

General

Lutheran Medical Center Senior Services

303-425-4500

<http://www.lutheranmedicalcenter.org/services-and-departments/senior-services>

8300 W. 38th Ave, Wheat Ridge, 80033

- Senior Emergency Room: Emergency care with amenities and technologies specifically designed for the comfort and well-being of seniors
- Senior Surgery Center: Surgical care tailored to seniors' needs, including extra communication and follow-up care for older patients
- Senior Behavioral Health (age 65+): short-term inpatient stabilization for acute geriatric psychiatric patients.
 - To make a referral or for more information, call 303-467-4080

Visiting Nurse Association

303-698-2121

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

390 Grant St., Denver, CO 80203

- Serves: Older adults in Adams, Arapahoe, Denver, Douglas and Jefferson Counties
- Provides: Home health services and post-hospitalization services, such as preventative nursing care, physical, speech and occupational therapy, personal care, medical foot care, immunizations, and hospice-at-home services

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.

Dental, Hearing and Vision Resources

Seniors' Resource Center – Care Management

303-238-8151, main office phone

Care Management 303-235-6923

www.SRC Aging.org

Wheat Ridge – 3227 Chase Street, Denver, CO 80212

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

- [General](#) – p.1
- [Dental/Hearing/Vision](#) – p.2
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- [Alzheimer's Support](#) – p.4
- [Homemaker Services](#) – p.4

Please contact Navigation for additional, non-Senior specific resources.

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



- 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, information and referral services and supportive counseling.
 - 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.

Colorado Gerontological Society

303-333-3482

3006 E Colfax Ave, Denver, CO 80206

www.senioranswers.org

- Serves: Older adults (60+) in the 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

Dental Lifeline Network – Donated Dental Services (DDS)

303-534-3931, Kevin McGrellis DDS Coordinator for inside the Denver Metro area

303-534-3863, Pam Pairan DDS Coordinator for outside of Denver Metro area

1800 15th Street, Suite 100, Denver, CO 80202

<http://dentallifeline.org/colorado/>

- Serves: Older adults (65+), or individuals who are permanently disabled, or those who qualify as medically fragile.
- Provides: Volunteers provide comprehensive dental treatment to eligible patients. Emergency services are not available.
- To apply call 1-888-235-5826
 - Leave name and complete mailing address to have an application sent to you
 - They are unable to return phone calls about waitlist positions due to volume of calls, and the waitlist is a year or more in most areas.
 - Connect to link to download and print application: <https://dentallifeline.org/donated-dental-services-dds-application/>

Eye Care America - Seniors EyeCare Program

1-800-222-3937

<http://www.aao.org/eyecare-america>

- Serves: US citizens and legal residents who are 65+ and who have not seen an ophthalmologist in 3 or more years.
- May be eligible to receive a medical eye exam and up to one year of care at no out-of-pocket cost for any disease diagnosed during the initial exam.
 - Will waive co-pays when accepting Medicare and/or other insurance reimbursement
 - Patients without insurance receive this care at no charge
 - Referrals done online, if unable to complete online contact 877-887-6327.
- This program does not provide eyeglasses prescriptions nor does it cover the cost of glasses.



Assistance League of Denver

Hospital Equipment Lending Program (HELP)

303-322-1688

6265 E. Evans Ave., Denver, CO 80222

<http://www.denver.assistanceleague.org/ps.projects.cfm?ID=698>

- Provides “free of charge” hospital equipment, including: wheelchairs, bath benches, toilet risers, bedside commodes, walkers, crutches, canes and some miscellaneous items.
- Hours: Tuesday, Wednesday and Thursday from 9:00am to 1:00pm.
- Notes: Equipment is provided free of charge. Patients may keep the equipment indefinitely, but are asked to return the item when it is no longer being used.

Prescription Assistance *Contact Navigation for more low-cost prescription resources.**Centura Health LINKS**

720-321-8850 or 1-866-550-2752

<http://www.stanthonyhosp.org/sah/for-patients-and-families/centura-health-links/>

2420 W. 26th Ave., Suite D-450, Denver, CO 80211

- Serves Older adults (55+) with a variety of programs:
 - Affordable Coverage – can assist in applying for Medicaid or Connect for Health Colorado insurance. Call for assistance, offered at no cost and no obligation.
 - Benefits Checkup Colorado – resource to help with services including heating bills, rent, meal services, legal matters, answers to social security questions, job opportunities, programs for the deaf and hard of hearing, property tax rebates and volunteer work. Call to apply, or complete a Benefits CheckUp form online: <https://www.benefitscheckup.org/>
 - Prescription assistance – free counseling to assist in determining which programs can help lower the cost of your medications.
 - Before you call for prescription assistance, please
 1. Gather a list of your prescription medications.
 2. Have your doctor's name, address and phone number.
 3. Have your Social Security number on hand.
 4. Be prepared with basic financial information, such as income and savings.
 - Medicare Part D assistance – helps anyone with Medicare understand full range of options. Can develop personal report of three best Medicare plan options for you.
 - Call 720-321-8860 or complete Medicare Part D Intake Form (http://www.stanthonyhosp.org/uploadedFiles/Centura/CNA/Patient_Resources/LINKS_MedicarePartD_form.pdf) and mail to Centura Health Links at address above.
 - State Health Insurance Program (SHIP) staff and volunteers answer your questions and help guide you on topics including Medicare benefits, appeals, Medigap insurance, employer health plans, long-term care insurance and Medicaid. Experts can also assist in sorting and filing medical claims, if needed.

AARP Prescription Discount Program

1-877-422-7718

www.aarppharmacy.com

- Free to AARP members, their spouses, and their dependents under the age of 27
 - To become a member of AARP, you must be 50+. Call 1-888-687-2277 or visit <http://www.aarp.org/> for more information about membership.
- Provides: Discounts (members save an average of 38%) on FDA- approved drugs that are not covered by a Medicare prescription drug plan



Alzheimer's Support

Alzheimer's Association Colorado

1-800-272-3900 (24/7 helpline), 303-813-1669 (Denver Metro)

455 Sherman Street, Suite 500, Denver, CO 80203

<http://www.alz.org/co/>

- Serves: Older adults and their families in Adams, Arapahoe, Boulder, Clear Creek, Denver, Douglas, Eagle, Gilpin, Jefferson and Summit Counties.
- Provides: Support for families caring for people with Alzheimer's disease and related disorders including caregiver education, care consultation, support groups, and in addition to a 24 hour helpline.
- Notes: Some services available in Spanish

Homemaker Services

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.

Seniors' Resource Center – Homemaker Services

303-238-8151, main office phone

Multiple locations

www.SRC Aging.org

- Serves: Older adults (60+) in Jefferson County, Metro Denver, and the mountain communities in western Jefferson County, Clear Creek, Gilpin and Park Counties
- 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.

Jewish Family Services of Colorado – Home-based Support Services

303-597-5000

720-248-4639, contact for home-based services: Jillian Kelly, LCSW

3201 South Tamarac Dr., Denver, CO 80231

www.jewishfamilyservice.org/services/in-home-services

- Provides: Homemakers who visit senior clients two to three hours every other week, depending on availability and individual need.



- Services include light housecleaning, including laundry, changing linens, dusting, vacuuming, cleaning kitchen and bathroom floors and cabinets, light meal preparation (sandwiches, eggs, soups), and grocery shopping service.
- Home-based support services are available on a sliding-scale fee basis, or at no cost, depending on ability to pay or individual circumstances.

Arapahoe County Chore Services and Homemakers Program

303-738-8080

<http://www.arapahoegov.com/index.aspx?NID=348>

1690 W. Littleton Blvd. Suite 300, Littleton, CO 80120

- Serves: Low-income adults who reside in Arapahoe County
- Homemakers Services
 - General routine light cleaning on a biweekly basis for 1.5 hours, including changing linens, doing laundry, cleaning ovens, dusting, general kitchen/bathroom cleaning, mopping, cleaning windows, wiping down refrigerators, vacuuming.
 - Can serve any age adult who is unable to do their routine housekeeping.
- Chore Services
 - Can include fall or spring yard work, washing outdoor first-floor windows, major household cleaning or organizing projects, and other services.
 - This program available for older adults (60+)
- These programs are not able to provide pet, personal or health care.
- Contact Arapahoe County to apply at the number listed.

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 (55+) 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, check-in calls or visits, technology help, minor home repairs and modification, light housework or laundry, pet care, yard work, and snow removal
 - If the type of assistance needed is not listed, let them know and they will do their best to meet your needs.

