



Programs and Centers

Senior Reach

1-866-217-5808

www.seniorreach.org

- Serves: Older adults (60+) living in Jefferson, Clear Creek, Gilpin, Broomfield, Boulder, Arapahoe, and Douglas counties
- Any concerned member of the community can call to refer an older adult who seems distressed or is in need of assistance
- Provides: Services designed to identify and assist older adults who may need emotional or physical support and/or connection to community services, also provides services in the home for eligible clients
- Hours: Monday to Friday, 8:00am to 5:00pm
- Services available in Spanish

Senior Focus at Jefferson Center for Mental Health

303-432-5575

Address: Services in Wheat Ridge, Arvada and Littleton

www.srfocus.org

- Serves: Older adults (60+) with coverage under private insurance, Medicare through private insurance (such as Pacificare/Secure Horizons, Humana Gold or other health plans), Medicare Part B, or both Medicare and any supplemental insurance
- Provides: Individual and group counseling, senior wellness classes, and psychiatric services for consultation and medication management
- Notes: Also provides in-home help for individuals (55+) with memory problems living in Central Jefferson County with coverage under Medicare, Medicare and supplemental insurances, or Medicare HMO. Services include skill-building to remain independent at home

Seniors' Resource Center

www.SRCaging.org

Wheat Ridge – 3227 Chase Street, Denver, CO 80212

303-238-8151, Main office phone

Evergreen – 5120 Highway 73, Evergreen, CO 80439

303-674-2843

Lakewood: 7815 W. 16th Avenue, Lakewood, CO 80214

303-233-0324

Littleton: 10181 B West Bowles Ave, Littleton, CO 80127

303-979-6173

- Serves: Older adults (60+) in Jefferson County, Metro Denver, and the mountain communities in western Jefferson County, Clear Creek, Gilpin and Park Counties.
- Services provided:
 - Care Management, including community education, emergency financial assistance, information and referral services and supportive counseling
 - Care Management 303-235-6923
 - Assistance with utilities – EOC funding only. Please call to see if funds are available.

The following is an extensive list of senior resources that is grouped into the following categories:

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If you notice any changes or inconsistencies with our resources, please inform Navigation to help us stay current.



- Has a grant to provide counseling, care management, and material aid for visually impaired older adults age 60+
- Material aid can be used for minor home modifications such as grab bars, smoke detector, assistive devices (canes, white canes, magnifying readers), optometrist appointments and eyeglasses.
- In-Home Care: Non-medical care to individuals in their own home. Assists with light housekeeping, laundry, bed making, meal preparation, errands and socialization. Please call 303-235-6976 for more information.
- The Chore Services Program: Offers “free of charge” assistance with deep cleaning, packing and unpacking household items for moving, and seasonal yard cleanup. Please call 303-235-6952 for more information.
- Adult Day & Respite Programs: Offer enriching daily activities, meals, and an engaging social community for seniors. Welcome people with a variety of needs and chronic conditions. Please call 303-235-6961 for more information.
- Transportation services.
 - Service animals are welcome.
 - No cost rides are available 8 a.m. to 4 p.m.
 - Notes: To schedule a ride, please call SRC 3-7 days in advance.
 - For rides in urban Jefferson or Adams County, call: 303-235-6972
 - For rides in rural Jefferson, Clear Creek, or Gilpin, call: 303-679-2552

Senior Assistance Center

303-455-9642, client@seniorassistancecenter.org

2839 West 44th Avenue, Denver, CO 80211

<http://www.seniorassistancecenter.org>

- Serves older adults (55+) in Adams, Arapahoe, Denver, Douglas, Jefferson, Boulder, Broomfield counties. Office Hours: Monday-Thursday 9 am- 2 pm
- Services include:
 - Information & Referral Services
 - Onsite Weekly Food Bank-Self-select fresh produce, dairy, bread, as well as non-perishables
 - *When & Where?* Every Thursday-10 am – 12 pm
 - *Who is eligible?* Persons 50+
 - *What is needed?* Photo ID.
 - Mobile Food Bank Locations – 9 am to 10 am at all locations
 - Every other WEDNESDAY of each month – Dahlia Square
3421 Elm Street, Denver, CO 80207
 - Every other WEDNESDAY of each month – Francis Heights
3805 W. 26th Avenue, Denver, CO 80211
 - Every TUESDAY of each month – Highland Towers
6340 W. 38th Ave., Wheat Ridge, CO 80033
 - Emergency food/hygiene/clothing – available anytime the office is open
 - CSFP-Government Commodities Distribution Site (federal supplemental food program-receive a monthly box of food from the government)
 - Persons 60+ and under income limit can apply (must re-certify every six months)
 - Distributed on the fourth Tuesday of the month from 10 am-12 pm (must pick up)
 - Persons can be registered at one distribution site only
 - Provides EOC utility assistance for persons 55+



- Utility Assistance
 - *Eligibility:* residents (55+) of Adams, Arapahoe, Denver, Douglas, Jefferson, Boulder, Broomfield county area(s) with LEAP approval (if eligible) Nov-April
 - *What is needed?* State Issued Driver's License/Photo ID or Passport, latest utility bill(s), LEAP approval Nov-April
 - *By appointment only, call or email*
- Durable Medical Equipment
 - Loaned equipment, no charge.
 - Supplies clients with walkers, canes, crutches, and wheelchairs to those in need of medical equipment.
 - Call or email to check availability
- Thrift Store
 - Clothing, coats, shoes, books and small household items to persons 50+
 - Open Thursdays 10 am – 12 pm; Notes: Please bring a photo ID.
 - Most items \$0.25
- RTD Discounted Monthly Bus Pass
 - Discount Local (65+ or disabled-must have RTD discount card)
 - Must pre-pay for next month's pass *exact change only
 - Generally payments accepted until the third week of the previous month, passes distributed the fourth week, call or email for specific dates each month

Senior Hub

303-426-4408

2360 West 90th Avenue, Federal Heights, CO 80260

<http://www.seniorhub.org>

- Serves: Older adults (55+) primarily in north Metro Denver (Adams County), as well as some parts of Aurora and the rural eastern I-70 corridor
- Provides: Adult Day Services (Monday-Friday 7:30am to 5:30pm in Northglenn), Meals on Wheels, Rural Meals on Wheels, Homecare Services, Retired Senior Volunteer program, Senior Solutions Emergency Food Bank, Medical Equipment Lending Service, and Handyman Referral Program.
- Visit website or call for more detailed information on each program.

Senior Support Services

303-832-1622 (Press #201 for Reception)

846 E. 18th Ave. Denver, CO 80218

www.seniorsupportservices.org

- Serves: Older adults (55+)
- Provides:
 - Safe daytime shelter at 18th Ave. & Emerson St., open for 12 hours each weekday and 5 hours on Sundays
 - Individualized case management
 - Attaining government benefits
 - Assistance in obtaining and retaining low-income housing
 - Rent and utility payment assistance
 - Tenant-landlord dispute mediation
 - Financial management counseling to prevent homelessness
 - Three meals served every weekday
 - Monday to Friday: Breakfast 7:00am – 8:30am; Lunch 11:30am; Dinner 5:30pm; Sunday: Sack lunches are available at 11:30 a.m.



- Meals are available for free for members.
 - Emergency food and clothing banks
 - Computer and internet access
 - Transportation or escort to government offices, work, medical care, etc.
 - Access to medical care, health screenings and mental health care.
- Hours: Monday to Friday, 7am to 6pm, Sunday, 11am to 3pm
 - To access services, come by the agency in-person Monday to Thursday, between 9 am and 2 pm to complete an intake interview.

A Little Help

720-242-9032

288 Clayton Street, Suite 202, Denver, CO 80206

www.alittlehelp.org

- Connects Denver and some Jefferson County neighborhood seniors to a variety of programs including volunteer services, vetted service providers, and educational and social activities.
- To receive services an individual needs to become a member. If someone is unable to afford the membership fees inquire about the sliding fee scale.
 - Transportation to medical appointments, grocery shopping, errands and social events (with reasonable distance and time commitment, usually 1 time per household per week) – please allow 3-5 days' notice
 - Medical note-taking
 - Minor home repairs and modification
 - Pet care
 - Yard work & snow removal
 - Technology help
 - Check-in calls or visits
 - Light housework or laundry
 - If the type of assistance needed is not listed, let them know and they will do their best to meet your needs.

Project Support Senior Center

303-567-2382

1402 Miner Street, Idaho Springs, CO 80452

http://foreclosure.co.clear-creek.co.us/visitor/senior_Center.htm

- Serves: Older adults (60+) in Clear Creek County
- Provides: Nutrition, health and welfare counseling, information, games and bingo, housing & and referral services, thrift shop, recreation and field trips, hot lunches*, transportation (call at least 48 ahead to schedule; requested donation for gas), home-delivered meals, food bank, emergency food boxes (call in advance to arrange) and volunteer opportunities
 - *Notes: Please call at least 1 business day in advance to reserve at hot lunch. The suggested donation for lunch is \$2.50; Monday - Friday, 11:30 am - 12:30 pm
- Center hours: Monday - Saturday, 10 a.m. - 4 p.m.
- Notes: Please be prepared to leave a message with your contact information when you call.

Catholic Charities Denver – Senior Care Services

303-742-0828 to contact Virginia Hentschel for more information

Multiple locations

<http://www.ccdenver.org/services/senior-services>

- Serves: Older adults (55+) in the Denver Metro area



- Provides: Case management, supportive services and chronic disease management services, and help with benefits
 - The Mulroy Senior Center (3550 W.13th Ave. Denver, CO 80204) helps to coordinate transportation with Seniors' Resource Center for daily lunch, educational and recreational activities, and case management services. Contact: 303-892-1540 or 303-742-0828
- Notes: Services also available in Spanish

Gilpin County Senior Program

303-515-4292

2960 Dory Hill Road, Suite 100, Black Hawk, CO

<http://www.co.gilpin.co.us/Seniors/SeniorProgram.htm>

- Serves: Older adults (60+) who live in Gilpin County
- Provides: Hot lunches, senior commodities (groceries), mobile pantry (every 3rd Tuesday at 11am) recreation and fitness, chore services, and door-to-door transportation to medical and dental appointments, senior lunches, and weekly grocery shopping.
- Hours: Office hours are Monday to Friday, 8:00am to 4:30pm

InnovAge

855-487-6768

<http://www.myinnovage.org/>

Denver Center – 1265 South Broadway, Denver, CO 80210

Cody Center – 8405 W. Alameda Ave. Lakewood, CO 80226

Chambers Center – 3551 N. Chambers, Aurora, CO 80011

Thornton Center – 445 E. 124th Ave. Thornton, CO 80241

- Provides: Coordinated health care, day programs, in-home services, Homemaker services such as: light housekeeping, meal preparation, grocery shopping, as well as companionship and conversation, transportation to and from day centers and medical appointments, Alzheimer's and dementia care, and care coordination.
- If you'd like to learn more about eligibility requirements, insurance coverage and pricing, call to speak with a care expert.

Lutheran Family Services, Older Adult and Caregiver Services

303-217-5864 – Denver Metro Area

970-232-1180 – Fort Collins/Loveland Area

363 South Harlan St., Suite 200, Denver, CO 80226 – Metro Denver Regional Center

<http://www.lfsc.org/caregiver-services>

- Serves older adults and their caregivers
- Provides: Care Management, Care Giver Support, and Counseling for older adults.
 - *Counseling services only available to Northern CO clients
- The Care Management Program – Assessments/On-going Care Management assists older adults during housing transitions, connecting with medical/mental health professionals, and applying for available benefits and support services.
- Offers African American Caregiver Support Program designed to give geriatric caregivers a sense of control, relieve their frustration, and provide them with ways to maintain their physical, mental and spiritual health.
 - This program is provided at no charge to clients.
- Notes: Many services may be provided in-home.



Jewish Family Service – Senior Solutions

303-597-5000

3201 S. Tamarac Drive, Denver, CO 80231

<http://www.jewishfamilyservice.org/services/senior-solutions>

- Serves: Older adults in Denver, Boulder and parts of Adams, Arapahoe, Douglas and Jefferson counties
- Provides: Geriatric care management and consultation, homemaker support services, volunteer para-chaplains (conducting services and holiday celebrations for Jewish seniors in skilled nursing homes and assisted living residences), Friendly Visitor volunteers, geriatric counseling, Kosher Senior Meal Program (home delivered and congregated), and wellness/recreation programs in Wheat Ridge and Edgewater through Colorado Senior Connections.
- Notes: Many services may be provided in-home.

Crisis Services**Rocky Mountain Crisis Partners**<http://www.metrocrisiservices.org/>

1-844-493-8255 (TALK)

- Colorado's free, confidential, 24/7 telephone service for mental health or substance use crisis help, information, and referrals.
 - Free Program Services Directory, including over 3,000 different providers, assistance programs, and support resources throughout the community.
 - Peer Support Line-Staffed by trained peer specialists who offer strengths-focused, compassionate, and confidential telephonic support, from 9am-11pm. Call 1-844-493-8255 and press * to connect with a Peer Specialist.
 - *Want to speak to a Crisis Clinician online?*
4:00 p.m. - 12:00 a.m. 7 days a week - See more at: <http://www.metrocrisiservices.org/6-about-rmcp/what-we-do/chat>

The Friendship Line<http://www.ioaging.org/services-for-elders-and-caregivers/friendship-line>

1-800-971-0016 (24-Hour Hotline)

- 24-hour hotline serving older adults (60+) and adults with disabilities
- Confidential telephone support for people 60+ who may be lonely, isolated, grieving, depressed, anxious and/or thinking about death or suicide.
- Call-out services, including medication reminders, emotional support, and well-being check-ins via telephone

Information and Referrals**DRCOG Area Agency on Aging – Network of Care**

303-455-1000 – Main office

303-480-6700 – Resources and Options Counseling

303-480-6704 – Case Management

303-480-6755 – Veteran's-directed Home and Community-based Services

303-480-6729 – Elder Refugee Program

303-480-6734 – Long-Term Care Ombudsman

<https://drcog.org/programs/area-agency-aging>

- Serves: Older adults (60+) and adults 18+ living with a disability



- Provides: Extensive referral information and assistance, as well as options counseling regarding long-term services and supports in the community
- Notes: Please be prepared to leave a message with your name and contact information, and an Options Counselor will call you back.

Colorado Gerontological Society

303-333-3482

3006 E Colfax Ave, Denver, CO 80206

www.senioranswers.org

- Serves: Older adults (60+) in Denver Metro area
- Provides: Counseling and referral regarding community resources, as well as assistance applying for government benefits.
 - Also administers grant assistance programs for dental work, eyeglasses/vision, and hearing aids for Denver Metro area seniors (60+).
- Hours: Monday to Friday, 9:00 am to 4:00 pm
- Notes: An extensive list of community resources can be found online at: <https://www.senioranswers.org/community-resources/>

National Eldercare Locator

1-800-677-1116

www.eldercare.gov

- Serves: Older adults and their caregivers providing information and referral
- Hours: Monday – Friday, 7am to 6pm
- Services may be available in Spanish, and Language interpretation service for 150 languages is also available during business hours.

SeniorsResourceGuide.com

www.seniorsresourceguide.com/directories/Denver/index.html

- Provides: Online only guide to senior resources in Adams, Arapahoe, Douglas, Jefferson and Denver counties

