

Section 12

Community Resources for Caregivers



A Guide to Services 2014

Directory of Aging and Disability Resources in Pima County



Pima Council on Aging
8467 E. Broadway ▪ Tucson, AZ 85710 ▪ www.pcoa.org
Help Line: (520) 790-7262 or help@pcoa.org

Pima County Resources

Activities for Seniors

| | |
|---|----------------|
| Call PCOA for a complete list of activities and clubs | (520) 790-7262 |
| Adventure Bus at Handmaker's | (520) 547-6007 |
| Computer Adult Learning Centers | (520) 721-7591 |
| Elder Circles | (520) 298-6542 |
| Elder Circles for the homebound | (520) 298-6542 |
| Osher Lifelong Learning Institute | (520) 626-9039 |
| Parks and Recreation Centers | (520) 791-4877 |
| Pima Community College | (520) 206-4500 |
| Pima Council on Aging's Living Well Program | (520) 790-7262 |
| Savvy Seniors Stretching and Strengthening | (520) 296-6149 |
| Senior Circle at Northwest Hospital | (520) 901-3631 |
| Senior Moments..... | (520) 297-3095 |
| The Drawing Studio OATS Program | (520) 622-0947 |
| The Learning Curve | (520) 777-5817 |
| TMC Senior Services | (520) 324-1960 |
| Tucson Chinese Cultural Center Programs | (520) 292-6900 |

Meals and Socialization

| | |
|---|----------------|
| Archer Center | (520) 791-4355 |
| Armory Park Senior Center | (520) 791-4070 |
| Casa Community Center | (520) 393-6814 |
| Eastside El Dorado | (520) 546-2257 |
| El Pueblo Neighborhood Center | (520) 889-0928 |
| El Rio Neighborhood Center | (520) 837-8210 |
| Ellie Towne/Flowing Wells | (520) 887-9786 |
| Freedom Recreation Center | (520) 791-4969 |
| Donna Liggins Center | (520) 791-3247 |
| Quincie Douglas Senior Center | (520) 791-2509 |
| William Clements Regional Center | (520) 791-5787 |
| Robles Junction Community Center | (520) 822-4408 |
| Arivaca Coordinating Council | (520) 398-2771 |
| Catalina Community Services | (520) 825-0009 |
| Picture Rocks Community Center | (520) 682-7166 |
| Liogue Senior Center | (520) 879-5530 |
| Las Comadritas at the House of Neighborly Service | (520) 323-1708 |

Adult Day Care

| | |
|--|----------------|
| Casa Community Services (Green Valley) | (520) 625-2273 |
| Handmaker's Adult Day Care | (520) 547-6037 |
| Senior Moments Adult Day Care (Vail) | (520) 561-0448 |
| Home Health Companion Services (Call PCOA for list)..... | (520) 790-7262 |

ALS Resources

| | |
|--|----------------|
| ALS Association—Arizona | (866) 350-2572 |
| Banner Health Meds Connection | (866) 995-6432 |
| Emory ALS Center (Atlanta)—Multidisciplinary Treatment | (404) 727-6123 |

Alzheimer's and Related Dementias

| | |
|--|------------------------------------|
| Alzheimer's Association Helpline | (800) 272-3900 |
| Alzheimer's Association Tucson Office | (520) 322-6601 |
| Clinical Trials..... | (800) 272-3900 |
| PCOA Caregiver Specialists (Caregiver Resources) | (520) 790-7262 |
| Support Groups | See listing under "SUPPORT GROUPS" |

Neuropsychological Evaluations

| | |
|--|----------------|
| David Hermosillo-Romo PhD..... | (520) 690-6443 |
| Neuropsychology, LTD | (520) 352-9955 |
| Southern Arizona Neuropsychology Associates | (520) 329-8298 |
| UAMC Behavioral Neuroscience and Alzheimer's Clinic..... | (520) 626-6524 |

Locating Devices for Wanderers

| | |
|---|----------------|
| Alzheimer's Association Comfort Zone | (800) 272-3900 |
| Alzheimer's Association Comfort Zone Check In | (800) 272-3900 |
| Desert Tracker GPS | (520) 838-1130 |
| Medic Alert® | (800) 272-3900 |
| 5Star Urgent Response | (800) 918-8543 |

Alzheimer's and Dementia Support Groups

| | |
|---|----------------|
| Support Group—Alzheimer's Association | (520) 322-6601 |
| Support Group—Civano Business Center Board Room..... | (520) 322-6601 |
| Support Group—Clare Bridge of Oro Valley..... | (520) 322-6601 |
| Support Group—Continental Reserve Urgent Care..... | (520) 322-6601 |
| Support Group—Emeritus at Catalina Foothills..... | (520) 322-6601 |
| Support Group—Grace Health and Healing | (520) 322-6601 |
| Support Group—Green Valley Community Church..... | (520) 322-6601 |
| Support Group—Pacifica Senior Living | (520) 322-6601 |
| Support Group—Lutheran Church (Green Valley) | (520) 322-6601 |
| Support Group—Northminster Presbyterian (..... | (520) 322-6601 |
| Support Group—Northwest Oro Valley Hospital..... | (520) 322-6601 |
| Support Group—Oro Valley Public Library | (520) 322-6601 |
| Support Group—Pima Council on Aging | (520) 322-6601 |
| Support Group—Rancho Resort | (520) 322-6601 |
| Support Group—Rancho Vistoso | (520) 322-6601 |
| Support Group—Santa Catalina Villas | (520) 322-6601 |
| Support Group—TMC Senior Services..... | (520) 322-6601 |
| Support Group—Valley Presbyterian Church (Green Valley) | (520) 322-6601 |
| Support Group—Veteran's Hospital (Respite available)..... | (520) 322-6601 |
| Support Group—Voyager RV Resort | (520) 322-6601 |

Amputee Resources

| | |
|--|----------------|
| Amputee Coalition | (888) 267-5669 |
| Freedom Innovations | (888) 818-6777 |
| Hanger Prosthetics and Orthotics | (877) 442-6437 |

Support Groups

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|----------------------------|----------------|
| Amputee Support Group..... | (520) 873-3661 |
|----------------------------|----------------|

Appliances—Low Cost

- HabiStore Home Improvement Center (520) 889-7200
Re-Store, TMM Family Services, Inc (520) 326-1936

Arizona Long Term Care System (ALTCS)

- Arizona Long Term Care System (ALTCS) (520) 205-8600
ALTCS Workshops (Call PCOA for information)..... (520) 790-7262
ALTCS Questions (Call PCOA) (520) 790-7262
ALTCS Facilities (Call PCOA for lists) (520) 790-7262

Arthritis Resources

- Arthritis Foundation—Arizona (602) 264-7679
Tucson Arthritis Support League (520) 324-1053

Assisted Living Facilities and Adult Care Homes

- Call PCOA for lists (520) 790-7262
PCOA Long-Term Care Ombudsmen (Advocacy) (520) 790-7262

Assisted Living—Low-Income

- Marshall Home for Men (520) 624-5193
St Luke's Home..... (520) 628-1512

Assistive Equipment & Medical Supplies

- Arizona Superior Medical Program (Medical Monitoring) (520) 747-7403
Home Adaptation Specialists (Call PCOA for list) (520) 790-7262
DIRECT Center for Independence (Disabled clients only) (520) 624-6452
Friends In Deed (Green Valley)..... (520) 625-1150
Guardian Medical Monitoring (520) 906-0232
Lockboxes for Fire Dept, Access (Call PCOA for list)..... (520) 790-7262
New Spirit Lutheran Church (Medical Equipment Loans)..... (520) 731-3706
Southern Arizona Lifeline Systems (520) 465-4111
Salvation Army (Main Store) (520) 624-1741
Top Dog Training (Dog Training for the Disabled)..... (520) 323-6677
Handi-Dog (520) 326-3412
Tucson Urban League Community Closet (520) 791-9522

Cancer Resources

- American Cancer Society (800) 227-2345
American Cancer Society (Tucson Office) (520) 321-7989
Cancer Matters..... (913) 385-7332
Housekeeping Help www.cleaningforareason.org
Road to Recovery (Rides to doctor appointments) (520) 321-7989
Susan G Komen Southern Arizona (Breast cancer) (520) 319-0155
Free Wig Trims and Head Shaves (call PCOA for list)..... (520) 790-7262
UAMC Cancer Center (Support Groups) (520) 624-2873

Caregiver Resources

- Call Pima Council on Aging (520) 790-7262
Caring Information www.caring.com
Caregiver Consortium (local resources) www.caregiverconsortium.org
Caregivers Handbook www.pcoa.org

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|--|-------------------------|
| Children of Aging Parents | www.CAPS4caregivers.org |
| Empowering Caregivers | www.care-givers.com |
| Family Caregiver Alliance | www.caregiver.org |
| National Family Caregivers Association | www.caregiveraction.org |

Caregiver Support Groups

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|--|----------------|
| Caregiver Support—Northwest Tucson | (520) 609-1271 |
| Caregiver Support—Oro Valley | (520) 609-1271 |
| Caregiver Support—East Tucson | (520) 609-1271 |
| Caregiver Support—Green Valley | (520) 609-1271 |
| Caregiver Support—Central Tucson | (520) 609-1271 |
| Caregiver Support—North Tucson | (520) 609-1271 |
| Caregiver Support—Southwest Tucson | (520) 609-1271 |
| Caregiver Support—Catalina | (520) 609-1271 |

Caregiver Training Programs (for employment)

| | |
|------------------------------------|----------------|
| CareGiver Training Institute | (520) 325-4870 |
| Dependable Health Services | (520) 795-1290 |
| Pima Community College | (520) 206-4500 |

Caregiver Training Program (for family caregivers)

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|---------------------------|----------------|
| Luminaria Home Care | (520) 488-7340 |
|---------------------------|----------------|

Case Management

For low-income disabled adults and seniors 60+

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|---|----------------|
| Community Services System (call for screening) | (520) 790-7262 |
| Southern Arizona AIDS Foundation—all ages (SAAF) | (520) 628-7223 |
| Valley Assistance (Green Valley and surrounding area) | (520) 625-5966 |

Private Pay—Open to all

| | |
|---|----------------|
| Alternatives In Home Care | (520) 327-3384 |
| Arizona Care Advocates | (520) 302-8962 |
| Care Coordinators, Inc | (520) 325-8881 |
| Caring Cooperatives | (520) 631-0961 |
| Jewish Family & Children's Services | (520) 795-0300 |
| Organizing Helpers | (520) 327-8586 |
| Our Family Services | (520) 323-1708 |
| Patient Care Advocates | (520) 546-4141 |

COPD Resources

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|--|----------------|
| American Lung Association | (800) 586-4872 |
| COPD Alliance | (847) 498-8123 |
| COPD Foundation: COPD Information Line | (866) 316-2673 |
| Support group | (520) 323-1812 |

Counseling/Mental Health

| | |
|--|-------------------------|
| Crisis Line (24 hour help) | (520) 622-6000 |
| MHC Behavioral Health Services | (520) 682-1091 |
| Casa Community Services (Green Valley crisis line) | (520) 625-2273 |
| Catalina Community Services (Catalina area) | (520) 825-0009 |
| Catholic Social Services | (520) 623-0344 ext 1014 |

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|--|----------------|
| CODAC Behavioral Health | (520) 327-4505 |
| COPE Behavioral Services | (520) 792-3293 |
| Community Partnership of Southern Arizona (CPSA) | (520) 325-4268 |
| Depression and Bipolar Support Alliance | (520) 531-2388 |
| Eldercare Mediation (Our Family Services) | (520) 323-1708 |
| HOPE Warm Line (Mental Illness or Addiction) | (520) 770-9909 |
| Jewish Family and Children's Services | (520) 795-0300 |
| KARE (for grandparents raising grandchildren) | (520) 323-4476 |
| La Frontera (Behavioral Health) | (520) 884-9920 |
| Lutheran Social Services of the Southwest | (520) 748-2300 |
| Marana Health Center | (520) 682-4111 |
| National Alliance on Mental Illness (NAMI of S AZ) | (520) 622-5582 |
| Our Family Services | (520) 323-1708 |
| Pasadera Behavioral Health Network | (520) 617-0043 |
| University of Phoenix Counseling Skills Center | (520) 239-5315 |
| Veteran's Crisis Line | (800) 273-8255 |

Domestic Violence Resources

| | |
|---|----------------|
| Administration of Resources and Choices | (520) 623-3341 |
| Emerge Center Against Domestic Abuse | (520) 795-4266 |
| Family Law Free Legal Help | (520) 740-8456 |
| Southern Arizona Legal Aid, Inc | (520) 623-9465 |
| Wingspan Anti-Violence Project | (520) 624-0348 |

Geriatric Psychiatrists

| | |
|---|----------------|
| Adult Psychiatry Clinic (Campbell) | (520) 626-7664 |
| Adult Psychiatry Clinic (Ajo Way) | (520) 874-7523 |
| Aleph Center..... | (520) 885-5558 |
| Behavioral Health Pavilion | (520) 874-7500 |
| Dr Bennett Blum (Elder abuse, financial exploitation) | (520) 750-8868 |
| Dr Lawrence Cronin and Dr Marla Reckart | (520) 751-8500 |
| Dr Irene Kitzman | (520) 203-8500 |
| Dr Raul Sora..... | (520) 750-1739 |
| Dr Dennis Westin and Dr Marshall Jones | (520) 795-0309 |

Dental Clinics—Reduced Fee

| | |
|---|----------------|
| El Rio Dental Clinics | (520) 670-3758 |
| Desert Senita Medical Center (Ajo) | (520) 387-4500 |
| Marana Dental Clinic | (520) 616-6200 |
| Pima Community College (Cleanings only) | (520) 206-6090 |
| St Elizabeth of Hungary Dental Clinic | (520) 628-7871 |
| Urgent Care Dental (Extractions only) | (520) 322-5800 |

Diabetes Self-Management

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|--|------------------------|
| PCOA Diabetes Self-Management Program | (520) 790-7262 |
| Carondelet Community Classes—St Joseph's | (520) 873-3968 |
| Carondelet Community Classes—St Mary's | (520) 872-6055 |
| Diabetes Life Skills Center | (520) 742-2121 |
| TMC Diabetes Education Program | (520) 324-2075 |
| TMC Journey for Control | (520) 324-1960 |
| YMCA Diabetes Prevention (Pre-Diabetes only) | (520) 623-5511 ext 218 |

Diabetes Support Groups

- Support Group—St Joseph’s Hospital (520) 873-3968
- Support Group—St Mary’s Hospital (520) 872-6055
- Support Group—Green Valley (520) 872-6055

Disability Resources

- DIRECT Center for Independence (520) 624-6452
- Aging and Disability Resource Center www.azlinks.gov

Emergency Alert Systems

- Arizona Superior Medical Program (Medical Monitoring) (520) 747-7403
- Guardian Medical Monitoring (520) 906-0232
- Southern Arizona Lifeline Systems (520) 465-4111
- Safe Return Program (through the Alzheimer’s Assoc) (520) 322-6601
- 5Star Urgent Response (520) 918-8543

End of Life

- Funeral Consumers Alliance (520) 721-0230
- Grief Support Groups (Call PCOA for list) (520) 790-7262
- Passages: Support and Education in End of Life Issues..... (520) 400-0274
- Hospice See listing under “HOSPICE”

Body and Organ Donation

- Biogift..... (866) 670-1799
- Donor Network of Arizona (800) 943-6667
- Life Legacy..... (520) 575-5200
- Mayo Clinic..... (507) 284-2693
- Science Care (800) 417-3747
- UAMC Willed Body Program (520) 626-6083
- United Network for Organ Sharing (UNOS) (888) 894-6361

Financial Assistance

- PCOA Budgeting Assistance (Call PCOA for eligibility) (520) 790-7262
- Western States Pension Assistance Project (Counseling) (866) 413-4911
- Benefits Check-Up www.benefitscheckup.org

Fiduciaries and Representative Payees

- Above and Beyond (520) 903-1733
- Arizona Care Advocates (520) 302-8962
- Care Coordinators (520) 325-8881
- Caring Cooperatives (520) 631-0961
- Jewish Family & Children’s Services (520) 795-0300
- Organizing Helpers (520) 327-8586
- Payees Plus..... (520) 395-1599
- Sandra Paz (520) 207-3484
- Personal Support Services (520) 615-0360
- Project Home (520) 885-7084
- Pima County Public Fiduciary (520) 740-5454
- Social Security Services of Arizona (877) 604-1065
- Zimmerman’s Personal Agents (520) 531-9051

Foreclosure Prevention Help

| | |
|---|----------------|
| Administration of Resources and Choices | (520) 623-9383 |
| Chicanos por la Causa | (520) 882-0018 |
| Don't Borrow Trouble | (520) 792-3087 |
| Family Housing Resources..... | (520) 318-0993 |
| Money Management International | (800) 308-2227 |
| New Life Community Resource Center | (520) 889-8225 |
| Old Pueblo Community Services | (520) 546-0122 |
| Pio Decimo Center | (520) 624-0551 |
| Primavera Foundation | (520) 395-6420 |
| TMM Family Services | (520) 322-9557 |
| Tucson Urban League | (520) 791-9522 |

Rent and Mortgage Assistance—Within Tucson City Limits

Help is limited to one time per year

| | |
|---------------------------|----------------|
| Tucson Urban League | (520) 791-9522 |
|---------------------------|----------------|

Rent and Mortgage Assistance—Outside Tucson City Limits

Help is limited to one time per year

| | |
|---|----------------|
| Pima County Community Action Agency | (520) 243-6688 |
| Arizona Housing and Prevention Services | (520) 498-4613 |
| Chicanos Por La Causa..... | (520) 882-0018 |
| Interfaith Community Services | (520) 297-6049 |
| Project PPEP | (520) 622-3553 |
| Primavera Foundation | (520) 395-6420 |
| Salvation Army | (520) 792-1111 |

Utility Assistance—Within Tucson City Limits

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|---------------------------|----------------|
| Tucson Urban League | (520) 791-9522 |
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Utility Assistance—Outside Tucson City Limits

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|--|----------------|
| Arivaca Coordinating Council | (520) 398-2771 |
| Catalina Community Services | (520) 825-8288 |
| Greater Littletown Human Resources Group | (520) 574-2263 |
| Interfaith Community Services Eastside | (520) 731-3076 |
| Interfaith Community Services Northside | (520) 297-6049 |
| Picture Rocks Community Center | (520) 682-7166 |
| Salvation Army | (520) 792-1111 |
| San Ignacio Yaqui Council | (520) 884-8527 |

Food Assistance

General Food Assistance

| | |
|--|----------------|
| Ajo Food Bank..... | (520) 387-4916 |
| Casa Community Services (Green Valley Senior Center) | (520) 625-2273 |
| Catalina Community Services (Catalina only) | (520) 825-0009 |
| Community Food Bank | (520) 622-0525 |
| DES (Food Stamps) | (800) 352-8401 |
| Food box distribution (Call PCOA for list) | (520) 790-7262 |
| Food Plus for Seniors (Pima County Health Dept) | (520) 243-7777 |
| Green Valley and Sahuarita Food Bank | (520) 625-5252 |

- Marana Community Food Bank (520) 628-3001
- Senior Farmers Markets (Pima County Health Dept) (520) 243-7777

Meals and Socialization

- Archer Center (520) 791-4355
- Armory Park Senior Center (520) 791-4070
- Casa Community Center (520) 393-6814
- Eastside El Dorado (520) 546-2257
- El Pueblo Neighborhood Center (520) 889-0928
- El Rio Neighborhood Center (520) 837-8210
- Ellie Towne/Flowing Wells (520) 887-9786
- Freedom Recreation Center (520) 791-4969
- Donna Liggins Center (520) 791-3247
- Quincie Douglas Senior Center (520) 791-2509
- Robles Junction Community Center (520) 822-4408
- William Clements Regional Center (520) 791-5787
- Arivaca Coordinating Council (520) 398-2771
- Catalina Community Services (520) 825-0009
- Picture Rocks Community Center (520) 682-7166
- Liogue Senior Center (520) 879-5530
- Las Comadritas at the House of Neighborly Service (520) 323-1708

Home Delivered Meals

- A Culinary Affair—Personal Chef Service (520) 797-2689
- Catalina Community Services (Catalina only) (520) 825-0009
- Delicious Deliveries (restaurant deliveries) (520) 620-6600
- Dine Wise (800) 749-1170
- Groceries 2 Your Door & More (520) 288-9310
- Impact of Southern Arizona (Vail) (520) 222-4966
- Lutheran Social Services (Shopping service) (520) 514-7642
- Magic Kitchen..... (877) 516-2442
- Matt’s Organics (Fresh produce) (520) 790-4360
- Meals by the Week (520) 741-9020
- Mobile Meals (northwest area) (520) 297-6049
- Mobile Meals (special diet meals; no age restriction) (520) 622-1600
- Mom’s Meals..... (866) 971-6667
- Pascua Center..... (520) 882-7688
- Pima Meals on Wheels (through PCOA) (520) 790-7262
- Schwan’s (888) 724-9267
- St Nicholas Indian Center (South Tucson) (520) 879-5537
- Westside Nutrition (Catholic Social Services) (520) 624-1562

Government Representatives

- Call PCOA for a complete list with contact information..... (520) 790-7262

Grandparent Resources

- Casa de los Niños Thrift Store (520) 325-2573
- Child Care Assistance (520) 628-6810

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|--|----------------|
| Department of Corrections Family Liaison | (520) 364-3945 |
| Immunizations (Pima County Health Dept)..... | (520) 243-7770 |
| Family Resource & Wellness Center | (520) 545-2322 |
| Guardianship (Call KARE Family Center) | (520) 323-4476 |
| KARE Family Center | (520) 323-4476 |
| Social Security Benefits | (800) 772-1213 |
| Southern Arizona Grandparents Coalition | (520) 626-5161 |
| Temporary Assistance for Needy Families | (520) 628-6810 |

Green Valley Social Service Agencies

| | |
|--|------------------------|
| Call PCOA for a complete Green Valley Resource list (520) 790-7262 | |
| Casa Community Services | (520) 625-2273 |
| Friends In Deed | (520) 625-1150 |
| PCOA Community Office (Mondays only) | (520) 625-1150 ext 108 |
| Salvation Army | (520) 625-3888 |
| Telecare Volunteer Program | (520) 332-4492 |
| Valley Assistance Services, Inc | (520) 625-5966 |

Grief and Loss Support Groups

| | |
|-------------------------------------|----------------|
| Call PCOA for a complete list | (520) 790-7262 |
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Health and Exercise

| | |
|---|----------------|
| Living Well with Chronic Conditions | (520) 790-7262 |
| A Matter of Balance | (520) 790-7262 |
| Enhance Fitness | (520) 790-7262 |
| Healthy Living with Diabetes | (520) 790-7262 |
| SilverSneakers® | (888) 423-4632 |

Hearing Loss Resources

| | |
|--|--|
| Adult Loss of Hearing Association (ALOHA) | (520) 795-9887 |
| Arizona Commission for the Deaf/Hard of Hearing..... | (800) 352-8161 |
| Arizona Relay Service (711) | (866) 259-1768 |
| Audient Alliance (Hearing Aid Financial Assistance)..... | (866) 956-5400 |
| Caption Call Phone | (888) 699-6242 |
| Community Outreach Program for the Deaf (COPD) | (520) 792-1906 |
| COSTCO Hearing Aid Centers (East Tucson) | (520) 886-6377 |
| COSTCO Hearing Aid Centers (NW Tucson)..... | (520) 797-1980 |
| COSTCO Hearing Aid Centers (South Tucson) | (520) 791-7340 |
| Hamilton Internet Relay..... | www.hamiltonrelay.com |
| HEAR NOW Program | (800) 328-8602 |
| iCanConnect | (520) 792-1906 |
| Project Endeavor | (800) 259-1768 |
| U of A Hearing Aid Bank (Call COPD) | (520) 792-1906 |
| U of A Adult Hearing Clinic | (520) 621-7070 |
| U of A Living with Hearing Loss Support Groups | (520) 621-7070 |

Heart Disease

| | |
|---|----------------|
| American Heart Association (Tucson) | (520) 795-1403 |
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Hoarding Resources

General Hoarding Contacts

| | |
|--|----------------|
| City of Tucson Code Enforcement | (520) 791-5843 |
| Pasadera Behavioral Health Network | (520) 622-6000 |
| Tucson Fire Department Prevention Unit | (520) 791-4014 |
| Tucson Police Department | (520) 791-4444 |

Hoarding Clean Up

| | |
|---|----------------|
| 1-800-GOT-JUNK? | (520) 465-4395 |
| Abracadabra Restoration | (520) 323-3261 |
| Ann's Handy Helpers | (520) 888-4996 |
| AZ-Bio Cleanup and Restoration | (877) 292-4691 |
| Caring Transitions of Southern Arizona | (520) 262-1495 |
| Organizing Helpers | (520) 327-8586 |
| Pima County Adult Probation–Community Restitution | (520) 740-4915 |
| Pima County Community Restitution Program | (520) 740-4915 |
| Quality Restoration | (520) 322-5326 |
| Southwest Hazard Control | (520) 622-3607 |
| Tracy's Dynamic Cleaning | (520) 721-4288 |

Animal Hoarding Resources

| | |
|-----------------------------------|----------------|
| 88-Crime Anonymous Tip Line | (520) 882-7463 |
| Animal Cruelty Taskforce | (520) 547-0260 |
| Animal Experts | (520) 531-1020 |
| Humane Society..... | (520) 881-0321 |
| Pima County Animal Control | (520) 243-5900 |

Counseling and Support Groups

| | |
|------------------------------------|--|
| Clutterers Anonymous | www.clutterersanonymous.net |
| Children of Hoarders Support | www.childrenofhoarders.com |
| Ann Haney Gooden, LCSW | (520) 733-2524 |
| La Frontera Center, Inc | (520) 884-9920 |
| Dr Patricia Volkerts | (520) 325-2723 |

Home Care Services (In-Home Help)

| | |
|---|----------------|
| Community Services System (call for screening) | (520) 790-7262 |
| Private Pay Home Health Agencies (call PCOA for list) | (520) 790-7262 |
| Senior Companions (Our Family Services) | (520) 323-1708 |

Hospital and Rehab Discharge Help

| | |
|--|----------------|
| Care Transitions (Call PCOA for Information) | (520) 790-7262 |
| Catalina In-Home Services | (520) 327-6351 |
| ComForcare..... | (520) 297-4333 |
| Hospital to Home | (520) 770-9943 |

Medical House Calls

| | |
|--------------------------------------|----------------|
| Ascension In-Home Medical Care | (520) 577-1136 |
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|---------------------------------------|----------------|
| At Home Medical Care, LLC | (520) 940-1119 |
| Dr Raymond Bock (Podiatry only) | (520) 881-2882 |
| IPC..... | (520) 615-6200 |
| Medical Care Solutions | (520) 408-4627 |
| Providers Direct..... | (520) 722-2400 |
| Southwest Geriatrics | (520) 314-3412 |

Mobile Hair Care

| | |
|---|----------------|
| Angels on Earth | (520) 405-1590 |
| FresHair Salon and Mobile Service | (520) 906-8742 |
| Travelling Scissors | (520) 293-4740 |
| Hunter's Barbershop | (520) 620-1683 |
| Ronnie Tolivar..... | (520) 390-0770 |
| Susan Dayton | (520) 603-6797 |

Veterinary In-Home Services

| | |
|---------------------------------------|----------------|
| Ken Cohn, DVM | (520) 471-1106 |
| Cactus Creek Mobile Vet Service | (520) 405-3071 |
| Homeward Bound Vet Services | (520) 668-1238 |
| St Francis Veterinary Group | (520) 271-7660 |

Home Repair and Adaptation

| | |
|--|------------------------|
| Ajo Works Job Training Program (Ajo, AZ) | (520) 387-3570 |
| DES Independent Living Program (Disability Adaptation) | (520) 638-2399 |
| Chicanos por la Causa (Roof replacements) | (520) 882-0018 |
| City of Tucson Housing and Community Development | (520) 791-4636 |
| Community Home Repair Projects of Arizona | (520) 745-2055 |
| DIRECT Center for Independence (Disability Adaptation) | (520) 624-6452 |
| Habitat for Humanity | (520) 326-1217 ext 224 |
| Independent Contractors (Call PCOA for list) | (520) 790-7262 |
| ICS (Small maintenance and repairs in limited areas) | (520) 297-6049 |
| Jewish Elder Access | (520) 404-4596 |
| Junior League of Tucson | (520) 299-5753 |
| Pima Council on Aging (Home owners 60+) | (520) 790-7262 |
| Pima Community Action Agency | (520) 243-6700 |
| Pima County Community Development | (520) 243-6789 |
| Town of Marana (Marana only) | (520) 382-1999 |
| TMM Family Services | (520) 322-9557 |
| Tucson Urban League | (520) 791-9522 |
| Utility Repair, Replacement, and Deposit Program | (520) 243-6688 |
| Yard Work Program | (520) 740-4915 |

Hospice

| | |
|--|----------------|
| Agape Hospice | (520) 207-5817 |
| Casa de la Luz | (520) 544-9890 |
| Carondelet Hospice..... | (520) 205-7700 |
| Evercare Hospice and Palliative Care | (520) 407-8000 |
| Gentiva Hospice..... | (520) 577-0270 |
| Heartland Hospice | (520) 325-2790 |
| Hospice Family Care | (520) 790-9299 |

| | |
|--------------------------------|----------------|
| Soulistic Hospice | (520) 398-2333 |
| TMC Hospice..... | (520) 324-2438 |
| Tucson Community Hospice | (520) 230-4450 |
| Valor Hospice Care | (520) 615-3996 |

Hospitals and Acute Care Hospitals

| | |
|--|----------------|
| Cornerstone Hospital of Southeast Arizona | (520) 546-4595 |
| HealthSouth Rehabilitation Institute of Tucson | (520) 322-4405 |
| HealthSouth Rehabilitation Hospital of Southern AZ | (520) 742-2800 |
| Heart and Vascular Institute (Carondelet Health Network) | (520) 696-2328 |
| Kindred Hospital | (520) 584-4500 |
| Northwest Medical Center | (520) 742-9000 |
| Oro Valley Hospital | (520) 901-3500 |
| St Joseph’s Hospital (Carondelet Health Network) | (520) 873-3000 |
| St Mary’s Hospital (Carondelet Health Network) | (520) 873-3000 |
| Tucson Medical Center | (520) 327-5461 |
| UAMC South Campus | (520) 874-2000 |
| University of Arizona Medical Center | (520) 694-0111 |
| Southern Arizona VA Medical Center | (520) 792-1450 |

Housing

| | |
|--|----------------|
| Rental Housing Search www.pimacountyhousingsearch.org | |
| Active Adult Communities (Call PCOA for list) | (520) 790-7262 |
| Adult Care Homes (Call PCOA for listings) | (520) 790-7262 |
| Assisted Living Facilities (Call PCOA for list) | (520) 790-7262 |
| Assisted Living Referral Agencies (Call PCOA for list) | (520) 790-7262 |
| City of Tucson Public Housing | (520) 791-4616 |
| Housing of Interest to Seniors (Call PCOA for list) | (520) 790-7262 |
| Marshall Home for Men | (520) 624-5193 |
| Mobile Home Parks (Call PCOA for list) | (520) 790-7262 |
| Retirement Housing (Call PCOA for list) | (520) 790-7262 |
| St Luke’s Home..... | (520) 628-1512 |
| Subsidized and Low-income Housing (Call PCOA for list)..... | (520) 790-7262 |
| Transitional Housing (Old Pueblo Community Services) | (520) 445-7063 |

Moving Organizers

| | |
|------------------------------|----------------|
| Caring Transitions | (520) 262-1495 |
| ClutterSTOP..... | (520) 572-2244 |
| Organizing Helpers | (520) 327-8586 |
| Sharon Harn Organizing | (520) 360-1450 |
| Solutions, Etc..... | (520) 256-2121 |

Incontinence

Support and Resources

| | |
|---|----------------|
| Incontinence Resource Center www.incontinencesupport.info | |
| National Association for Continence..... | (800) 252-3337 |
| The Simon Foundation for Continence | (800) 237-4666 |

Diapers for Low-income adults age 60 and over

| | |
|----------------------------------|----------------|
| Call Pima Council on Aging | (520) 790-7262 |
|----------------------------------|----------------|

Diapers for Low-income adults under age 60

- Pima County Health Department—South Office (520) 889-9543
- Pima County Health Department—East Office (520) 298-3888
- Pima County Health Department—North Office..... (520) 243-2850
- Pima County Health Department—Ajo Office (520) 387-7206
- Pima County Health Department—Green Valley Office (520) 648-1626

Legal Services

- Pima Council on Aging NAELA Clinic (Elder Law issues)..... (520) 790-7262
- Arizona Legal Document Association (ALDA) (520) 338-2018
- AZ Center for Disability Law (520) 327-9547
- Bankruptcy Court Help Line (Volunteer Lawyers)..... (800) 556-9224
- Family Law Free Legal Help (520) 724-8456
- Lawyer’s Referral Service (520) 623-4625
- Notaries (Call PCOA for list) (520) 790-7262
- Southern Arizona Legal Aid (520) 623-9465
- Wills for the Greatest Generation (Call PCOA)..... (520) 790-7262

Medical Clinics—Low Cost

- Clinica Amistad (520) 305-5107
- Clinica del Alma (520) 616-6760
- Desert Senita Community Health (Ajo, AZ) (520) 387-5651
- East Side Health Center (520) 574-1551
- El Rio—Broadway (520) 624-7750
- El Rio—Congress (520) 670-3909
- El Rio—El Pueblo Health Center (520) 573-0096
- El Rio—Northwest (520) 670-3909
- El Rio—Pascua..... (520) 879-6225
- El Rio—Southeast (520) 309-3210
- El Rio—Southwest (520) 670-3909
- Flowing Wells Family Health Center (520) 887-0800
- Freedom Park Health Center (520) 790-8500
- Keeling Health Center (520) 696-6969
- Marana Health Center (520) 682-4111
- MHC Primary Care Health Center (520) 616-4948
- Pima Partnership Health Center (520) 616-4944
- Santa Catalina Health Center (520) 825-6763
- St Elizabeth’s Health Center (520) 628-7871
- Tucson Clinica Medica Familiar (520) 620-1200
- United Community Health Center (Arivaca)..... (520) 407-5500
- United Community Health Center (Amado) (520) 407-5510
- United Community Health Center (Green Valley)..... (520) 407-5400
- United Community Health Center (Green Valley)..... (520) 407-5900
- United Community Health Center (Sahuarita)..... (520) 576-5770
- United Community Health Center (Three Points) (520) 407-5700
- University of Arizona Mobile Health Program (520) 349-1624
- University of Arizona Health Network (520) 874-2000
- University of Arizona Shubitiz Family Clinic (520) 393-9336
- Van of Hope (Homeless Clinic) (520) 240-6299
- West Side Health Center (520) 616-6790
- Wilmot Family Health Center (520) 616-6790

Medicare Information

| | |
|----------------------------------|----------------|
| Pima Council on Aging—SHIP | (520) 546-2011 |
| Medicare | (800) 633-2273 |

Multiple Sclerosis (MS)

| | |
|--|----------------|
| Banner Health Meds Connection | (602) 839-6733 |
| Multiple Sclerosis Association of America (MSAA) | (800) 532-7667 |
| Multiple Sclerosis Foundation | (888) 673-6287 |
| National Multiple Sclerosis Society | (800) 344-4867 |

Muscular Dystrophy (MD)

| | |
|--------------------------------------|----------------|
| Muscular Dystrophy Association | (800) 572-1717 |
| UAMC MDA Clinic (South Campus) | (520) 874-2704 |

Nursing Homes and Acute Rehab Hospitals

| | |
|---|--|
| Arizona Department of Health Services (Complaints) | (520) 628-6541 |
| Avalon Southwest Health and Rehabilitation | (520) 294-0005 |
| Carondelet Inpatient Rehabilitation (St Joseph's) | (520) 872-6279 |
| Carondelet Inpatient Rehabilitation (St Mary's) | (520) 872-4340 |
| Casas Adobes Post-Acute Care & Rehab | (520) 297-8311 |
| Catalina Care Center | (520) 795-9574 |
| Cornerstone Hospital of Southeast Arizona | (520) 546-4595 |
| Devon Gables Healthcare Center | (520) 296-6181 |
| Foothills Rehabilitation Center | (520) 733-8700 |
| Handmaker Jewish Services for the Aging | (520) 881-2323 |
| HCR ManorCare | (520) 299-7088 |
| HealthSouth Rehabilitation Hospital of Southern Arizona | (520) 742-2800 |
| HealthSouth Rehabilitation Institute of Tucson | (520) 322-4405 |
| Kindred Hospital—Tucson | (520) 584-4500 |
| Kindred Transitional Care & Rehab—Tucson | (520) 296-6100 |
| La Cañada Care Center | (520) 797-1191 |
| La Hacienda at La Posada | (520) 648-8388 |
| La Rosa Healthcare | (520) 742-6242 |
| Life Care Center of Tucson | (520) 575-0900 |
| Mountain View Care Center | (520) 797-2600 |
| Park Avenue Healthcare and Rehabilitation | (520) 882-6151 |
| Pueblo Springs Rehabilitation Center | (520) 296-2306 |
| Sabino Canyon Care Center | (520) 722-5515 |
| Santa Rita Nursing and Rehabilitation Center | (520) 625-0178 |
| Santa Rosa Care Center | (520) 795-1610 |
| Sonora at Spondido | (520) 878-2600 |
| The Forum at Tucson | (520) 325-4800 |
| Villa Maria Care Center | (520) 323-9351 |
| Ostomy Resources | |
| Ostomy Guide | www.ostomyguide.com |
| United Ostomy Associations of America, Inc | (800) 826-0826 |
| Support Groups | (520) 206-0268 |

Parkinson's Disease Resources

| | |
|--|----------------|
| American Parkinson's Disease Association | (800) 223-2732 |
| American Parkinson's Disease Association—Arizona | (520) 326-5400 |

| | |
|--|----------------|
| Banner Health Meds Connection | (866) 995-6432 |
| National Parkinson Foundation | (800) 473-4363 |
| National Parkinson Foundation—Arizona..... | (602) 618-7478 |
| Parkinson Wellness Recovery (PWR GYM exercise) | (520) 591-5821 |
| UAMC Movement Disorder Clinic (South Campus)..... | (520) 694-8888 |
| Watermark at Home (In-home LSVT therapies) | (520) 886-4400 |

Planning for the Future

| | |
|--|----------------|
| Partners in Planning (Call PCOA for information) | (520) 790-7262 |
|--|----------------|

Prescription Medication Help

| | |
|---|------------------|
| Abbvie Patient Assistance Foundation (Abbvie meds only)..... | (800) 222-6885 |
| American Kidney Fund | (800) 638-8299 |
| American Organ Transplant Rx | (727) 526-0317 |
| Astellas Patient Assistance Program (Astellas meds only) | (800) 477-6472 |
| CancerCare® Co-Payment Assistance (3 cancer types only) | (866-552-6729 |
| Chronic Disease Fund (Co-pays and travel expenses) | (877) 968-7233 |
| ENCourage Foundation® (Enbrel only) | (800) 282-7752 |
| Fosrenol On Track™ Support Program (Fosrenol only) | (866) 470-5858 |
| Genentech® Transplant Access Services (Cellcept only) | (888) 754-7651 |
| The HealthWell Foundation (Co-pay/deductible help)..... | (866) 316-7263 |
| Leukemia & Lymphoma Society® (Co-pay help)..... | (877) 955-4572 |
| Merck Patient Assistance Program (Merck meds only) | (800) 727-5400 |
| National Osteoporosis Foundation Rx Discount Card | (800) 808-1213 |
| Needy Meds (Search online for prescription help) | (800) 503-6897 |
| Partnership for Prescription Assistance (Search for help) | (888)-477-2669 |
| Patient Access Network Foundation | (866) 316-7263 |
| Patient Advocate Foundation (Co-pay help) | (866) 512-3861 |
| Patient Assistance Now (Novartis meds only) | (800) 245-5356 |
| Pfizer Helpful Answers® (Pfizer meds only)..... | (866) 706-2400 |
| Renassist® (Renvela and Hectorol only) | (800) 847-0069 |
| Rx Assist (Search online for prescription help) | www.rxassist.org |
| Rx Hope (Search online for prescription help) | www.rxhope.com |
| The Safety Net Foundation (Amgen meds only)..... | (888) 762-6436 |
| Shire Cares (Shire meds only) | (888) 227-3755 |
| Walmart \$4 Prescriptions Talk to your local Walmart Pharmacy | |

Protective Services (Abuse and neglect)

| | |
|--|----------------|
| Adult Protective Services | (877) 767-2385 |
| Elder Shelter (Emergency Placement for Older Adults) | (520) 566-1919 |

Renal (Kidney) Failure

| | |
|---|----------------|
| American Association of Kidney Patients | (800) 749-2257 |
| American Kidney Fund | (800) 638-8299 |
| Coalition for the Supportive Care of Kidney Patients (804) 320-0004 | |
| Dialysis Patient Citizens | (888) 423-5002 |
| Home Dialysis Central | (608) 833-8033 |
| National Kidney Foundation Patient Hotline..... | (855) 653-2273 |
| National Kidney Foundation Peer Support Line..... | (855) 653-7337 |

Respite

| | |
|--|----------------|
| PCOA Respite Program (Call for screening) | (520) 790-7262 |
| Casa Community Services (Green Valley) | (520) 625-2273 |
| Community Services System Central Intake (PCOA) | (520) 790-7262 |
| Handmaker's Adult Day Care | (520) 547-6037 |
| Home Health Agencies (call PCOA for list) | (520) 792-7262 |
| Interfaith Community Services (in-home volunteers) | (520) 297-6049 |
| Lifespan Respite | (888) 737-7494 |
| Senior Moments Adult Day Care (Vail) | (520) 561-0448 |
| VA Medical Center (Facility Respite Program) | (520) 792-1450 |

Social Security Information

| | |
|---|----------------|
| Social Security Administration..... | (866) 331-7693 |
| Social Security Attorneys (call PCOA for list)..... | (520) 790-7262 |

Stroke and Aphasia Resources

| | |
|---|----------------|
| National Aphasia Association | (800) 922-4622 |
| National Stroke Association | (800) 787-6537 |
| Saguaro Center for Speech & Language/Aphasia Center | (520) 730-8428 |
| UAMC Clinic for Adult Communication Disorders | (520) 621-7070 |

Stroke Support Groups

| | |
|--|----------------|
| Stroke Support—HealthSouth | (520) 322-3663 |
| Stroke Support—HealthSouth | (520) 544-5240 |
| Stroke Support—St Joseph's Hospital | (520) 218-5004 |
| Stroke Support—St Joseph's Hospital (Aphasia) | (520) 873-3497 |
| Stroke Support—St Joseph's Hospital (for caregivers) | (520) 873-3661 |
| Stroke Support—Tanque Verde Lutheran Church | (520) 749-1606 |
| Stroke Support—TMC | (520) 324-4345 |
| Stroke Support—UAMC (Campbell) | (520) 626-2901 |

Suicide Prevention

| | |
|--|----------------|
| PCOA safeTALK..... | (520) 790-7262 |
| PCOA ASIST..... | (520) 790-7262 |
| Survivors of Suicide | (520) 861-6632 |
| Pasadera Behavioral Health Network | (520) 622-6000 |

Taxes

Federal and State Income Tax forms

| | |
|-------------------------------------|----------------|
| IRS | (800) 829-1040 |
| Arizona Department of Revenue | (602) 255-3381 |

Property Tax Exemptions, Refunds, and Freezes

| | |
|--|----------------|
| Call PCOA for information and help | (520) 790-7262 |
|--|----------------|

Transportation

| | |
|----------------------------------|----------------|
| American Pony Express | (520) 888-2996 |
| Arizona Medical Transit | (520) 792-0944 |
| Arizona Senior Transport | (520) 573-6221 |
| Cardinal Medical Transport | (520) 310-9855 |

| | |
|---|-----------------------|
| Copper Star Transportation | (520) 312-0411 |
| Crane Medical Transport | (520) 885-1733 |
| DVA Transport Network for Veterans | (520) 792-1450 |
| Friends In Deed (Green Valley and surrounding area) | (520) 625-4424 |
| Interfaith Community Services | (520) 297-6049 |
| ITN Greater Tucson | (520) 209-1645 |
| Mike's Helping Hand | (520) 207-3917 |
| Neighbors Care Alliance | (520) 790-0504 |
| Pima Find-A-Ride | www.pimafindaride.org |
| Road to Recovery (for cancer patients) | (520) 321-7989 ext 3 |
| Rural Transportation (Sun Shuttle)..... | (520) 792-9222 |
| Sun Shuttle Dial-a-Ride (formally Handicar)..... | (520) 792-9222 |
| Sun Shuttle Dial-a-Ride (Green Valley/Sahuarita | (520) 792-9222 |
| Sun Shuttle Dial-a-Ride (Oro Valley/Catalina)..... | (520) 229-4990 |
| Sun Tran..... | (520) 792-9222 |
| Sun Van..... | (520) 798-1000 |
| TRS Transportation | (520) 870-5306 |
| Veterans Patient Travel | (520) 792-1450 |

Driving Assessments

| | |
|-------------------------------|----------------|
| Driving to Independence | (520) 219-0550 |
|-------------------------------|----------------|

Driving Classes

| | |
|------------|----------------|
| AARP | (888) 227-7669 |
|------------|----------------|

Utility Discounts

| | |
|---|----------------|
| Assurance Wireless (Free Cell Phones and minutes) | (888) 321-5880 |
| Q-Link Wireless (Free Cell Phones and minutes) | (855) 754-6543 |
| Safelink Wireless® (Free Cell Phones and minutes) | (800) 723-3546 |
| Southwest Gas..... | (877) 860-6020 |
| Telephone Assistance Program | (520) 243-6730 |
| Trash Discount..... | (520) 791-3171 |
| Tucson Electric Power | (520) 623-7711 |
| Tucson Water Zanjero Program | (520) 791-3242 |

Veterans Resources

| | |
|---|----------------|
| Arizona Department of Veterans Services | (520) 207-4960 |
| Old Pueblo Community Services | (520) 546-0122 |
| Veterans Crisis Line | (800) 273-8255 |

Vision Resources

| | |
|---|----------------|
| American Foundation for the Blind | (800) 232-5463 |
| Braille and Talking Book Library (AZ only) | (800) 255-5578 |
| Desert Low Vision Services | (520) 881-3439 |
| EyeCare America's Senior EyeCare Program | (877) 887-6327 |
| Foundation for Fighting Blindness | (800) 683-5555 |
| iCanConnect | (520) 792-1906 |
| Lions Sight and Hearing Foundation..... | (800) 246-9771 |
| National Federation of the Blind in Arizona | (520) 733-5670 |

| | |
|--|----------------|
| New Eyes for the Needy (Call PCOA) | (520) 790-7262 |
| SAAVI | (520) 795-1331 |
| Sun Sounds..... | (520) 296-2400 |
| Tucson Society of the Blind | (520) 886-1913 |

Volunteer Opportunities

| | |
|---|----------------|
| Catalina Community Services (Catalina area)..... | (520) 825-0009 |
| Interfaith Community Services | (520) 297-6049 |
| Marana Health Center/Arizona Lions Club | (520) 682-4111 |
| Neighbors Care Alliance (through Pima Council on Aging) | (520) 790-7262 |
| Valley Assistance Services (Green Valley) | (520) 625-5966 |
| Pima Council on Aging Volunteer Program | (520) 546-2002 |
| TMC Senior Services | (520) 324-1960 |
| Volunteer Southern Arizona | (520) 881-3300 |

For more information regarding senior services and resources, please call the Pima Council on Aging **Help Line:** (520) 790-7262 or email help@pcoar.org

This guide attempts to list the most commonly requested services, but it is not all-inclusive. The information listed is updated periodically and may not be current Pima Council on Aging assumes no responsibility by providing this information. This guide is a community service and not an endorsement of any organization listed.



Health Plan Arizona

www.scanhealthplan.com

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- Doctor's Appointments

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Caregiver Services

For caregivers and their families

Individual and Family Consultation

- In person or on the phone
- Accurate information about community resources and public benefits
- Strategies for reducing caregiver stress and improving family communication
- Assistance in planning ahead

Family Caregiver Support Groups

Family caregiver support groups are available in several locations throughout Pima County and open to anyone providing care for a person age 60 and older, or for someone who has Alzheimer's disease or a related dementia of any age.

Respite Services

Respite care may be provided for a few hours weekly in the home or through a temporary stay in a facility. Respite is provided on a cost-sharing basis determined by income and ability to pay. To qualify for respite, the caregiver must live with the care recipient.

Family Caregiver Training

PCOA contracts for family caregiver training that is offered in two parts: a four-hour classroom learning experience and a four-hour hands-on workshop.

For further information please contact: Luminaria Home Care at (520) 488-7340.

Grandparents Raising Grandchildren

PCOA contracts for services for grandparents raising their grandchildren. The Kinship, Adoption Resource and Education (KARE) Family Center provides a wide range of services through its one-stop center. For more information please call (520) 323-4476.

**For more information, please call
PCOA's Helpline at (520) 790-7262.**

Caregiver Services

A program of Pima Council on Aging
Area Agency on Aging, Region II (Pima County)



This program is funded by the Arizona Department of Economic Security/Division of Aging and Adult Services, the City of Tucson, Pima County Government, and United Way of Tucson and Southern Arizona