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# Community Resources for Seniors, People with Disabilities and Caregivers

## Boulder County and Surrounding Areas

Provided as a service of the Colorado Institute for Neuromuscular and Neurological Diseases

[www.longmontneurology.com](http://www.longmontneurology.com) 720-491-3322

All information current as of August 2017.

*This guide is organized by the services our patients and their caregivers ask about most.  
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## One-stop Resources for Information on Social Services

If you have internet access, the **Aunt Bertha** website provides an information-packed, searchable directory of social services throughout the United States:

<http://www.auntbertha.com/>

If you would prefer to talk one-on-one with a counselor who can guide you to appropriate services, contact:

**Aging and Disability Resources for Colorado**, 303-441-1617 Calls are confidential.

Or:

**Boulder County Department of Housing and Human Services**, 303-441-1000

For seniors specifically, **Cultivate** (formerly Boulder County Care Connect) offers a wide array of services: 303-443-1933 <https://cultivate.ngo>

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## Case Management

(personalized assistance with the whole spectrum of social service needs)

Boulder County Area Agency on Aging, 303-441-3599

Adult Care Management (nonprofit), 303-439-7011 <http://www.acmico.org/>

Jewish Family Service, 303-597-5000 [jfs@jewishfamilyservice.org](mailto:jfs@jewishfamilyservice.org)

## Aging Life Care

Aging Life Care, also known as geriatric care management, is a holistic, client-centered approach to caring for older adults or others facing ongoing health challenges. Working with families, an Aging Life Care Professional can assist with assessment and monitoring, planning and problem-solving, education and advocacy, family caregiver coaching and other services. Some practitioners also provide fiduciary services, handling financial or trust matters for those who can no longer do it themselves. To locate an Aging Life Care professional, call 520-881-8008 or search online at <https://www.aginglifecare.org>.

## Help with Getting Around – Free or Discounted Transportation for Seniors and People with Disabilities

Rides to medical appointments

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Cultivate 303-443-1933 ext. 414

Reduced-cost rides for seniors and the disabled

Via, 303-444-3043 <http://viacolorado.org/>

National Patient Travel Center Helpline (info on medical transportation options nationwide)  
800-296-1217

Nederland Area Seniors 303-258-0799

Easter Seals Serving Older Adults program 800-221-6827

**Help Paying for Prescriptions and Medical Supplies (Including Hearing Aids)**

Prescription assistance

Rx Outreach, 888-796-1234 <http://rxoutreach.org/>

Discounted diabetes supplies

Xubex Pharmacy 866-699-8239

Discounted eyeglasses

New Eyes 973-376-4903

Discounted hearing aids

Starkey Hearing Foundation, 866-354-3254

**Medical Supplies (such as Handle Bars, Wheelchairs, Walkers, Hospital Beds)**

For new supplies, search for “medical supply store” in the Yellow Pages or on [yellowpages.com](http://yellowpages.com). There are several local businesses, but we can only endorse nonprofit organizations in this guide.

For used supplies, check your local Goodwill, Salvation Army or Hospice thrift store.

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## Home Health Care

Search for “Home Health Services” in the Yellow Pages or on [yellowpages.com](http://yellowpages.com). There are numerous providers in the area, but we cannot endorse specific businesses here.

## Respite Care

(volunteers who help out so that caregivers can take a breather)

Boulder County Area Agency on Aging Caregiver Program, 303-441-1543  
[infoRespite@bouldercounty.org](mailto:infoRespite@bouldercounty.org)

To subscribe to Care Connections, a newsletter with tips and guidance for caregivers, email [infocaregiver@bouldercounty.org](mailto:infocaregiver@bouldercounty.org) or call 303-678-6116.

Aging Services Foundation of Boulder County, 303-441-4995  
<http://agingservicesfoundation.org/>

## Information on the Family and Medical Leave Act (FMLA)

If you are working and need time off to care for a family member with an illness or disability, a federal law called the Family and Medical Leave Act may entitle you to up to 12 weeks per year of job-protected time off for this purpose. To find out more, visit [the FMLA website](#).

## Adult Day Care

Better Aging Foundation, 303-444-1133  
Aging Services Foundation of Boulder County, 303-441-4995  
<http://agingservicesfoundation.org/>

## Help in Caring for a Loved One with Alzheimer’s Disease

Alzheimer’s Association 24/7 Helpline: 1-800-272-3900

## Mental Health Services

Mental Health Partners (nonprofit community mental health center), 303-443-8500  
<http://www.mhpcolorado.org>

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**Legal Services Relevant to Seniors and People with Disabilities**  
(e.g. Powers of Attorney, Living Wills)

Boulder County Legal Services, 303-449-7575  
<http://coloradolegalservices.org>

**Counseling and Resources for Independent Living**  
(helping seniors and disabled people live at home)

Center for People with Disabilities, 888-929-5519 <http://www.cpwd-ilc.org/>  
Living Well @Home Program  
Evangelical Lutheran Good Samaritan Society, 303-702-0410 <https://www.good-sam.com/>

**Help with Finding and Paying for Long-term Care**

Adult Care Management, 303-439-7011 <http://www.acmico.org>  
(To locate long-term care resources)  
Boulder County Human Services, 303-441-1000  
<http://www.bouldercounty.org/families/seniors/long-term-care/>  
(to determine eligibility for having Medicaid help pay for long-term care)

**To Report Concerns About the Quality of Care Received  
in a Nursing Home or Assisted Living Facility**

Boulder County Long-term Care Ombudsman at 303-441-1173,  
infoLTCO@bouldercounty.org All contacts are confidential.

**Help with Finding Housing for a Senior or Someone with a Disability  
(Including Assisted Living and Nursing Homes)**

Boulder County Area on Aging, 303-441-1617  
<http://boulder.co.networkofcare.org/aging/content.aspx?id=174>  
Senior Housing Options, Inc., 800-659-2656 <http://seniorhousingoptions.org/>  
Boulder Housing Coalition, 303-883-2526 <http://boulderhousingcoalition.org/>

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## **To Report Suspected Abuse, Neglect or Exploitation of an Adult**

Boulder County Human Services 303-441-1000

## **To Find Out Whether You're Eligible to Obtain Health Insurance Through the Colorado Health Insurance Exchange (aka Obamacare)**

<http://connectforhealthco.com>, 855-752-6749

## **Help with Medicare**

Area Agency on Aging, 303-441-1546

## **Help with Getting Free/Discounted Food or Meals, Toiletries and Household Goods**

EFAA, 303-442-3042 <http://www.efaa.org/>

West Senior Center (City of Boulder), 303-441-3148

Colorado FriendShip (Longmont), 303-545-0242 <http://coloradofriendship.org/>

Community Food Share (Louisville), 303-652-3663 <http://communityfoodshare.org/>

### Meal delivery

Meals on Wheels Boulder, 303-441-3908

Conscious Alliance, 720-406-7871 <http://www.consciousalliance.org/>

### Help with paying for food (SNAP/Food Stamps)

Colorado Department of Human Services

303-441-1000 To apply: <https://coloradopeak.secure.force.com/>

### Kosher meals on wheels

Jewish Family Service, 720-248-4665

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Community Passover Program (provides a full Passover Seder dinner): Jewish Family Service 720-248-4716

Food assistance for the homeless  
Boulder County Cares 303-442-4646

**Help with Grocery Shopping**  
**(if you can afford groceries but can't travel to the store)**

Cultivate - Carry-out Caravan  
(Volunteers shop for you and deliver groceries to your home) 303-443-1933 ext. 414

<https://cultivate.ngo/programs/carry-out-caravan>

**Mortgage Delinquency Assistance (Veterans)**

US Department of Veterans Affairs, 877-827-3702

**Financial Help with Home Maintenance and Repairs (Seniors)**

Aging Services Foundation, 303-441-4995

Cultivate, 303-443-1933

**Credit and Debt Management Counseling**

Debt Reduction Services (nonprofit), 877-688-3328

**Help Paying Property Taxes (Seniors)**

Boulder County Area Agency on Aging, 303-441-3570

<https://www.bouldercounty.org/families/seniors/property-and-tax-help-for-seniors/>



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## **Wellness Programs**

(e.g. preventing falls, nutrition, diabetes prevention, pain self-management)

Boulder County Area Agency on Aging, 303-441-3599

<https://www.bouldercounty.org/families/seniors/services/wellness-programs/>

Silver Sneakers (free fitness programs), 866-584-7389

<https://www.silversneakers.com>

## **Services and Activities for LGBT Seniors**

[http://boulder.co.networkofcare.org/content/client/894/Silver-Lining-2014\(WEB2\).pdf](http://boulder.co.networkofcare.org/content/client/894/Silver-Lining-2014(WEB2).pdf)

## **Services for Veterans with Traumatic Brain Injury (TBI)**

Operation TBI Freedom, 800-247-0257 <https://craighospital.org/>

## **Services and Supports for Veterans**

Operation Homefront, 800-722-6098 <http://www.operationhomefront.net/howwehelp>

## **Assistance Dogs**

Canine Companions for Independence, 800-572-2275

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