing age.

Working families in financial crisis

A high percentage of working poor families do not qualify for public healthcare and do not benefit from employer-paid health plans. 17.7% of the people in Pima County live below the federal poverty level. A majority of the households served by ICS pay most of their income for rent and utilities, leaving little for healthcare or other basic needs.

Caregiving Services

Transportation / Shopping. This is the most requested of all our caregiving services. Volunteers use their personal vehicles to provide round trip transportation to medical appointments, banks, the post office, or grocery stores.

Reassurance Calls / Telecare. Caring Telecare volunteers make daily reassurance phone calls to check on the safety and well being of homebound neighbors. These calls help us determine if the individual is well and functioning.

Friendly Visiting / Friendly Phoning. Friendly visits and phoning are provided regularly to others to help overcome isolation.

Caregiver Relief. This service provides short-term relief to a caregiver (usually a family member) so they may leave the home.

Handy Helpers. Volunteers do minor home repairs for elderly or disabled recipients. Recipients pay for materials.

Business Help. Volunteers assist in managing personal business, paying bills, and handling personal correspondence of recipients.

Health Advocacy. Staffed by a registered nurse, this program provides health education, health counseling, and assistance in connecting with needed community resources. This service is available to registered ICS recipients and member faith communities and extended to the community-at-large depending on staff availability.

**2820 W Ina Road
Tucson, Arizona 85741-2502
Phone 520 - 297- 6049
www.icstucson.org**

Neighbors Care Alliance

Neighbors Helping Neighbors

Do you wish you could bring the spirit of neighbors helping neighbors back to your community?



Neighbors Care volunteers help older adults to remain in their homes safely, independently, and with dignity. Each Neighbors Care program may offer these services:

- Ride to doctor
- Friendly phone call, visit
- Grocery shopping
- Meal Preparation
- Light house or yard work
- Minor house repairs
- Caregiver respite assistance

Benefits of Neighbors Care programs:

- Cost effective
- Bring people closer together & make communities stronger
- Build local leadership
- Intergenerational opportunities between youth and elders
- Partnerships with businesses & neighboring communities
- A tremendous resource in the event of an emergency

PCOA's Neighbors Care Alliance is the association of all the Neighbors Care Programs. Since 2003, over 120 neighborhoods and faith communities have been brought together throughout Pima County.

PCOA can help you with:

- Connection to Pima Council on Aging
- Free consultation & assistance
- Secondary insurance for volunteers & limited mileage reimbursement
- Opportunities to network and share ideas with other programs

A few interested people committed to support a volunteer program are all it takes to begin.

Let us help you rekindle the spirit of caring service in your community.

**PCOA Outreach Coordinators are available to address this opportunity with you.
Call 520.790.0504**

Helping
Caring
Teaching
Sharing
Guiding
Training
Growing
Feeding
Assisting
Serving

Advocacy, action,
and assistance to
our community for
over 40 years.



Call 520-790-7262 or
go to www.pcoa.org

TMC Senior Services
El Dorado Health Campus
1400 N. Wilmot Road, Tucson, AZ
Phone: (520) 324-1960 Fax: (520) 324-1084
seniorservices@tmcaz.com

TMC Senior Services is home to a variety of programs and support services for our senior community offering support during a hospital stay, directly after and year-round wellness programming.

Hospital-Based Services

Bedside Support Volunteers

Volunteers provide support to older patients and their family members to help minimize the disruptive nature of illness and maximize recovery.

Pet Therapy

Pet therapy is beneficial for patients recovering from illness or injury, especially those experiencing confusion, frustration, fear or loneliness.

Post Hospital Services

A professional geriatric specialist offers follow-up support, helps assess ongoing needs at home, and offers emotional support and assistance to promote recovery once discharged from the hospital.

Critical Decisions – Advance Directives

Advance Directives are legal documents to assist you in making health care decisions in advance and can include living wills, medical powers of attorney, and pre-hospital medical directives. The purpose is to let others know about and honor your wishes regarding end of life, or treatments choices.

Community Services

Seniors Helping Seniors Program

Highly trained volunteers offer companionship, a listening ear and support to any older adult in the community through the normal but difficult life changes and losses that accompany growing older through weekly home visits.

Healthy Living Connections

A place for seniors and their families to access community resources for key health and wellness issues through a health information center, classes and lectures on health topics and health screenings.

“Healthy Living Coaches”

Trained volunteers provide one-on-one support to seniors in helping them reach personal health goals.

Alzheimer’s & Related Dementias Project

Experienced volunteers support persons with dementia and their families through family consultations, information, a lending media library, referrals and support groups.

Medicare

Volunteers provide free one-on-one assistance to navigate the Medicare enrollment process.

Volunteer Opportunities

Contact us to find out how you can make a positive difference in the people’s lives through our volunteer programs.

alzheimer's association® desert southwest chapter

Southern Arizona Region
3003 S. Country Club Road Suite 209
Tucson, Arizona 85713
(520) 322-6601
(800) 272-3900

Our Chapter Mission: To provide leadership to eliminate Alzheimer's disease through the advancement of research, while enhancing care and support services for individuals and families.

Programs and services provided in the Southern Arizona Region:

☐ **Support Groups**

Support groups are held in many locations throughout Southern Arizona to meet the needs of persons diagnosed with dementia, their caregivers, families and friends. Specialized support groups for newly diagnosed individuals, spouses, children and non-family caregivers are also available. Support groups provide educational information, resources and support in a non-judgmental and confidential setting.

☐ **Helpline (informational and Referral)**

Information is available on a variety of topics. Some of these include diagnosis, legal and financial planning, types of dementia, stages of the disease progression, coping with challenging behaviors and medical research. This information and emotional support for caregiver is available by phoning (520) 322-6601 or (800) 272-3900 - outside of Pima County. Information kits are provided upon request. You may also give your name, address, etc. to receive the quarterly Chapter newsletter.

☐ **Care Planning and Family Consultation**

Assistance with planning, emotional support and educational information is available by appointment at our office or by telephone. These appointments are confidential and are provided by qualified professionals.

☐ **Orientation Meetings**

Call our office at 520-322-6601 to schedule a personalized orientation meeting. Orientations provide an introduction and overview of Alzheimer's disease, the services provided by the Alzheimer's Association Desert Southwest Chapter and community resource information is presented.

□ **Safe Return- Medic Alert (Wanderer's Identification Program)**

This program is the only nationwide system designed to help identify, locate and return to safety those individuals who are memory impaired due to Alzheimer's disease or a related disorder. Safe Return provides identification products for the memory impaired person and the caregiver, a 24- hour toll-free number, registration in a national database, access to 17,000 law enforcement agencies, and connection to over 80 Alzheimer's Association chapters around the country. Memory impaired individuals may be registered in this program by calling 1-888-572-8566. There is a fee of \$49.00 for this service, with an annual administrative fee of \$20 per year. Scholarships are available in Southern Arizona for low-income individuals.

□ **Education**

The latest information about Alzheimer's disease and related disorders is available to the community through conferences, workshops, publications, community forums, and training sessions. Several times during the year the Chapter hosts meeting on various subjects which have included current clinical research, caring for the caregiver, and legal and financial planning. A speaker's Bureau is available to address civic, religious & business audience of all sizes. Modest fees are charged for some of the conferences, workshops and professional training.

□ **Resource Library**

Books, videos and other materials are available for loan from the Southern Arizona office library. Additional resource materials are available for use at the office.

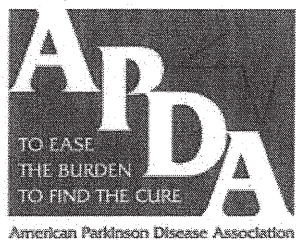
□ **Advocacy**

On a local, state, and federal level, the Alzheimer's Association works diligently to fulfill its mission to advocate for the needs of persons with dementia and their families. By participating in drafting legislation, providing testimony at public hearings, and through the publication of position papers, we work to insure that the voices of those whose lives are affected by a dementing illness are heard.

The Southern Arizona Region of the Alzheimer's Association, Desert Southwest Chapter serves: Cochise, Graham, Greenlee, Pima, Santa Cruz, and Yuma Counties.

The Desert Southwest Chapter of the Alzheimer's Association is funded by individual contributions, memorial gifts, designated donations through workplace campaigns, fundraising events, grants and foundation contributions

This is an official publication of the Alzheimer's Association Desert Southwest Chapter but may be distributed by unaffiliated organizations and individuals. Such distribution does not constitute an endorsement of these parties or activities by the Alzheimer's Association Desert Southwest Chapter
05/07



Arizona Chapter American Parkinson Disease Association

Power over
Parkinson's

Phoenix office

1012 E. Willetta St., Rm. #108
Phoenix, AZ 85006
(602) 239-3542
Contact Tom Viviano
thomas.viviano@Bannerhealth.com

Tucson office

5905 E. Pima Street
Tucson, AZ 85712
(520) 326-5400 or (800) 541-4960
Contact Cynthia Holmes, PhD
holmes@u.arizona.edu

Visit us online at www.azapda.org

The Arizona Chapter of the American Disease Association provides information, services and support to people with Parkinson's and their families. The Association also offers educational programs about Parkinson's to medical professionals and wellness practitioners so these individuals may provide the best care to people affected by Parkinson's.

The Arizona Chapter of APDA works collaboratively with two **Parkinson's Information & Referral Centers**, one in Tucson at the University of Arizona, and one in Phoenix at Banner Good Samaritan Medical Center.



Banner Good Samaritan
Medical Center



Together, the Chapter and the Centers provide the following:

- Free 4-week *Power Over Parkinson's* class
- Information on just about any aspect of Parkinson's
- Full-time staff who can provide referrals and answer your questions
- Regular "Ask the Neurologist" meetings
- Support groups
- Educational conferences
- Web site with information about programs and services
- Lending library of books and video tapes
- Subsidies for exercise programs, Caregiver holidays & *Response Link*

Disease Specific Organizations

There are several organizations in the Tucson area that provide programs, services, resources and support to individuals diagnosed with a specific disease. This is a partial list of the most frequently contacted organizations. For a complete list, please refer to the *PHS Guide to Services 2008* in the **Community Resources** section of this manual.

Contact information and websites for each organization's national office and Tucson office is indicated where available.

ALS Association

Amyotrophic Lateral Sclerosis Assoc.
(Lou Gehrig's Disease)
National
(800) 787 – 4747
www.alsa.org

Tucson

Support Groups –
Contact: Maureen Lane
(520) 444 – 0712
maureen@alsaz.org

Alzheimer's Association

National (800) 272 – 3900
www.alz.org
Email: info@alz.org

Tucson

(See detailed information about the Tucson chapter in the *Community Resources* section of this manual)
(520) 322 – 6601
<http://www.alzdsd.org>

American Cancer Society

National
(800) ACS – 2345
www.cancer.org

Tucson

(520) 321 – 7989

American Diabetes Association

National
888) 342 – 2383
<http://www.diabetes.org>

Tucson

(520) 795 - 3711

American Heart Association

National
(800) 242 - 8721
www.americanheart.org

Tucson

(520) 795 - 1403

American Stroke Association

(A Division of American Heart Association)
National
(888) 478 - 7653

Tucson

(520) 795 - 1403

American Lung Association

National
(212) 315 - 8700
(800) 548 – 8252 – Call Center
<http://www.lungusa.org>

Tucson

(520) 323 - 1812
Email: infotucson@lungaz.org

American Parkinson Disease Association

National
(800) 223 – 2732
www.adparkinson.org

Tucson
(520) 326 – 5400 or (800) 541 – 4960
Email: www.azapda.org

Arthritis Foundation

National
(800) 568 – 4045
www.arthritis.org

Tucson
(520) 917 – 7070

Epilepsy Foundation of Arizona

Phoenix, Arizona
(602) 406 – 3581

Multiple Sclerosis Society

National
(800) 344 – 4867
www.nmss.org

Muscular Dystrophy Association

National
(800) 795 – 4863

Tucson
(520) 795 – 3434
Email: tucsondistrict@mdausa.org

Myasthenia Gravis Foundation of America, Inc.

Scottsdale, Arizona 85258
(480) 451 – 3060

National Alliance for the Mentally ILL (NAMISA)

National
Main: (703) 524 - 7600
Information Helpline: (800) 950 - 6264
www.nami.org

Tucson
(520) 622 - 6582
Email: namisa@namisa.org

Polio EPIC, Inc

Tucson
(520) 790 - 8608
www.polioepic.org

Southern Arizona AIDS Foundation

(520) 628 - 7223

Southern Arizona Association for the Visually Impaired

(520) 795 - 1331
www.saavi.us

Sunstone Cancer Support Centers

(520) 749 - 1928
www.sunstonehealing.net

United Cerebral Palsy

National
(800) 872 - 5827

Tucson
(520) 795 - 3108
Email: staff@ucpsa.org



Jewish Family & Children's Service of Southern Arizona, Inc

JACK J. & GARY I. SARVER COUNSELING CENTER • WILLIAM & DORIS RUBIN SERVICES FOR OLDER & DISABLED PERSONS

A Tradition of Caring

**SERVING PEOPLE OF ALL RACES
RELIGIOUS AND ETHNIC ORIGINS**

ADMINISTRATIVE OFFICE
THE ZUCKERMAN BUILDING

4301 East Fifth Street

Tucson, Arizona 85711-2005

Phone: (520) 795-0300

Fax: (520) 795-8206

The Irving Greenfield TUCSON LOAN CHEST

Caring for our community since 1953

We Provide the Following:

- A low-cost durable medical equipment program offered to low-income, uninsured, and underinsured individuals and families living throughout Pima County.
- The largest selection of available used equipment such as: wheelchairs, walkers, hospital beds, and bathroom safety equipment.
- No age or diagnostic eligibility requirements in order to receive equipment.
- A sliding fee scale based upon the individual's income, family size and ability to pay.
- No time limits on rentals.

Located at:
3003 S. Country Club
Tucson, Arizona 85713

Office Hours:
Monday through Friday
8:00 A.M. – 1:00 P.M.
1:00 P.M. – 5:00 P.M. by appt. only

Please call ahead to ensure we can meet your needs.

Telephone: (520) 624 – 3367

**Counseling & Support Services • Services For Older & Disabled Persons
Holocaust Services • Elizabeth "Betty" Brook Institute of Continuing Education**

Community Resources

(revised 5/5/10)

ASSISTIVE EQUIPMENT & MEDICAL SUPPLIES

Arizona Relay Service (Phones for hearing impaired).....Set-up:	800-352-8161
Voice: 800-842-4681; Teletype:	800-367-8939
Arizona Telecommunications Equipment Distribution Program.....	866-223-3412
(AzTAP-Resources for assistive technologies)	
Community Outreach Program (Hearing Aids).....	792-1906
DIRECT Center for Independence.....	624-6452
Friends In Deed (Green Valley).....	625-1150
LIFELINE Emergency Alert System.....	323-1700
New Spirit Lutheran Church (free equipment loan).....	296-2461
PCOA Program for Family Caregivers.....	790-7262
Pima County Prescription Discount Card.....	243-7772
Safe Return Medic Alert (Wanderer's ID Program).....	800-572-8566
Sun Sounds (Radios and recordings for visually impaired).....	296-2400
Top Dog Training (free dog training for disabled persons).....	323-6677
The Irving Greenfield Tucson Loan Chest.....	624-3367
(Equipment loan on a sliding scale fee)	
World Care (Free Equipment Loan).....	514-1588

ADULT DAY CARE

Casa De Esperanza Adult Day Care (Green Valley).....	625-2273
Handmaker Adult Day Care.....	881-2323

CASE MANAGEMENT (For older and disabled with economic need)

Catholic Social Services (Ajo).....	520-387-5639
Catholic Social Services (Tucson).....	623-0344
Green Valley Assistance Services, Inc.....	625-5966
Jewish Family and Children's Services.....	795-0300
Marana Health Center (Marana).....	682-4111
Our Family Services.....	323-1708
Community Services System Central Intake.....	790-7262
Southern Arizona AIDS Foundation	628-7223

COUNSELING/MENTAL HEALTH

Caregiver Counseling - PHS Family Caregiver Support Program.....	243-8379
Casa de Esperanza (Green Valley 24-hour crisis line).....	625-2273
Catalina Community Services (Catalina, AZ).....	825-0009
Catholic Social Services.....	623-0344
C.O.D.A.C. Behavioral Health Services.....	327-4505
Community Partnership of Southern AZ.....	325-4268

COPE Behavioral Services.....	792-3293
El Rio Health Clinic.....	792-9890
FIRST (interfaith support & telephone crisis line).....	918-4673
Help-on-call (24 hour crisis line).....	323-9373
Jewish Family and Children's Service.....	795-0300
K.A.R.E. Family Center (for persons caring for the <i>children</i> of others).....	323-4476
La Frontera.....	884-9920
Marana Health Center.....	682-4111
National Alliance of Mental Illness (NAMI of Southern Az.).....	622-5582
Our Family Services.....	323-1708
Person-to-Person (Peer counseling/telephone support for age 50+).....	324-2273
Southern AZ Mental Health Center (Free 24-hour walk-in clinic).....	622-6000

EMERGENCY PREVENTION SERVICES

AZ Poison & Drug Information Center.....	626-6016
Lifeline Program.....	323-1700
Safe Return Program--Alzheimer's Association (ID Bracelet).....	322-6601

FINANCIAL ASSISTANCE

Consumer Credit Counseling Services.....	800-308-2227
DES Administration (Federal Assistance Program).....	628-6810
Green Valley Assistance (short-term financial & food assistance).....	625-5966
Interfaith Community Services.....	297-6049
Money Management Project (PCOA).....	790-7262
Public Fiduciary of Pima County.....	740-5454
Supplemental Security Income.....	800-772-1213

FORCLOSURE PREVENTION

Community Action Agency Hotline.....	243-6688
Don't Borrow Trouble Hotline.....	792-3087
Administration of Resources and Choices.....	623-9383

EMERGENCY RENT AND UTILITY ASSISTANCE

Ajo Community Services.....	387-5611
AZ Housing and Prevention Services.....	498-4613
Chicanos Por La Causa.....	882-0018
Community Action Agency.....	243-6700
Interfaith Community Services (ICS).....	297-6049
Project PPEP.....	622-3553
Primavera Foundation.....	622-8900
Salvation Army.....	323-6080
Tucson Indian Center.....	884-7131
Tucson Urban League.....	791-9522
Utility Repair, Replacement, Deposit Program, Community Action.....	243-6688

FOOD ASSISTANCE – General

Casa De Esperanza (Green Valley).....	625-2273
Catalina Community Services (Catalina, AZ).....	825-0009
Community Food Bank (Emergency Food Boxes; Senior Brown Bag Program; Value Food Purchase Program).....	622-0525
Ajo Food Bank.....	387-4916
Amado Food Bank.....	398-2479
Green Valley Food Bank.....	625-5252
Marana Community Food Bank.....	628-3001
DES Administration (Food Stamps).....	628-6810
Food Plus for Senior.....	243-7777
Lioque Sr. Center (Pascua Yaqui).....	879-7688

FOOD ASSISTANCE - Prepared Meals Delivered

Catalina Community Services (Catalina, AZ).....	825-0009
Mobile Meals (special diet; no age requirement).....	622-1600
Mobile Meals--Northwest (through Interfaith Comm. Services).....	297-6049
Pascua Center (Old Pascua Village).....	882-7688
Pima Meals on Wheels--PCOA (regular diet).....	790-7262
Catholic Social Services (Westside Nutrition)..	624-1562 (Call PCOA first for Salvation Army ("Senior Services").....792-1352 both of these agencies)
St. Nicholas Indian Center (South Tucson).....	879-5537
Mobile Meals for Northwest Tucson (Interfaith Community).....	297-6049

HOME CARE SERVICES (In-Home Help)

Community Services System Central Intake Help Line.....	790-7262
Catalina Community Services.....	885-0009
DIRECT Center for Independence (Attendant Program).....	624-6452
Green Valley Assistance (Information; Volunteer in-home helpers).....	625-5966
Interfaith Community Services.....	297-6049
Jewish Family & Children's Service (Homemaker Program).....	795-0300
Our Family Services (Shopping).....	323-1708
St. Elizabeth of Hungary Clinic.....	628-7871
Southern Arizona AIDS Foundation.....	628-7223

HOME REPAIR & ADAPTATION

City of Tucson Community Services Department.....	791-4171
Community Home Repair Projects of AZ.....	745-2055
DIRECT Center for Independence.....	624-6452
Independent Living Rehabilitation Services (DES).....	629-0225
Interfaith Community Services.....	297-6049
Pima Council on Aging.....	790-7262
Pima County Home Repair & Weatherization Pro. (outside of Tucson).....	243-6696
Tucson Urban League (inside of Tucson city limits)	791-9522

HOSPICE

Carondelet Hospice.....	205-7700
Casa de la Luz Hospice.....	544-9890
Evercare Hospice.....	407-8006
Heartland Hospice.....	325-2790
Hospice Family Care.....	790-9299
Odyssey Health Care.....	577-0270
TMC Hospice.....	324-2438
Valor Hospice	615-3996
Veteran's Administration Hospice Services.....	792-1450 x 5316
Vista Care Hospice.....	318-0700

HOUSING

Chicanos Por La Causa (Low-cost housing list).....	882-0018
DIRECT Center for Independence.....	624-6452
Housing Authority (City of Tucson—Section 8).....	791-4616
Housing Dept. (City of South Tucson).....	623-8481
HUD (Federal Program).....	670-6237
Information & Referral Services (Low-cost housing list).....	881-1794
Marshall Home for Men.....	624-5193
Miracle Square.....	624-5860
Pima Council on Aging – Help Line.....	790-7262
Senior Resource Network (housing and placement info for elderly).....	795-7480
St. Luke's Home.....	628-1512

INFORMATION/REFERRAL/ADVOCACY

AARP (American Association for Retired Persons).....	571-9884
ARC (Association for Retarded Citizens).....	570-1295
AZ Early Intervention Program (for children with Devel. Disabilities).....	519-1677
AZ Center for Disability Law.....	327-9547
Casa de Esperanza (Green Valley).....	625-2273
Catalina Community Services (Catalina, AZ).....	825-0009
Community Outreach Program for the Deaf (COPD).....	792-1906
DIRECT Center for Independence.....	625-6452
Fall Prevention Project.....	298-3888
Friends in Deed (Green Valley).....	625-1150
Green Valley Assistance Services.....	625-5966
Interfaith Community Services.....	297-6049
Information and Referral Services.....	325-2111
Pima Council on Aging.....	790-7262
Readrunners (Books-by-Mail Services).....	594-5416
Tucson Parish Nurse Network.....	872-6772
TMC-Senior Services.....	324-1960
Veteran's Affairs Medical Center.....	792-1450
Wise Older Women (WOW).....	623-3341

INTERNET RESOURCES

Access America for Seniors.....	www.seniors.gov
AARP.....	www.aarp.org
Arizona Technology Access Program.....	www.nau.edu/ihd/new/aztap
Arizona Links for Aging and Disability Resources.....	www.azlinks.gov
Administration on Aging.....	www.aoa.gov
AgeNet.....	www.agenet.com
Aging With Dignity.....	www.agingwithdignity.org
American Geriatric Society.....	www.americangeriatrics.org
American Health Care Association.....	www.ahca.org
Americans for Better Care of the Dying.....	www.abcd-caring.org
And Thou Shalt Honor.....	www.thoushalthonor.org
Association for conflict resolution.....	www.acnet.org
Benefits Check-Up.....	www.benefitscheckup.org
Caring Information.....	www.caring.com
Caregiver Consortium (Local caregiver resources).....	www.arizonacaregivers.org
Caregivers Handbook.....	www.unitedwaytucson.org
Children of Aging Parents.....	www.CAPS4caregivers.org
Christopher and Dana Reeves Foundation.....	www.paralysis.org
Elderweb.....	www.elderweb.com
Empowering Caregivers.....	www.care-givers.com
Family Caregiver Alliance.....	www.caregiver.org
Geriatric Times.....	www.medinfosource.com
Information & Referral Services, Inc.....	www.azinfo.org
Last Acts Campaign	www.lastacts.org
National Academy on an Aging Society	www.agingociety.org
National Family Caregivers Association.....	www.nfca cares.org
National Institute on Aging ("Health Information").....	www.nia.nih.gov
National Library of Medicine and Institute of Health.....	www.medlineplus.gov
National Organization for Empowering Caregivers	www.nofec.org
Partnership for Caring: Voices for the Dying.....	www.partnershipforcaring.org
Pima Council on Aging	www.pcoa.org
Pima County Affordable Housing.....	www.PimaCountyHousingSearch.org
Pima Health System.....	www.phs.pima.gov
Spinal Cord Injuries Information.....	www.spinal-cord.org
Social Security Administration.....	www.ssa.gov
Veterans Administration.....	www.azdvs.gov

LOCAL HOSPITAL WEBSITES:

Carondelet (St. Joseph's and St. Mary's).....	www.carondelet.org
Northwest Medical Center.....	www.northwestmedicalcenter.com
Tucson Medical Center.....	www.tmcaz.com
Tucson Heart Hospital.....	www.tucsonhearthospital.com
University Medical Center.....	www.azumc.com
Veterans Administration Medical Center.....	www.va.gov/678savahcs

LEGAL SERVICES

AZ Center for Disability Law.....	327-9547
Lawyer's Referral Service.....	623-4625
Legal Clinic at Pima Council on Aging.....	790-7262
Southern Arizona Legal Aid.....	623-9461

MEDICAL SERVICES & HOSPITALS

Ajo Desert Senita Community Health Center (Ajo, AZ).....	(520) 387-5651
Armory Park Health Clinic.....	791-4865
AZ Health Care Cost Containment System (AHCCCS).....	205-8600
AZ Long Term Care System (ALTCS).....	205-8600
Behavioral Neuroscience & Alzheimer's Clinic (UMC--Neurology).....	626-6524
Cornerstone.....	546-4595
El Pueblo Health Clinic.....	573-0096
El Rio Health Center.....	792-9890
Kindred Hospital Rehab.....	584-4500
Marana Health Center.....	682-4111
Memory Disorders Clinic (UMC--Neuropsychology).....	626-2357
Northwest Medical Center.....	742-9000
Northwest Medical Center--Oro Valley.....	818-2000
Pima County Public Health Nursing (Administration).....	740-8611
South Clinic.....	889-9543
North Clinic.....	243-2850
East Clinic.....	298-3888
Green Valley Clinic.....	648-1626
St. Elizabeth of Hungary Clinic.....	628-7871
St. Joseph's Hospital.....	873-3000
St. Mary's Hospital.....	872-3000
Santa Catalina Health Center (Catalina, AZ).....	825-6763
Tucson Medical Center.....	327-5461
Tucson Heart Hospital.....	696-2328
University of AZ Mobile Health Clinic.....	626-2267
University Medical Center (UMC).....	694-0111
University Physicians Hospital at Kino.....	874-2000
Veterans Administration Medical Center.....	792-1450

DENTAL CLINICS (SLIDING FEE SCALE)

El Rio Santa Cruz Dental Clinics.....	670-3758
Marana Dental Clinic.....	682-4111
St. Elizabeth of Hungary Dental Clinic.....	628-7871
Pima Community College Dental Hygiene Program.....	206-6090

MEDICARE INFORMATION

Pima Council on Aging.....	546-2011
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NURSING HOME & ASSISTED LIVING FACILITIES

AZ Dept. of Health Services (Facility lists; information; complaints).....	628-6965
AZ Long Term Care System.....	205-8600
Pima Council on Aging (information).....	790-7262

NUTRITION & SOCIALIZATION CENTERS

Ajo Community Center.....	520-387-5040
Arivaca Community Center.....	520-398-3010
Archer Center.....	791-4355
Armory Park Senior Center.....	791-4865
Casa Community Center (Green Valley).....	399-2136
Catalina Community Services (Catalina, AZ).....	825-0009
Eastside Senior Center.....	296-4816
El Pueblo Neighborhood Center.....	889-0928
El Rio Neighborhood Center.....	624-5313
Ellie Towne/Flowing Wells.....	887-9786
Freedom Recreation Center.....	791-4969
Marana Community Center.....	682-3395
Northwest Neighborhood Center.....	791-3249
Picture Rocks Community Center.....	682-7166
Quincie Douglas Senior Center.....	791-2507
Robles Junction Community Center.....	578-3063

PROTECTIVE SERVICES (ABUSE/NEGLECT)

Adult Protective Services (to make a report of abuse or neglect).....	877-767-2385
Elder Shelter (Emergency Placement for Older Adults).....	566-1919
Later Life Domestic Violence Services (Free Counseling).....	327-2665

RESPIRE CARE

Casa de Esperanza Adult Day Care (Green Valley).....	625-2273
Community Services System – PCOA Help Line.....	790-7262
Green Valley Assistance (In-home volunteers).....	625-5966
Handmaker Adult Day Care.....	881-2323
Interfaith Community Services (In-home volunteers).....	297-6049
Project PPEP (Day Program for Developmentally Disabled Adults).....	622-3553
VA Medical Center (Facility Respite Program).....	792-1450

SOCIAL SECURITY INFORMATION

DIRECT Center for Independence.....	624-6452
Social Security Administration.....	800-772-1213

SUPPORT GROUPS & SERVICES (HEALTH RELATED)

ALS Association.....	444-0712
Alzheimer's Association.....	322-6601
Alzheimer's & Related Dementias Project of TMC.....	324-1960
American Cancer Society.....	321-7989

American Diabetes Association.....	795-3711
American Heart Association.....	795-1403
American Lung Association.....	323-1812
American Parkinson Disease Association.....	326-5400
Amputee Support Group St. Mary's.....	873-3661
Aphasia Communication Support Group.....	873-3497
Arthritis Foundation.....	917-7070
Cardiac Support Group.....	624-8935
Caregiver Education & Support Program.....	243-8352
Community Outreach for the Deaf.....	792-1906
Diabetes Support Groups.....	872-6055
DIRECT Center for Independence.....	624-6452
Epilepsy Outreach Project.....	326-6690
Fibromyalgia Network.....	290-5508
Friends in Deed (Green Valley—Call for listing of groups).....	625-1150
HealthSouth (Amputee Group, Head Injury Group, COPD Group).....	325-1300
Humane Society Pet Loss Support Group.....	603-8319
International Essential Tremors Foundation.....	886-1838
K.A.R.E. Family Center (Grandparents raising grandchildren).....	323-4476
Life after Loss.....	205-7700
Life after Stroke.....	218-5004
Lupus Foundation of Southern AZ.....	622-9006
Mild Brain Injury Support Group (Carondelet-St. Joseph's).....	873-5299
MS Support Group.....	797-0405
Muscular Dystrophy Association.....	795-3434
Myasthenia Gravis.....	889-6910
National Alliance for the Mentally Ill (NAMISA).....	622-5582
National Multiple Sclerosis Society.....	747-7472
Ostomy Support Group.....	731-3460
Parkinson's Caregiver Support Group.....	326-5400
Polio EPIC, Inc.....	750-8608
Pulmonary Support Group.....	873-3910
RROADD (Older adults w/ developmental disabilities).....	519-1515 x 1018
Southern Arizona AIDS Foundation.....	628-7223
Southern AZ Assoc. for the Visually Impaired (formerly "TAB").....	795-1331
Stroke Club (at HealthSouth).....	325-1300 x 4045
Stroke Patient Support Group (Carondelet-St. Joe's).....	218-5004
Sunstone Cancer Support Foundation.....	324-2840
Seniors Helping Seniors.....	324-1960
Telephone Reassurance – Telecare.....	297-6049
Tu Nidito (Grief support for children and families).....	322-9155
TMC Healthy Living Connections.....	324-1960
Wingspan (Gay Lesbian Bisexual & Transgender Community Center).....	624-1779
Wise Older Women (WOW).....	623-3341

TRANSPORTATION

Arizona Senior Transport.....	573-6221
Catalina Community Services (Volunteer drivers & van service).....	825-0009
Coyote Run (Oro Valley).....	229-4990
Disabled Veterans Transportation Service.....	792-1450-6405
Friends in Deed (Green Valley; volunteer drivers).....	625-4424
Friends in Deed (Green Valley, volunteer van service).....	625-1150
Handi-Car (County).....	881-3391
Interfaith Community Services (Volunteers).....	297-6049
Pima County Rural Transit (rural areas).....	740-6731
Sun Van (Within the city).....	791-5409

UTILITIES & WEATHERIZATION

Pima County Community Action Agency.....	740-5523
Pima County Repair and Weatherization Pro. (outside city of Tucson)....	243-6696
Project PPEP (County residents only).....	622-3553
TEP Project (Tucson Electric).....	623-7711

VOLUNTEER CAREGIVER ASSISTANCE

Interfaith Community Services —"Caregiving Services".....	297-6049
<i>Volunteers from various faith communities provide help at home, caregiver relief, shopping, transportation, friendly visits & telephone checks.</i>	
Neighbors Care Alliance Program (through Pima Council on Aging).790-7262	
<i>Volunteers in various neighborhoods provide help at home for older and disabled adults, including friendly visits, shopping, transportation, etc.</i>	
Catalina Community Services (serving Catalina, AZ).....	825-0009
Green Valley Assistance Services	625-5966

VOLUNTEER OPPORTUNITIES

Casa de Esperanza (Green Valley).....	625-2273
Catalina Community Services (Catalina, AZ).....	825-0009
Our Family Services--Senior Companions	323-1708
Green Valley Assistance Services.....	625-5966
Interfaith Community Services.....	297-6049
Northwest Medical Center "Senior Friends".....	469-8537
PCOA "Ambassadors" & Retired Senior Volunteer Program (RSVP).....	790-7262
Tucson Medical Center Volunteers.....	327-5461
Volunteer Center of Tucson.....	881-3300