

ANSWERS *on Aging*

RESOURCE GUIDE 2015-2016

The Larimer County Office on Aging (LCOA), located in the Department of Human Services, is the Area Agency on Aging (AAA) for Larimer County. As one of sixteen AAA's in Colorado, LCOA receives funding from the Federal Older Americans Act and the Older Coloradans Fund to provide services to Larimer County residents who are 60 and older, and to serve as the lead agency in planning and coordinating those services. As part of the LCOA, the Aging and Disability Resources for Colorado (ADRC) also serves adults over the age of 18 with a disability.

With Older Americans Act and Older Coloradans funds, the LCOA funds community partners to provide a range of programs. These programs provide supportive services and opportunities for older adults to enhance their health, these programs help vulnerable older adults, especially those at risk of losing their independence, to remain in their own homes and maintain their independence.

Funded Community Partners

Aging Clinic of the Rockies	Namaqua Center
Berthoud Area Transportation Service (BATS)	Procter, Callahan & Liska, LLC
Disabled Resource Services- Vision Matters After 55	Rural Alternatives for Transportation (RAFT) RVNA
Elderhaus Adult Day Program	Senior Alternatives for Transportation (SAINT)
Ensign Skills Center, Inc.	Seniors Helping Seniors of Northern Colorado
Estes Park Home Care	Stepping Stones Adult Day Program
Estes Park Senior Center	United Way 211
Fort Collins Senior Center	University of Colorado Health
HomeWatch Caregivers, Inc.	Via Mobility Services
InnovAge Home Care North	Volunteers of America
Lutheran Family Services	Wellington Senior Center
Meals-on-Wheels of Loveland-Berthoud	

The following symbol (**LCOA**) next to a listing in this guide designates either a direct service provided by the LCOA, or a LCOA funded community partner



BOARD OF COUNTY COMMISSIONERS

200 W. Oak Street
Post Office Box 1190
Fort Collins, Colorado 80522-1190
(970) 498 7010

Welcome to the 2015-16 edition of the Larimer County Office on Aging’s *Answers on Aging Resource Guide*. Whether you’re local or living elsewhere you can access the Guide at www.larimer.org/seniors, click on publications.

This Guide consistently provides a wealth of important information for seniors, disabled adults, their families and friends. This one-stop effort provides answers and connections for those in need.

Seniors make up a growing part of Larimer County’s population and we are proud to have the Larimer County Office on Aging serving as one of 16 AAA’s (Area Agency on Aging) in Colorado. Their recently completed 4-year plan for the County’s senior population takes into account how services and service delivery will be impacted by an expected 71% increase in the 60-plus age group over the next ten years, making up 31% of the total population. The Office on Aging is the lead agency in planning and coordinating the services delivered to residents 60 years and older in Larimer County and their mission emphasizes meeting the needs of those who are socially and /or economically disadvantaged while focusing on maintaining health, dignity, independence, and quality of life.

Thank you for the opportunity to serve you, and we hope you enjoy this publication. The Office on Aging is here for you; please contact them if you need any assistance, **970-498-7750**.

The Board of Larimer County Commissioners:

Commissioner Lew Gaiter III
Chair, District I

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Chair Pro-Tem, District II

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TABLE OF CONTENTS

ADULT DAY PROGRAMS	5
ADVANCED DIRECTIVES	5
APPLICATION ASSISTANCE	7
AREA AGENCIES ON AGING	8
CAREGIVER SUPPORT	10
Classes	11
Organizations	11
CASE MANAGEMENT	
Public Agencies	11
Medicaid Care Coordination	12
Geriatric Care Managers	12
Non-Profit Agencies	13
COUNSELING	14
DENTAL ASSISTANCE	16
EDUCATION	17
ELDER ABUSE AND PROTECTION	17
EMPLOYMENT ASSISTANCE	18
FINANCIAL ASSISTANCE	
Public Assistance Programs	19
Agencies.....	20
Foundations	21
FOOD	
Senior Lunch Programs	21
Volunteers of America Dining Center Schedule	22
Meals-on-Wheels	22
Food Distribution	23
Grocery Shopping Assistance	24
HEALTH INSURANCE COUNSELING	24
HEALTH PROMOTION AND WELLNESS	25
HEARING	26
HOME HEALTH CARE AGENCIES	27
HOME MAINTENANCE	30
Home Safety.....	31
HOMELESS SHELTERS AND SERVICES	31
HOSPICE	32
HOSPITALS	33
HOUSING	
Affordable Housing	34
Assisted Living Homes.....	36
Independent Living Communities	39
Skilled Nursing Homes	40
Information and Assistance for Housing	41

INFORMATION AND REFERRAL	42
LAW ENFORCEMENT	43
LEGAL ASSISTANCE	
Attorneys.....	43
Clinics	44
MEDICAID LONG TERM CARE ELIGIBILITY	45
MEDICAL CARE	46
MEDICAL EQUIPMENT	47
MEDICARE	48
Medicare Supplemental Insurance	48
Medicare Long Term Care Benefits	48
Medicare Advantage Plans.....	49
What are the different parts of Medicare.....	49
Medicare Quality Improvement Organizations.....	50
Medicare Part D and Medicare Part C.....	51
Medicare Savings Program Eligibility	52
Medicare Extra Help	52
MENTAL HEALTH SERVICES	54
MOVING ASSISTANCE	54
PERSONAL EMERGENCY RESPONSE SYSTEMS	55
PET AND ANIMAL ASSISTANCE PROGRAMS	55
PRESCRIPTION ASSISTANCE	56
SENIOR CENTERS	56
SENIOR CLUBS/ORGANIZATIONS	57
SOCIAL SECURITY	58
SUPPORT ORGANIZATIONS AND GROUPS	58
TAX ASSISTANCE	
Income Tax Assistance	61
Property Tax Deferral Programs	61
Property Tax Exemption	61
Rebate Programs.....	62
Work-off Programs.....	62
TELEPHONE SERVICES	63
Wireless	63
Landline	63
Additional Telephone Services.....	63
TRANSPORTATION	64
VETERANS SERVICES	66
VISION	67
VOLUNTEER OPPORTUNITIES	68
WELLNESS CLASSES	69

ADULT DAY PROGRAMS

Assisted Living homes may also provide day programs based on availability. See page 36 for listing.

Easter Seals Colorado WINGS

669-2777

Day program for adults with special needs
1656 Topaz Drive, Loveland, CO 80537

Elderhaus Adult Day Program, Inc. LCOA

221-0406

Specialized adult day program for people 18+ with special needs such as dementia (Alzheimer's, frontotemporal, etc.) post stroke, memory loss and cognitive decline also provides support for caregivers.
6813 S. College Avenue, Fort Collins, CO 80525

Foothills Gateway Adult Day Care Services on Wood Street

266-5443

Small specialized day program for adults with special needs
400 Wood Street, Fort Collins, CO 80521

MindSet

223-6083

Specialized adult day program and PASA for people 18+ with special needs including traumatic brain injury, Intellectual Developmental Disability and chronic mental illness.
6813 S. College Avenue, Fort Collins, CO 80525

Stepping Stones Adult Day Program LCOA

820-6871

Adult day program offering a variety of planned activities, nutritious meals, gardening, music and art projects, exercise and medication administration for older adults experiencing some form of cognitive or physical disability. Also provides a monthly support group for caregivers.
302 3rd Street, SE, Suite 100, Loveland, CO 80537

ADVANCE DIRECTIVES

Advance directives are written instructions recognized under state law that relate to the making of medical treatment decisions and the provision of healthcare when or if a person is incapacitated. Advance directives ensure that patients are treated according to their own wishes.

Larimer County Office on Aging Website: LCOA

LCOA.networkofcare.org

Network of Care includes information on advance directive forms (POA, MDPOA, MOST, Living Will, Health Care Proxy, DNR) that can be completed online and printed. For more information, visit the website, upper right hand corner (green box) "Have You Completed Your Advance Directives?" There are links to the Colorado Hospital Association Booklet on Advance Directives, the Colorado Gerontological Society Advance Directives (forms can be completed online) and a link to The Conversation Project.

The most common advance directives include:

MOST Form

A form executed by both an individual and his/her physician, advanced practice nurse or physician assistant. It outlines the broad wishes for care, including the use of CPR, antibiotics, artificially administered nutrition and the level of medical intervention. It is intended for chronically or seriously ill patients who will interact with many health care professionals where a standardized form is helpful. The form follows an individual from one health care setting to another and organizations are assumed to comply with MOST unless they specifically inform an individual and offer him/her transfer to a facility that does comply.

General Durable Power of Attorney (aka POA, GPOA, GDPOA, DPOA)

A general power of attorney gives the agent (or co-agents or successor agents) comprehensive authority over an individual's legal and financial affairs, or specific grants of authority within those areas. This is primarily intended for individuals who are not capable of managing all or part of their affairs any longer. The individual must give informed consent for a POA to be valid. All general powers of attorney executed after January 1, 2010 in Colorado, must conform to the Uniform Power of Attorney Act. This specifies that a form must be substantially of the same text as written in statute, though with the ability to modify the form as appropriate for specific grants of authority and durations.

Medical Power of Attorney (aka, MPDOA, MDPOA)

Legal documents which authorizes a named agent to make any and all health care decisions for an individual upon incapacitation. While legally recognized, there is no standardized form and individuals are free to make their own or use another one. There can be limitations on what authority is given to the agent, such as what specific treatment should be pursued in specific cases, how it relates to other directives and anatomical gifts. An individual must give informed consent to a MPOA, meaning that the individual must be commonly judged to be of sound mind and capable of understanding the repercussions of such an action. Individuals who cannot give consent cannot have a MPOA, and must instead use a medical health care proxy or court-appointed guardianship.

Medical Health Care Proxy

This is a document drawn up by all interested parties to assign an individual the right to make medical decisions for another individual who is unable to make his/her own decisions and does not have a medical power of attorney. The health care proxy can eliminate the need to go to court for a full guardianship to make medical decisions for the incapacitated individual. There is no standardized document, but many physicians and hospitals may have their own form. The authority does not follow an individual and must be confirmed by the interested parties after every health care setting transfer.

Living Will (aka Declaration as to Medical or Surgical Treatment)

A living will provides for the termination of medical intervention after the attending physician and a second physician have determined that the suffered condition is irreversible and the patient has been comatose for seven consecutive days. Forty-eight hours later, artificial nourishment or life-sustaining procedures can then be terminated. A living will is a legal document, but should be accompanied by a medical power of attorney to verify that an individual's wishes are executed.

Do Not Resuscitate (DNR)

This CPR Directive instructs medical personnel to withhold cardiopulmonary resuscitation (CPR) in the event that a patient's heart or breathing stops. By law this is an opt-out medical service, with the legal assumption being that the individual has consented to CPR unless a DNR is executed. A DNR may be issued independently or as part of the MOST form. A DNR is a CPR directive that must be signed by the primary physician and the individual (or the individual's Medical Power of Attorney or Medical Health Care Proxy) in order to be valid. It is recommended to keep a copy at all times, as EMT or other emergency personnel may not be adequately informed of an individual's intentions.

The following agencies can assist with advance directives. For additional options, see Legal Assistance, page 43.

Procter, Callahan & Liska, LLC, (Senior Law Project) **LCOA**

266-9669

No cost/donation based consultation for Larimer County residents age 60+ on legal issues including Medicaid, public assistance benefits, long term care, powers of attorney, and general estate planning. Additional fee based legal services are also available. Sliding fee scale available.

343 W. Drake Road, Ste. 240, Fort Collins, CO 80526

University of Colorado Health Senior Services/Aspen Club

Durable Power of Attorney Healthcare form, Living Will form, Conversation Project and DNR.

1024 Garfield Street, Ste. A, Fort Collins, CO 80524

Fort Collins **495-8560**

2500 Rocky Mountain Ave., Loveland, CO 80538

Loveland **624-1860**

APPLICATION ASSISTANCE

Several agencies throughout Larimer County assist individuals with applications for benefits. If the applicant lives in a nursing facility, the facility social worker or other staff/designee will assist with the application. Applicants receiving services from a home health care agency, hospice agency or other case management system can contact the agency's social worker for application assistance. If you are not connected to one of these systems, the following agencies can provide application assistance:

ADRC Benefits Counseling, Larimer County Office on Aging **LCOA**

498-7750

Hands on assistance with Long Term Care Medicaid and Medicare Savings Program applications.

Home visits available for home bound clients. Appointments required.

2601 Midpoint Drive, Ste. 112, Fort Collins, CO 80525

APPLICATION ASSISTANCE (CONTINUED)

Catholic Charities of Larimer County – Senior Connect

484-5010

Assistance with Old Age Pension (OAP), Medicare Savings Program (MSP), Aid to the Needy and Disabled (AND), Food Assistance (food stamps), Adult Medicaid and Long Term Care Medicaid applications.

460 Linden Center Drive, Fort Collins, CO 80524

Larimer County Department of Human Services

498-6300

Assistance with Medicaid, Aid to the Needy Disabled (AND), Food Assistance (food stamps), Long Term Care Medicaid, Old Age Pension (OAP), Medicare Savings Program (MSP). Walk in and appointments are available. Call for technician availability and assistance.

1501 Blue Spruce Drive, Fort Collins, CO 80524

Larimer Health Connect

472-0444

Assistance site for Connect for Health Colorado. Help reviewing the options when you are shopping for health insurance, including assistance with Medicaid and CHP+ applications. Help understanding your current insurance benefit or assistance changing your insurance if you have had changes in your work or personal situation. Call for an appointment or make an appointment online at larimerhealthconnect.org

144 N. Mason, #7, Fort Collins, CO 80524

The Seasons Club at McKee Medical Center

635-4097

Assistance with the Low Income Subsidy (LIS) application. LIS provides assistance with Medicare Part D premiums and co-payments. Income guidelines apply. Call for an appointment.

2000 Boise Avenue, Loveland, CO 80538

University of Colorado Health Senior Services/Aspen Club

Assistance with the Low Income Subsidy (LIS) application. LIS provides assistance with Medicare Part D premiums and co-payments. Income guidelines apply. Call for an appointment.

1024 Garfield, Ste. A, Fort Collins, CO 80524

Fort Collins **495-8560**

2500 Rocky Mountain Avenue, Loveland, CO 80538

Loveland **624-1860**

AREA AGENCIES ON AGING

Area Agencies on Aging (AAA) are experts on all aspects of aging. Federally mandated in 1974, AAA's help older Americans and their caregivers live quality lives with independence and dignity. There are 16 AAA's in Colorado and over 600 in the United States. Each AAA covers a specific region of the state. AAA's provide a continuum of services and programs that serve older adults over the age of 60. These services and programs are either provided directly by the AAA or through contracts with community-based agencies. The AAA has many options to help older adults 60+, their families and caregivers to remain independent in the community, including information and referral services, case management, transportation, nutrition and home-delivered meals, homemaker services, legal services and more.

Alpine Area Agency on Aging, Region 12

970-468-0295

Counties: Eagle, Grand, Jackson, Pitkin and Summit.

Associated Governments of Northwest Colorado, Region 11	970-248-2717
Counties: Garfield, Mesa, Moffat, Rio Blanco and Routt.	
Boulder County Aging Services Division, Region 3B	303-441-3570
Boulder County	
Denver Regional Council of Governments (DRCOG), Region 3A	303-455-1000
Counties: Adams, Arapahoe, Broomfield, Clear Creek, Denver, Douglas, Gilpin, Jefferson.	
East Central Council of Governments, Region 5	719-348-5562 x 5
Counties: Cheyenne, Elbert, Kit Carson, Lincoln.	
Huerfano/Las Animas Area Council of Governments, Region 14	719-845-1133
Counties: Huerfano and Las Animas.	
Larimer County Office on Aging, Region 2A LCOA	970-498-7750
Larimer County	
League for Economic Assistance & Planning, Region 10	970-249-2436
Counties: Delta, Gunnison, Hinsdale, Montrose, Ouray and San Miguel.	
Lower Arkansas Valley Area Agency on Aging, Region 6	719-383-3166
Counties: Baca, Bent, Crowley, Kiowa, Otero and Prowers	
Northeastern Colorado Association of Local Governments, Region 1	970-867-9409
Counties: Logan, Morgan, Phillips, Sedgwick, Washington and Yuma.	
Pikes Peak Area Agency on Aging, Region 4	719-471-2096
Counties: El Paso, Park and Teller.	
Pueblo Area Agency on Aging, Region 7	719-583-6120
Pueblo County	
San Juan Basin Area Agency on Aging, Region 9	970-264-0501
Counties: Archuleta, Dolores, La Plata, Montezuma and San Juan.	
South-Central Colorado Seniors, Inc., Region 8	719-589-4511
Counties: Alamosa, Conejos, Costilla, Mineral, Rio Grande and Saguache.	
Upper Arkansas Area Agency on Aging, Region 13	719-539-3341
Counties: Chaffee, Custer, Fremont and Lake.	
Weld County Area Agency on Aging, Region 2B	970-346-6950
Weld County	

CAREGIVER SUPPORT

Aging Clinic of the Rockies at CSU LCOA 491-6795

Individual counseling that is designed to address the needs of individuals in a caregiver role. Up to eight sessions at no cost (donations accepted).

Colorado State University, Gifford Building, Room 119, Fort Collins, CO 80523

Alzheimer's Association 472-9798

Support for individuals and their caregivers dealing with Alzheimer's disease or other types of dementia. Access to information, support groups, education, message boards and care consultations.

415 Peterson Street, Fort Collins, CO 80524

Alzheimer's Association 24/7 Helpline 800-272-3900

The Center for Family Outreach 495-0084

The Center works with Larimer County youth and their families to achieve long-term positive changes and healthy relationships. In addition, The Center also offers support services for parents and grandparents raising adolescents.

1100 Poudre River Drive, Ste. B, Fort Collins, CO 80524

Family Caregiver Support, Larimer County Office on Aging LCOA 498-7750

Support for family caregivers through resources, education, classes, respite grants, support groups and care consultations.

2601 Midpoint Drive, Ste. 112, Fort Collins, CO 80525

Lutheran Family Services Older Adult and Caregiver Services LCOA 232-1180

Mental health counseling for older adults and caregivers on issues related to aging and life transitions.

2850 McClelland Drive, #3200, Fort Collins, CO 80525

Namaqua Center LCOA 669-7550

SummitStone Health Partners

Support for the health and well-being of grandfamilies. The Kinship Navigator helps people access resources, respite care, education programs and assistance navigating the system.

3705 N. Grant Avenue, Loveland, CO 80538

Serenity Life Counseling, LLC 282-7975

Faith-based individual, family, caregiver counseling to help balance responsibilities and adjust to life changes. Sliding fee scale and home visits available.

Volunteers of America Caring Companion Program LCOA 472-9630

Volunteers provide weekly non-medical respite for the family caregiver and companionship for the care receiver.

405 Canyon Avenue, Fort Collins, CO 80521

Classes:

Powerful Tools for Caregivers LCOA

498-7750

Designed to help the caregiver take care of themselves while caring for a relative or friend. Family caregivers learn tools to increase self-care and confidence. The program consists of six classes. Call for locations or more information.

Organizations:

Elder Care Network (ECN)

495-3442

ECN is a volunteer organization of family members, as well as private and non-profit service providers, who have joined together to ensure that family caregivers of older adults have access to the information and resources they need to provide and manage care, health and the wellbeing of their loved ones, as well as care for themselves. Please visit the website for additional information: www.eldercarenet.org.

CASE MANAGEMENT

Public Agencies

Larimer County Office on Aging LCOA

498-7750

Family Caregiver Support and ADRC Options Counseling
Information and assistance to help individuals, family members, caregivers and professionals understand and access resources, set goals and review options, access long term services and supports, and resources for caregivers including, caregiver education, classes and respite grants. Whether you are caring for a loved one, or need help to remain as independent as possible in the community, call the LCOA for assistance. Home visits are available by appointment.
2601 Midpoint Drive, Ste. 112, Fort Collins, CO 80525

Foothills Gateway Inc.

226-2345

Community Center Board
Programs and services for children and adults with intellectual and developmental disabilities
301 W. Skyway Drive, Fort Collins, CO 80525

Larimer County Options for Long Term Care

498-7780

Services for Long Term Care Medicaid clients living in the community or in assisted living homes receiving Long Term Care Medicaid Home and Community Based Services (HCBS)
1501 Blue Spruce Drive, Fort Collins, CO 80524

CASE MANAGEMENT (CONTINUED)

Medicaid Care Coordination

Rocky Mountain Health Plans	305-7261
Care Management Referral Line	800-793-1339

If you are a Medicaid Accountable Care Collaborative (ACC) member, in addition to receiving the regular Medicaid benefits, you also belong to a Regional Care Collaborative Organization (RCCO). In Larimer County, this organization is Rocky Mountain Health Plans. The RCCOs make sure that everyone involved in your care is working as a team - including you. Care coordinators are available to work with you and any other providers who care for you, to help coordinate the different services you receive, help you find community and social services in your area, and work together with you to reach your health and wellness goals. Call for more information.

Geriatric Care Managers - Private Pay

Professional geriatric care managers have been educated in various fields of human services, social work, psychology, nursing, gerontology - and are trained to assess, plan, coordinate, monitor and provide services for older adults and their families. Advocacy and care coordination for older adults is a primary function of the care manager.

Action HealthCare Services	449-9101
Marcy Greenslit	

American Elder Advocates	744-4526
Donna Forbes	

Covell Care & Rehabilitation, LLC	204-4331
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Life Changes Care Management	999-5169
Donna Forrest, RN	

My Elder Care Consultant, LLC	980-1362
LuAnn Smith	

Peggy Haller, MA, MGS	493-0895
Peggy Haller	

Senior Life Solutions, LLC	282-7975
Colleen Daugherty	

Seniors in Transition	204-6977
Kirsten Hartman	

Non-Profit Agencies

Alzheimer's Association

472-9798

Serves individuals and their families living with Alzheimer's disease or other types of dementia.
415 Peterson Street, Fort Collins, CO 80524

Cancer Support Services

297-6165

Formerly Patient Navigator

Serves cancer patients and their families in Larimer County and provides help accessing resources. Patient's doctor must be associated with PVH / University of Colorado Health.
2121 E. Harmony Road, Ste. 170, Fort Collins, CO 80528

Catholic Charities of Larimer County – Senior Connect

484-5010

Provides case management to people age 60 and over including in-home assessment, care coordination, advocacy and referrals. Se habla espanol.
460 Linden Center Drive, Fort Collins, CO 80524

Disabled Resource Services

Services and guidance to people with permanent disabilities. Short and long term help that includes case management, peer support, advocacy, employment counseling, transitions from nursing homes, benefits counseling, access to community resources, medical equipment rental and assistance with Social Security benefits.

1017 Robertson, Unit B, Fort Collins, CO 80524

Fort Collins **482-2700**

118 E. 29th Street, Ste. C, Loveland, CO 80538

Loveland **667-0816**

Lutheran Family Services - Geriatric Case Management LCOA

232-1180

Older Adult and Caregiver Services - Geriatric Care Management services including care assessment and guidance in creating a plan that meets the client's care needs and goals. Services provided to adults 60 years and older.

2850 McClelland Drive, #3200, Fort Collins, CO 80525

Namaqua Center LCOA

669-7550

SummitStone Health Partners

Support for the health and well-being of grandfamilies. The Kinship Navigator helps grandfamilies access resources, respite care, education programs and assistance navigating the system.

3705 N. Grant Avenue, Loveland, CO 80538

National Multiple Sclerosis Society - CO-WY Chapter

482-5016

Services for individuals with MS and their families including case management, financial assistance and support groups.

1525 Riverside Avenue, Ste. A, Fort Collins, CO 80524

University of Colorado Health (UCH) Community Case Management

495-8554

Case management for patients of the UCH system, including medication management, stress and disease management, education, emotional support, home safety, dietary and in-home monitoring.

1024 S. Lemay Avenue, Fort Collins, CO 80524

COUNSELING

Aging Clinic of the Rockies LCOA 491-6795

Individual counseling that is designed to address the needs of individuals in a caregiver role. Up to eight sessions at no cost (donations accepted).

Colorado State University, 502 W. Lake Street, Gifford Building, Room 119, Fort Collins, 80523

Alliance for Suicide Prevention of Larimer County 482-2209

Training for youth and adults about depression and suicide.

619 S. College Avenue, Ste. 12, Fort Collins, CO 80521

Hospice of Northern Colorado, Inc. 352-8487

Provides bereavement and grief counseling, hospice resources and palliative care services.

2726 W. 11th Street Road, Greeley, CO 80634

Kathleen McKinney, Ph.D., LCSW

Licensed psychotherapist. Works with older adults on life issues including: depression, anxiety, alcohol abuse, relationship issues, chronic illness, bereavement and grief, severe and persistent mental health illness. \$90/hr, will bill insurance, accepts Medicare and offers sliding fee scale.

425 W. Mulberry Street, Ste. 107

Fort Collins 305-2399

125 Crestridge Street

Fort Collins 420-1761

Lutheran Family Services Older Adult and Caregiver Services LCOA 232-1180

Mental health counseling for older adults and caregivers on issues related to aging and life transitions.

2850 McClelland Drive, #3200, Fort Collins, CO 80525

Mountain Crest Behavioral Healthcare Center 207-4800

Provides both in-patient and out-patient counseling for mental health and substance abuse issues including medical intervention and individual or group therapy

4601 Corbett Drive, Fort Collins, CO 80528

Pathways Hospice 663-3500

Individual, couples and family counseling and facilitated support groups for grief and loss or serious illness

305 Carpenter Road, Fort Collins, CO 80525

Psychological Services Center (CSU) 491-5212

A community mental health agency affiliated with the Psychology Department of Colorado State University offering therapy and psychological evaluation services

Colorado State University, 1200 Centre Avenue Mall, Clark Building #C36, Fort Collins, CO 80523

Serenity Life Counseling, LLC**282-7975**

Faith-based individual, family, and caregiver counseling to help balance responsibilities and adjust to life changes. Sliding fee scale and home visits available.

Suicide Hotline**800-273-8255**

Online emotional support available 24 hours a day, seven days a week

SummitStone Health Partners**494-4200**

Formally Touchstone Health Partners

Provides 24-hour emergency services, along with outpatient mental health and addiction treatment for all ages including individual and group treatment, and case management services.

Bilingual services, access to primary care, and an in-house pharmacy.

24/7 Walk-In Crisis Services**494-4200**

Licensed mental health and addiction counseling services, walk-in availability with short-term respite or residential treatment when needed. A 10-bed community crisis clinic for up to 5 days will be opening soon at this location.

1217 Riverside Avenue, Fort Collins, Co 80524

To make an appointment at the locations below, please call the main number: 494-4200

Locations for Adult Services:**Adult Services and Pharmacy**

525 W. Oak Street, Fort Collins, CO 80521

Administrative and Adult Services/Spirit Crossing Clubhouse

125 Crestridge Street, Fort Collins, CO 80525

Adult Services

2001 S. Shields Street, Bldg. L, Fort Collins, CO 80525

Adult Services, Primary Care, and Pharmacy

1250 N. Wilson Avenue, Loveland, CO 80537

Adult Services – Estes Park**586-9105**

To make an appointment in Estes Park, please contact them directly.

1950 Red Tail Hawk Drive, Estes Park 80517

Vet Center**221-5176**

Counseling for veterans including readjustment counseling for combat theater veterans; military sexual trauma and bereavement counseling for active duty veterans and family members; alcohol and drug referrals; information and referral; PTSD assessment and counseling.

702 W. Drake Road, Building C, Fort Collins, CO 80526

DENTAL ASSISTANCE

Health District of Northern Larimer County

The Health District offers an array of dental services to meet the needs of older adults. The following are descriptions of the various dental services that are part of the Health District. Please contact them with any questions and to schedule an appointment.

202 Bristlecone Drive, Fort Collins, CO 80524

Colorado Senior Dental Program

224-5209

Larimer County residents over age 60, low-income and not enrolled in Medicaid, commercial insurance or certain other financial assistance programs. Income guidelines apply. Services are on a first-come, first-served basis.

Dental Connections

493-3366

Serves Larimer County residents who make too much money to use the Family Dental Clinic, but still have trouble affording dental care. Patients are matched with a local private dentist who has volunteered for the program.

Family Dental Clinic

416-5331

Serves residents of northern Larimer County with Medicaid or who have no insurance and meet financial guidelines. Services include: full dentures, partials, root canals, fillings, extractions, emergency and preventative care. Sliding fee scale based on income is available to people who do not qualify for Medicaid or the Senior Dental Program.

Medicaid Services

416-5331

Dental services for Medicaid recipients living in northern Larimer County. Services include emergency, preventative and diagnostic dental services; extractions; root canals; crowns; partials and dentures. Annual benefit of \$1,000 with no co-payments. (Partials, dentures and emergency care not subject to \$1,000 annual limit.)

In Home Dental of Northern Colorado

686-1183

Mobile dental hygiene team that comes directly to the client. Serves every age, disabled and the elderly who are home bound providing dental care in the convenience of your own home or health care facility.

651 Babine Court, Windsor, CO 80550

Sunrise Loveland Dental

461-8942

Loveland Community Health Center

Provides dental care to all ages, with or without dental coverage. Emergency dental care is available. Sliding scale for low-income patients.

302 3rd Street SE, Loveland, CO 80537

EDUCATION

Community Training

Conversation Project **495-8560**

It's not easy to talk about how you want the end of your life to be, but it's one of the most important conversations you can have with your loved one. The Conversation Project will help you get your thoughts together and then have the conversation. This isn't about filling out Advance Directives or other medical forms. It's about talking to your loved ones about what you or they want for end-of-life care. See more at: theconversationproject.org or contact the Aspen Club for more information and to schedule a training or appointment.

Project Visibility LCOA **498-7753**

The goal of Project Visibility is to create an aging services community that is informed, sensitive to, and supportive of Lesbian, Gay, Bisexual and Transgender elders. The training is designed for administrators and staff of nursing facilities, assisted living residences, home care agencies and other senior service providers, as well as the friends and families of LBGT elders. This program is provided by the Larimer County Office on Aging in collaboration with the City of Fort Collins. For information or to schedule a training in Larimer County, contact Monica Becker with the Larimer County Office on Aging.

Continuing Education

Complete and Succeed at Any Age Workforce Center **498-6659**

A workshop offered by the Workforce Center specifically targeted for job seekers over age 50.

Front Range Forum Fort Collins Senior Center **221-6644**

A Learning in Retirement Institute. A membership organization with member directed and led discussions.

Osher Lifelong Learning Institute Colorado State University **491-7753**

Affordable continuing education classes for individuals 50 years old and older. No prerequisites, tests, or degree required. For more information visit www.online.colostate.edu/osher.

Road Scholar **800-454-5768**

Educational tours in all 50 states and 90 countries. Travel and study with local and renowned experts. For more information visit www.roadscholar.org.

ELDER ABUSE AND PROTECTION

Adult Protective Services **498-7770**

Larimer County Department of Human Services

Responds to reports of mistreatment or neglect of at-risk adults. Includes risk assessment, referrals, care coordination, representative payeeships and guardianships.

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

Law Enforcement - Mandated Reporting

Colorado is a mandated reporting state for elder abuse of at-risk elders, age 70 and older. If abuse or exploitation of an at-risk elder is observed, or you have a reason to believe that an at-risk elder has been abused or exploited, or is at risk of being exploited, then report that person to a law enforcement agency within 24 hours after the observation or discovery. See page 43 in this guide for law enforcement telephone numbers.

ELDER ABUSE AND PROTECTION (CONTINUED)

Alternatives to Violence **669-5150**

Provides victims supportive services to both primary and secondary (witness) victims of violence. This may include domestic violence, sexual assault and other violent crimes. Provides individual and group therapy, crisis intervention, legal advocacy and housing assistance.

313 E. 4th Street, Loveland, CO 80537

Hotline..... **278-2083**

Colorado Consumer Line **800-222-4444**

To report elder fraud or financial abuse and/or get information about fraud. For more information visit www.coloradoattorneygeneral.gov.

Crossroads Safehouse **482-3502**

Domestic violence services including emergency shelter, advocacy, legal assistance referrals, transitional housing and education

421 Parker Street, Fort Collins, CO 80525

Long Term Care Ombudsman, Larimer County Office on Aging **LCOA** **498-7750**

Advocates for people living in skilled nursing and assisted living homes

2601 Midpoint Drive, Ste. 112, Fort Collins, CO 80525

SAVA Center **472-4204**

Sexual Assault Victim Advocate Center

4812 S. College, Fort Collins, CO 80525

SAVA 24-Hour Rape Crisis Hotline **472-4200**

Provides emergency intervention to sexual assault victims, their family and friends

EMPLOYMENT ASSISTANCE

Colorado Division of Vocational Rehabilitation **223-9823**

Assists persons with disabilities with employment opportunities, job training and support in the workplace

2850 McClelland Drive, Ste. 2000, Fort Collins, CO 80525

Larimer County Workforce Center

Provides information and assistance on effective job search techniques and strategies. This includes offering important information on local economic factors to be considered when exploring a career change. Offers one-on-one services and group workshops and training for updating or retooling skills for job seekers who have been laid off or are considering a career change.

200 W. Oak Street, Ste. 5000, Fort Collins, CO 80521

Fort Collins **498-6600**

418 E. 4th Street, Loveland, CO 80537

Loveland **619-4650**

1601 Brodie Avenue, Estes Park, CO 80517

Estes Park **577-2140**

This program is for adult residents in Larimer County who are age 55+ and meet income guidelines. The program helps eligible mature workers to take advantage of a second career opportunity by providing job training to learn new skills for today's job market. Please call for more information and eligibility requirements.

19 Old Town Square, Fort Collins, CO 80524

FINANCIAL ASSISTANCE

Public Assistance Programs

Old Age Pension

The Old Age Pension (OAP) program provides financial assistance and may provide medical benefits for low-income adults age 60 or older who meet basic eligibility requirements. The OAP program provides financial benefits up to \$771 per month as of January 2015. Other income such as wages, Social Security benefits (SSA), Supplemental Security Income (SSI) and Veteran's Assistance may reduce the amount of the OAP benefit. Applicants for OAP may have countable resources up to \$2,000 for an individual or \$3,000 if married. Countable resources include checking and savings accounts, certificates of deposits, a second vehicle, secondary property, such as land that you do not live on, and other assets. Your principle residence and vehicle are not countable resources. Catholic Charities and Disabled Resource Services can provide assistance with this application (see pages 8 and 13 for listings and phone numbers).

Supplemental Nutrition Assistance Program (SNAP) Food Stamp Program

Rules on income:

Households must meet income tests UNLESS all members are receiving Title IV (TANF), SSI, or other general assistance.

Most households must meet both the gross and net income tests, but a household with an elderly person or a person who is receiving certain types of disability payments only has to meet the net income test. Gross income means a household's total, non-excluded income, before any deductions have been made. Net income means gross income minus allowable deductions. Households, except those noted, that have income over the amounts listed below cannot get SNAP benefits.

Income Chart: (October 1, 2014 - September 30, 2015)

Household Size	Gross Monthly Income (130% of poverty)	Net Monthly Income (100% of poverty)
1	\$1,265	\$973
2	\$1,705	\$1,311
3	\$2,144	\$1,650
4	\$2,584	\$1,988
5	\$3,024	\$2,326

Larimer County Department of Human Services

498-6300

Adult Medicaid, Aid to the Needy Disabled (AND), Food Assistance (food stamps), Long Term Care Medicaid, Old Age Pension (OAP) and Medicare Savings Program (MSP).

1501 Blue Spruce Drive, Fort Collins, CO 80524

FINANCIAL ASSISTANCE (CONTINUED)

Low Income Energy Assistance Program (LEAP) 498-7730

Provides financial assistance for heating costs. Applications accepted November 1 through April 30.

1501 Blue Spruce Drive, Fort Collins, CO 80524

HEAT Helpline **866-432-8435**

Social Security Administration National 800-772-1213

Social Security and Supplemental Security Income

301 S. Howes Street, 4th Floor, Fort Collins, CO 80521

Local **866-336-7385**

Agencies

Catholic Charities of Larimer County 484-5010

Provides emergency assistance for bus passes, birth certifications and utility shutoffs (when funds are available). Services are offered at no cost.

460 Linden Center Drive, Fort Collins, CO 80524

Crossroads Ministry of Estes Park 577-0610

Provides access to food pantry, laundry and showers. Transportation, clothing vouchers, as well as emergency vouchers for rent, housing, utility shut-off's, medical bills and prescription medications. Also provides training in money management and energy efficiency for low-income households.

851 Dry Gulch Road, P.O. Box 3616, Estes Park, CO 80517

Elder Advocates 818-2050

Daily money management services to seniors. Services include: helping clients with paying bills, balancing their checkbook, making bank deposits, organizing financial documents, monitoring bank and investment accounts, submitting insurance claims, credit report checks, end of life planning, financial planning, tax preparation/planning and medication.

123 E. Drake Road, Fort Collins, CO 80525

GreenPath Debt Solutions 229-0695

Provides household budget assessment, personalized plan of action, lifestyle planning, housing and reverse mortgage counseling. Services are offered at no cost. Fees may apply for reverse mortgages.

424 Pine Street, Fort Collins, CO 80524

House of Neighborly Service 667-4939

Food, emergency shelter, clothing, prescription assistance, utility shutoffs, household items and advocacy for residents living within the Thompson R2-J School District.

Community Life Center, 1511 E. 11th Street, Ste. 300, Loveland, CO 80537

Neighbor to Neighbor

Provides emergency rent, first month's rent assistance, housing counseling, home buyer education, home purchasing advising, supportive services and information on affordable housing.

1550 Blue Spruce Drive, Fort Collins, CO 80524

Community Life Center, 1511 E. 11th Street, Loveland, CO 80537

Fort Collins **484-7498**

Loveland **663-4163**

Salvation Army

207-4472

Provides emergency assistance for residents living in northern Larimer County, including food, clothing, bus passes and one-on-one computer classes.

3901 S. Mason Street, Fort Collins, CO 80525

Foundations

The A.V. Hunter Trust, Inc.

303-399-5450

Financial assistance for vision aids, hearing aids, durable medical equipment, dental care including fillings, extractions, partials and dentures. Assistance given one time only. All inquiries and applications must be submitted by a third party agency/professional.

Foundation on Aging for Larimer County

498-6810

Provides emergency financial assistance for persons 60 years of age or older

P.O. Box 288, Fort Collins, CO 80522

Friends of Man

303-798-2342

Financial assistance for mobility equipment, home modifications, medical equipment and procedures, hearing aids, dentures and eyeglasses. Applications must be submitted by a third-party agency/professional.

FOOD

For information on Food Stamps for older and disabled adults, please see page 19 (SNAP Food Stamp Program).

Senior Lunch Programs

Estes Park Senior Center

586-2996

Meals served Monday through Friday for a fee of \$5/members, \$7/non-members.

Reservations are required. No age restrictions.

220 4th Street, Estes Park, CO 80513

Volunteers of America Senior Dining Centers **LCOA**

472-9630

Meals served Monday through Friday. No charge for adults 60 and over; donations are accepted. Reservations are required by 1:30 p.m. the previous day. See the following schedule for meal sites.

405 Canyon Avenue, Fort Collins, CO 80521

Volunteers of America Community Dining Centers Meal Schedule

	<i>Mon</i>	<i>Tues</i>	<i>Wed</i>	<i>Thurs</i>	<i>Fri</i>
Fort Collins Meal Sites					
Fort Collins Senior Center	X	X		X	X
Northside Aztlan Center		X	X	X	
Oakbrook I Apartments	X	X	X	X	X
Oakbrook II Apartments	X	X	X	X	X
Loveland Meal Sites					
Chilson Senior Center	X	X		X	X
Silverleaf I Apartments	X				X
Silverleaf II Apartments		X		X	
Bellvue and Wellington Meal Sites					
Bellvue Senior Center				X	
Wellington Senior Center	X		X		X

X indicates the day that lunch is served at that meal site.

For more information and reservations, call **472-9630**.

Meals-on-Wheels

Meals on Wheels Estes Park

586-2996

Estes Park Senior Center

Home delivery of hot meals serving home bound older individuals in the Estes Valley Monday through Friday. Cost based on income.

220 4th Street, Estes Park, CO 80517

Meals on Wheels Fort Collins

484-6325

Home delivered hot meals to home bound individuals in Fort Collins Monday through Friday. Cost based on income.

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

Mailing address: P.O. Box 424, Fort Collins, CO 80522

Meals on Wheels of Loveland-Berthoud **LCOA**

667-0311

Hot and/or frozen meals delivered to home bound individuals in Loveland/Berthoud Monday through Friday. Donation based program for people age 60 and older.

437 N. Garfield Avenue, Loveland, CO 80537

Home delivered frozen meals provided weekly (box of either 5 or 7 meals) to home bound individuals in Fort Collins and some rural areas. No charge for adults 60 and over; donations are accepted.

405 Canyon Avenue, Fort Collins, CO 80521

Food Distribution

Christ Center Community Church Outreach Center**223-4442**

Food, clothing and household items (no furniture, electronics or financial assistance). Must have legal status, SSA card, live in Poudre School District and show proof of income. Only available Monday through Thursday, 8:30 - 11:15 a.m.

2700 S. Lemay Avenue, Fort Collins, CO 80524

Crossroads Ministry of Estes Park**577-0610**

Provides access to food pantry, laundry and showers. Transportation, clothing vouchers, as well as emergency vouchers for rent, housing, utility shut-off's, medical bills and prescription medications. Also provides training in money management and energy efficiency for low-income households.

851 Dry Gulch Road, P.O. Box 3616, Estes Park, CO 80517

Food Bank of Larimer County (Food Share)

Food for individuals living in Larimer County that meet income guidelines

1301 Blue Spruce Drive, Fort Collins, CO 80524

Fort Collins **493-4477**

2600 N. Lincoln, Loveland, CO 80537

Loveland **744-4600**

Fort Collins Rescue Mission**224-4302**

Overnight shelter for men, women and children, clothing distribution and soup kitchen

316 Jefferson, Fort Collins, CO 80524

Hospitality Center and Kitchen**484-5010**

Catholic Charities of Larimer County

No cost lunch served Monday through Sunday

460 Linden Center Drive, Fort Collins, CO 80524

House of Neighborly Service**667-4939**

Food, emergency shelter, clothing, prescription assistance, utilities, household items and advocacy for residents living within the Thompson R2-J School District

Community Life Center, 1511 East 11th Street, Ste. 300, Loveland, CO 80537

Loveland Community Kitchen**278-1726**

Meals provided seven days a week. No charge for meals but donations are accepted.

Breakfast Monday-Friday 7:15 - 8:15am, Lunch Monday-Friday 11:30am - 12:30pm, Saturday & Sunday, 3:00 - 4:00pm

427 N. Garfield Avenue, Loveland, CO 80537

FOOD (CONTINUED)

Salvation Army **207-4472**

Emergency food boxes, education, counseling and vocational services provided to homeless and low-income individuals

3901 S. Mason, Fort Collins, CO 80525

Grocery Shopping Assistance

Country Supermarket **586-2702**

Assists seniors and disabled persons with in-store grocery shopping

900 Moraine Avenue, Estes Park, CO 80517

King Soopers Home Shop Delivery Service **800-677-5464**

Groceries delivered for a fee in Fort Collins and Loveland

Volunteers of America Grocery Shopper Program **472-9630**

Grocery shopping program for seniors and disabled individuals where volunteer drivers will pick up grocery orders from the Fort Collins Albertsons and the Loveland King Soopers. No-cost service, consumer pays for the groceries.

405 Canyon Avenue, Fort Collins, CO 80521

HEALTH INSURANCE COUNSELING

Larimer Health Connect **472-0444**

Assistance site for Connect for Health Colorado. Help reviewing the options when you are shopping for health insurance including assistance with Medicaid and CHP+ applications. Help understanding your current insurance benefit or assistance changing your insurance if you have had changes in your work or personal situation. Call for appointment or make appointment online at larimerhealthconnect.org

144 N. Mason, #7, Fort Collins, CO 80524

Senior Health Insurance Assistance Program (SHIP) **888-696-7213**

Counsels people free of charge about Medicare benefits, appeals, Medigap insurance, employer health plans and long term care insurance.

The Seasons Club **820-4097**

Counsels people free of charge about Medicare benefits

2000 Boise Avenue, Loveland, CO 80538

University of Colorado Health Senior Services/Aspen Club (SHIP)

The Aspen Club is contracted with the State of Colorado as the Senior Health Insurance Assistance Program (SHIP) in Larimer County. They provide assistance, free of charge, about Medicare benefits, supplemental insurance, Medicare Advantage Plans, prescription drug plans and how Medicare works with employer plans. Information on Medicare Savings Programs and assistance with Low Income Subsidy (LIS) applications. LIS provides assistance with Medicare Part D premiums and co-payments.

1024 Garfield Street, Ste. A, Fort Collins, CO 80524

2500 Rocky Mountain Ave., Loveland, CO 80538

Fort Collins **495-8560**

Loveland **624-1860**

HEALTH PROMOTION AND WELLNESS

For additional information about health promotion classes, see page 69.

Community Paramedic Program

495-8560

University of Colorado Health clients only. Program is administered through the Aspen Club. In-home blood pressure checks, flu vaccinations, risk assessments, fall prevention, medication education and well-check visits to home-bound individuals.

CSU/Larimer County Cooperative Extension

498-6000

Information and education on healthy living, nutrition and consumer/family issues, including resources for grandparents raising grandchildren.

1525 Blue Spruce Drive, Fort Collins, CO 80524

Health District of Northern Larimer County

224-5209

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

120 Bristlecone Drive, Fort Collins, CO 80524

Larimer County Department of Health & Environment

Health screenings and assessments. Vaccinations including pneumonia and tetanus available.

1525 Blue Spruce Drive, Fort Collins, CO 80524

205 E. Sixth Street, Loveland, CO 80537

1601 Brodie Avenue, Estes Park, CO 80517

Fort Collins **498-6700**

Loveland **679-4580**

Estes Park **577-2060**

McKee Community Wellness Services - Spirit of Women Program

Wellness Services at McKee Medical Center provides education and support that allows for healthier lifestyles and an improved quality of life for all ages. Promotes disease prevention by empowering people to take responsibility. Offers educational classes, flu shot clinics, vaccinations, massage, blood pressure checks, tuberculosis testing and CT heart screenings.

2000 Boise Avenue, Loveland, CO 80538

Direct line **820-4053**

Reservation line **820-3000**

HEALTH PROMOTION AND WELLNESS (CONTINUED)

Su Familia

866-783-2645

National Hispanic Family Health Hotline

Provides culturally and linguistically-proficient access to health services and information to the Hispanic community

The Seasons Club

820-4097

The Seasons Club strives to enhance the quality of life for mature adults through health promotion, education and recreation including Tai Chi and Matter of Balance. Designed for adults age 50 and over. Free membership.

2000 Boise Avenue, Loveland, CO 80538

University of Colorado Health Senior Services/Aspen Club

Program benefits include health education, screenings, hospital discounts and social opportunities to resident's ages 50-plus throughout northern Colorado

1024 Garfield Street, Ste. A, Fort Collins, CO 80524

2500 Rocky Mountain Avenue, Loveland, CO 80538

Fort Collins **495-8560**

Loveland **624-1860**

Women's Wellness Connection

866-951-9355

American Cancer Society

Provides breast and cervical cancer screening (clinical breast exams, Pap tests, pelvic exams and mammograms) at a number of Larimer County sites. Income guidelines apply.

HEARING

CapTel Captioned Telephones

720-308-3131

Caption telephones for people with hearing loss including free set up and phone. Paid for by state and federal funding for qualified individuals.

Freedom Mobile Hearing Services, LLC

217-7087

A full service in-home hearing clinic providing testing and hearing aid sales, low-cost hearing services available.

737 S. Lemay Avenue, Ste. B4-167, Fort Collins, CO 80524

Hear Now

800-648-4327

Hearing aid financial assistance

Larimer County Hearing Aid Bank

221-0743

Provides reconditioned hearing aids at a low-cost to approved applicants. An audiogram completed within one year must be provided by applicant. Also provides help with repair. Approved applicants will be billed on a sliding fee scale based on income.

508 Princeton Road, Fort Collins, CO 80525

Diagnostic and rehabilitative services to individuals with speech, language, hearing and/or balance difficulties. Services provided on a sliding fee scale based on income.

University of Northern Colorado, Gunter Hall, #0330, Greeley, CO 80639

HOME HEALTH CARE AGENCIES

Non-Medical Home Health Care:

Non-medical services offer assistance with chores, errands, house-cleaning and activities of daily living such as bathing, eating, hygiene, dressing and ambulation. Personal care assistants without professional medical training may provide these services.

Medical Home Health Care:

Skilled services for older and disabled adults with care provided by licensed nurses, certified nurse assistants and licensed therapists. Home health aides may also provide assistance with activities of daily living when relevant to an illness or injury.

In Colorado, home care agencies are required to be licensed. The Colorado Department of Public Health & Environment is responsible for the licensing and monitoring of both medical and non-medical home care agencies. They can be reached at (303) 692-2910 or (800) 842-8826.

Agency	Medical Services	Non-Medical Services	Medicaid Accepted
A Little R and R Home Care 2121 N. Lincoln Avenue, Ste. 3, Loveland, CO 80538 (970) 667-1067	No	Yes	Yes
Accentcare Home Health of Mountain Valley, LLC 1180 Main Street, #9, Windsor, CO 80550 (970) 346-9700	Yes	No	Yes
Alexander Home Healthcare 8010 S. County Road 5, Unit 101, Windsor, CO 80528 (970) 682-2632	Yes	Yes	Yes
Amada Senior Care of Northern CO and Southern WY 2850 McClelland Drive, Ste. 3000, Fort Collins, CO 80525 (970) 237-5747	No	Yes	No
Azura at Home 3131 S. College Avenue, Fort Collins, CO 80525 (970) 484-8060	Yes	No	Yes
Banner Home Care Colorado 320 N. Cleveland Avenue, Loveland, CO 80537 (970) 669-4435	Yes	Yes	Yes
Bayada Home Health Care 3500 John F Kennedy Parkway, Ste. 425, Fort Collins, CO 80525 (970) 282-8500	Yes	No	Yes

Agency	Medical Services	Non-Medical Services	Medicaid Accepted
Bethesda Lutheran Communities 1330 Oakridge Drive, Ste. 110, Fort Collins, CO 80525 (970) 484-2559	No	Yes	Yes
BrightStar Care 4198 N. Garfield Avenue, Loveland, CO 80538 (970) 667-7778	Yes	Yes	No
Caring Hearts, Inc. 6801 W. 20th Street #207, Greeley, CO 80634 (970) 378-1409	Yes	Yes	Yes
Caring Senior Service 333 W. Drake Road, Ste. 22, Fort Collins, CO 80526 (970) 672-1734	No	Yes	No
Columbine Poudre Home Care 915 Centre Avenue, Ste. #2, Fort Collins, CO 80526 (970) 482-5096	Yes	Yes	Yes
Comfort Keepers 1218 W. Ash Street, Ste. L, Windsor, CO 80550 (970) 829-3100	No	Yes	No
Encompass Home Health of Colorado 1730 S. College Avenue, #304, Fort Collins, CO 80525 (970) 493-8500	Yes	No	Yes
Estes Park Home Health 555 Prospect Avenue, Estes Park, CO 80517 (970) 586-2273	Yes	Yes	Yes
Evergreen Home Healthcare 301 N. Howes Street, Ste. 110, Fort Collins, CO 80521 (970) 416-6481	Yes	No	Yes
Family Home Health 1790 30th Street, Ste. 440, Boulder, CO 80301 (720) 274-5974	Yes	Yes	Yes
First Light Home Care 7464 Arapahoe Road, Ste. B-3, Boulder, CO 80303 (720) 502-3939	No	Yes	No
Good Samaritan Society Services at Home 2101 S. Garfield Avenue, Ste. 124, Loveland, CO 80537 (970) 624-5468	No	Yes	No
Good Samaritan Society-Colorado Home Care 425 S. Bowen Street, #6, Longmont, CO 80501 (303) 702-0410	Yes	No	Yes
Hallmark Homecare Placement Agency** P.O. Box 270474, Fort Collins, CO 80527 (970) 541-2355	No	Yes	No
Home Care of the Rockies, Inc. 7501 La Vista Place, Ste. 100, Longmont, CO 80503 (720) 204-6083	No	Yes	No

Agency	Medical Services	Non-Medical Services	Medicaid Accepted
Homecare Solutions, LLC 226 Harding Court, Loveland, CO 80538 (970) 481-3980	No	Yes	Yes
Home Instead Senior Care 251 Boardwalk Drive, Fort Collins, CO 80525 (970) 494-0289	No	Yes	No
HomeWatch Caregivers (Caregivers Inc.) LCOA 1220 W. Ash Street, #C, Windsor, CO 80550 (970) 674-9723	No	Yes	Yes
HomeWell Senior Care 2432 Main Street, Longmont, CO 80501 (303) 485-9880	No	Yes	No
InnovAge Home Care North LCOA 1191 Woodstock Drive, Unit C, Estes Park, CO 80517 (970) 586-3118 350 E. 7th Street, Ste. 7, Loveland, CO 80537 (970) 663-9168	Yes	Yes	No
Interim Healthcare of Fort Collins 2000 Vermont Drive, #100, Fort Collins, CO 80525 (970) 472-4180	Yes	Yes	Yes
Just as Family, LLC 1136 E. Stuart, #4206, Fort Collins, CO 80525 (970) 567-3804	No	Yes	No
Live, Love and Laugh Homecare, LLC 3307 S. College Avenue, Ste. 216, Fort Collins, CO 80525 (970) 225-0916	No	Yes	No
Maxim Healthcare Services 3665 John F. Kennedy Parkway, #330, Fort Collins, CO 80525 (970) 493-9300	Yes	No	Yes
Nurse Next Door 2769 Stage Coach Drive, Mead, CO 80542 (970) 266-2527	Yes	Yes	No
Preferred Home Health 2802 Madison Square Drive, Ste. 100, Loveland, CO 80538 (970) 776-1970	Yes	Yes	Yes
Right at Home 2850 McClelland Drive, #1900, Fort Collins, CO 80525 (970) 494-1111	No	Yes	No
RVNA LCOA 107 Cameron Drive, Fort Collins, CO 80525 (970) 225-9399	Yes	Yes	Yes
Seniors Helping Seniors of Northern Colorado LCOA 2290 E. Prospect Road, Ste. 4, Fort Collins, CO 80525 (970) 631-8251	No	Yes	No

Agency	Medical Services	Non-Medical Services	Medicaid Accepted
Synergy Homecare 155 E. Boardwalk Drive, Ste. 300, Fort Collins, CO 80525 (970) 488-1885	No	Yes	No
Touchstone Home Health, LLC 5312 W. 9th Street Drive, Ste. 120, Greeley, CO 80634 (970) 356-3922	Yes	No	Yes
The Tunland Corporation 1901 Sharp Point Drive, Ste. D, Fort Collins, CO 80525 (970) 295-4539	No	Yes	Yes
Visiting Angels Living Assistance Services 5441 Boeing Drive, Ste. 200, Loveland, CO 80538 (970) 292-5668	No	Yes	No
Vitality Home Healthcare 5401 Stone Creek Circle, Ste. 203, Loveland, CO 80538 (970) 667-2273	Yes	Yes	Yes

** Designates a Home Care Placement Agency which are organizations that charge a fee for referrals of home care workers to consumers in need of home care services. Home care placement agencies are only authorized to make referrals, they are not authorized to provide skilled home health services or personal care services.

HOME MAINTENANCE

Accessible Systems of Northern Colorado

475-1880

Specializing in accessibility equipment and home modifications including residential elevators and life systems, ramps, grab bars or railing, specialized medical equipment and customized remodeling and modifications. Free home evaluations. Serving Loveland, Greeley, Fort Collins, Windsor, Longmont, Cheyenne, Laramie, Wheatland and Casper.
9969 County Road 74, Severance, CO 80550

Adopt-A-Neighbor Program

224-6046

Volunteer snow removal in Fort Collins – must apply in advance, preferably before the first snow
281 N. College Avenue, P.O. Box 580, Fort Collins, 80522

Larimer County Home Improvement Program

635-5931

Loveland Housing Authority
Offers low to no interest loans to income qualified home owners looking to repair or improve their home. Some emergency funds available for home owners that do not have heat or hot water. Owner must occupy residence.
375 W. 37th Street, #200, Loveland, CO 80538

Longs Peak Energy Conservation

800-200-9006

Weatherization program and services
1288 Alaska Avenue, Longmont, CO 80501
Mailing address: P.O. Box 471, Boulder, CO 80506

Loveland Snow Squad **962-2764**

Volunteer snow removal in Loveland – must apply in advance, preferably before the first snow
500 E. Third Street, Loveland, CO 80537

Rural Development Loan/Grant Program **719-589-5661 ext. 120**

Loans for low-income individuals who are looking to buy, repair or maintain their home and live in a rural area
101 S. Craft Drive, Alamosa, CO 81101

Home Safety:

Berthoud Fire Protection District **532-2264**

Smoke detectors and fire safety information
275 Mountain Avenue, Berthoud, CO 80513

Covell Care & Rehabilitation, LLC **204-4331**

Provides occupational, physical, speech, massage and art therapy with additional services such as integrative counseling, case management, nurse consulting, senior fitness, incontinence treatment, dementia/cognitive testing and driving retirement programming. Home safety and adaptive equipment evaluations also available.
2350 Limon Drive, Fort Collins, CO 80525

Loveland Fire Rescue Authority **962-2497**

Smoke detectors and fire safety information Fire Prevention Bureau **962-2537**
410 E. 5th Street, Loveland, CO 80537

Poudre Fire Authority **416-2892**

Smoke detectors and fire safety information Fire Prevention Bureau **416-2891**
102 Remington Street, Fort Collins, CO 80524

Volunteers of America Handyman Program **472-9630**

Home safety assessment and education. Volunteers provide the labor; clients are responsible for the cost of materials.
405 Canyon Avenue, Fort Collins, CO 80521

Wellington Fire Protection District **568-3232**

Smoke detectors and fire safety information
8130 3rd Street, Wellington, CO 80549

HOMELESS SHELTERS AND SERVICES

137 Homeless Connection and Inclement Weather Shelter **667-1532**

Program of House of Neighborly Service. Inclement weather shelters for homeless adults.
137 S. Lincoln Avenue, Loveland, CO 80537

HOMELESS SHELTERS AND SERVICES (CONTINUED)

Catholic Charities – Mission Shelter **484-5010**

Emergency shelter for single men/women and families, breakfast and evening meal for shelter residents as well as facilities for showers and laundry

460 Linden Center Drive, Fort Collins, CO 80524

After 5:00 p.m. **493-0141**

Fort Collins Rescue Mission **224-4302**

Emergency overnight shelter for homeless individuals. No children allowed. Breakfast and dinner services available.

316 Jefferson Street, Fort Collins, CO 80524

Homeless Gear **658-9878**

Homeless Gear's mission is to provide homeless men, women and children with the supplies that they need to survive on the streets and the support and companionship that they need to navigate the path from homelessness to self-sufficiency.

1305 Duff Drive, Unit #5, Fort Collins, CO 80524

Donation Drop Off **587-3556**

Homelessness Prevention Initiative **221-1553**

Rental assistance program for community members facing the loss of housing due to an unforeseen emergency. Assistance is once in a 12-month period.

503 Remington, Ste. 207, Fort Collins, CO 80524

Sister Mary Alice Murphy Center for Hope **494-9940**

Support for people who are homeless or at-risk of becoming homeless. Information about housing, transportation, medical/dental health, counseling and employment resources.

242 Conifer Street, Fort Collins, CO 80524

Support Services for Veteran Families (SSVF) **472-9630**

Volunteers of America

Housing counseling, short-term case management, temporary financial assistance to prevent or resolve homelessness. This program is for low income veterans who are eligible for VA Health Administration Benefits, have been homeless within the last 90 days, scheduled to enter permanent housing within 90 days or, are at immediate risk of becoming homeless with eviction pending.

405 Canyon Avenue, Fort Collins, CO 80521

HOSPICE

Hospice Care: Provides specialized medical care for individuals dealing with life-limiting illness. Hospice focuses on managing symptoms and providing comfort when cure is no longer possible and assists the patient and the family through the end of life process by creating a natural and comfortable end-of-life experience.

Palliative Care: Provides specialized medical care for people with serious illness. It focuses on providing patients with relief from the symptoms, pain and stress of a serious illness - whatever the diagnosis. The goal of palliative care is to improve quality of life for both the patient and the family.

The following agencies provide hospice and/or palliative care in Larimer County.

Accentcare Home Health of Mountain Valley, LLC 1180 Main Street, Unit 9, Windsor, CO 80550	346-9700
Front Range Hospice 3770 Puritian Way, Unit E, Frederick, CO 80516	776-8080
Gentiva Hospice 1615 Foxtrail Drive, Ste. 230, Loveland, CO 80538	667-0057
Halcyon Hospice & Palliative Care 209 Main Street, Ste. B, Mead, CO 80542 Mailing: P.O. Box 177, Mead, CO 80542	535-0870
Hospice of Northern Colorado, Inc. 2726 W. 11th Street Road, Greeley, CO 80634	352-8487
Hospice of the Estes Valley 555 Prospect Avenue, Estes Park, CO 80517	586-2273
Pathways Hospice 305 Carpenter Road, Fort Collins, CO 80525	663-3500

HOSPITALS

Banner Fort Collins Medical Center 4700 Lady Moon Drive, Fort Collins, CO 80537	821-4000
Estes Park Medical Center 555 Prospect Avenue, P.O. Box 2740, Estes Park, CO 80517	586-2317 Emergency room 586-2317
McKee Medical Center 2000 Boise Avenue, Loveland, CO 80538	820-4640 Emergency Room 820-4071
Medical Center of the Rockies (MCR) 2500 Rocky Mountain Avenue, Loveland, CO 80538	624-2500 Emergency Room 624-1600
Northern Colorado Rehabilitation Hospital 4401 Union Street, Johnstown, CO 80534	619-3400

HOSPITALS (CONTINUED)

Poudre Valley Hospital	495-7000
1024 S. Lemay Avenue, Fort Collins, CO 80524	Emergency Room 495-8020

University of Colorado Health Harmony Emergency Room	237-8100
4630 Snow Mesa Drive, Fort Collins, CO 80528	

HOUSING

Affordable Housing

The following list are senior/disabled specific apartments that offer reduced rent, or subsidized rent through HUD project-based housing vouchers. Rent is based on income and eligibility for this housing may be based either on age and/or disability status. A separate application must be completed for each property. Call for more information.

Reduced Rent: senior apartments that are subsidized by the city or county. Rent is set at a below market value for those who meet income guidelines. On average, monthly rent varies between \$550-\$800. Rent may increase even if income does not.

Subsidized Housing: senior apartments that are subsidized by the federal government, county, city or private funds. In most cases, rent is 30% of adjusted gross income for those who meet income guidelines.

Big Thompson Manor I (reduced rent)	667-4195
224 Monroe Street, Loveland, CO 80537	

Big Thompson Manor II (subsidized)	667-4195
230 Monroe Street, Loveland, CO 80537	

Chalet Apartments (reduced rent)	493-4432
121 Dartmouth Trail, Fort Collins, CO 80525	

DMA Plaza Apartments (reduced rent)	493-7727
300 Remington Street, Fort Collins, CO 80524	

Hamilton Park Apartments I & II (subsidized)	532-3725
1300 & 1400 N. 4th Street, Berthoud, CO 80513	

Harvest Pointe (subsidized)	622-9907
4895 Lucerne Avenue, Loveland, CO 80538	

Legacy Senior Residences (reduced rent)	221-0212
Beacon Management, 413 N. Linden Street, Fort Collins, CO 80524	

Mirasol Senior Community (reduced rent) 1153 Finch Street, Loveland, CO 80538	663-1300
Northern Hotel (Fort Collins Housing Authority) (subsidized) 172 N. College Avenue, Fort Collins, CO 80524	416-2910
Oakbrook I (subsidized) 3200 Stanford Road, Fort Collins, CO 80525	226-5060
Oakbrook II (subsidized) 3300 Stanford Road, Fort Collins, CO 80525	223-1356
The Pines Apartments (reduced rent) 1155 S. Saint Vrain Avenue, Estes Park, CO 80517	577-3730
Reflections Senior Apartments (reduced rent) 321 E. Troutman Parkway, Fort Collins, CO 80525	225-3711
The Sanctuary (subsidized) 3732 Kunz Court, Fort Collins, CO 80526	225-2116
Silver Leaf I & II (Loveland Housing Authority) (subsidized) 2000 & 2100 Maple Drive, Loveland, CO 80538	667-3232
Trail Ridge Apartments (subsidized) 1250 Community Drive, Estes Park, CO 80517	586-0216
The Villages at Bryan (reduced rent) 114 S. Bryan, Fort Collins, CO 80521	416-2460
The Willows (Neighbor to Neighbor) (reduced rent) 533 E. 4th Street, Loveland, CO 80537	484-7498
Windtrail Park (CARE Property) (reduced rent) 2120 Bridgefield Lane, Fort Collins, CO 80526	282-7522
Woodbridge Senior Apartments (reduced rent) 1508 W. Elizabeth Street, Fort Collins, CO 80521	472-1703
For more information about low income housing options that are not senior specific, contact the following agencies:	
CARE Housing 1303 W. Swallow Road, Bldg. 11, Fort Collins, CO 80526	282-7522
Estes Park Housing Authority 500 Big Thompson Avenue, P.O. Box 1200, Estes Park, CO 80517	577-3730

HOUSING (CONTINUED)

Fort Collins Housing Authority**416-2910**

1715 W. Mountain Avenue, Fort Collins, CO 80521

Loveland Housing Authority**667-3232**

375 W. 37th Street, Ste. 200, Loveland, CO 80538

Neighbor to Neighbor

1550 Blue Spruce Drive, Fort Collins, CO 80524

Fort Collins **484-7498**

Community Life Center, 1511 E. 11th Street, Loveland, CO 80537

Loveland **663-4163**

Assisted Living Homes

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

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

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

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

AppleLeaf Assisted Living (Medicaid accepted)**532-2600**

1328 1st Street, Berthoud, CO 80513

Aspen House Assisted Living (Memory Community)**635-9800**

2212 E. 11th Street, Loveland, CO 80537

Aspen House II (Memory Community)**635-2500**

2224 E. 11th Street, Loveland, CO 80537

Brookdale Fort Collins AL**229-9777**

1002 Rule Drive, Fort Collins, CO 80525

Brookdale Fort Collins MC (Memory Community)**266-0700**

1008 Rule Drive, Fort Collins, CO 80525

Brookdale Mariana Butte (Memory Unit) 215 Shupe Circle, Loveland, CO 80537	622-0012
Brookdale North Loveland 2895 N. Empire Avenue, Loveland, CO 80538	667-9500
Collinwood Assisted Living (Memory Unit) (Medicaid accepted) 5055 S. Lemay Avenue, Fort Collins, CO 80525	223-3552
The Courtyard of Loveland (Medicaid accepted) 605 California Avenue, Loveland, CO 80537	667-3342
Eagles Nest Assisted Living 1026 Salmon Run, Fort Collins, CO 80524	493-1073
Fox Meadows Assisted Living 4021 Spruce Drive, Fort Collins, CO 80526	449-4472
Garden Square at Spring Creek (Medicaid accepted) 1000 E. Stuart Street, Fort Collins, CO 80525	494-3253
Good Samaritan Society Estes Park Village 1902 Ptarmigan Trail, Estes Park, CO 80517	577-7700
Good Samaritan Society Fort Collins Village 508 W. Trilby Road, Fort Collins, CO 80525	226-4909
Good Samaritan Society Loveland Village 2101 S. Garfield Avenue, Loveland, CO 80537	669-3100
Heritage Haus (Medicaid accepted) 208 19th Street SE, Loveland, CO 80537	669-5616
The Hillcrest 535 N. Douglas Avenue, Loveland, CO 80537	593-9800
The Joneses Assisted Living (Medicaid accepted) 2127 Eagle Drive, Loveland, CO 80537	663-2226
Lakeview Commons (Medicaid accepted) 1422 W. 29th Street, Loveland, CO 80538	278-4000
Lighthouse Elder Care, Inc. 700 Greenbriar Drive, Fort Collins, CO 80524	482-1119

HOUSING (CONTINUED)

Live To Assist	224-1400
2914 W. Prospect Road, Fort Collins, CO 80526	
Loveland House Assisted Living (Medicaid accepted)	663-2223
2115 Eagle Drive, Loveland, CO 80537	
MacKenzie Place (Memory Unit)	207-1939
4750 Pleasant Oak Drive, Fort Collins, CO 80525	
Meadowlark Assisted Living	221-3707
1214 Catulpa Place, Fort Collins, CO 80521	
Monarch Greens Assisted Living	449-5644
1725 Lakeview Drive, Fort Collins, CO 80524	
New Mercer Commons (Memory Unit)	495-1000
900 Centre Avenue, Fort Collins, CO 80526	
Park Regency Loveland (Medicaid accepted)	461-1100
1875 Fall River Drive, Loveland, CO 80538	
Primrose Place (Medicaid accepted)	667-5962
1330 E. 1st Street, Loveland, CO 80537	
The Residence at Oakridge (Medicaid accepted)	229-5800
4750 Wheaton Drive, Fort Collins, CO 80525	
Seven Lakes Memory Care (Memory Community)	461-5918
1990 Pikes Peak Drive, Loveland, CO 80538	
Terry Lake Assisted Living	221-3707
3629 Woodridge Road, Fort Collins, CO 80524	
Turnberry Place Assisted Living	482-2215
2401 Turnberry Road, Fort Collins, CO 80524	
Wellington Assisted Living (Medicaid accepted)	568-7199
8126 5th Street, Wellington, CO 80549	

Independent Living Communities

Independent living is housing designed exclusively for seniors, generally those aged 55 and over. Residents live independently in apartments or freestanding homes. Most communities offer activities and services that give seniors the opportunity to connect with peers. Other services offered may include beauty and barber salons, daily meals, basic housekeeping and laundry services. Independent living facilities are aimed at older adults who need little or no assistance with activities of daily living such as bathing, dressing and mobility and they do not provide any medical care. As with regular housing, you can hire in-home help separately if necessary.

Good Samaritan Society Estes Park Village	577-7700
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1901 Ptarmigan Trail, Estes Park, CO 80517

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

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

The Hillcrest	593-9800
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535 N. Douglas Avenue, Loveland, CO 80537

Mackenzie Place	207-1939
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4750 Pleasant Oak Drive, Fort Collins, CO 80525

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

Rigden Farm Senior Living	224-2700
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2350 Limon Drive, Fort Collins, CO 80525

Sugar Valley Estates	669-2317
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4320 Georgetown Drive, Loveland, CO 80538

The Wexford	667-1900
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1515 W. 29th Street, Loveland, CO 80538

The Winslow	492-6200
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909 Centre Avenue, Fort Collins, CO 80526

The Worthington	490-1000
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900 Worthington Circle, Fort Collins, CO 80526

HOUSING (CONTINUED)

Skilled Nursing Homes

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

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

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

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

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

Fort Collins Health Care Center (Medicaid accepted) 482-7925
1000 S. Lemay Avenue, Fort Collins, CO 80524

Golden Peaks Care and Rehabilitation Center (Medicaid accepted) (Secured Unit*) 482-2525
1005 E. Elizabeth Street, Fort Collins, CO 80524 (* Females only)

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

Good Samaritan Society Loveland Village (Medicaid accepted) (Secured Unit) 669-3100
2101 S. Garfield Avenue, Loveland, CO 80537

Green House Homes At Mirasol 342-2400
490 Mirasol Drive, Loveland, CO 80537

Lemay Avenue Health & Rehab Facility (Medicaid accepted) (Secured Unit) 482-1584
4824 S. Lemay Avenue, Fort Collins, CO 80525

North Shore Health & Rehab Facility (Medicaid accepted) 667-6111
1365 W. 29th Street, Loveland, CO 80538

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

Rehabilitation & Nursing Center of the Rockies (Medicaid accepted) (Secured Unit) **484-7981**
1020 Patton Street, Fort Collins, CO 80524

Sierra Vista Health Care Center (Medicaid accepted) (Secured Unit) **669-0345**
821 Duffield Court, Loveland, CO 80537

Spring Creek Health Care Center (Medicaid accepted) **482-5712**
1000 E. Stuart Street, Fort Collins, CO 80525

Information and Assistance for Housing

Larimer County Office on Aging LCOA **498-7750**
Provides listings of long term care, independent and subsidized housing options in Larimer County. Available online at: lcoa.networkofcare.org.
2601 Midpoint Drive, Ste. 112, Fort Collins, CO 80525

Estes Park Housing Authority **577-3730**
Provides housing options and services for low income households
500 Big Thompson Avenue, P.O. Box 1200. Estes Park, CO 80517

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

GreenPath Debt Solutions **229-0695**
Provides household budget assessment, personalized plan of action, lifestyle planning, housing and reverse mortgage counseling. Services are offered at no cost. Fees may apply for reverse mortgages.
424 Pine Street, Fort Collins, CO 80524

Homelessness Prevention Initiative **221-1553**
Rental assistance program for community members facing the loss of housing due to an unforeseen emergency. Assistance is once in a 12-month period.
503 Remington, Ste. 207, Fort Collins, CO 80524

House of Neighborly Service **667-4939**
Food, emergency shelter, clothing, prescription assistance, utilities, household items and advocacy for residents living within the Thompson R2-J School District.
Community Life Center, 1511 E. 11th Street, Ste. 300, Loveland, CO 80537

Loveland Housing Authority **667-3232**
Provides housing options and services for low income households
375 W. 37th Street, #200, Loveland, CO 80538

HOUSING (CONTINUED)

Neighbor to Neighbor

Provides emergency rent, first month's rent assistance, housing counseling, home buyer education, home purchasing advising, supportive services and information on affordable housing.

1550 Blue Spruce Drive, Fort Collins, CO 80524

Fort Collins **484-7498**

Community Life Center, 1511 E. 11th Street, Loveland, CO 80537

Loveland **663-4163**

Neighborhood Services Office

224-6046

Mediation services and assistance to resolve issues or disputes between neighbors in Fort Collins also provides code and ordinance compliance.

281 N. College Avenue, Fort Collins, CO 80524

Mailing address: P.O. Box 580, Fort Collins, CO 80522

United Way 211

2-1-1 or

Provides referrals for affordable housing options throughout the community.

407-7066

INFORMATION AND REFERRAL

ADRC Information & Assistance, Larimer County Office on Aging **LCOA** **498-7750**

Information and referral to programs, services and resources for disabled and older adults.

2601 Midpoint Drive, Ste. 112, Fort Collins, CO 80525

The ARC of Larimer County

204-6991

Promotes and protects the civil rights of people with intellectual and developmental disabilities through individual and systemic advocacy and education fostering an inclusive community that embraces people throughout their lifetime to be included in every aspect of community life. No cost advocacy, resources, workshops and community outreach provided.

1121 W. Prospect Road, Ste. 140, Fort Collins, CO 80526

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

Advocacy and information on programs and services for seniors, families and elder care service specialists throughout Colorado. Website includes information on: dental, family caregiving, financial resources, healthy aging, hearing loss, home care, housing options, legal, leisure, long term care, Medicaid, Medicare, mental health, Tricare and Veterans benefits. Website: senioranswers.org

3006 E. Colfax Avenue, Denver, CO 80206

Eldercare Locator

800-677-1116

A nationwide service that connects older Americans and their caregivers with information on senior services in their community. More information can be found at www.eldercare.gov.

Foothills Gateway, Inc.

226-2345

Community Center Board for persons with intellectual/developmental disabilities

301 W. Skyway Drive, Fort Collins, CO 80525

LAW ENFORCEMENT

Berthoud Police Department**532-2611**

328 Massachusetts Avenue, Berthoud, CO 80513

Colorado State Patrol**224-3027**

3832 S. I-25, Fort Collins, CO 80525

Colorado State University Police Department**491-6425**

750 Meridian Avenue, Fort Collins, CO 80523

Estes Park Police Department**586-4000**

170 MacGregor Avenue, P.O. Box 1287, Estes Park, CO 80517

Fort Collins Police Department**221-6540**

2221 S. Timberline Road, Fort Collins, CO 80525

Larimer County Sheriff's Office**498-5100**

2501 Midpoint Drive, Fort Collins, CO 80525

Loveland Police Department**667-2151**

810 E. 10th Street, Loveland, CO 80538

LEGAL ASSISTANCE

The following Elderlaw attorneys and clinics provide no cost, low cost and sliding fee scale services.

Attorneys:**Bell, Gould & Scott, P.C.****493-8999**

Gregory Bell

Elder Services: Advanced directives, estate planning and administration, guardianships and conservatorships, Medicaid eligibility advice and powers of attorney.

322 E. Oak Street, Fort Collins, CO 80524

Law Office of C. Jan Lord, LLC**532-4183**

Elder Services: Estate planning, Medicaid planning, probate, trusts, special needs trusts, wills, powers of attorney and VA pension.

1201 Lake Avenue, Ste. A, Berthoud, CO 80513

Law Offices of Peter W. Bullard, P.C. **223-5900**

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

375 E. Horsetooth Road, Bldg. 6, Ste. 200, Fort Collins, CO 80525

Procter, Callahan & Liska, LLC (Senior Law Project) LCOA **266-9669**

Kristine Callahan, Rikke Liska and Elaine Procter

No cost/donation based consultation for Larimer County residents age 60+ on legal issues related to Medicaid, public assistance benefits, long term care, powers of attorney, and general estate planning. Additional fee based legal services not included in the Senior Law Project services are also available. Sliding fee scale available.

343 W. Drake Road, Ste. 240, Fort Collins, CO 80525

Stone Law, LLC **663-2121**

Andrew Stone

Elder Services: Estate planning, Medicaid planning and VA assistance.

1419 W. 29th Street, Loveland, CO 80538

10440 Bradford Road, Unit G, Littleton, CO 80127

Wallace & Kling, P.C. **221-5602**

Elder Services: Medicaid, Medicare and Social Security, estate planning - including: wills, living wills, powers of attorney and other advance directives. Guardianship and conservatorship advice, trusts (estate, disability and special needs), probate and other post-death assistance.

412 S. Howes, Ste. B, Fort Collins, CO 80521

Clinics:

Ask-A-Lawyer Clinic

Clinics are held the 2nd Tues. of the month from 3-5PM. Appointments are 15 min.

To make an appointment, go to the Self Help Center, 1st Floor of Justice Center or email:

08selfhelp@judicial.state.co.us

201 Laporte Avenue, First Floor, Fort Collins, CO 80521

Colorado Legal Services **493-2891**

Legal assistance for low-income individuals and seniors on civil legal matters only. Referrals are given for help with criminal and traffic matters.

211 W. Magnolia Street, Fort Collins, CO 80521

Fort Collins Senior Center **221-6644**

Legal aid on first Thursday of each month by appointment only. Senior Center members only.

1200 Raintree Drive, Fort Collins, CO 80526

Larimer County Bar Association **402-2075**

Pro bono clinics. Call for additional information and locations.

MEDICAID LONG TERM CARE ELIGIBILITY

Long Term Care Medicaid includes nursing facility care and Home and Community Based Services (where medical providers come into the home to render the necessary services to keep a disabled individual from being institutionalized in a nursing facility or hospital). To apply for Long Term Care Medicaid, please mark the Medical Assistance box on the application.

Disability Eligibility:

Individuals under the age of 65, requiring long term care services, must meet the Social Security disability criteria either through Social Security Income (SSI) eligibility or Social Security Disability Income (SSDI) eligibility. If you are under the age of 65 and have not been determined disabled by the Social Security Administration, you must also complete the Medicaid Disability application. For a copy of the application, please call (970) 498-6300.

Income Eligibility:

- The 2015 income limit is \$2,199 per month. For those individuals who are not hospitalized, an income trust can be established if one's gross income exceeds \$2,199 per month. There are limits for the income trust which are dependent on which county the applicant resides.

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

Resource Eligibility:

- The individual resource limit is \$2,000.
- The couple resource limit is \$4,000 if both members of the marital couple are applying for long term care benefits and they are sharing the same room in a nursing facility or if both are going to receive Home and Community Based Services.
- The couple resource limit is \$3,000 if both members of a martial couple are applying for long term care benefits and are living in separate rooms in a nursing facility.
- The 2015 couple resource limit is \$119,220 if one member of the couple is applying for long term care services and the other spouse is not applying for Medicaid and is not institutionalized.

Level of Care Eligibility:

Options for Long Term Care, the Single Entry Point (SEP) in Larimer County evaluates Medicaid long term care applicants to determine if their medical condition qualifies them to receive long term care services. This approval, in addition to financial approval, is necessary for eligibility.

Additional Eligibility Requirements:

- Applicants of long term care Medicaid cannot transfer assets for less than fair market value within 5 years of the date of application. If any transfers were made the applicant may be ineligible for long term care services for a period of time.
- If the applicant remains living in their principal place of residence then that residence, household goods, furniture, care and an irrevocable burial or funeral plan is exempt. If the applicant is moving to an assisted living/nursing home community and there is no spouse living in the principal place of residence, then that residence is considered an asset.

MEDICAID (LTC) ELIGIBILITY (CONTINUED)

The following agencies can assist you with questions regarding Medicaid benefits and application process:

ADRC Benefits Counseling, Larimer County Office on Aging LCOA **498-7750**

For assistance completing a Long Term Care Medicaid application. Appointments are required.
2601 Midpoint Drive, Ste. 112, Fort Collins, CO 80525

Larimer County Department of Human Services **498-6300**

For questions regarding eligibility and the Long Term Care Medicaid application process
1501 Blue Spruce Drive, Fort Collins, CO 80524

Larimer County Options for Long Term Care **498-7780**

For questions regarding the functional eligibility assessment and Long Term Care Medicaid Home and Community Based Services.
1501 Blue Spruce Drive, Fort Collins, CO 80524

MEDICAL CARE

The following medical clinics provide no-cost, low-cost or sliding fee scale medical care services. CICP is not health insurance but provides funding to clinics/hospitals to provide medical services at a discount to Colorado residents. Recipients of CICP must be a Colorado resident or migrant farm worker, U.S. citizen or legal immigrant; combined income and resources at or below 250% of Federal Poverty Level (FPL) and not Medicaid eligible. Under CICP, you are responsible for co-payments for services received. You will be assigned a "rating" based on your total income and resources. The rating determines the co-payment amount that you will be charged for medical services. If you have health insurance and are also eligible for CICP, you may use CICP as a secondary option. Your CICP provider will bill your health insurance first. You will pay the remaining charges your health insurance does not cover or your CICP co-payment, whichever amount is lower. The clinics and care centers that accept the Colorado Indigent Care Program show (CICP) next to the clinic name in the listing below.

Banner Fort Collins Medical Center **229-4000**

4700 Lady Moon Drive, Fort Collins, CO 80537

Christ Clinic **481-2390**

Free clinic on Mondays from 6:00 to 9:00 p.m. Does not provide pain management services.
Call for an appointment.
3920 S. Shields Street, Fort Collins, CO 80526

Colorado Health Medical Group Urgent Care at Harmony (CICP) **297-6250**

2127 E. Harmony Street, Ste. 140, Fort Collins, CO 80528

Family Medicine Center (CICP) **495-8800**

1025 Pennock Place, Ste. 121, Fort Collins, CO 80524

Larimer County Department of Health & Environment

Health screenings and assessments. Vaccinations including pneumonia and tetanus available.

1525 Blue Spruce Drive, Fort Collins, CO 80524

Fort Collins **498-6700**

205 E. Sixth Street, Loveland, CO 80537

Loveland **619-4580**

1601 Brodie Avenue, Estes Park, CO 80517

Estes Park **577-2050**

Milestone Family Medicine (CICP)

532-4644

549 Mountain Avenue, Berthoud, CO 80513

Salud Family Health Center (CICP)

484-0999

1635 Blue Spruce Drive, Ste. 160, Fort Collins, CO 80524

1950 Redtail Hawk Road, Estes Park, CO 80517

St. Matthews Medical Clinic

624-3425

No cost clinic. Call for an appointment.

1511 E. 11th Street, Ste. 170, , Loveland, CO 80537

Sunrise Loveland Community Health Center (CICP)

669-4855

Provides services regardless of a patient's ability to pay; by screening for eligibility for publicly funded programs or for private insurance, and by offering a sliding fee scale and payment plans.

Patient Advocates/Navigators (Pharmacy Assistance Program) are available to assist existing patients who need additional help paying for medications.

302 3rd Street SE, Loveland, CO 80537

MEDICAL EQUIPMENT

There are several medical equipment supply agencies in Larimer County. The following is a list of agencies that provide free and low-cost medical equipment and healthcare supplies.

Christ Center Community Church Outreach Center

223-4442

Medical equipment "loan closet". Inventory varies, call for availability. Must live within

Poudre School District boundaries. Only available Monday through Thursday, 8:30 - 11:15 a.m.

2700 S. Lemay Avenue, Fort Collins, CO 80525

Disabled Resource Services

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

1017 Robertson, Unit B, Fort Collins, CO 80524

Fort Collins **482-2700**

118 E. 29th Street, Ste. C, Loveland, CO 80538

Loveland **667-0816**

GoodHealthwill

624-6002

A "thrift store" for low-cost new and used medical equipment and healthcare supplies.

Inventory varies based on donations. Donations accepted for all types of working medical equipment.

2003 W. 8th Street, Loveland, CO 80537

MEDICAL EQUIPMENT (CONTINUED)

Quota Club of Estes Park

586-2035

Loan closet for canes, crutches, walkers, wheelchairs, hospital beds, commodes and bed pans. Must be a resident of Estes Park.

586-6655

Veterans of Foreign Wars Auxiliary

667-4722

No cost loan program for all community members (not veteran specific)
305 N. Cleveland Avenue, Loveland, CO 80537

MEDICARE

Medicare is a health insurance program for people 65+, those under age 65 with qualifying disabilities or any individual with end-stage renal disease. You **MUST** apply for Medicare benefits the month before you turn 65. Exceptions may apply as to when to enroll if you have other qualifying health care such as health insurance benefits from an employer. If you do not apply or do not have other qualifying health insurance coverage, penalties may apply when/if you do apply for Medicare benefits.

Medicare Supplemental Insurance

There can be gaps in your Original Medicare (Part A and Part B) coverage. Co-payments, coinsurance and deductible are costs that you are often responsible for paying. Medicare Supplemental Insurance serves as an enhancement to Original Medicare by filling in those coverage gaps. These plans may be purchased through private insurance companies and have monthly premiums. The best time to purchase/enroll in a Medicare Supplemental Insurance plan is during the Open Enrollment Period (OEP), which is six months long, beginning on the first day of the month in which you turn age 65. You have a guaranteed issue right to purchase a Medicare Supplemental policy during your OEP period which means, the insurance company may not review your medical history and the potential risk level it may or may not represent if you are in the OEP period. If you purchase a Medicare Supplemental policy after the OEP period, your approval and monthly premium will be subject to your medical history and potential risk level; you may be denied coverage or incur higher plan costs because of health issues.

Medicare Long Term Care Benefits

Medicare **DOES NOT PAY** for the cost of long term nursing home care, assisted living home care, or long term in-home care. Medicare does pay for some short term rehabilitative services under your Part A benefit after a qualifying hospital stay. For a complete list of Medicare benefits visit medicare.gov or call (800) 633-4227.

Medicare Advantage Plans

If you enroll in a Medicare Advantage Plan (sometimes call “Part C” or “HMO plan”), you still have Medicare, but your plan’s benefits may differ from Original Medicare. Advantage plans cover all of the Medicare services but for example, your co-pay, coinsurance, and number of rehab days may not be the same as Original Medicare. Medicare Advantage Plans can charge different out-of-pocket costs and have different rules for how you get services, such as when you need a referral to see a specialist, or if you are required to only see “network” doctors, which skilled nursing and rehab facilities are in the plan, or which suppliers you can use that belong to the plan. Medicare Advantage Plans may also offer extra coverage. If you need help determining whether or not an Advantage plan is right for you, please contact the local SHIP office for assistance (Fort Collins 495-8560 or Loveland 624-1860).

What are the different parts of Medicare?

Medicare Part A (Hospital Insurance)

You usually don’t pay a monthly premium for Part A coverage if you or your spouse paid Medicare taxes while working. If you did not pay Medicare taxes, you can buy Part A coverage and pay a monthly premium.

- Inpatient care in hospitals
- Skilled nursing facility care (for rehab services)
- Hospice care
- Home health care

Medicare Part B (Medical Insurance)

Most people pay the Part B premium of \$104.90 each month. However, if your modified adjusted gross income as reported on your IRS tax return is above a certain amount, you may pay a higher monthly premium.

- Services from doctors and other health care providers
- Outpatient care
- Home health care
- Durable medical equipment
- Some preventative services

Medicare Part C (Medicare Advantage)

- Managed by Medicare-approved private insurance companies
- Includes all benefits and services covered under Part A and Part B
- Usually includes Medicare prescription drug coverage (Part D) as part of the plan
- May include extra benefits and services for an extra cost

Medicare Part D (Medicare prescription drug coverage)

- Managed by Medicare-approved private insurance companies
- Helps cover the cost of prescription drugs
- May help lower your prescription drug costs and help protect against higher costs in the future

MEDICARE (CONTINUED)

For Medicare information and enrollment assistance, the following agencies can assist with questions and enrollment:

Social Security Administration

800-772-1213

To apply for Medicare, contact Social Security three months before you turn 65 years old. You can also apply for Part A (premium-free) and Part B (for which you pay a monthly premium) at www.socialsecurity.gov/retirement. If you are under 65 and disabled, you'll automatically get Part A and Part B after you receive disability benefits from Social Security for 24 months.

Medicare

800-633-4227

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

The Seasons Club

820-4097

If you have questions or need assistance enrolling in Medicare, Medicare Advantage Plans or Medicare Part D prescription plans.

2000 Boise Avenue, Loveland, CO 80538

University of Colorado Health Senior Services/Aspen Club (local SHIP)

If you have questions or need assistance enrolling in Medicare, Medicare Advantage Plans or Medicare Part D prescription plans.

1024 Garfield Street, Ste. A, Fort Collins, CO 80524

Fort Collins **495-8560**

2500 Rocky Mountain Avenue, Loveland, CO 80538

Loveland **624-1860**

Medicare Quality Improvement Organizations

KEPRO

844-430-9504

KEPRO is the Beneficiary and Family Centered Care Quality Improvement Organization working under contract to the Centers for Medicare & Medicaid (CMS) to improve the quality of care for Medicare beneficiaries. Medicare beneficiaries in Colorado who are concerned about the medical care they received from a doctor or hospital can contact KEPRO. KEPRO can provide a free review of your medical record and determine if you received the proper care. This is one of your rights under Medicare. Generally, KEPRO will review the services and care provided the week before your discharge from Medicare services. You have the right to request that they review additional weeks for a more comprehensive review of your records.

Telligen

720-554-1695

A quality improvement organization (QIO) who works in collaboration with the Centers for Medicare & Medicaid (CMS) to achieve better care, better health for people and communities, more affordable care through quality improvement. Telligen's focus is at the community level by providing technical assistance and support to healthcare systems to improve quality of care and quality of life of Medicare beneficiaries. Telligen works with Medicare systems but does not work directly with Medicare recipients.

Medicare Part D and Medicare Part C (Medicare Advantage Plans) Enrollment Information

Each year, you have a chance to make changes to your Medicare Advantage or Medicare Part D prescription drug coverage for the following year. It is highly recommend that you review your Medicare Part D plan annually to ensure that you are in the most cost effective plan that meets your needs. Plan guidelines and benefits can change from year to year.

Medicare Part D and Medicare Advantage Open Enrollment Period: October 15 - December 7

What can I do?

- Enroll in a Medicare Prescription Drug Plan
- Change your Medicare Part D Drug Plan
- Switch between Original Medicare and a Medicare Advantage Plan
- Switch from one Medicare Advantage Plan to another Medicare Advantage Plan
- Drop your Medicare prescription drug coverage completely

Medicare Advantage Disenrollment Period: January 1 - February 14

What can I do?

- If you're in a Medicare Advantage Plan, you can leave your plan and switch to Original Medicare
- If you switch to Original Medicare during this period, you'll have until February 14 to enroll in a Medicare Prescription Drug Plan to add drug coverage

What can't I do?

- Switch from Original Medicare to a Medicare Advantage Plan
- Switch from one Medicare Advantage Plan to another plan
- Switch from one Medicare Prescription Drug Plan to another plan

The following agencies can assist you with questions regarding Medicare Part D benefits and enrollment:

Aspen Club	Loveland 624-1860
	Fort Collins 495-8560
The Seasons Club	820-4097

Medicare Savings Programs (MSP) Eligibility

- If you are on Medicare Part A, you may be eligible for one of the programs that help pay for your Medicare Part B premium
- If you are eligible for SSI and are entitled to Medicare, you may be eligible for payment of your Medicare Part A premium, Medicare Part B premium and any Medicare coinsurance and deductible

Four Kinds of Medicare Savings Programs

1. Qualified Medicare Beneficiary (QMB) Program
2. Specified Low-Income Medicare Beneficiary (SLMB) Program
3. Qualifying Individual (QI) Program
4. Qualified Disabled and Working Individuals (QDWI) Program

If you have income from working, you may qualify for these four programs even if your income is higher than the income limits listed below.

If you qualify for a QMB, SLMB or QI program, you automatically qualify for Extra Help (Low Income Subsidy - LIS) which provides assistance paying for your prescriptions.

If you do not qualify for a Medicare Savings Plan, you may qualify for Extra Help (Low Income Subsidy) to assist you with the cost of your prescriptions.

<i>Medicare Savings Program</i>	<i>Individual Income Limit</i>	<i>Married Income</i>	<i>Helps Pay For</i>
QMB*	\$1,001	\$1,348	Part A deductible and Part B Premium plus other deductible, and co-payments
SLMB*	\$1,197	\$1,613	Part B Premium Only
QI*	\$1,345	\$1,813	Part B Premium Only
*Assets for all MSP programs in 2015 must be less than:	\$8,780 for an individual		\$13,930 for a couple

Medicare Extra Help for Low Income Persons or Low Income Subsidy (LIS)

For individuals who receive Part D prescription drug coverage and are low-income, there is assistance available for the costs of deductible and co-pays. This Extra Help is also known as the Low-Income Subsidy (LIS). If you do not qualify for Medicare Savings Plan, you may qualify for Extra Help (LIS) to assist with the cost of your prescriptions.

Who is eligible?

To receive Extra Help, persons must be eligible for Medicare Part D and have income less than 100% of the Federal Poverty Level for a full benefit or less than 150% for a partial benefit.

What are the benefits?

Benefits vary based on the recipient’s income and on living situation. In general, Extra Help will pay for a person’s monthly drug plan premium if it is an Extra Help approved plan. It will also pay the annual deductible amount (\$320 in 2015), though it will leave \$66 for partial subsidy recipients to pay out of pocket. Extra Help will also cover all drugs in the coverage gap, or doughnut hole, or 85% of drug costs for partial subsidy recipients.

Once recipients have spent \$2,850 in prescription costs, the coverage gap begins; however, individuals who are receiving Extra Help will continue to pay co-payments between \$1.20 and \$6.35. Individuals who receive partial subsidy will pay 15% of the co-pay for the drugs.

Once individuals have received \$6,455 in prescription drug costs, they will enter the catastrophic coverage level. Individuals who are receiving Extra Help (either full or partial subsidy), will pay between \$1.20 to \$6.35 for generics and name brand drugs or 5% of the drug cost, whichever is greater.

Individuals who in addition to Medicare, receive Medicaid, Supplemental Security Income or a Medicare Savings Program (Qualified Medicare Benefit - QMB, Qualified Individual 1 - QI1) or auto-enrollees may be asked for documentation verification of lawful presence, income and resources by their county department of social services.

Low Income Subsidy (LIS) - Also known as Extra Help with Medicare Part D

Individual Income & Assets Limit	Couples Income Limit
\$1,472 income \$13,640 assets	\$1,992 income \$27,250 assets

The following agencies can assist you with questions regarding Medicare Part D, Medicare Savings Program and Low Income Subsidy benefits and enrollment:

ADRC Benefits Counseling, Larimer County Office on Aging **LCOA **498-7750****

For assistance with the Medicare Savings Program (MSP) application. Appointment required. Home visits are available for home bound.
2601 Midpoint Drive, Ste. 112, Fort Collins, CO 80525

Larimer County Department of Human Services **498-6300**

For information on Medicare Savings Programs
1501 Blue Spruce Drive, Fort Collins, CO 80524

The Seasons Club **820-4097**

Assists people free of charge regarding Medicare benefits, Medicare Savings Programs and Low Income Subsidy assistance
2000 Boise Avenue, Loveland, CO 80538

MEDICARE (CONTINUED)

University of Colorado Health Senior Services/Aspen Club

The Aspen Club is contracted with the State of Colorado as the Senior Health Insurance Assistance Program (SHIP). They provide assistance free of charge to people about Medicare benefits, appeals, Medigap/Supplemental insurance, employer plans and information on Medicare Savings Programs and Low Income Subsidy assistance.

1024 Garfield Street, Ste. A, Fort Collins, CO 80524

Fort Collins **495-8560**

2500 Rocky Mountain Ave., Loveland, CO 80538

Loveland **624-1860**

MENTAL HEALTH SERVICES

See Counseling section on page 14 for more services.

Colorado Access/Access Behavioral Care (ABC) **221-8508**

ABC is the Behavioral Health Organization (BHO) for Medicaid recipients in Larimer County effective July 1, 2014. They do not provide behavioral health services directly, but work with providers in Larimer County to help individuals get the services they need. Call for information and to be connected to behavioral health services.

Connections **221-5551**

Provides referrals based on insurance. Pro-bono services for ongoing mental health issues and substance abuse are available for the uninsured.

525 W. Oak Street, Fort Collins, CO 80521

MOVING ASSISTANCE

The following moving companies provide sliding fee scale and some pro-bono services to older and/or disabled adults:

A Good Moving Company **412-6683**

Sliding fee scale available on a case by case basis.

513 N. Link Lane, Ste. B, Fort Collins, CO 80524

Colorado Relocation Concierge, LLC **818-0608**

5131 S. College Avenue, Ste. B, Fort Collins, CO 80526

Kid Gloves **449-2309**

4821 S. County Road 13, Loveland, CO 80537-8775

Silver Wings **305-1376**

Provides assistance to seniors when moving. Helps downsize, organize, pack belongings, unpack, set-up new living space and remove boxes and materials.

PERSONAL EMERGENCY RESPONSE SYSTEMS

There are several national companies that provide personal emergency response systems. The following is a list of local agencies that have an office in Larimer County. For additional options, see Home Health Care agencies on page 27.

Banner Lifeline	810-4743
1808 18th Street, Loveland, CO 80538	
Caring Solutions	206-9595
1713 Trailwood Drive, Fort Collins, CO 80525	
Interim Healthcare of Fort Collins	472-4180
2000 Vermont Drive, Ste. 100, Fort Collins, CO 80525	
Mountain Home Medical, Inc.	232-3788
6706 N. Franklin Avenue, Loveland, CO 80538	

PET AND ANIMAL ASSISTANCE PROGRAMS

Animal Control/Humane Society of Larimer County	226-3647
6317 Kyle Avenue, Fort Collins, CO 80525	
Elder Pet Care	493-2657
Veterinary services (low-cost veterinary services for seniors aged 55 and older). Sliding fee scale available based on total household income. 909 College Avenue, Fort Collins, CO 80521	
Fort Collins Cat Rescue and Spay/Neuter Clinic	484-1861
Low-cost spay and neuter clinic, financial assistance available, income guidelines apply. 2321 E. Mulberry Street, Unit 1 and 9, Fort Collins, CO 80524	
Pets Forever	491-7984
In-home, non-veterinarian pet care services, dog walking and pet clean-up for low income adults over 60 years of age.	
Prevent Unwanted Pets (PUP)	226-2416
Temporary emergency pet food for those in need. Spay and neuter assistance. P.O. Box 51, Fort Collins, CO 80522	

PRESCRIPTION ASSISTANCE

Crossroads Ministry of Estes Park

577-0610

Provides access to food pantry, laundry and showers. Transportation, clothing vouchers, as well as emergency vouchers for rent, housing, utility shut-off's, medical bills and prescription medications. Also provides training in money management and energy efficiency for low-income households.

851 Dry Gulch Road, P.O. Box 3616, Estes Park, CO 80517

House of Neighborly Service

Food, emergency shelter, clothing, prescription assistance, utilities, household items and advocacy for residents living within the Thompson R2-J School District.

Community Life Center, 1511 E. 11th Street, Ste. 300, Loveland, CO 80537

Loveland **667-4939**

531 8th Street, Berthoud, CO 80513

Berthoud **532-0161**

InnovAge Prescription Assistance Program

(303) 300-6960

Eligibility is based upon monthly income, medical diagnosis and prescription drug requirements

8950 E. Lowry Blvd., Denver, CO 80230

McKee Prescription Assistance Program

820-4017

Assists low income residents in getting medications for chronic health problems. The program is a service of the McKee Medical Center Foundation and serves clients who live in surrounding areas, use McKee and affiliated physicians for care, have a valid prescription, are low income and do not have prescription coverage.

2000 Boise Avenue, Loveland, CO 80538

Prescription Assistance Program

416-6519

Health District of Northern Larimer County. Helps clients who are low-income without insurance.

120 Bristlecone Drive, Fort Collins, CO 80524

Sunrise Loveland Community Health Center

669-4855

Provides services regardless of a patient's ability to pay-by screening for eligibility for publicly funded programs or for private insurance, and by offering a sliding fee scale and payment plans.

Patient Advocates/Navigators (Pharmacy Assistance Program) are available to assist existing patients who need additional help paying for medications.

302 3rd Street SE, Loveland, CO 80537

SENIOR CENTERS

If you meet the income guidelines or receive a state or federal assistance program, you may qualify for reduced fees for classes and services. Call your local Senior Center for more information and to request an application.

Bellvue Senior Center

482-0406

2929 N. County Road 23, Bellvue, CO 80512

Berthoud Community Senior Center 248 Welch Avenue, Berthoud, CO 80513	532-2730
Chilson Senior Center 700 E. 4th Street, Loveland, CO 80537	962-2783
Estes Park Senior Center 220 4th Street, Estes Park, CO 80517	586-2996
Fort Collins Senior Center 1200 Raintree Drive, Fort Collins, CO 80526	221-6644
Wellington Senior Resource Center 3800 Wilson Avenue, Wellington, CO 80549	817-2293

SENIOR CLUBS/ORGANIZATIONS

AARP American Association of Retired Persons 303 E. 17th Avenue, Ste. 510, Denver, CO 80203	National 888-687-2277 Colorado 866-554-5376
Los Ancianos Unidos Northside Aztlan Community Center 112 E. Willow Street, Fort Collins, CO 80524	221-6256
OGLBT Older Gay Lesbian Bisexual Transgender Fort Collins Senior Center 1200 Raintree Drive, Fort Collins, CO 80526	224-6029
The Seasons Club Programs designed for adults 50+ to enhance quality of life through health promotion, education and recreation 2000 Boise Avenue, Loveland, CO 80538	820-4097
University of Colorado Health Senior Services/Aspen Club Provides health education, screenings, hospital discounts and social opportunities to residents ages 50+ throughout northern Colorado 1024 Garfield Street, Ste. A, Fort Collins, CO 80524 2500 Rocky Mountain Avenue, Loveland, CO 80538	Fort Collins 495-8560 Loveland 624-1860

SOCIAL SECURITY

Social Security Administration

Social security benefits, Supplemental Security Income
301 S. Howes Street, 4th Floor, Fort Collins, CO 80521

National **800-772-1213**

Local **866-336-7385**

SUPPORT ORGANIZATIONS AND GROUPS

Alcoholics Anonymous (AA)

Northern Colorado Intergroup, Inc.

Fort Collins **224-3552**

Estes Park **586-2471**

Support groups and information regarding AA groups
155 N. College Avenue, #114, Fort Collins, CO 80524

ALS Association (Amyotrophic Lateral Sclerosis)

10855 Dover Street, Ste. 500, Westminster, CO 80021

303-832-2322

National Hotline **866-257-3211**

Support groups - Northern Colorado Rehabilitation Hospital **619-3400**

Alzheimer's Association

Support for individuals and their caregivers dealing with Alzheimer's disease or other types of dementia. Access to information, support groups, education, message boards and care consultations.

415 Peterson Street, Fort Collins, CO 80524

472-9798

Support groups **472-9798**

American Cancer Society

8221 W. 20th Street, Ste. A, Greeley, CO 80634

356-9727

Support groups McKee Cancer Center **635-4129**

University of Colorado Health **495-8383**

Cancer Support Services **297-6165**

American Diabetes Association

2460 W. 26th Avenue, Ste. 500C, 5th Floor, Denver, CO 80211

888-342-2383

720-855-1102

Diabetes management classes University of Colorado Health **495-8205**

American Heart Association/American Stroke Association

1777 S. Harrison Street, Ste. 500, Denver, CO 80210

303-801-4630

American Lung Association

5600 Greenwood Plaza Blvd., Ste. 100, Greenwood Village, CO 80111

303-388-4327

The ARC of Larimer County	204-6991
Promotes and protects the civil rights of people with intellectual and developmental disabilities through individual and systemic advocacy and education fostering an inclusive community that embraces people throughout their lifetime to be included in every aspect of community life. No cost advocacy, resources, workshops and community outreach provided.	
1121 W. Prospect Road, Ste. 140, Fort Collins, CO 80526	
Support groups	344-8027
Arthritis Foundation	303-756-8622
2280 S. Albion, Denver, CO 80222	
Support groups (meets quarterly)	Aspen Club 495-8560
Brain Injury Alliance of Colorado (BIAC)	303-355-9969
1385 S. Colorado Blvd., Ste. A606, Denver, CO 80222	National 800-955-2443
Support groups	Center for Neurorehabilitation Services 493-6667
	Northern Colorado Rehabilitation Hospital (Stroke) 619-3400
The Center for Family Outreach	495-0084
The Center has various support groups throughout the calendar year for parents and grandparents raising adolescents. Child care is provided as long as advanced notice is given. The groups are offered in both English and Spanish.	
1100 Poudre River Drive, Ste. B, Fort Collins, CO 80524	
Grand Family Coalition	303-875-1725
Social support for grandparents and kin raising kin; social events, daytime social groups and educational support tools.	
Guardianship Alliance of Colorado	303-228-5382
Provides information and referral for guardianship and conservatorships, advance directives and proxy decision-makers	
801 Yosemite Street, Denver, CO 80230	
Huntington's Disease - Rocky Mountain Chapter	303-837-9937
Provides information regarding HDSA, resources and local chapter events.	
Website: hdsa.org/com .	
Support groups	303-321-5503
Lewy Body Dementia (LBD)	219-0898
Medical Center of the Rockies	
2500 Rocky Mountain Avenue, Loveland, CO 80538	

SUPPORT ORGANIZATIONS AND GROUPS (CONTINUED)**Namaqua Center 669-7550**

SummitStone Health Partners
 Support for the health and well-being of grandfamilies.
 3705 N. Grant Avenue, Loveland, CO 80538

Support groups..... 494-4231

National Alliance on Mental Illness (NAMI) 494-4359

SummitStone Health Partners
 P.O. Box 2926, Loveland, CO 80539

24/7/365 Crisis Services Walk-in Clinic 494-4200

1217 Riverside Avenue, Fort Collins, CO 80524

National Kidney Foundation 720-748-9991

650 S. Cherry Street, Ste. 435, Denver, CO 80246

National Multiple Sclerosis Society CO/WY Chapter 482-5016

1525 Riverside Avenue, Ste. A, Fort Collins, CO 80524

National Osteoporosis Foundation 800-231-4222**Northern Colorado AIDS Project (NCAP) 484-4469**

400 Remington Street, Ste. 100, Fort Collins, CO 80524 800-464-4611

Parkinson Association of the Rockies 303-830-1839

1325 S. Colorado Blvd., Ste. 204B, Denver, CO 80222 866-718-2996

Information Hotline 303-861-1810

Support groups..... 303-830-1839

PSP/CBD/MSA and Related Neurodegenerative Movement Diseases 391-8898

P.O. Box 145, Berthoud, CO 80513

Support groups..... Northern Colorado Rehabilitation Hospital 970-391-8898

Rocky Mountain Stroke Center 303-730-8800

5666 S. Bannock Street, Littleton, CO 80120

Support groups..... Center for Neurorehabilitation Services 493-6667

Additional Support Groups

Fronto Temporal Dementia Peer Group Elderhaus 221-0406

Life Transitions..... Elderhaus 484-2542

Caregiver Support Group..... Stepping Stones 820-6871

Care Partners Support Group Timberline Church 213-4548

Memory Cafe Timberline Church 213-4548

Caregiver Support Group..... Estes Park Good Samaritan Village 586-2273

TAX ASSISTANCE

Income Tax Assistance

AARP

674-3500

Help with individual tax returns. For more information go to www.aarp.org/taxaid

888-687-2277

Internal Revenue Service

800-829-1040

Information Only

Volunteer Income Tax Assistance (VITA)

2-1-1 or

United Way 211

407-7066

No cost assistance for low-income individuals who need help preparing their tax returns

Property Tax Deferral Programs

Colorado Property Tax Deferral Program

498-7020

Larimer County Treasurer's Office

Helps seniors continue to afford to live in their home by deferring the payment of their property taxes. The loan from the State of Colorado becomes due and payable (with interest) only upon the death of the taxpayer, when the property is sold, if the applicant is no longer eligible, or when the property is no longer occupied. Surviving spouses may continue property tax deferral if they are 60 or older when the circumstance occurs, and they meet the other requirements. Interest on a loan for property tax deferral shall accrue at the rate of the most recently issued ten-year United States treasury note.

Eligibility requirements:

- Applicant must be 65 years or older
- All prior years' property taxes must be paid
- Applicant must own and occupy the property as their primary residence
- The total value of all liens of mortgages and deeds of trust on the property, is less than or equal to seventy-five percent of the actual value of the property, as determined by the county assessor
- Those who qualify must file an application with their respective county treasurer between January 1 and April 1 of each year

Property Tax Exemption

Senior Homestead Exemption

498-7050

Larimer County Assessor's Office

Qualifying Larimer County seniors are eligible for a tax exemption on 50 percent of the first \$200,000 in value of their primary residence. New applications must be submitted to the county assessor by July 15.

- Applicant must be 65 years or older
- The home must be the applicants primary residence for the past 10 years as of January 1 of the year applying

Rebate Programs

City of Fort Collins Rebate Program

416-2304

This program rebates a portion of the City sales tax paid on food to anyone meeting income and residency requirements. In addition, rebates of a portion of City utility charges and the City property tax (or rent) are available to seniors (age 65+) and people with disabilities who meet income and residency requirements. Applications are accepted August 1 through October 31. 215 N. Mason Street, 2nd Floor, P.O. Box 580, Fort Collins, CO 80522

City of Loveland Food, Utility and Sales Tax Rebate Programs

962-2361

This program issues food sales tax rebates to individuals and families who qualify according to HUD income guidelines. Rebate amounts are based on an estimate according to family size and income level. Applications are accepted from April 1 through May 28. 1511 E. 11th Street, Ste. 100, Loveland, CO 80537

Colorado Property Tax/Rent/Heat Rebate Program

303-238-7378

Colorado residents who are at least 65 years old (or a surviving spouse at least 58 years of age) or disabled for all of the applicable year and meet income requirements may be eligible for the Property Tax/Rent/Heat/Fuel Rebates. Individuals may apply for the rebate for up to two years after the subject year (so individuals can apply for the 2013 benefit until December 31, 2015, and 2014 until the end of 2016). The income requirements change every year. The 2013 income limit is \$12,639 (\$16,731 for a couple). The 2014 income limit is \$12,720 (\$17,146 for a couple). To receive the rebate, individuals must have paid property taxes, rent, or heating bills (with documentation). The actual amount rebated to applicants will vary based on income and heating expenses, up to a maximum rebate of \$792 per year. Applications at www.colorado.gov. 3030 S. College Avenue, Fort Collins, CO 80525

Town of Estes Park Food Tax Refund Program

586-5331

This program issues food sales tax rebates to individuals and families who qualify according to HUD income guidelines. Rebate amounts are based on an estimate according to family size and income level. Applications are accepted by May 29. Applications on estes.org/finance website. P.O. Box 1200, Estes Park, CO 80517

Work-Off Programs

Larimer County Senior Tax Work-Off Program **LCOA**

498-7750

Larimer County Office on Aging (Area Agency on Aging)

This program allows people age 60 and over the opportunity to work off up to \$400 of the Larimer County portion of their property tax bill. Gross monthly household income must be at or below \$1,962 (for 1 person) and \$2,655 (for 2 people). Qualified taxpayers are placed in jobs in various Larimer County departments. Applications are only accepted at the beginning of February.

Poudre School District/Senior Tax Work-Off Program**490-3208**

This program is for people age 60 and older who live in the Poudre School District. Participants work in the schools and are paid minimum wage, up to 80 hours for a maximum of \$480. School closed mid-June through mid-July.

Thompson R2J School District/Senior Tax Work-Off Program**613-5072**

This program is for people age 62 and older and live in the Thompson School District. Participants work in the school for a maximum of 30 hours at minimum wage. Applications are only taken in the Fall (after Labor Day).

TELEPHONE SERVICES

If you're on a limited income, you may qualify for a federal assistance program that helps qualified low-income customers save on their monthly local phone service. The following agencies participate in the federal assistance program. Subscriber must either have an income that is at or below 135% of federal poverty level (FPL) or participate in benefit assistance programs. (135% FPL in 2015 = \$15,890 for a single person.)

Wireless (Cell Phone) Providers

Access Wireless	888-900-5899
TerraCom Wireless	877-351-4747
Viaero Wireless	877-484-2376
TAG Mobile.....	866-959-4918
Budget Mobile.....	720-216-1895
Qlink.....	855-754-6543
Reach Out Wireless	877-870-9222
Total Call Mobile.....	800-661-7391
Bluejay Wireless	855-425-8529
Life Wireless	303-894-2000
enTouch Wireless	866-488-8719

Landline Providers

CenturyLink	800-366-8201
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Additional Telephone Services

CapTel Captioned Telephones	720-308-3131
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Caption telephone for hearing loss including free set up and phone. Paid for by state and federal funding. A hearing test audiogram must be completed within one year and provided by consumer.

TRANSPORTATION

The following listings include the public transportation options that are available in Larimer County. Para-transit services are indicated next to the listing and are for people with a physical or cognitive disability who are unable to access public transportation options such as fixed bus route services. Para-transit services can accommodate wheelchairs and is a door-to-door service. Riders will need to complete an application that requires information about their disability and the signature of their primary care physician. Please call for more information about the application process.

BATS (Para-transit) LCOA **532-3049**

Berthoud Area Transportation Service

Serves the residents of Berthoud with door to door transportation. Operates Monday through Friday 8:00 a.m. to 4:00 p.m., includes weekly trips to Loveland and Longmont.

328 Massachusetts Avenue, Berthoud, CO 80513

COLT (Para-transit) **962-2700**

Door-to-door para-transit service for disabled individuals or those 60 years of age or older who cannot access fixed route bus service. Services limited to Loveland, Monday through Saturday. Reservations are required.

Connecting Health Transportation Service **494-6451**

No cost transportation service provided by UCHHealth and Columbine Health Systems between Poudre Valley Hospital (PVH), Harmony Medical Campus, Medical Center of the Rockies (MCR), Greeley Emergency and Surgery Center and the Greeley Medical Clinic. No reservations necessary to catch the bus at the Connecting Health sign at the entrance to the above locations. Call for schedule. This service cannot accommodate wheelchairs.

Dial-A-Ride (Para-transit) **224-6066**

Door-to-door para-transit service for individuals who cannot use Transfort due to a disability. Services are limited to Fort Collins and are available for individuals who live within 3/4 mile of fixed Transfort routes in Fort Collins. Application for services and advance reservations are required.

4414 E. Harmony Road, Ste. 200, Fort Collins, CO 80528

Dial-A-Taxi (Para-transit ONLY) **224-6066**

Door-to-door para-transit service for Dial-A-Ride riders to be used for subsidized taxi trips. Trip MUST begin within the Dial-A-Ride service area and riders will be transported to a door-to-door destination. This is a voucher program, passenger pays \$2.50 per one way trip, plus any fares for trips that cost over \$20. Transfort covers \$17.50 of any trip. Fees are paid directly to the driver and a 24-hour advance reservation is required.

DAV Van Transportation **484-1795**

Disabled American Veterans

Van service to Cheyenne and Denver VA Medical Centers. Not wheelchair accessible. Call for a reservation.

605 S. Shields, Fort Collins, CO 80521

FLEX (Para-transit)

Transportation from Fort Collins South Transit Center to Coffman & 8th Street in Longmont with stops along the way in Loveland and Berthoud. Call COLT or Transfort for more information.

MAX Bus Rapid Transit (Para-transit)**221-6620**

Service runs Monday through Saturday and follows a dedicated route that runs parallel to the BNSF Railway between the South Transit Center (south of Harmony Road) and Downtown. It is served by 12 stations and stops. All buses are wheelchair accessible.

RAFT (Para-transit) **LCOA**

Rural Alternatives for Transportation

Transportation provided by volunteer drivers for adults 60 and older and adults with disabilities that prevent them from driving. Trips are provided into Berthoud, Loveland, Longmont and adjacent areas. Services provided to residents living within the Berthoud Fire Protection District. Reservations are required three days in advance. Wheelchair accessible services are available.

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

9:00 a.m. to 12:00 p.m. **532-2730**

12:00 p.m. to 4:00 p.m. **532-0808**

SAINT **LCOA**

Senior Alternatives in Transportation

Transportation provided by volunteer drivers for adults 60 and older and adults with disabilities. No transportation provided between Loveland and Fort Collins or outside the city limits. Hours of operation are 8:15 a.m. to 4:00 p.m., Monday through Friday, reservations required. This service cannot transport wheelchairs or scooters.

333 W. Drake Road, Ste. 42, Fort Collins, CO 80526

Fort Collins **223-8645**

Loveland **223-8653**

Total Transit (Para-transit)**855-264-6368**

State contracted Medicaid transportation provider for non-emergency medical transportation services for Medicaid eligible consumers who require transportation to a Medicaid funded medical appointment. To determine whether this service is available to you, visit website: colorado.gov/hcpf/our-members (service not available for MSP or OAP SMP beneficiaries).

Transfort (Para-transit)**221-6620**

Fort Collins public bus system with over 20 fixed routes throughout Fort Collins. Some routes connect to the MAX Bus Rapid Transit system. Call for schedule and fares.

250 N. Mason, Fort Collins, CO 80524

Via Mobility Services (Para-transit) **LCOA****888-647-9768**

Service available to older adults, adults with disabilities and the general public within Estes Park. Trips provided for any purpose including: shopping, outings, medical appointments, employment and recreation. This is a shared para-transit ride service and schedules change daily based on where riders need to go. Reservations required in advance. Monday-Friday 8-5.

2855 N. 63rd Street, Boulder, CO 80301

Wellington Senior Resource Center (Para-transit) **LCOA****817-2293**

Transportation for Wellington residents age 60 and over. Service area is limited.

Reservations are required.

3800 Wilson Avenue, Wellington, CO 80549

VETERANS SERVICES

Cheyenne VA Medical Center

307-778-7550

Provides health care services to veterans in southeastern Wyoming, northern Colorado and western Nebraska.

2360 E. Pershing Blvd., Cheyenne, WY 82001

Colorado Division of Veteran's Affairs

303-284-6077

Assists veterans, their dependents and survivors in obtaining their state and federal benefits.

Lakewood **303-914-5832**

1355 S. Colorado Blvd. Ste. 113, Denver, CO 80222

DAV Van Transportation

484-1795

Disabled American Veterans

Van service to Cheyenne and Denver VA Medical Centers. No wheelchair access.

Call for a reservation.

605 S. Shields, Fort Collins, CO 80521

Healing Warriors

776-8387

A nonprofit organization offering clinic services to service members and their families for pain and PTS symptoms. Their mission is to advance individual wellbeing for Veterans and their families through evidence-based complementary care services and education.

1136 E. Stuart, Building 4, Ste. 202, Fort Collins, CO 80525

Jobs for Veterans Programs

498-6099

A state grant funded program that provides intensive job search assistance for veterans with significant barriers to securing and maintaining employment.

200 W. Oak Street, 5th Floor, Fort Collins, CO 80525

418 E. 4th Street, Loveland, CO 80537

Justice for Veterans/Veteran Treatment Court

Wyoming **307-777-6885**

Assistance with benefits and claims for veterans and their families.

Denver **303-837-3678**

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

Larimer County Veterans Services

498-7394

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

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

Larimer County Workforce Center

498-6656

Colorado Department of Labor & Employment for veterans.

200 W. Oak Street, 5th Floor, Fort Collins, CO 8052

National Caregiver Support Line

855-260-3274

Resource and referral center to assist caregivers, veterans and individuals seeking caregiver information.

Operation Salute at Elderhaus **221-0406**

VA contracted day program services.
6813 S. College Avenue, Fort Collins, CO 80526

Operation Traumatic Brain Injury Freedom **855-355-6824**

Assists active duty and veterans with traumatic brain injuries (TBIs).

Support Services for Veteran Families (SSVF) **472-9630**

Volunteers of America
Housing counseling, short-term case management, temporary financial assistance to prevent or resolve homelessness. This program is for low income veterans who are eligible for VA Health Administration Benefits, have been homeless within the last 90 days, scheduled to enter permanent housing within 90 days, or are at immediate risk of becoming homeless with eviction pending.
405 Canyon Avenue, Fort Collins, CO 80521

VA Community Clinic **224-1550**

Outpatient clinic managed from the Cheyenne VA Medical Center. Services include: primary care, mental health, counseling, audiology, nutrition counseling and lab services. Appointment required.
2509 Research Blvd., Fort Collins, CO 80526

Vet Center **221-5176**

Counseling for veterans including: readjustment counseling for combat theater veterans; military sexual trauma and bereavement counseling for active duty veterans and family members; alcohol and drug referrals; information and referral; PTSD assessment and counseling.
702 W. Drake, Building C, Fort Collins, CO 80526

Veterans Crisis Line **800-273-8255**

Free, confidential support for veterans in crisis and their families and friends.

VISION

Audio Information Network of Colorado **877-443-2001**

Free audio access to newspapers, magazines and other print materials to blind, visually impaired and print disabled Coloradoans of all ages. **303-786-7777**
1700 S. 5th Street, Ste. A, Boulder, CO 80301

Colorado Talking Books Library **800-685-2136**

Postage-free recorded, Braille and large print library materials to eligible readers in Colorado.
180 Sheridan Blvd., Denver, CO 80226

VISION (CONTINUED)

Disabled Resource Services - Vision Matters After 55 LCOA **581-5695**

Services provided to low-vision/blind seniors, age 55 and older. Includes accessing vision-related services/resources, home assessments, adaptive tools/assistive technology, support groups, education and social/recreational opportunities.

Individualized assistance and services delivered at no charge to meet specific vision-related needs (i.e., coping, skills training, peer support and aid to families).

1017 Robertson, Unit B, Fort Collins, CO 80524

Ensign Skills Center, Inc. LCOA **407-9999**

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

3307 S. College, Ste. 108, Fort Collins, CO 80525

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

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

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

House Call Eye Care **372-0696**

Eye examinations and routine check-ups in the comfort of your own home.

2601 S. Lemay Avenue, Ste. 7-457, Fort Collins, CO 80525

Lions Club of Fort Collins **377-2282**

Eye exams and new eyeglasses for low-income residents of all ages. If you need help, please call and leave your name and phone number. Interviews are held the third Thursday of each month by appointment only at First United Methodist Church, located at the corner of Stover and Elizabeth in Fort Collins.

Lions Club of Loveland **622-0289**

Eyeglasses and/or eye exams for low-income Loveland residents (one year minimum residency).

Call for an application to be mailed to you, or pick up an application at the House of Neighborly Services, located at 1511 E. 11th Street, Ste. 300, Loveland, CO 80537

VOLUNTEER OPPORTUNITIES

United Way 211 Volunteer Center **2-1-1 or**

The Volunteer Center matches volunteers with projects and organizations across the community.

407-7066

Volunteers of America **472-9630**

RSVP (Retired and Senior Volunteer Program)

Community members age 55+ are matched with volunteer opportunities with local non-profits.

405 Canyon Avenue, Fort Collins, CO 80521

WELLNESS CLASSES

The following is a list of wellness classes and agencies that provide a variety of health and wellness classes, screenings and education for older adults in Larimer County.

A Matter of Balance

Program emphasizes practical strategies to reduce fear of falling and increase activity levels. Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors and exercise to increase strength and balance. Consists of eight 2-hour classes.

Aspen Club **495-8560**
Seasons Club **635-4097**

Enight Skills Center - Matter of Balance for Low Vision LCOA 407-9999

An adapted Matter of Balance Program for the visually impaired that allow's participants with vision loss to use modified materials and exercises to make learning easier. Large print materials and assistance with exercises are provided.

Living Well with Chronic Conditions LCOA 495-7509

University of Colorado Health

A 6-week program, 2 1/2 hours per week, empowers people to better cope with their symptoms, communicate with their doctors, eat well and exercise more. Living Well with Chronic Conditions, Living Well with Diabetes and Living Well with Chronic Pain.

Moving for Better Balance 820-4097

Moving for Better Balance is an evidence-based program shown to improve balance with regular practice of Tai Ji Quan forms (movements).

N' Balance LCOA

An evidence-based strength training program and exercise class that focuses on re-training and strengthening your body to give you better balance. The class meets for 6 or 8 weeks, twice a week. This is a great continuation to A Matter of Balance and allows you to maintain better balance through a stronger body. Call for class times and registration information.

Estes Park Senior Center **586-2996**
Fort Collins Senior Center **221-6644**

Powerful Tools for Caregivers LCOA 498-7750

Program is designed to help the caregiver take care of themselves while caring for a relative or friend. Family caregivers learn tools to increase self-care and confidence. The program consists of six classes. Call for locations or more information on classes.

WELLNESS CLASSES (CONTINUED)

For additional health and wellness classes, contact the following:

Chilson Senior Center

962-2783

A variety of classes, activities and programs for older adults including health, wellness and fitness classes. Call for a list of current classes and times.

700 E. 4th Street, Loveland, CO 80537

City of Fort Collins Health & Wellness Programs

221-6644

A partnership of UCHealth, Columbine Health Care and the City of Fort Collins, classes are offered at the Fort Collins Senior Center that address health and wellness. The classes generally fit into three broad categories that meet the needs and interests of members of the Fort Collins Senior Center and the local community and include: Health Awareness, Lifestyle Management and Wellness & Education. Call for a list classes and times.

1200 Raintree Drive, Fort Collins, CO 80526

The Seasons Club

810-6633 or 810-4097

Health and wellness screenings that focus on prevention are provided to identify health risks and establish baselines for regular health monitoring. A Matter of Balance, Heartsave CPR, AARP Driver Safety and Diabetes. Call for a list of current classes and times.

2000 Boise Avenue, Loveland, CO 80538

University of Colorado Health Senior Services/Aspen Club

A variety of health and wellness classes that address fall risk, wellness information and health screening for older adults. Call for a list of classes and more information.

1024 Garfield, Ste. A, Fort Collins, CO 80524

Fort Collins **495-8560**

2500 Rocky Mountain Ave., Loveland, CO 80538

Loveland **624-1860**

AGENCY INDEX

137 Homeless Connection..... 31

A

AARP.....57,61

Accentcare Home Health of Mountain Valley.....27,33

Accessible Systems 30

Access Wireless 63

Action HealthCare Services 12

Adopt-A-Neighbor Program..... 30

ADRC..... 7,11,42,46,53

Adult Protective Services..... 17

Advance directives 5

Aging Clinic of the Rockies..... 10

Aging Clinic of the Rockies at CSU 14

A Good Moving Company..... 54

Alcoholics Anonymous 58

Alexander Home Healthcare 27

A Little R and R Home Care..... 27

Alliance for Suicide Prevention..... 14

ALS Association..... 58

Alternatives to Violence 18

Alzheimer’s Association..... 10,13,58

Amada Senior Care..... 27

A Matter of Balance..... 69

American Cancer Society..... 58

American Diabetes Association 58

American Elder Advocates..... 12

American Heart Association 58

American Lung Association 58

American Stroke Association 58

Animal Control..... 55

AppleLeaf Assisted Living 36

ARC of Larimer County42,59

Area Agency on Aging..... 8

Arthritis Foundation 59

Ask-A-Lawyer Clinic 44

Aspen Club .. 7,8,25,26,50,51,54,57,70

Aspen House..... 36

Audio Information Network of Colorado..... 67

A.V. Hunter Trust..... 21

Azura at Home..... 27

B

Banner Fort Collins Medical Center 33,46

Banner Home Care Colorado..... 27

Banner Lifeline..... 55

Bar Association 44

BATS..... 64

Bayada Home Health Care..... 27

Bell, Gould & Scott, P.C. 43

Bellvue Senior Center 56

Berthoud Community Senior Center ... 57

Berthoud Fire Protection District 31

Berthoud Living Center..... 40

Berthoud Police Department 43

Bethesda Lutheran Communities 28

Big Thompson Manor 34

Bluejay Wireless 63

Brain Injury Alliance of Colorado..... 59

BrightStar Care 28

Brookdale Fort Collins 36

Brookdale Mariana Butte 37

Brookdale North Loveland..... 37

Budget Mobile..... 63

C

Cancer Support Services..... 13

CapTel Captioned Telephones26,63

Caregiver Support Group..... 60

CARE Housing34,35

Caring Companion Program 10

Caring Hearts..... 28

Caring Senior Service..... 28

Caring Solutions..... 55

Catholic Charities..... 8,13,20

Catholic Charities of Larimer County... 32

Center for Family Outreach10,59

Center for Neurorehabilitation Services 60

Centre Avenue..... 40

CenturyLink 63

Chalet Apartments 34

Cheyenne VA Medical Center 66

Chilson Senior Center57,70

Christ Center Community Church Outreach Center.....23,47

Christ Clinic..... 46

City of Fort Collins Health & Wellness Programs 70

City of Fort Collins Rebate Program..... 62

City of Loveland Food, Utility and Sales Tax Rebate Programs..... 62

Collinwood Assisted Living 37

Colorado Access/Access Behavioral Care..... 54

Colorado Consumer Line 18

Colorado Division of Veteran’s Affairs . 66

Colorado Division of Vocational Rehabilitation..... 18

Colorado Gerontological Society 42

Colorado Legal Services..... 44

Colorado Property Tax Deferral Program..... 61

Colorado Property Tax/Rent/Heat Rebate Program..... 62

Colorado Relocation Concierge 54

Colorado Senior Dental Program..... 16

Colorado State Patrol..... 43

Colorado State University Police Department..... 43

Colorado Talking Books Library..... 67

COLT..... 64

Columbine Poudre Home Care 28

Columbine West 40

Comfort Keepers..... 28

Community Case Management..... 13

Community Kitchen	23
Community Paramedic Program	25
Complete and Succeed at Any Age.....	17
Connecting Health Transportation Service.....	64
Connections.....	54
Conversation Project	17
Country Supermarket	24
Courtyard of Loveland	37
Covell Care & Rehabilitation.....	12,31
Crossroads Ministry of Estes Park	20,23,56
Crossroads Safehouse.....	18
CSU/Larimer County Cooperative Extension.....	25
D	
DAV Van Transportation	64,66
Dental Connections	16
Department of Health & Environment.....	25,47
Department of Human Services	8,19,46,53
Dial-A-Ride.....	64
Disabled American Veterans	66
Disabled Resource Services	13,47,68
DMA Plaza Apartments	34
E	
Eagles Nest Assisted Living	37
Easter Seals.....	5
Elder Advocates	20
Eldercare Locator.....	42
Elder Care Network	11
Elderhaus.....	5
Elder Pet Care.....	55
Encompass Home Health of Colorado.	28
Ensign Skills Center	68,69
enTouch Wireless	63
Estes Park Home Health	28
Estes Park Housing Authority	35,41
Estes Park Medical Center	33
Estes Park Police Department	43

Estes Park Senior Center.....	21,57,69
Evergreen Home Healthcare	28
Eye Care America.....	68
F	
Family Caregiver Support	11
Family Caregiver Support Program.....	10
Family Home Health	28
Family Medicine Center.....	46
First Light Home Care	28
FLEX	65
Food Bank.....	23
Foothills Gateway	5,11,42
Fort Collins Cat Rescue Spay/Neuter...	55
Fort Collins Health	40
Fort Collins Housing Authority	36,41
Fort Collins Police Department.....	43
Fort Collins Rescue Mission.....	23,32
Fort Collins Senior Center.....	44,57,69
Foundation on Aging	21
Fox Meadows Assisted Living	37
Freedom Mobile Hearing Services	26
Friends of Man	21
Fronto Temporal Dementia	60
Front Range Forum.....	17
Front Range Hospice	33
G	
Garden Square.....	37
Gentiva Hospice.....	33
Golden Peaks	40
GoodHealthwill.....	47
Good Samaritan Society.....	37,39,40
Good Samaritan Society-Colorado Home Care	28
Good Samaritan Society Services at Home	28
Grand Family Coalition	59
Green House Homes	40
GreenPath Debt Solutions	20,41
Guardianship Alliance of Colorado.....	59

H

Halcyon Hospice & Palliative Care.....	33
Hallmark Homecare.....	28
Hamilton Park Apartments.....	34
Handyman Program.....	31
Harmony Emergency Room.....	34
Harvest Pointe	34
Healing Warriors.....	66
Health District.....	16,25,56
Hearing Aid Bank.....	26
Hear Now	26
Heritage Haus.....	37
Hillcrest.....	37,39
Home Care of the Rockies	28
Homecare Solutions	29
Home Instead Senior Care.....	29
Homeless Gear	32
Homelessness Prevention Initiative	32,41
HomeWatch Caregivers	29
HomeWell Senior Care	29
Hospice of Northern Colorado	14,33
Hospice of the Estes Valley.....	33
Hospitality Center and Kitchen.....	23
House Call Eye Care	68
House of Neighborly Service	20,23,41,56
Humane Society	55
Huntington's Disease	59

I

In Home Dental	16
InnovAge Home Care.....	29
InnovAge Prescription Assistance Program.....	56
Interim Healthcare	29,55
Internal Revenue Service.....	61

J			
Jobs for Veterans Programs	66	Loveland Housing Authority	30,36,41
Joneses Assisted Living	37	Loveland Police Department	43
Just as Family	29	Lutheran Family Services	10,13,14
Justice for Veterans	66		
K		M	
Kathleen McKinney	14	MacKenzie Place	38,39
KEPRO	50	Mandated Reporting	17
Kid Gloves	54	MAX Bus Rapid Transit	65
King Soopers Home Shop	24	Maxim Healthcare Services	29
		McKee Community Wellness Services	25
L		McKee Medical Center	33
Lakeview Commons	37	McKee Prescription Assistance	
Larimer County Assessor's Office	61	Program	56
Larimer County Bar Association	44	Meadowlark Assisted Living	38
Larimer County Hearing Aid Bank	26	Meals on Wheels Estes Park	22
Larimer County Home Improvement		Meals on Wheels Fort Collins	22
Program	30	Meals on Wheels of Loveland-	
Larimer County Sheriff's Office	43	Berthoud	22
Larimer County Treasurer's Office	61	Medicaid	16,45
Larimer Health Connect	8,24	Medicaid Dental Program	16
Law Office of C. Jan Lord	43	Medical Center of the Rockies	33
Law Offices of Peter W. Bullard, P.C.	44	Medicare	48,50
LEAP	20	Memory Cafe	60
Legacy Senior Residences	34	Milestone Family Medicine	47
Lemay Avenue	40	MindSet	5
Lewy Body Dementia	59	Mirasol Senior Community	35
Life Changes Care Management	12	Mission Shelter	32
Life Wireless	63	Monarch Greens Assisted Living	38
Lighthouse Elder Care	37	Mountain Crest	14
Lions Club of Fort Collins	68	Mountain Home Medical	55
Lions Club of Loveland	68	Moving for Better Balance	69
Live, Love and Laugh Homecare	29	Multiple Sclerosis Society	13
Live To Assist	38	Murphy Center	32
Living Well with Chronic Conditions	69	My Elder Care Consultant	12
Longs Peak Energy Conservation	30		
Long Term Care Ombudsman	18	N	
Los Ancianos Unidos	57	Namaqua Center	10,13,60
Loveland Community Kitchen	23	National Alliance on Mental Illness	60
Loveland Fire Rescue Authority	31	National Caregiver Support Line	66
Loveland House Assisted Living	38	National Kidney Foundation	60
		National Multiple Sclerosis Society	60
		National Osteoporosis Foundation	60
		N' Balance	69
		Neighborhood Services Office	42
		Neighbor to Neighbor	21,36,42
		Network of Care	5
		Neurodegenerative Movement	
		Diseases	60
		New Mercer Commons	38
		Northern Colorado AIDS Project	60
		Northern Colorado Rehabilitation	
		Hospital	33,60
		Northern Hotel	35
		North Shore	40
		Nurse Next Door	29
		O	
		Oakbrook	35
		Office on Aging	
		5,7,9,10,11,18,41,46,62	
		OGLBT	57
		Ombudsman	18
		Operation Salute at Elderhaus	67
		Operation Traumatic Brain Injury	
		Freedom	67
		Options for Long Term Care	11,46
		Osher Lifelong Learning Institute	17
		P	
		Parkinson Association	60
		Park Regency Loveland	38
		Parkwood Estates Retirement	
		Residence	39
		Pathways Hospice	14,33
		Patient Navigator	13
		Peggy Haller	12
		Pets Forever	55
		Pines Apartments	35
		Poudre Fire Authority	31
		Poudre Valley Hospital	34
		Powerful Tools for Caregivers	11,69
		Preferred Home Health	29
		Prescription Assistance Program	56
		Prevent Unwanted Pets	55
		Primrose Place	38

Procter, Callahan & Liska	7,44	Seniors Helping Seniors	29	Trail Ridge Apartments	35
Project Visibility	17	Seniors in Transition	12	Transfort	65
Prospect Park	40	Senior Tax Work-Off Program	63	Tungland Corporation	30
PSP/CBD/MSA	60	Serenity Counseling	10	Turnberry Place Assisted Living	38
Psychological Services Center	14	Serenity Life Counseling	15		
Q		Seven Lakes Memory Care	38	U	
Qlink	63	Sheriff's Office	43	United Way 211	42,43,61,68
Quota Club of Estes Park	48	SHIP	24	University of Colorado Health	8,13,25,26,50,54,57,70
R		Sierra Vista	41	Urgent Care at Harmony	46
RAFT	65	Silver Leaf	35		
Reach Out Wireless	63	Silver Wings	54	V	
Reflections Senior Apartments	35	Sister Mary Alice Murphy Center for Hope	32	VA Outpatient Clinic	67
Rehabilitation & Nursing Center	41	Social Security Administration ..	20,50,58	Vet Center	15,67
Residence at Oakridge	38	Speech-Language Pathology and Audiology Clinic	27	Veterans Crisis Line	67
Rigden Farm Senior Living	39	Spirit of Women Program	25	Veterans of Foreign Wars Auxiliary	48
Right at Home	29	Spring Creek	41	Veterans Services	66
Road Scholar	17	Stepping Stones	5	Veteran Treatment Court	66
Rocky Mountain Health Plans	12	St. Matthews Medical Clinic	47	Viaero Wireless	63
Rocky Mountain Stroke Center	60	Stone Law	44	Via Mobility Services	65
RSVP	68	Su Familia	26	Villages at Bryan	35
Rural Development Loan/Grant Program	31	Sugar Valley Estates	39	Vision Matters After 55	68
RVNA	29	Suicide Hotline	15	Visiting Angels Living Assistance Services	30
S		SummitStone Health Partners	60	VITA	61
SAINT	65	Sunrise Loveland Community Health Center	47,56	Vitality Home Healthcare	30
Salud Family Health Center	47	Sunrise Loveland Dental	16	Volunteers of America	10,22,23,24,31,32,68
Salvation Army	21,24	Support Group	60		
Sanctuary	35	Support Services for Veteran Families	32,67	W	
SAVA Center	18	Synergy Homecare	30	Wallace & Kling, P.C.	44
Seasons Club	8	T		Wellington Assisted Living	38
Seasons Club at McKee Medical Center	24,26,50,51,53,57,70	TAG Mobile	63	Wellington Fire Protection District	31
Senior Community Services Employment Program	19	Telligen	50	Wellington Senior Resource Center	57,65
Senior Connect	8,13	TerraCom Wireless	63	Wexford	39
Senior Health Insurance Assistance Program	24	Terry Lake Assisted Living	38	Willows	35
Senior Homestead Exemption	61	Total Call Mobile	63	Windtrail Park	35
Senior Law Project	7,44	Total Transit	65	Winslow	39
Senior Life Solutions	12	Touchstone Home Health	30	Women's Wellness Connection	26
		Town of Estes Park Food Tax Refund Program	62	Woodbridge Senior Apartments	35
				Workforce Center	18,66
				Worthington	39

