

\$5.00



ELDER RESOURCE GUIDE

M A R I C O P A C O U N T Y



Guía de Recursos para Personas Mayores



AREA AGENCY ON AGING
REGION ONE, INCORPORATED

1366 E. Thomas Road, Ste. 108, Phoenix, AZ 85014
Phone: 602-264-2255 | Toll-Free: 888-783-7500 | www.aaaphx.org



EMERGENCY ALERT DEVICE

**The Area Agency on Aging
has partnered with Carenect to bring
you safety and peace of mind!**

Allowing individuals to live independently in the privacy of their own homes.

- Providing 24/7 connection to family, friends or emergency services
- Assisting with doctors appointments
- Arranging transportation
- Answering questions about medications
- Feeling lonely, or want to talk to someone

Call for details! 602-264-HELP (4357)



Elder Resource Guide

M A R I C O P A C O U N T Y

The Area Agency on Aging, a private, non-profit organization, coordinates the planning, development and delivery of services for persons in Maricopa County who are 60 years of age and older, for adults 18 years and older diagnosed with HIV/AIDS, and for adults 18 years and older who are disabled with long-term needs.

This directory contains information about public and private organizations that provide assistance to older adults, families, caregivers and professionals.

The work of the Area Agency on Aging is clearly summarized by its statement: *“Enhancing the quality of life in a diverse and changing society.”* This directory demonstrates our commitment to this goal.

La Area Agency on Aging, es una organizacion privada y sin fines de lucro del condado de Maricopa, que coordina la planificación, el desarrollo y la prestación de servicios para personas mayores de 60 años de edad y para adultos mayores de 18 años discapacitados y con necesidades a largo plazo del condado Maricopa.

Este directorio es su guía para comunicarse con organizaciones públicas y privadas que ofrecen servicios a las personas que los necesitan, a sus familias y cuidadores y a los numerosos profesionales que conforman la red de servicios humanos.

El trabajo de la Area Agency on Aging resume claramente su propósito: *“Mejorar la calidad de vida en una sociedad diversa y cambiante.”* Este directorio demuestra nuestro compromiso con este objetivo.

Using this Directory

The services and service providers in this directory are listed alphabetically. There is an index in the back of the directory to assist you in finding services quickly and easily.

Get help finding the program that's right for you.

Experts are available to help you find the assistance you need. Call Area Agency on Aging's 24-hour *Senior* HELP LINE:

1-888-264-2258 or call 602-264-HELP (4357)

The Elder Resource Guide is maintained to enhance public access to information about resources available to Maricopa County residents. While every effort is made to ensure the accuracy of the information, we make no guarantees. The inclusion of an organization or service does not imply an endorsement of the organization or service, nor does exclusion imply disapproval.

Under no circumstances shall the Area Agency on Aging, Region One be liable for any direct, indirect, incidental, special, punitive, or consequential damages which may result in any way from your use of the information included in the Elder Resource Guide.

Uso del Directorio

Los servicios de este directorio están enlistados en orden alfabetico. Hay un índice en la parte posterior del directorio para ayudarle a encontrar los servicios de forma rápida y sencilla.

Obtenga ayuda para encontrar el programa adecuado para usted.

Los expertos están disponibles para ayudarle a encontrar la asistencia que necesita. Llame a la línea de ayuda para personas de tercera edad de la agencia que esta disponible las 24 horas:

1-888-264-2258 o llame al 602-264-HELP (4357)

La Guía de Recursos para personas de la Tercera Edad se mantiene para fomentar el acceso del público a la información sobre los recursos disponibles para los residentes del condado Maricopa. Aunque se hace todo lo posible para proporcionar la información con exactitud, no podemos garantizarla. La publicación de una organización o servicio no implica ningún tipo de endoso de la organización o servicio, ni exclusión implican desaprobación.

Bajo ninguna circunstancia el Area Agency on Aging, Región ONE, será responsable de los daños directos, indirectos, incidentales, especiales, punitivos o consecuentes que puedan resultar de alguna forma por el uso de la información incluida en la Guía de Recursos para personas mayores o de Tercera Edad.

Table of Contents

Introduction Introducción	1
Using this Directory Uso del Directorio	2
Adaptive Aids & Equipment Equipo y aparatos adaptables	7
Adult Day Health Care Cuidado de la Salud Diurno para Adultos	11
Alcohol & Substance Abuse (Abuso de Alcohol y Substancias)	14
Mental Health Salud Mental	75
Consumer Rights Organizations Organizaciones de los Derechos del Consumidor ...	17
Dental Care Cuidado Dental	20
Domestic Violence Violencia Doméstica	23
Elder Abuse Abuso a Persona Mayores	25
Elder Refugee Program Programa de Refugiados Mayores	26
Employment & Job Training Empleo y Entrenamiento de Empleo	27
Financial Assistance Asistencia Financiera	30
Financial Assistance Asistencia Financiera	32
Social Security Seguro Social	32
Supplemental Security Income (SSI)	
Seguridad de Ingreso Suplementario (SSI)	35
Community Action Programs Programas de Acción Comunitaria	32
Property Tax Assistance Asistencia con Impuestos de Propiedad	35
Financial Counseling Asesoramiento Financiero	35
Food Assistance Asistencia de Alimentos	37
Emergency Food Assistance Asistencia de Alimentos de Emergencia	37
Friendly Visitors Visitantes Amigables	40
Grandparents Raising Grandchildren Abuelos Criando Nietos	43
Health Care Cuidado de la Salud	44
Medicare Medicare	44
Arizona Health Care Cost Containment System (AHCCCS)	
Sistema de Control de Costos del Cuidado de la Salud de Arizona (AHCCCS)	45
Medicare Savings Programs Programas de Ahorros de Medicare	46

TABLE OF CONTENTS

Quality Improvement Organization

Organización para el Mejoramiento de Calidad	46
--	----

Additional Health Insurance Information

Información sobre el seguro de salud adicional	47
--	----

Low Cost Medical Clinics Clínicas Médicas de Bajo Costo	47
---	----

Hearing Impaired & Deaf Services

Servicios para Personas Sordas y con Problemas Auditivos	50
--	----

HIV & AIDS VIH y SIDA	52
-----------------------------	----

Home Modification Modificaciones al Hogar	54
---	----

Home Repair & Weatherization Reparaciones al Hogar y Protección Climática ...	56
---	----

Hospice Services Servicios de Hospicios	59
---	----

Housing Vivienda	60
------------------------	----

Rental Assistance Asistencia de Renta	60, 63
---	--------

HUD Housing Viviendas de HUD	60
------------------------------------	----

Additional Housing Assistance for Affordable Housing & Loan Counseling

Asistencia de vivienda adicional para viviendas asequibles y Asesoría sobre Préstamos	62
--	----

Counseling & Utility Assistance Asesoría y Asistencia para Servicios	63
--	----

Reverse Mortgage Programs Programas de hipotecas revertidas	64
---	----

Resources for Homeless Recursos para personas sin Hogar	65
---	----

Legal Services Servicios Legales	67
--	----

Advanced Directives, Living Wills, Powers of Attorney

Instrucciones Anticipadas, Testamentos en Vida, Carta Poder	68
---	----

Long-Term Care Cuidado a Largo Plazo	70
--	----

Meals – Home Delivered Comidas Entregadas A Domicilio	72
---	----

Private Pay Meals Comidas de Paga Privada	72
---	----

Ombudsman Programa de Representante del Pueblo	71, 79
--	--------

Pet Care & Companion Animals Cuidado de Mascotas y Animales de Compañía ...	80
---	----

Rehabilitation Programs Programas de Rehabilitación	82
---	----

Respite Care Cuidado de Relevó	83
--------------------------------------	----

TABLE OF CONTENTS

Self-Help & Support Groups Grupos de Ayuda y Auto Ayuda	85
Abuse Abuso	85
Aging Relatives Familiares en el Proceso de Envejecimiento	85
Alzheimer's Disease and Related Diseases	
Enfermedad de Alzheimer y Enfermedades Relacionadas	85
Arthritis Artritis	86
Bereavement/Grief Luto/Duelo	86
Brain Injury Lesión cerebral	86
Burns Quemaduras	87
Cancer Cáncer	87
Caregivers Proveedores de Cuidado	87
Diabetes Diabetes	88
Domestic Violence Violencia Doméstica	88
Handicapped Discapacitado	88
Heart Corazón	88
HIV & AIDS VIH y SIDA	88
Hoarding Amontonamiento	88
Kidney Riñones	89
Mastectomy Mastectomía	89
Mental Illness Enfermedad Mental	89
Mesothelioma Mesotelioma	89
Multiple Sclerosis Esclerosis Múltiple	89
Neurological Neurológico	89
Parkinson's Disease Enfermedad de Parkinson	89
Sickle Cell Anemia Anemia falciforme	90
Stroke Derrame Cerebral	90
Substance Abuse Abuso de Sustancias	90
Senior Adult Independent Living (SAIL) Program	
Programa de Vida Independiente para Personas Mayores (SAIL)	Tab S/T
Senior Centers Centros para Personas de la Tercera Edad	92

TABLE OF CONTENTS

Transportation Transporte	97
Adaptive Driver Education Educación para Conductores con Aparatos Adaptables	97
Adaptive Driving Aids Aparatos Adaptables para conducir	97
Van Rentals Renta de Camionetas	98
Bus Discounts Descuentos de Autobús	98
Disability License Plates Matrículas de automóviles para discapacitados	98
Mature Drivers Training Entrenamiento para Conductores Mayores	98
Private Pay Handicapped Transportation Services	
Servicios de Transporte para Discapacitados de Paga Privada	98
County and Volunteer Transportation Services	
Servicios de transporte del Condado y Voluntarios	99
Visually Impaired & Blind Services	
Servicios para Ciegos y Personas con Discapacidad Visual	103
Volunteer Opportunities & Programs	
Programas y Oportunidades para Voluntarios	105
Index of Services índice de Servicios	109
Index of Organizations índice de Organizaciones	114
Services Outside Maricopa County Servicios Fuera del Condado Maricopa	124



BENEFITS ASSISTANCE MEDICARE

The Benefits Assistance Program, is the local State Health Insurance Assistance Program (SHIP) and Senior Medicare Patrol (SMP) office. Counselors provide free, unbiased Medicare benefits counseling services and personalized enrollment assistance in Medicare and Medicaid to seniors, individuals with disabilities, and their families and caregivers.

We are your SHIP and SMP resource!

See pages 44, 45, 47 and 106 for more information.

El programa de Asistencia de beneficios, es el Programa local de asistencia con seguro medico del estado SHIP (per sus siglas en Inglés) y las oficina patrulla de las personas mayores con Medicare SMP (por sus siglas en Inglés). Los consejeros del programa de beneficios, ofrecen gratis y imparcial, guía de los beneficios de Medicare; asesoramiento y asistencia personalizada en la inscripción de Medicare y Medicaid, para las personas de mayor edad y las personas con incapacidades, a sus familias y cuidadores.

Somos tu nave y recursos SMP!

Ver página 44, 45, 47 y 106 para mas informacion.

602-264-HELP (4357)

[illegible]

Adaptive Aids & Equipment

Adaptive aids and equipment are designed to help the elderly and persons with a physical disability with activities of daily living, such as mobility and transferring. A wide variety of aids, equipment and services are available, including services from agencies that assist with home modifications for people with special needs. This equipment is often referred to as “durable medical equipment” because it can be used repeatedly in the home to aid in a better quality of living.

Adaptive aids and equipment can be purchased or rented privately. The cost is usually covered under most medical insurance programs when prescribed by a medical professional. Check with your insurance provider for details. A limited amount of adaptive equipment is available for loan from one of the “loan closets” or agencies listed in this book.

- For home modification equipment, please refer to page 54.
- For hearing impaired aids, please refer to page 50.
- For visually impaired aids, please refer to page 103.

Los aparatos adaptables y equipos están diseñados para ayudar a las personas mayores y a las personas con incapacidades físicas, en sus tareas diarias, tal y como es el desplazarse de un lugar a otro. Existe una amplia variedad de aparatos que son adaptables, equipos y servicios; incluyendo servicios de agencias que ayudan con las modificaciones de casas para las personas con necesidades especiales. Este equipo es referido a nosotros como un “equipo médico duradero”, porque puede ser utilizado repetidamente en la casa obteniendo así una mejor calidad de vida.

Estos aparatos adaptables y equipos pueden ser comprados o rentados por compañías privadas y normalmente están cubiertos por la mayoría de los programas de seguros médicos; siempre y cuando sea ordenado por un médico. Verifique con su seguro médico para que le de los detalles. Una cantidad limitada de estos equipos, pueden ser prestados por los “loan closets” o agencias abajo mencionadas.

- Para equipo para modificar su casa, favor pasar a la página 54
- Para aparatos para personas con problemas para oír, pasar a la página 50
- Para aparatos para personas con problemas de visión, pasar a la página 103

ADAPTIVE AIDS & EQUIPMENT

ALS Association Care Services

360 E. Coronado Road, Ste. 140
Phoenix, AZ 85004
602-297-3800
info@alsaz.org
(Serves Those with Lou Gehrig's disease)

Ability Center

23606 N. 19th Ave., Ste. 16
Phoenix, AZ 85085
623-879-0800
www.abilitycenter.com

American Legion

602-264-7706
www.azlegion.org
*(Serving Veterans in 4 posts: Glendale,
Apache Junction, Phoenix, Mesa)*

Arizona Assistive Technology & Durable Medical Equipment Reuse Coalition

Free online listing of services, coverage,
equipment, & guidelines of Arizona based
used/pre-owned medical equipment/
assistive technology programs.
(602) 728-9534
www.azatreuse.org

Arizona Assistive Technology Exchange (ATEX)

Free online resource to buy, sell, donate
used/pre-owned assistive technology/
durable medical equipment.
(602) 728-9534
www.azatexchange.org

Ability 360

5025 E. Washington, Ste. 200
Phoenix, AZ 85034
(602) 256-2245
ability360.org

The Arizona Technology Access Program (AzTAP)

*A Statewide Phoenix based program of NAU &
Human Development*
Northern Arizona University
300 W. Clarendon Ave, Suite 475
Phoenix, AZ 85013
602-728-9534 | 1-800-477-9921
www.aztap.org

Dignified Motors

3422 E. Roeser Road, Ste. 102
Phoenix, AZ 85040
480-315-0103
www.dignifiedmotors.com

DriveAble Solutions

4120 N. 20th Street, Ste. A
Phoenix, AZ 85016
602-840-2323
www.driveablesolutions.com

Elks Club *(Members & family only)*

14424 N. 32nd Street
Phoenix, AZ 85032
602-482-2335

Foothills Caring Corps

7275 E. Easy Street, Ste. B-103/B-104
Carefree, AZ 85377
(480) 488-1105
www.foothillscaringcorps.com

ADAPTIVE AIDS & EQUIPMENT

Fountain Hills Community Center

13001 N. La Montana Drive
Fountain Hills, AZ 85268
480-816-5226
www.fhseniorservices.org
(Fountain Hills residents only)

Friends of St. Anne Ministry

420 W. Watkins Road
Phoenix, AZ 85003
602-261-6896
www.stvincentdepaol.net

Helping Hands Foundation

14624 R. H. Johnson Boulevard
Sun City West, AZ 85375
623-975-5499
www.scwfoundation.org
(Sun City West, Sun City Grand, Corta Bella
and AZ Traditions residents only)

Leeden Wheelchair Lift/Sport

1704 E Curry Road, Suite #101
Tempe, AZ 85281
(480)-966-2372
www.leedenwheelchairliftandsport.com

Medi-Loan Services

Granite Reef Senior Center
1700 N. Granite Reef
Scottsdale, AZ 85257
480-312-1700
www.scottsdaleaz.gov
(Scottsdale residents only)

Mesa Active Adult Center

247 N. MacDonald
Mesa, AZ 85201
480-962-5612
www.evadultresources.org
(Mesa residents only)

**Paralyzed Veterans of America
(AZ Chapter)**

5015 N. 7th Ave., Suite 2
Phoenix, AZ 85013
(602) 244-9168

Performance Mobility

2140 W. Broadway Road, Ste. 101
Mesa, AZ 85202
602-286-0332
www.preformancemobility.com

Dream City Church

13613 N Cave Creek Road
Phoenix, AZ 85022
602 867 7117
dreamcitychurch.us

Solecito Services, Inc.

5730 W. Peoria Ave., Suite #103
Glendale, AZ 85302
623-876-5331
(West Valley residents; no Sun City)

Southwest Lending Closet

218 N. Central Avenue
Avondale, AZ 85323
623-932-1016
www.southwestlendingcloset.org

Sunshine Service

9980 W. Santa Fe Drive
Sun City, AZ 85351-3197
623-974-2561
www.sunshineservice.org
(Only Sun City Residents)

ADAPTIVE AIDS & EQUIPMENT

Youngtown Community Fund

Local Medical Lending Center

11215-A Nevada Avenue

Youngtown, AZ 85363

623-977-4661

www.youngtownaz.org

(Youngtown residents only)

Adult Day Health Care

Adult Day Health Care (ADHC) offers care and supervised activities during the day for seniors and adults with disabilities, allowing caregivers to take time off from their responsibilities. ADHC is a service that working caregivers can depend on.

Licensed by the Arizona Department of Health Services, ADHC centers offer supervision, planned activities, personal care, personal skills training, meals, and health monitoring at an affordable cost.

Care is available during the day, for as many as five days a week. Most centers can provide transportation if needed.

For more information about adult day care, call the 24-Hour *Senior* HELP LINE at 602-264-4357.

La organización de Cuidado de la Salud Diurno para Adultos (ADHC por sus siglas en inglés) ofrece cuidado y actividades supervisadas durante el día para las personas de la tercera edad y los adultos con discapacidad, permitiendo a aquellos que los cuidan que se tomen tiempo libre de sus responsabilidades. ADHC es un servicio en el que los proveedores de cuidados pueden confiar.

Autorizados por el Departamento de Servicios de la Salud de Arizona, los Centros de ADHC ofrecen supervisión, actividades planeadas, cuidado personal, capacitación de habilidades personales, comidas, y monitoreo de la salud.

El cuidado está disponible durante el día, cinco días a la semana. La mayoría de los Centros pueden ofrecer transporte si es necesario.

Para recibir información llame a la LINEA DE AYUDA para personas de tercera edad al 602-264-4357.

ADULT DAY HEALTH CARE

PHOENIX

FSL Adult Day Health Services – Phoenix

3620 N. 4th Avenue
Phoenix, AZ 85013
602-297-1840
www.fsladuldayhealthservices.org

Desert Mission Adult Day Health Care Center

303 E. Eva Street
Phoenix, AZ 85020
602-870-6374
www.jcl.com

Sunflower Adult Day Care Center

2814 W. Bell Road, Ste. 1415
Phoenix, AZ 85053
602-843-8711
www.sunfloweraduldaycarecenter.com

Suntree Center Adult Day Health Care

4120 N. 20th Street
Phoenix, AZ 85016
602-441-4900
www.suntreecenter.com
(Adults 50+)

WEST VALLEY

FSL Adult Day Health Services – Glendale

6010 W. Northern Avenue, Ste. 800
Glendale, AZ 85301
602-532-2983
www.fsladuldayhealthservices.org

Lucy Anne's Place Memory Care

16752 N. Greasewood Street
Surprise, AZ 85374
623-584-4999
www.benevilla.org

Mary's Place Memory Care

14601 N. Del Webb Boulevard
Sun City, AZ 85351
623-815-1031
www.benevilla.org

West Valley Life Enrichment Program

8133 W. Cactus Road
Peoria, AZ 85361
623-979-7126
www.benevilla.org

R & R Respite Adult Day Center

246 N. Washington Street
Wickenburg, AZ 85390
1-928-684-3480

Sun City Restorative Care

15800 Del Webb Boulevard
Sun City, AZ 85351
623-977-8274
www.benevilla.org

EAST VALLEY

Arbor Rose Senior Care – Adult Day Care

6033 E. Arbor Avenue
Mesa, AZ 85206
480-654-8200
www.arborroseseniorecare.com

**FSL Adult Day Health Services
– Tempe**

2234 E. Maryland Drive
Tempe, AZ 85281
602-532-2982
www.fsladulldayservices.org

Oakwood Creative Care

www.oakwoodcreativecare.org

Red Mountain Multigenerational Center

7550 E. Adobe Street
Mesa, AZ 85207
480-641-7644

Town Center

247 N. MacDonald
Mesa, AZ 85201
480-464-1061

Alcohol & Substance Abuse

Alcohol and substance abuse are not problems exclusive to the young. The abuse of alcohol and medications present unique problems to seniors and adults with a physical or mental disability. Older adults often abuse or misuse these substances to try to alleviate loneliness or to cope with change.

Many older people take numerous prescription and over-the-counter medications every day. The use of medications and alcohol can lead to problems that cannot be resolved without help from someone outside the immediate family. There are many resources that can assist in obtaining counseling, information or support.

El alcohol y el uso indebido de drogas no son problemas exclusivos de los jóvenes. El abuso de alcohol y medicamentos presentan problemas únicos a las personas de la tercera edad y adultos con discapacidad física o mental. Las personas de la tercera edad a menudo abusan o dan mal uso a estas sustancias para tratar de aliviar la soledad o para afrontar el cambio.

Muchas personas mayores toman medicamentos con o sin receta todos los días. El uso de medicamentos y alcohol puede llevar a problemas que no pueden ser resueltos sin la ayuda de alguien ajeno a la familia inmediata. Hay muchos recursos que pueden ayudarle a obtener asesoramiento, información y apoyo.

CENTRAL VALLEY

Alcoholics Anonymous

3215 E. Thunderbird Road, Ste. B
Phoenix, AZ 85032
24-Hour Help Line: 602-264-1341
www.aaphoenix.org

Banner Health Systems

Appointment Line: 1-800-254-4357
www.bannerhealth.com

Community Bridges

Peer Access to Care Line
1-877-931-9142 (24/7)
www.communitybridgesaz.org

IMPACT-SPC

Suicide Prevention Center

Crisis Line: 480-784-1500
Main Office: 480-784-1514
Toll-Free: 1-866-205-5229
www.impact-spc.com

618 S. Madison Drive
Tempe, AZ 85281
(480) 784-7574

4425 W. Olive Avenue, Ste. 194
Glendale, AZ 85302

21476 N. John Wayne Pkwy., Ste. C101
Maricopa, AZ 85139

Family Service Agency

2400 N. Central Avenue, Ste. 101
Phoenix, AZ 85004
602-264-9891
www.fsaphoenix.org

Mercy Maricopa Integrated Care

4350 E. Cotten Center Blvd., Bldg. D
Phoenix, AZ 85040
1-800-631-1314
Information: 1-800-564-5465
Crisis Line: 602-222-9444
www.mercymaricopa.org

**National Council on Alcoholism
and Drug Dependence**

4201 N. 16th Street, Ste. 140
Phoenix, AZ 85016
602-264-6214
1-800-622-2255
www.ncadd-phx.org

Native Health

4041 N. Central Avenue, Bldg. C
Phoenix, AZ 85012
602-279-5262
www.nativehealthphoenix.org

**Native Health West (NHW)
Community Health Center**

2423 W. Dunlap Avenue, Ste. 140
Phoenix, AZ 85021
602-279-5351
www.nativehealthphoenix.org

**Phoenix Area Narcotics
Anonymous**

PO Box 1351
Phoenix, AZ 85011
Helpline: 480-897-4636
www.arizona-na.org

**Salvation Army Adult
Rehabilitation Center**

15 E. Pima Street
Phoenix, AZ 85004
602-256-4500

**Southwest Behavioral
Health Services**

3450 N. 3rd Street
Phoenix, AZ 85012
602-265-8338
www.sbhservices.org

**St. Luke's Behavioral
Health Center**

1800 E. Van Buren Avenue
Phoenix, AZ 85006
602-251-8535
www.stlukesmedcenter.com

Terros

3003 N. Central Avenue, Ste. 200
Phoenix, AZ 85012
602-685-6000
www.terros.org

Valle del Sol

3807 N. 7th Street
Phoenix, AZ 85014
602-523-9312
www.valledelsol.com

WEST VALLEY**Banner Del E. Webb
Medical Center**

Behavioral Health
14502 W. Meeker Boulevard
Sun City West, AZ 85375
602-254-254-HELP (4357)
www.bannerhealth.com

ALCOHOL & SUBSTANCE ABUSE

Narcotics Anonymous

PO Box 1351

Phoenix, AZ 85001

Helpline: 480-897-4636

www.arizona-na.org

Terros-Olive Counseling

4425 W. Olive Street, Ste. 200

Glendale, AZ 85302

623-937-9203

EAST VALLEY

Community Bridges

560 S. Bellview

Mesa, AZ 85204

1-877-931-9142 (24/7)

www.communitybridgesaz.org

Narcotics Anonymous

Helpline: 480-897-4636

www.arizona-na.org



CAREGIVER

Caregiving knows no boundaries. Whether you provide care for a loved one at home or are responsible for someone in a long-term residence, you are a caregiver.

If you are caring for someone and looking for helpful services and resources, call the Area Agency on Aging to learn more. *See pages 83 and 87 for more information.*

La ayuda prestada para cuidados de un familiar o amigo/a no conoce fronteras. Ya sea que cuida a un ser querido en casa o es responsable de alguien en una residencia de larga duración entonces, usted es un cuidador.

Si usted cuida de una persona y está buscando los servicios y recursos de ayuda, llame a la agencia local del envejecimiento para saber más. *Ver páginas 83 y 87 para mas informacion.*

602-264-HELP (4357)

Notes

CD

Consumer Rights Organizations

Consumer rights organizations advocate for the rights of individuals and educate consumers about their rights. These organizations can include government and regulatory organizations, consumer rights advocacy organizations, scam and fraud alert, and unions/associations of consumers that provide consumer benefits.

The groups listed here are among those who place special emphasis on issues affecting older adults and persons with a disability.

Las Organizaciones de derechos del consumidor abogan por los derechos de los consumidores o educan a los consumidores sobre sus derechos. Estas organizaciones pueden incluir al gobierno y organizaciones reguladoras, organizaciones de defensa de los derechos de consumidores y sindicatos que proveen beneficios al consumidor.

Los grupos enumerados aquí están entre los que dan un énfasis especial a los problemas que afectan a los adultos mayores y las personas con discapacidad.

AARP (American Association of Retired Persons)

1-888-687-2277

Member Service Center, AZ Office

16165 N. 83rd Avenue, Ste. 201

Phoenix, AZ 85382

1-866-389-5649

www.aarp.org

American Civil Liberties

Union of AZ

PO Box 17148

Phoenix, AZ 85011

602-650-1854

www.acluaz.org

The ARC Arizona

PO Box 83434

Phoenix, AZ 85071

602-234-2721

www.arcarizona.org

Arizona Attorney General

Civil Rights Division

1275 W. Washington Street

Phoenix, AZ 85007

602-542-5263

www.azag.gov

Task Force Against Senior Abuse

1275 W. Washington Street

Phoenix, AZ 85007

602-542-2124

www.azag.gov

Arizona Bridge to Independent Living (ABIL)

5025 E. Washington Street, Ste. 200

Phoenix, AZ 85034

602-256-2245

1-800-280-2245

www.abil.org

CONSUMER RIGHTS ORGANIZATIONS

Arizona Center for Disability Law

5025 E. Washington Street
Phoenix, AZ 85034
602-274-6287
1-800-927-2260
www.azdisabilitylaw.org

Arizona Commission for the Deaf and Hard of Hearing

100 N. 15th Avenue, Ste. 104
Phoenix, AZ 85007
Voice: 602-542-3323
In State: 1-800-352-8161
TTY: 602-364-0990
www.acdhh.org

Arizona Department of Mental Health Services

Office of Human Rights
150 N. 18th Avenue, 210r
Phoenix, AZ 85007
602-364-4585
www.azdhs.gov

Arizona Department of Veterans' Services

3839 N. 3rd Street
Phoenix, AZ 85012
602-255-3373
www.azdvs.gov

Arizona Labor Department

Industrial Commission of Arizona
800 W. Washington Street, Room 403
Phoenix, AZ 85007
602-542-4515
www.ica.state.az.us

Arizona Nurses Association

1850 E. Southern Avenue, Ste. 1
Tempe, AZ 85282
480-831-0404
www.aznurse.org

Arizona Registrar of Contractors

1700 W. Washington Street, Ste. 105
Phoenix, AZ 85007
602-542-1525
1-877-MY AZROC (692-9762)
www.azroc.gov

Arizona Senior Citizens Law Project

1818 S. 16th Street
Phoenix, AZ 85034
602-252-6710

Arizona Tenants Advocates

1200 W. 6th Street
Tempe, AZ 85281
480-557-8905
www.arizonatenants.com

Better Business Bureau

4428 N. 12th Street
Phoenix, AZ 85014
602-264-1721
www.bbb.org/phoenix

Consumer Complaint Unit

1275 W. Washington Street
Phoenix, AZ 85007
602-542-5763
www.azag.gov

CONSUMER RIGHTS ORGANIZATIONS

CASS

Central Arizona Shelter Services
230 S. 12th Avenue
Phoenix, AZ 85007
602-256-6945
www.cassaz.org

CASA Center for Positive Social Change

3030 N. 3rd Street, Ste 200
Phoenix, AZ 85012
602-254-6400
www.casacares.org

Center for Prevention of Abuse & Violence (CASA)

2200 N. Central Avenue, Ste. 201
Phoenix, AZ 85004
602-254-6400
www.casacares.org

City of Phoenix Equal Opportunity Department

251 W. Washington Street, 7th Floor
Phoenix, AZ 85003
602-262-7716
www.phoenix.gov/eod

City of Phoenix Landlord/Tenant Line

200 W. Washington Street, 4th Floor
Phoenix, AZ 85003
602-262-7210
www.phoenix.gov

Governor's Advisory Council on Aging

1700 W. Washington Street, Ste. 101
Phoenix, AZ 85007
602-542-4710
www.azgovernor.gov/gaca/

Mental Health America of AZ

501 N. 44th Street, Ste 300
Phoenix, AZ 85008
480-982-5305
www.mhaarizona.org

National Association for the Advancement of Colored People (NAACP)

1818 S. 16th Street
Phoenix, AZ 85034
602-252-4064
www.naacp.org

U.S. Equal Employment Opportunity

3330 N. Central Ave., Ste 690
Phoenix, AZ 85012
602-640-5000
1-800-669-4000
www.eeoc.gov

Dental Care

Dental care is often difficult to obtain for the elderly and adults with a disability who do not have the financial resources for a private dentist. The organizations listed below may be able to help in obtaining reduced or no-cost dental care.

A menudo, el Cuidado dental es difícil de obtener para las personas de la tercera edad y adultos con discapacidad que no tienen los recursos financieros para ir a un dentista privado. Las organizaciones que aparecen a continuación pueden ayudarle a obtener un descuento o atención dental sin costo.

Adelante Healthcare

www.adelantehealthcare.com

(Reduced fee)

Clinica Adelante/Tidwell

Family Care

306 E. Monroe Avenue

Buckeye, AZ 85326

623-386-1630

www.clinicaadelante.com

(Reduced fee)

Mesa Dental Clinic

1705 W. Main Street

Mesa, AZ 85201

480-247-7303

Surprise Dental Clinic

15351 W. Bell Road, Ste 108

Surprise, AZ 85374

623-544-5189

Arizona Dental Association

3193 N. Drinkwater Boulevard

Scottsdale, AZ 85251

480-850-1474

1-866-340-4337

www.azda.org

(Donated dental services)

Arizona School of Dentistry and Oral Health Dental Clinic

www.atsudental.com

(Reduced fee)

ASDOH Dental Clinic

5855 E. Still Circle

Mesa, AZ 85206

480-248-8100

Dental Care West

20325 N. 51st Avenue, Unit 156

Glendale, AZ 85308

623-251-4700

CASS

Adult Dental Service

230 S. 12th Avenue

Phoenix, AZ 85007

602-256-6945

www.cassaz.org

(Reduced fee)

Give Back a Smile (AACD)

1-800-DENTIST (336-8478)

www.givebackasmile.com

(for abuse survivors)

Maricopa Integrated Health Services (MIHS) Clinics:

(Reduced fee)

Avondale Family Health Center Dental Clinic (MIHS)

950 E. Van Buren Avenue
Avondale, AZ 85323
623-344-6809
avondalefamilyhealthcenter.org

Chandler Family Health Center Dental Clinic (MIHS)

811 S. Hamilton Street
Chandler, AZ 85225
480-344-6109
chandlerfamilyhealthcenter.org

Comprehensive Healthcare Center (MIHS)

2525 E. Roosevelt St.
Phoenix, AZ 85008
602-344-1015
mihs.org

Glendale Family Health Center Dental Clinic (MIHS)

5141 W. Lamar Rd.
Glendale, AZ 85301
623-344-6700
glendalefamilyhealthcenter.org
(Reduced fee)

Maricopa Medical Center Dental Clinic (MIHS)

2525 E. Roosevelt Street
Phoenix, AZ 85008
602-344-1005
www.mihs.org

McDowell Health Center Dental Clinic (MIHS)

1101 N. Central Avenue
Phoenix, AZ 85006
602-344-6550
www.mihs.org
(HIV/AIDS only)

Mesa Family Health Center Dental Clinic (MIHS)

59 S. Hibbert
Mesa, AZ 85210
480-344-6209
www.mihs.org

South Central Family Health Center (MIHS)

33 W. Tamarisk St.
Phoenix, AZ 85041
602-344-6400
www.mihs.org

Midwestern University Clinics – Dental Clinic

19389 N. 59th Avenue
Glendale, AZ 85308
623-537-6000
www.mwuclinics.com/az/di
(Reduced fee)

Mountain Park Health Center

602-243-7277
www.mountainparkhealth.org/dental/
(Reduced fee)

Baseline Clinic

635 E. Baseline Road
Phoenix, AZ 85042

Maryvale Clinic

6601 W. Thomas Road,
Phoenix AZ 85033

DENTAL CARE

Native American Community Health Center

4041 N. Central Avenue, Bldg. C
Phoenix, AZ 85012
602-279-5262
After Hours Emergencies: 602-787-3432
www.nativehealthphoenix.org
(Serves all Maricopa County Residents
Must be referred from Native Health)

Phoenix College Dental Hygiene Clinic

3144 N. 7th Ave.
Phoenix, AZ 85013
602-285-7323
www.pc.maricopa.edu
(X-Ray and Dental Cleaning Only)

Phoenix Indian Medical Center

4212 N. 16th Street
Phoenix, AZ 85016
602-263-1592
(Native Americans only)

Rio Salado College School of Dental Hygiene

2250 W. 14th Street
Tempe, AZ 85281
480-377-4100
www.riosalado.edu/dental

Smiles for Success

1-800-920-2293
www.smilesforsuccess.org
(Referral from Job Placement Organization)

Society of St. Vincent de Paul Dental Clinic

420 W. Watkins Avenue
Phoenix, AZ 85003
602-261-6868
www.stvincentdepaul.net
(Reduced fee)

South Central Family Health Dental Clinic (MIHS)

Maricopa Integrated Health System
33 W. Tamarisk Street
Phoenix, AZ 85041
602-344-6400
www.mihs.org
(Reduced fee)

VA Medical Center

650 E. Indian School
Phoenix, AZ 85003
602-277-5551, Ext. 1-6424
www.phoenix.va.gov/services/dental_service.asp
(For 100% disabled only)

MOBILE UNIT

Community Dental Foundation

1-888-318-3388
www.cdental.org
(Visits schools and churches. Extractions,
no dentures)

Mobile Dentistry of Arizona

480-313-3310
www.mobiledentistryofaz.com
(Elderly homebound & nursing home)

Coronado Dental Clinic

480-461-1232
(Special needs & homebound elderly)

Domestic Violence

Domestic violence does not respect age. Domestic violence in later life occurs when older individuals are physically, sexually or emotionally abused, exploited, or neglected by someone with whom they have an ongoing relationship. Abusers intentionally use coercive tactics, such as isolation, threats, intimidation, manipulation, and violence to gain and maintain control over the victim. — *National Clearinghouse on Abuse in Later Life*

Abusers' tactics are remarkably similar regardless of age. Abusers frequently look for someone they can dominate, those believed to be weak, or unlikely or unable to retaliate. With respect specifically to abuse in later life, the aggressors may include spouses and former spouses, partners, adult children, extended family, and in some cases caregivers.

La violencia doméstica no respeta edades. La violencia en el hogar a las personas de edad avanzada se produce cuando las personas mayores son física, sexual o emocionalmente maltratados, explotados, abandonados o descuidados por alguien con quien ellos tienen una relación continua. Los abusadores utilizan intencionalmente tácticas coercitivas, como el aislamiento, las amenazas, la intimidación, la manipulación y la violencia para obtener y mantener el control sobre la víctima. — *Centro Nacional de Información Documental sobre el Abuso a Personas de Edad Avanzada.*

No importa que edad tenga la víctima, las tácticas son notablemente similares. Con frecuencia los abusadores buscan a alguien que puedan dominar, personas que consideran débiles o personas que no pueden tomar represalias. En lo que se refiere concretamente a los abusos en la edad avanzada, los agresores incluyen cónyuges y excónyuges, parejas, hijos adultos, familia extendida y en algunos casos las personas que los cuidan.

DOMESTIC VIOLENCE

RESOURCES FOR INFORMATION AND REFERRAL

**Arizona Address Confidentiality
Program**
602-542-1653

Area Agency on Aging, Region One

The DOVES® Program

1366 E. Thomas Road, Ste. 108
Phoenix, AZ 85014
602-264-HELP (4357)
www.dovesprogram.org

Arizona Coalition to End Sexual & Domestic Violence

Lay Legal Advocacy Hotline
602-279-2900
1-800-782-6400
TTY: 602-279-7270
www.acesdv.org

National Domestic Violence Hotline

1-800-799-SAFE (7233)
TTY: 1-800-787-3224
www.thehotline.org
(Chat line available)

**Rape, Abuse and Incest
National Network (RAINN)**
1-800-656-HOPE (4673)

EMERGENCY DOMESTIC VIOLENCE SHELTERS:

The majority of domestic violence shelters in Maricopa County use a centralized screening number to place victims in shelter beds. The number is **480-890-3039**. Below is a list of shelters that use this number:

- Autumn House – *East Valley*
- Chrysalis – *Central Valley*
- Sojourner Center – *Phoenix*
- Faith House – *West Valley*
- My Sister's Place – *East Valley*
- Community Alliance Against Family Abuse (CAAFA) – *East Valley*
- De Colores – *Central Valley*
- New Life Center – *West Valley*
- Elim House – *Central Valley*

Family Housing Hub: **602-595-8700**.
Shelters that use this number:

- UMOM
- Cass Vista Colina
- Salvation Army Kaiser Family Center
- Labor Community Service Agency
- House of Refuge

Other Shelters:

- Ozanam Manor: 602-850-6900
- Watkins: 602-759-5356
- CASS: 602-256-6945 x3059
- Welcome Center: 605-256-6945



ELDERVENTION® PROGRAM

The ElderVention® program focuses on prevention, education and clinical treatment. Services are offered in the community for older adults who exhibit symptoms of depression and anxiety and personal harm. ElderVention® is also licensed to offer therapy in home.

See page 76 for more information.

El programa ElderVention® se enfoca en la prevención, la educación y el tratamiento clínico. Los servicios se ofrecen en la comunidad para los adultos mayores que están deprimidos, en riesgo de suicidio o abuso de sustancias. ElderVention® también tiene licencia para ofrecer la terapia en el hogar.

Ver página 76 para mas informacion.

602-264-HELP (4357)

Notes

EFF

Elder Abuse

Abuse of the elderly takes different forms: physical, psychological, financial, and neglect. Help and support is available for both the elderly individual and their caregiver wherever they live—at home, in an assisted living facility or nursing home.

Those who are in contact with older adults have the responsibility to become aware of the signs of abuse and to report any signs of abuse to the proper authorities.

If abuse is suspected, contact Adult Protective Services at 1-877-767-2385

El abuso a las personas mayores toma diferentes formas: físico, psicológico, económico, y el abandono. Ayuda y apoyo técnico están disponibles tanto para el individuo de edad avanzada y su cuidador dondequiera que vivan en casa, en un centro de asistencia o asilo de ancianos.

Los que están en contacto con las personas de mayor edad tienen la responsabilidad de tomar conciencia de las señales de abuso y reportar cualquier signo de abuso a las autoridades correspondientes.

Si se sospecha de algún tipo de abuso, por favor llamar a los servicios de protección para adultos al 1-877-767-2385

Area Agency on Aging, Region One

Senior HELP LINE
1366 E. Thomas Road, Ste. 108
Phoenix, AZ 85014
602-264-HELP (4357)
www.aaaphx.org
(Information about elder abuse)

Adult Protective Services

1-877-767-2385
TTY: 1-877-815-8390
www.azdes.gov
(Suspected incidents of abuse)

Arizona Attorney General's Office

Task Force Against Senior Abuse (TASA)
1275 W. Washington Street
Phoenix, AZ 85007
602-542-2124
www.azag.gov
(Prevention services and assistance
with victims of abuse)

Elder Refugee Program

The Elder Refugee Program conducts outreach to locate refugees 60 years of age or older in Maricopa County and make them aware of available health and social services. It also works to increase the availability of culturally and linguistically appropriate services for older refugees in the communities where they live. Program staff advocates on behalf of the refugees and coordinate with existing agencies and the refugee communities to better utilize resources in meeting their needs.

E
F

El Programa de Refugiados Mayores lleva a cabo la labor de ubicar a los refugiados mayores de 60 años de edad en el Condado de Maricopa y de hacerles saber sobre los servicios sociales y de salud. También trabaja para aumentar la disponibilidad de servicios cultural y lingüísticamente apropiados para los refugiados mayores en las comunidades donde viven. El personal del programa aboga a favor de los refugiados y coordina con agencias existentes y las comunidades de refugiados para utilizar mejor los recursos para satisfacer las necesidades de los refugiados mayores.

Area Agency on Aging, Region One

1366 E. Thomas Road, Ste.108
Phoenix, AZ 85014
602-264-2255
www.aaaphx.org

MOSAIC® Center

1430 E. Indian School Road
Phoenix, AZ 85014
602-253-9073
www.aaaphx.org

Employment & Job Training

Senior Community Service Employment Program (SCSEP)

Older adults seeking employment and ready to reenter the job market can participate in the SCSEP program. This program provides paid training opportunities to help job seekers aged 55 and older improve their skills and gain current work experience.

Programa de Empleo de Servicio Comunitario para Personas Mayores (SCSEP por sus siglas en inglés)

Los adultos mayores que buscan empleo pueden participar en el programa SCSEP. Este programa proporciona oportunidades de entrenamiento pagado para ayudar a las personas mayores de 55 años que buscan trabajo a mejorar sus conocimientos y experiencia laboral actual.

AARP Senior Community Service Employment Program

5119 N. 19th Avenue, Ste. A
Phoenix, AZ 85015
602-841-0403
www.aarpworksearch.org

Area Agency on Aging, Region One

ageWORKS®
1366 E. Thomas Road, Ste. 108
Phoenix, AZ 85014
602-264-2255
www.aaaphx.org

Arizona Bridge to Independent Living

5025 E. Washington Street, Ste. 200
Phoenix, AZ 85034
602-256-2245
www.abil.org
(Serves individuals with a disability)

Arizona Women's Education & Employment

www.awee.org

640 N. 1st Avenue
Phoenix, AZ 85003
602-223-4333

914 W. Hatcher Road
Phoenix, AZ 85021
602-371-1216

Banner Olive Branch Senior Center

11250 N. 107th Avenue
Sun City, AZ 85351
623-974-6797
www.bannerhealth.com

EMPLOYMENT & JOB TRAINING

Beacon Group SW, Inc.

2222 N. 24th Street

Phoenix, AZ 85008

602-685-9703

www.tetracorp.com

(Employment support only for mental and physical disabilities — not seniors)

Goodwill of Central Arizona Workforce Development

www.goodwillaz.org

2626 W. Beryl Avenue

Phoenix, AZ 85021

602-535-4000

930 N. Alma School Road

Chandler, AZ 85224

602-535-4440

211 N. Litchfield Road

Goodyear, AZ 85338

602-535-4416

10603 E. Apache Trail

Mesa, AZ 85207

480-380-7597

106 E. McKellips Road

Mesa, AZ 85207

602-535-4466

6750 W. Peoria Avenue, Ste. 115

Peoria, AZ 85345

602-535-4400

3514 W. Peoria Avenue

Phoenix, AZ 85029

602-535-4422

1980 W. Baseline Road

Phoenix, AZ 85041

602-535-4477

515 N. 51st Avenue

Phoenix, AZ 85043

602-513-8420

4005 N. 16th Street

Phoenix, AZ 85016

602-535-4214

1726 W. Camelback Road

Phoenix, AZ 85015

602-535-4484

8959 E. Indian Bend Road

Scottsdale, AZ 85250

602-535-4470

805 E. Guadalupe Road

Tempe, AZ 85283

602-535-4460

Greater Phoenix Urban League

1402 S. 7th Avenue

Phoenix, AZ 85007

602-254-5611, Ext. 111

www.gphxul.org

Justa Center

A day resource center for those aged 55+ who have nowhere to live.

1001 W. Jefferson

Phoenix AZ 85007

602-254-6524

www.justacenter.org

Maricopa Workforce Connections

One-Stop Service Centers

www.arizonaworkforceconnection.com

Gilbert Career Center

735 N. Gilbert Road, Ste. 134

Gilbert, AZ 85234

480-497-0350

Vista Del Camino Center

7700 E. Roosevelt Street
Scottsdale, AZ 85257
480-312-2323

West Valley Career Center

1840 N. 95th Avenue, Ste. 160
Phoenix, AZ 85037
602-372-4200

Marc Center

924 N. Country Club Drive
Mesa, AZ 85201
480-969-3800

www.marccr.com

*(Employment support only for mental and
physical disabilities – not seniors)*

St. Joseph the Worker

1125 W. Jackson Street
Phoenix, AZ 85007
602-417-9854

www.sjwjjobs.org

(For homeless & disadvantaged)

Vocational Rehabilitation

3221 N. 16th Street, Ste. 200
Phoenix, AZ 85016
602-266-6752

*(Employment support only for mental and
physical disabilities – not seniors)*

Fiduciary Services

When managing personal finances becomes a burden, a professional fiduciary can be privately retained or appointed by the court to manage personal assets, and by Social Security Administration to manage Social Security and SSI benefits. The fiduciary is responsible to manage a person's income and assets for benefit of that person. It is important that a privately retained fiduciary is certified by the Arizona Supreme Court.

E
F

Cuando el manejo de las finanzas personales se convierte en una carga, un fiduciario profesional puede ser retenido o nombrado por la corte para administrar los bienes personales, y por la Administración de Seguridad Social para administrar los beneficios del Seguro Social y SSI. El fiduciario es responsable de administrar los ingresos y bienes de una persona para el beneficio de esa persona. Es importante que un fiduciario contratado privadamente está certificado por la Corte Suprema de Arizona.

Representative Payees for Social Security Beneficiaries (SSA/SSI)

Ayudando Guardians

20 West 1st St.
Mesa, AZ 85201
480-649-2710
www.ayudandoguardians.com

Project HOME

1570 W. Van Buren St.
Phoenix, AZ 85007
602-252-3538

Social Security Services of Arizona

P.O. Box 1466
Glendale, AZ 85301
623-414-4425
www.reppayee.org

Court Appointed Fiduciaries

Arizona Department of Veteran's Services Phoenix Fiduciary Office

3839 N. 3rd St.
Phoenix, AZ 85012
602-248-1554
www.dvs.az.gov

Arizona Fiduciaries Association

(Info. regarding private fiduciary services)
20325 N. 51st Ave., Suite 134
Glendale, AZ 85308
623-322-2944
www.azfid.org

Maricopa Public Fiduciary

222 N. Central Ave. , suite 4100

Phoenix, AZ 85004

602-506-5801

After Hours: 602-506-5801

(emergencies only)

www.maricopa.gov/PubFid/

Financial Assistance

Eligibility for financial assistance is usually based on income, resources and need for aid caused by an inability to work or a crisis situation.

La elegibilidad para recibir asistencia financiera generalmente se basa en los ingresos, los recursos y la necesidad de ayuda ocasionada por la incapacidad para trabajar o una situación de crisis.

E
F

Arizona Department of Economic Security

Family Assistance Administration
1789 W. Jefferson Street, 3rd Floor
Phoenix, AZ 85005
602-542-9935
1-800-352-8401
www.azdes.gov

Healthy-e-Arizona PLUS

*Connecting individuals and families to
coverage, benefits and services.*
www.healthearizonaplus.gov

Social Security Administration

1-800-772-1213
TTY:1-800-325-0778
www.ssa.gov

Social Security Administration Offices

253 W. Superstition Boulevard
Apache Junction, AZ 85220

5907 W. Kings Avenue
Glendale, AZ 85306

702 W. Jerome Avenue
Mesa, AZ 85210

16241 N. Tatum Boulevard
Phoenix, AZ 85032

250 N. 7th Avenue, Ste. A
Phoenix, AZ 85007

Community Action Programs (CAP) provide a variety of assistance services administered through counties, cities, councils of governments, and other private non-profit organizations. Services provided are: Emergency assistance, utility assistance and discount programs, rental/mortgage assistance, housing repair, food boxes and other food and nutrition programs, and homeless services.

Programas de Acción Comunitaria (CAP por sus siglas en inglés) proporcionan una amplia variedad de servicios de asistencia. Estos programas son administrados por los condados, ciudades, Consejos de Gobierno y otras organizaciones privadas sin fines de lucro. Algunos de los

FINANCIAL ASSISTANCE

servicios que pueden ofrecer son: ayuda de emergencia, asistencia sanitaria y programas de descuento, ayuda para la hipoteca o renta, reparación de vivienda, cajas de comida y otros programas de alimentación y nutrición y servicios para personas sin hogar.

INSIDE THE CITY OF PHOENIX

City of Phoenix Senior Services Intake Line for 60+

602-262-6631 (*Mondays at 1:00PM*)

John F. Long Family Services

3454 N. 51st Avenue

Phoenix, AZ 85031

602-262-6510

www.phoenix.gov/humanservices

Sunnyslope Family Services

914 W. Hatcher Road

Phoenix, AZ 85021

602-495-5229 (*Mon at 8:00AM*)

www.phoenix.gov/humanservices

Travis L. Williams Family Services

4732 S. Central Avenue

Phoenix, AZ 85040

602-534-4732 (*Mondays at 8:00AM*)

www.phoenix.gov/humanservices

OUTSIDE THE CITY OF PHOENIX

Avondale CAP

(*Avondale, Goodyear, Cashion, Litchfield Park, sections of Laveen*)

1007 S. 3rd Street

Avondale, AZ 85323

1-855-204-7797 (*Mom 8:00AM*)

Gila Bend Resource Center

(*Buckeye, Arlington, Rainbow Valley, Tonohpah, Gila Bend*)

928-683-6502 for Gila Bend (*First Tue. of the month 9AM–10AM*) (voicemail system)

928-683-6505 for other cities (*First Wed. of the month 9AM–10AM*)

Chandler Christian Community Center

(*Chandler, Gilbert, Sun Lakes, Queen Creek*)

345 S. California Street

Chandler, AZ 85225

480-963-1423

Guadalupe CAP

9421 S. Avenida Del Yaqui

Guadalupe, AZ 85283

480-730-3093

Surprise Resource Center

(*Surprise, El Mirage*) (voicemail system)

623-222-4673

Foundation for Senior Living CAP

(*Sun City, Sun City West, Peoria, Youngtown, Waddell*)

623-979-3911

Foothills Food Bank and Resource Center

(*New River, Carefree, Cave Creek, Rio Verde, Black Canyon City, Anthem*)

480-488-1145

FINANCIAL ASSISTANCE

Scottsdale Vista Del Camino CAP
480-312-2323

Tempe CAP
(Serves Tempe and Fountain Hills).
480-350-5880 *(Thur. 8AM utility assist.)*
*(First Fri. of the month, 8AM for rent/
mortgage assist.)*

Tolleson CAP
623-936-2760

Wickenburg CAP
(Wickenburg, Whittmann, Morristown)
928-684-7894

Glendale CAP
623-930-2460

A New Leaf/ MesaCAN
480-833-9200

**Salvation Army
Family Services**
arizona.salvationarmy.org

85 E. Saragosa Street
Chandler, AZ 85225
480-963-2041

6010 W. Northern Avenue
Glendale, AZ 85312
623-934-0469

241 E. 6th Street
Mesa, AZ 85201
480-833-8322

2707 E. Van Buren Street
Phoenix, AZ 85008
602-267-4122

17420 N. Avenue of the Arts Blvd.
Surprise, AZ 85374
623-977-1084

714 S. Myrtle Avenue
Tempe, AZ 85281
480-967-8649

605 E. Broadway Ave.
Apache Junction, AZ 85219
(480) 982-4110

Income Tax Assistance

Sun City Taxpayers Association
10195 W. Coggins Drive
Sun City, AZ 85351
623-933-7530
www.suncitytaxpayers.org

**AARP (American Association of
Retired Persons)**
1-888-227-7669 *(Info. on tax aide sites)*

**VITA (Volunteer Income Tax
Assistance)**
800-906-9887 *(Info. on tax aide sites)*

Other Financial Assistance

City of Phoenix Human Services
602-262-6666

City of Avondale Human Services
*(Avondale, Goodyear, Cashion, Litchfield
Park, sections of Laveen)*
1007 S. 3rd Street
Avondale, AZ 85323
623-333-2700

FINANCIAL ASSISTANCE

Maricopa County Human Services Department
602-506-5911

Society of St. Vincent de Paul
420 W. Watkins Road
Phoenix, AZ 85003
602-266-HOPE (4673)
www.stvincentdepaul.net

Sun City Community Assistance Program
623-933-7530 (M–F: 8AM–12PM)

Sun City Community Fund
Banner Olive Branch Senior Center
10765 W. Peoria Avenue
Sun City, AZ 85351
623-974-6797
www.bannerhealth.com/olivebranch

Sun City West Community Fund
Personal Needs Committee
623-546-1122

Property Tax Assistance: Available to seniors 65 years of age and older. Property must be the primary residence for at least two years. All owners of the property must meet income eligibility guidelines.

Asistencia con los Impuestos de Propiedad: Disponible para personas mayores de 65 años de edad. La propiedad debe ser la residencia principal por lo menos durante dos años. Todos los propietarios deben cumplir con los requisitos de ingresos para calificar.

Maricopa County Assessor
301 W. Jefferson Street, Ste. 330
Phoenix, AZ 85003
602-506-3406
www.maricopa.gov/assessor

Supplemental Security Income (SSI): Provides stipends to low-income people who are either aged (65 or older), blind, or disabled.

Seguridad de Ingreso Suplementario (SSI): Provee beneficios mensuales en efectivo a las personas que tienen ingresos limitados y pocos recursos que tienen la edad de 65 años o mayor, estén ciegos o incapacitados.

Supplemental Security Income (SSI)
1-800-772-1213
TTY 1-800-325-0778
www.maricopa.gov/assessor

FINANCIAL ASSISTANCE

Financial Counseling: Assistance in budget and credit counseling, money management and financial decision making.

Asesoramiento Financiero: Asistencia en el área de presupuesto y asesoría de crédito, manejo de dinero y toma de decisiones financieras.

Administration of Resources and Choices

10000 N. 31st Ave, Ste. C109
Phoenix, AZ 85051
602-374-2226
<http://arc-az.org>
(Foreclosure prevention)

Catholic Charities

4747 N. 7th Avenue
Phoenix, AZ 85013
602-285-1999
www.catholiccharitiesaz.com

Greenpath Debt Solutions

401 W. Baseline Road, Ste. 105A
Tempe, AZ 85283
1-800-550-1961
www.greenpath.com
www.irs.gov

Maricopa County Public Fiduciary

222 N. Central Avenue, Ste. 4100
Phoenix, AZ 85004
602-506-5801
(Burial assistance only)

Money Management International

722 E. Osborn Road, Ste. 210
Phoenix, AZ 85014
1-866-889-9347
www.moneymanagement.org

Food Assistance

Emergency Food Assistance: Emergency food boxes are available to provide food for a limited number of days. Individuals must be referred to the program by a social service agency in order to receive this aid and must meet eligibility requirements.

In addition to the emergency food services provided by food banks, there are other food assistance programs available throughout the county. They include, but are not limited to, Supplemental Nutrition Assistance Program (SNAP), Arizona Farmers Market Nutrition Program, Food Plus, and Food Cooperatives.

Asistencia Alimenticia de Emergencia: Las cajas de emergencia de comida están disponibles a fin de proporcionar alimentos por un tiempo limitado. Las personas deben ser referidas al programa por una agencia de servicios sociales para recibir esta ayuda y deben cumplir con los requisitos de elegibilidad.

Además de los servicios de emergencia de alimentos suministrados por los bancos de alimentos, hay otros programas de asistencia alimentaria disponibles en todo el condado, que incluyen, pero no se limitan a, SNAP (Supplemental Nutrition Assistance Program), *Arizona Farmers Market Nutrition Program*, *Food Plus*, y Food Cooperatives.

Chandler Food Bank

Chandler Christian Community Center

(Emergency Food Assistance)

345 S. California St.

Chandler, AZ 85225

480-963-1423

www.chandlerfoodbank.org

(M-F: 8AM-4:30PM)

Cultural Cup Food Bank

342 E. Thomas Road

Phoenix, AZ 85012

602-266-8370

www.culturalcup.com

Covenant of Grace Ministries

906 W. Peoria Ave

Phoenix, AZ 85029

602-678-0999

Desert Mission Food Bank

9229 N. 4th Street

Phoenix, AZ 85020

602-870-6062

www.jcl.com/foodbank

Healthy-e-Arizona PLUS

Connecting individuals and families to coverage, benefits and services.

www.healthearizonaplus.org

Interfaith Cooperative Ministries (ICM)

501 S. 9th Avenue
Phoenix, AZ 85007
602-254-7450
www.icmaz.org

Paradise Valley Emergency

Food Bank

10862 N. 32nd Street
Phoenix, AZ 85028
602-867-9228
(PV School District only; no walk-ins)

St. Mary's Food Bank Alliance

602-242-F00D (3663)
www.firstfoodbank.org

3131 W. Thomas Road
Phoenix, AZ 85009

13050 W. Elm Street
Surprise, AZ 85374

United Food Bank

245 S. Nina Drive
Mesa, AZ 85210
480-926-4897
www.unitedfoodbank.org

Fresh Produce Programs

The 3000 Club

Market on the Move

1741 W. Rose Garden Lane Ste. 6-9
Phoenix, AZ 85027
623-374-2559

Borderlands Food Bank Produce on Wheels With Out Waste

2661 N. Donna Ave
Nogales, AZ 85621
800-551-6764
borderlandsfoodbank.org
623-374-2559

Mesa Active Adult Center

247 N. Macdonald Rd.
Mesa, AZ 85201
480-962-5612

Supplemental Nutrition Assistance Program (SNAP) is the name of the Federal Food Stamp Program. SNAP increases a low-income household's purchasing power. Eligibility for SNAP is based on residency, citizenship or permanent resident status, income and resources.

Applications for food stamps are available at local Arizona Department of Economic Security (DES) offices.

Programa de Asistencia de Alimentación Suplementaria (SNAP por sus siglas en inglés) es el nombre de el Programa Federal de Estampillass para Alimentos. SNAP aumenta el poder adquisitivo de los

hogares de bajos ingresos al proveer fondos que se pueden utilizar en las tiendas para comprar alimentos nutritivos. Los requisitos para el programa SNAP se basan en la residencia, ciudadanía o condición de residente permanente, ingresos y recursos.

Las solicitudes de estampillas para alimentos están disponibles en las oficinas locales del Departamento de Seguridad Económica de Arizona (DES por sus siglas en inglés).

Arizona Commodity Supplemental Food Program
602-242-3663

Bridges Reaching the Elderly and Disabled (BREAD)
602-242-3663, 602-266-8370

(Free supplemental food box delivered to seniors and disabled individuals unable to leave their homes due to financial hardship and physical disabilities.)

Brown Bag/Gleaning Program
602-242-3663

(A supplemental bag of groceries provided weekly or on a regular basis to seniors or participating households. Operated by St. Mary's/Westside Food Bank Alliance.)

Food Plus
602-242-3663

(Monthly package of food provided at no cost to seniors (60+ years old), children and pregnant or post-partum women.)

Food Value Club
602-242-3663

[A cooperative food-purchasing program that provides food to low-income households for \$15 (cash or food stamps).]

Supplemental Nutrition Assistance Program (SNAP)

Department of Economic Security
815 N. 18th Street
Phoenix, AZ 85006
602-542-9935
www.azdes.gov/faa

Friendly Visitors

Friendly visitors provide companionship. They can assist with activities such as shopping, reading, helping with the mail, or just talking. Friendly visitors also help provide peace of mind to caregivers who cannot check on family or friends as often as they might like.

In addition to actually visiting the home, friendly visiting is provided in some areas by a telephone reassurance service that regularly phones individuals to check their well-being.

Los visitantes amigables proporcionan compañía. Pueden ayudar con actividades como ir de compras, leer un libro, ayudar con el correo o sencillamente conversar. Los visitantes Amigables también ayudan a dar tranquilidad a los cuidadores que no pueden comunicarse con la familia o amigos con la frecuencia que desean.

Además de la visita real al hogar, el servicio de visita amistosa, también proporciona, en algunas áreas, un servicio de apoyo por telefono que regularmente chequea el bienestar del individuo.

Assistance for Independent Living

45 W University
Mesa, AZ 85201
480-964-9014
www.evadultresources.org

Benevilla

Phone Pals
16752 N. Greasewood Street
Surprise, AZ 85374
623-584-4999 / 602-274-5022
www.benevilla.org

Duet

555 W. Glendale Avenue
Phoenix, AZ 85021
602-285-0543
www.duetaz.org

Foothills Caring Corps

7275 E. Easy Street, Ste. B103
Carefree, AZ 85377
480-488-1105
www.foothillscaringcorps.com

Honor Health:

John C. Lincoln Auxiliary Line

250 E. Dunlap Avenue
Phoenix, AZ 85020
602-331-5729
www.honorhealth.com
(Telephone reassurance only)

Neighbors Who Care

10450 E. Riggs Road, Ste. 113
Sun Lakes, AZ 85248
480-895-7133
www.neighborswhocare.com
(Sun Lakes and South Chandler only)

Pan de Vida

Diabetes Classes in Spanish

PO Box 745

Queen Creek, AZ 85242

480-987-0819

www.pandevidaaz.org

Sheriff's Posse of

Sun City West

R.U.O.K. Program

20450 N. Stardust Boulevard

Sun City West, AZ 85375

623-584-5808

www.sheriffspossesuncitywest.net

(Telephone reassurance)





HIV CARE DIRECTIONS® PROGRAM



G
H

The Care Directions® program provides services to adults over 18 years of age living with HIV/AIDS. Care Directions® provides case management, transportation for care related appointments, financial assistance for HIV related medical co-pays, housing assistance, and eligibility determination for Ryan White Part A services. *See page 52 for more information.*

El programa de Care Directions® ofrece servicios a hombres y mujeres mayores de 18 años de edad que viven con el VIH/SIDA. Care Directions® facilita el manejo de casos, transporte para las citas relacionadas con el cuidado de salud, la asistencia financiera para cubrir con los copagos médicos relacionados al VIH, asistencia para la vivienda, y la determinación de elegibilidad para los servicios de Ryan White Parte A. *Ver página 52 para mas informacion.*

602-264-CARE (2273)

Notes

This image shows a single sheet of white paper with horizontal blue lines, similar to standard notebook paper. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

GH

Grandparents Raising Grandchildren Kinship Care

The following programs offer support and assistance to grandparents who are raising their grandchildren. Services offered include finding available resources, providing emotional support and respite.

Los siguientes programas ofrecen servicios de apoyo y asistencia a los abuelos que están criando a sus nietos. Alguno de los ofrecidos incluyen, proporcionar apoyo emocional y descanso, buscar los recursos disponibles.

Child Crisis Arizona

817 N. Country Club Drive
Mesa, AZ 85201
480-834-9424
www.child.crisisaz.org

Duet

555 W. Glendale Avenue
Phoenix, AZ 85021
602-274-5022
www.duetaz.org

Benevilla Family Resource Center

16752 N. Greasewood St.
Surprise AZ 85378
623-207-6016
www.benevilla.org

Chicanos Por La Causa (CPLC)

Parenting AZ

6741 N. 7th St.
Phoenix, AZ 85014
602-248-0428 ext. 217
www.parentingaz.org

Grandfamilies Place of Phoenix

*(Affordable housing for the needs of
grandparents raising grandchildren)*

5150 South 18th Place
Phoenix AZ, 85040
602-354-4897

Intertribal Council of AZ

Area Agency on Aging, Region 8

2214 N. Central Ave.
Phoenix, AZ 85004
602-258-4822
www.itcaonline.com

Raising Special Kids

5025 E. Washington St., Suite 204
Phoenix, AZ 85034
602-242-4366 | 800-237-3007
www.raisingpecialkids.org

Other Advocacy Groups

Arizona's Children Association

480-748-9269
www.arizonakinship.org

Children's Action Alliance

602-266-0707
www.azchildren.org

Central Arizona Kinship Care Coalition

888-737-7494
www.azkinicare.org

Health Care

A variety of programs and reduced-cost health care services are available for seniors and adults with a disability. Listed is a broad overview of the programs available.

Medicare is a federal health insurance program for people who are 65 years of age and older and for younger people with permanent disabilities. There are four parts to Medicare:

- Part A primarily covers hospitalization.
- Part B covers outpatient care, including visits to doctors.
- Part C covers Medicare health plans.
- Part D covers prescription drugs.

Eligibility determination and enrollment in the Medicare program is the responsibility of the Social Security Administration.

GH

Hay una variedad de programas y servicios de bajo costo disponibles para el cuidado de la salud de personas de edad avanzada y adultos con discapacidades. Esta es una idea general de los programas disponibles.

Medicare es un programa federal de seguro médico para personas mayores de 65 años de edad y para jóvenes con discapacidades permanentes. Medicare se divide en cuatro partes::

- Parte A principalmente cubre la hospitalización
- Parte B incluye atención ambulatoria, incluyendo visitas a los médicos
- Parte C cubre planes de salud de medicare
- Parte D cubre medicamentos recetados

La determinación de elegibilidad e inscripción en el programa Medicare es responsabilidad de la Administración del Seguro Social.

Social Security Administration
1-800-772-1213
www.ssa.gov

**For General Information About
the Medicare Program**
1-800-MEDICARE (633-4227)
www.medicare.gov

Benefits Assistance Program, the local State Health Insurance Assistnace Program (SHIP), provides objective information about Medicare, insurance and benefits to seniors, persons with a disability and caregivers. Trained volunteers are available at a number of locations throughout Maricopa County to provide free personalized assistance.

El Programa de Asistencia de Beneficios, el programa local de Asistencia con Seguro Médico del Estado (SHIP) (por sus siglas en inglés), proporciona información objetiva sobre Medicare, seguros y beneficios a las personas mayores, personas con discapacidad y a sus proveedores de cuidados. Hay voluntarios entrenados disponibles en distintas ubicaciones en todo el Condado de Maricopa para proporcionar asistencia personalizada gratuita.

Area Agency on Aging, Region One

Benefits Assistance Program

1366 E. Thomas Road, Ste. 108

Phoenix, AZ 85014

602-264-HELP (4357)

www.aaaphx.org

Arizona Health Care Cost Containment System (AHCCCS) is Arizona's Medicaid program. Designed to help those who cannot otherwise afford medical care, eligibility to participate is based on evidence of citizenship, residency in Arizona, household income, and may require evidence of assets and prior medical expenses.

Sistema de Control de Costos Médicos de Arizona (AHCCCS) es el programa de Medicaid de Arizona, diseñado para ayudar a quienes no pueden pagar la atención médica; el derecho a participar se basa en la evidencia de ciudadanía, residencia en Arizona, los ingresos del hogar y puede exigir prueba de bienes y gastos médicos previos.

Arizona Health Care Cost Containment System (AHCCCS)

801 E. Jefferson Street

Phoenix, AZ 85034

602-417-4000 | 1-800-654-8713

www.azahcccs.gov

Healthy-e-Arizona PLUS

Connecting individuals and families to coverage, benefits and services.

www.healthearizonaplus.gov

HEALTH CARE

HealthCare.gov

The Affordable Care Act offers eligible seniors age 65 or older a range of preventive services with no cost-sharing, and provides discounts on drugs when in the coverage gap known as the "donut hole."

1-800-318-2596 | TTY: 1-855-889-4325

www.healthcare.gov

Justa Center

A day resource center for those aged 55+ who have nowhere to live.

1001 W. Jefferson

Phoenix AZ 85007

602-254-6524

www.justacenter.org

Medicare Savings Programs can help those on a limited income pay for costs associated with Medicare. Eligibility is based on income. To apply for Medicare savings programs, contact AHCCCS.

Programas de Ahorros de Medicare pueden ayudar a las personas con ingresos limitados a pagar los costos asociados con Medicare. La elegibilidad y el nivel de beneficios se basa en los ingresos. Para solicitar programas de ahorros de Medicare, comuníquese a AHCCCS.

SSI/MAO Office

801 E. Jefferson Street, Mail Drop 3800

Phoenix, AZ 85034

602-417-5010

www.ahcccs.state.az.us

Quality Improvement Organization: People on Medicare have special rights if they are in the hospital. They have the right to request a review by the Quality Improvement Organization of any written notice of non-coverage received from the hospital stating Medicare will no longer pay for the hospital care. The Quality Improvement Organization also monitors and reviews quality of care issues. To contact the Quality Improvement Organization:

Organización para una mejoría con calidad: Las personas con Medicare tienen derechos especiales si han sido hospitalizados. Tienen derecho de solicitar una revisión por parte de la Organización para una mejoría con calidad, de cualquier notificación por escrito, recibida de parte del hospital indicando que, Medicare ya no cubrirá los gastos del hospital. La organización para una mejoría con calidad también supervisa y examina la calidad de cualquier asunto relacionado a las atenciones y cuidados del paciente. Para ponerse en contacto con una Organización para una mejoría con calidad:

Livanta

6830 W. Oquendo Road, Suite 202
 Las Vegas, Nevada 89118
 1.877.588.1123
www.livanta.com

Additional Health Insurance Information: Health insurance is a complicated matter. The following resource list includes agencies that can assist you in obtaining information regarding health insurance and benefits.

Más información sobre el seguro médico: los seguros médicos son temas complicados. La siguiente lista de recursos incluye agencias que pueden ayudarle a obtener información sobre seguros médicos y beneficios.

**Area Agency on Aging,
 Region One**

Benefits Assistance Program
 1366 E. Thomas Road, Ste. 108
 Phoenix, AZ 85014
 602-264-HELP (4357)
www.aaaphx.org

AZ Department of Insurance

Consumer Affairs Division
 2910 N. 44th Street, Ste. 210
 Phoenix, AZ 85018
 602-364-2499 | 1-800-325-2548
www.id.state.az.us

**SHIP Statewide Medicare
 Hotline**

1-800-432-4040

Low Cost Medical Clinics Medical Assistance may be available at the following locations for persons with a limited income. Financial eligibility will be assessed and, depending on income, services may be provided on a sliding-scale fee basis.

Asistencia Médica en clínicas médica de bajo costo pueden estar disponibles en las siguientes ubicaciones para personas con ingresos limitados. La elegibilidad financiera será evaluada en base a los ingresos. Los servicios se pueden proporcionar en una escala de tarifas.

Clinica Adelante Centers

1-877-809-5092
www.adelantehealthcare.com

Adelante Healthcare

Avondale OB/GYN
Coronado Professional Plaza
 3400 N. Dysart Road, Ste. F-121
 Avondale, AZ 85392

HEALTH CARE

Adelante Healthcare Buckeye

306 E. Monroe Avenue
Buckeye, AZ 85326

Adelante Healthcare Gila Bend

100 N. Gila Road
Gila Bend, AZ 85337

Adelante Healthcare Mesa

1705 W. Main Street
Mesa, AZ 85201

Adelante Healthcare Mobile Health Program

306 E. Monroe Avenue
Buckeye, AZ 85326

Adelante Healthcare Phoenix

7725 N. 43rd Avenue, Ste. 510
Phoenix, AZ 85051

Adelante Healthcare Surprise

15351 W. Bell Road
Surprise, AZ 85374

Adelante Healthcare Wickenburg

811 N. Tegner Street, Ste. 113
Wickenburg, AZ 85390

Mission of Mercy Care

Partnership Clinics

602-486-7798 (*Mesa, Maryvale, Central & South Phoenix*)

623-932-2723 (*Avondale*)

www.amissionofmercy.org/arizona

Christ the King Community Church

Medical Clinic

1616 E. Broadway Road
Mesa, AZ 85204

(Hrs: Thur, 8:00AM–3:00PM)

First Southern Baptist Church of Avondale

1001 N. Central Avenue
Avondale, AZ 85323
602-932-2723

(Hrs: 2nd, 3rd & 4th Mon, 8AM–3PM)

Holy Family Catholic Church

6802 S. 24th Street
Phoenix, AZ 85042

(Hrs: 2nd & 4th Tue, 8:00AM–3:00PM)

Maryvale Church of the Nazarene

3201 N. 51st Avenue
Phoenix, AZ 85031

(Hrs: 1st & 3rd Tue, 8:00AM–3:00PM)

Shepherd of the Valley Church

1500 W. Maryland Avenue
Phoenix, AZ 85015

(Hrs: Wed, 8:00AM–3:00PM)

Maricopa Integrated Health System

2601 E. Roosevelt Street
Phoenix, AZ 85008

602-344-1153

www.mihs.org

(Admin. for outpatient health centers)

950 E. Van Buren Street

Avondale, AZ 85323

623-344-6800

811 South Hamilton

Chandler, AZ 85225

480-344-6100

12428 W. Thunderbird Road

El Mirage, AZ 85335

623-344-6500

5141 W. LeMar Street

Glendale, AZ 85301

623-344-6700

5825 E. Calle Guadalupe
Guadalupe, AZ 85283
480-344-6000

2525 E. Roosevelt Street
Phoenix, AZ 85008
602-344-1015

934 W. Hatcher Road
Phoenix, AZ 85021
602-344-6300

4011 N. 51st Avenue
Phoenix, AZ 85031
623-344-6900

1101 N. Central Ave, Ste 204
Phoenix, AZ 85004
602-344-6550
(HIV adult clients only)

1205 S. 7th Avenue
Phoenix, AZ 85007
602-344-6600

33 W. Tamarisk Street
Phoenix, AZ 85041
602-344-6400

1201 S. 7th Avenue
Phoenix, AZ 85007
602-344-6655
(Walk-in clinic)

59 S. Hibbert Street
Mesa, AZ 85210
480-344-6200

Banner Good Samaritan Regional Medical Service Clinic

1300 N. 12th Street, Ste. 508
Phoenix, AZ 85006
602-839-3927
www.bannerhealth.com

Justa Center

A day resource center for those aged 55+ who have nowhere to live.

1001 W. Jefferson
Phoenix AZ 85007
602-254-6524
www.justacenter.org

Maricopa County Healthcare for the Homeless

220 S. 12th Avenue
Phoenix, AZ 85007
602-372-2100
www.maricopa.gov
(Must be homeless, walk-ins only)

Mountain Park Health Center

2702 N. 3rd Street, Ste. 4020
Phoenix, AZ 85004
Corporate Office: 602-323-3344
Clinic Intake: 602-243-7277
www.mountainparkhealth.org

140 N. Litchfield Road, Ste. 200
Goodyear, AZ 85338

635 E. Baseline Road
Phoenix, AZ 85042

6601 W. Thomas Road
Phoenix, AZ 85033

690 N. Cofco Center Court,
Ste. 230 (WIC)
Phoenix, AZ 85008

1492 S. Mill Avenue, Ste. 312
Tempe, AZ 85281

Society of St. Vincent de Paul

420 W. Watkins Road
Phoenix, AZ 85003
602-266-HOPE (4673)
www.stvincentdepaul.net

Hearing Impaired & Deaf Services

Education, rehabilitation, outreach, counseling, and interpreting services are among the many types of assistance available for persons with hearing impairments or deafness.

Educación, rehabilitación, ayuda a los necesitados, asesoría y servicios de interpretación están entre los distintos tipos de asistencia disponibles para las personas con problemas de audición o sordera.

Arizona Commission for the Deaf and Hard of Hearing (ACDHH)

100 N. 15th Avenue, Ste. 104
Phoenix, AZ 85007
602-542-3323
TTY 602-364-0990
V/TTY: 1-800-352-8161
Video phone: 480-559-9441
email: info@azdhh.az.gov
www.acdhh.org

Arizona Speech-Language-Hearing Association

12256 N. 26th Place
Phoenix, AZ 85032
602-354-8062
email: arsha@arsha.org
www.arsha.org

Arizona Telecommunications Equipment Distribution Program (AzTEDP)

100 N. 15th Avenue, Ste. 104
Phoenix, AZ 85007
V/TTY: 602-542-1124
866-223-3412 V/TTY
email: info@acdhh.az.gov
www.acdhh.org

ASU, Speech & Hearing Clinic

975 S Myrtle Ave / COOR Hall
P.O. Box 870102
Tempe, AZ 85287
Voice: 480-965-2373
email: shsclinic@asu.edu
www.chs.asu.edu/clinics

AUDIENT Alliance for Accessible Hearing Care

(Low income hearing aids/referral to specialists)

3191 W. Temple Avenue, Ste. 200
Pomona, CA 91768
1-866-956-5400 Ext. 2
email: hear@epichearing.com
www.audientalliance.org

Foundation for Sight & Sound

Help America Hear Program

PO Box 1245
Smithtown, NY 11787
1-631-366-3461
email: info@fsshy.org
www.foundationforsightandsound.org

Hear Now

Starkey Hearing Foundation

6700 Washington Avenue

Eden Prairie, MN 55344

Main Number: 866-354-3254

U.S Assistance 800-328-8602

(Hear Now Program)

email: hearnow@starkeyfoundation.org

www.Starkeyhearingfoundation.org

Lions Sight & Hearing

Foundation

(Partnership with Zounds Hearing)

3427 N. 32nd Street

Phoenix, AZ 85018

602-954-1723

email: board@LS-HF.org

www.lions-sight-and-hearing-foundation.org

Valley Center of the Deaf

(Interpreting Service and More)

5025 E. Washington Street, Ste. 114

Phoenix, AZ 85034

Voice: 602-267-1921

TTY: 602-267-9122

Videophone: 623-208-4349

www.vcdaz.org

Woodward Foundation for the Disabled

33 S. Sycamore Street, Ste. 1

Mesa, Arizona 85205

Voice: 623-738-0150

Videophone: 623-738-0150

www.wfdaz.org

HIV & AIDS

HIV stands for human immunodeficiency virus. It weakens a person's immune system by destroying important cells that fight disease and infection. No effective cure exists for HIV. But with proper medical care, HIV can be controlled. Listed are programs and services for those diagnosed with HIV/AIDS.

HIV es un virus de la inmunodeficiencia humana. El sistema inmunológico de una persona se debilita mediante la destrucción de las células importantes que luchan contra las enfermedades e infecciones. No existe una cura efectiva para el VIH, pero con atención médica adecuada, el VIH puede ser controlado. Se enlistan abajo los programas y servicios para las personas que han sido diagnosticados con el virus VIH / SIDA.

GH

Area Agency on Aging, Region One

Care Directions®

1366 E. Thomas Road, Ste. 200

Phoenix, AZ 85014

602-264-2273

www.caredirections.org

Arizona Living Well Institute

(Chronic disease Self-Management Program)

Reva C. Litt, MPH *(Certified Master trainer)*

17353 W Imperia Ln

Surprise, AZ 85387

(623)544-6699

reva_litt@yahoo.com

ASU, Student Health Center

Tempe: 480-965-3349

Phoenix: 602-496-0721

(Students of ASU only)

Aunt Rita's Foundation

(Health & Services Information)

2700 N. 3rd St., Ste 2012

Phoenix, AZ 85004

602-882-8675

www.hivaz.org

Chicanos Por La Causa, Inc.

1112 E. Buckeye Road

Phoenix, AZ 85034

602-257-0700

www.cplc.org

Ebony House

39 E. Jackson Street

Phoenix, AZ 85004

602-254-6180

www.ebonyhouseinc.org

Maricopa County Public Health Clinic

1645 E. Roosevelt Street

Phoenix, AZ 85006

602-506-6900

www.wearepublichealth.org

McDowell Healthcare Center

1101 N. Central Avenue

Phoenix, AZ 85004

602-344-6550

www.mihs.org

**National AIDS Hotline Center
for Disease Control**

1-800-232-4636

1-800-448-0440

www.cdc.gov/hiv

Phoenix Shanti Group

2345 W. Glendale Avenue

Phoenix, AZ 85021

602-279-0008

www.shantiaz.org

(Hrs: 8:00AM–4:30PM, Mon–Fri)

**Planned Parenthood of Central
and Northern Arizona**

5651 N. 7th Street

Phoenix, AZ 85014

602-277-7526

1-800-230-7526

www.ppaz.org

(Call for clinic locations)

**Southwest Center for
HIV/AIDS**

1101 N. Central Avenue

Phoenix, AZ 85004

602-307-5330

www.swhiv.org

Terros

3003 N. Central Avenue, Ste. 200

Phoenix, AZ 85012

602-685-6000

www.terros.org

(Call for clinic locations)

AIDS Info

PO Box 6303

Rockville, MD 20849

1-800-448-0440

TTY: 1-888-480-3739

www.aidsinfo.nih.gov

Home Modification

Home modification is the conversion or adaptation of the living environment to make performing tasks easier, reduce accidents and support independent living. Examples include installing ramps, hand-held showers, grab bars, better lighting, roll-in showers, and stair or chair lifts. Home modifications overlap considerably with adaptive aids, which tend to be more mobile in nature and not attached to the structure of the house (see pg. 7 for adaptive aids).

La modificación del hogar se refieren a la conversión o adaptación de las condiciones de la vivienda para facilitar la realización de las tareas, reducir accidentes y apoyar la vida independiente. Algunos ejemplos son: instalar rampas, duchas de mano, barras de apoyo, mejorar la iluminación, regaderas sobre ruedas, escaleras o telesillas. Las modificaciones al hogar se traslapan considerablemente con los aparatos adaptables, que tienden ser más móviles y no están sujetas a la estructura de la casa. (Vea la pg. 7 aparatos adaptables).

GH

ADL Solutions

2720 S. Hardy Drive
Tempe, AZ 85282
480-636-1816
www.adl-solutions.com

Ability 360

5025 E. Washington Street, Ste. 200
Phoenix, AZ 85034
602-256-2245
1-800-280-2245
www.abil.org
(Scottsdale, Phoenix, Surprise, Peoria,
Gilbert, Chandler, Mesa)

Area Agency on Aging, Region One

SAIL Program
1366 E. Thomas Road, Ste. 108
Phoenix, AZ 85014
602-264-HELP (4357)
www.aaaphx.org

Duet

555 W. Glendale Avenue
Phoenix, AZ 85021
602-274-5022
www.duetaz.org
(Phoenix, Fountain Hills, Glendale, Paradise
Valley, Peoria, Scottsdale)

Foundation for Senior Living

3051 S. 45th Street
Phoenix, AZ 85040
602-532-2976
www.fsl.org
(Maricopa residents seeking private pay
services only)

City of Glendale Community Revitalization

5850 W. Glendale Avenue, Ste. 107
Glendale, AZ 85301
623-930-3670
www.glendaleaz.com

MEASUREAbilities, LLC

9375 E. Shea Blvd., Ste. 100

Scottsdale, AZ 85250

480-214-9725

<http://measurabilities.com/>

*(Scottsdale, Chandler, Gilbert, Mesa,
Fountain Hills, Paradise Valley, Cave creek)*

Rebuilding Together

2123 S. Priest Drive, Ste. 213

Tempe, AZ 85282

480-774-0237

www.rebuildingtogetherphx.org

(Service area: Statewide)

VerdeCares Inc.

18934 Avenida Del Ray, Ste. 106

Rio Verde, AZ 85263

480-540-1312

www.verdecares.org

*(Service area: Lower Verde Valley 85262,
85263)*



Home Repair & Weatherization

Living independently in one's own home also means keeping up with maintenance and repair. Unfortunately, minor maintenance problems can become major challenges for older adults and persons with a disability.

The home repair programs listed here are designed to help people maintain their homes, but differ in the types of repairs performed, eligibility and whether the repairs are performed by volunteers or paid workers.

Vivir de forma independiente en su propia casa también significa mantenerse al corriente con el mantenimiento y reparaciones de su hogar. Lamentablemente, los problemas menores de mantenimiento pueden convertirse en grandes desafíos para los adultos mayores y personas con discapacidad.

Los programas de reparaciones al hogar enumerados a continuación están diseñados para ayudar a las personas a mantener sus hogares, pero difieren en cuanto a los tipos de reparaciones realizadas, elegibilidad para reparaciones y si las reparaciones son realizadas por voluntarios o trabajadores pagados.

A New Leaf / Mesa C.A.N.

635 E. Broadway Rd.

Mesa, AZ 85204

480-833-9200

*(Weatherization & appliance repair/
replacement. Mesa residents only)*

Benevilla

16752 N. Greasewood Street

Surprise, AZ 85374

623-584-4999

www.benevilla.org

(Handyman only)

City of Avondale

Housing and Community Development

Home Repair Program

1007 S. 3rd St.

Avondale, AZ 85323

623.333.2700

(also serves Cashion)

City of Chandler

Emergency Home Repair Program

Habitat for Humanity

Central Arizona Mesa Restore

147 S. Dobson

Mesa, AZ 85202

480-969-2520 (24 hour Hotline)

City of Gilbert

Emergency and Minor Home Repairs
Chandler Christian Community Center
44 N. Oak St.
Gilbert, AZ 85233
480-892-5331

City of Glendale Community Revitalization

City of Glendale City Hall
5850 W. Glendale Avenue, Ste. 107
Glendale, AZ 85301
623-930-3670
www.glendaleaz.com

City of Mesa Housing and Community Development

Housing Rehabilitation Program
20 E. Main St., Suite 250
Mesa, AZ 85211
480-644-3208
www.mesaaz.gov
(see also *A New Leaf / Mesa C.A.N. for weatherization program*)

City of Peoria Emergency Home Repair Program

9875 N. 85th Avenue
Peoria, AZ 85345
623-773-7667
www.peoriaaz.gov/houserehab/

City of Phoenix Neighborhood Services Department

(Neighborhood Revitalization Division)
200 W. Washington Street, 4th Floor
Phoenix, AZ 85003
602-534-4444 ext.4
(Light yard, landscape, handyman maintenance) (Also serves Laveen)

City of Scottsdale Community Assistance Office

Housing Rehabilitation Programs
6535 E Osborn Rd. Building 8
Scottsdale, AZ 85251
480-312-7156
www.scottsdaleaz.gov

City of Scottsdale Operation Fix-It

7447 East Indian School Road
Scottsdale, AZ 85251
480-312-8703
www.scottsdaleaz.gov/neighborhoods/operation-fix-it
(Exterior landscaping, painting, minor repairs)

City of Surprise Human Service & Community Vitality

16000 N. Civic Center Plaza
Surprise, AZ 85374
<http://surpriseaz.gov>

Emergency Housing Rehabilitation

623-222-3240
Major Rehabilitation
623-222-3239

City of Tempe Housing Services

Tempe Public Library, 2nd Floor
3500 S. Rural Rd.
Tempe, AZ 85282
480-858-2154
AZ Relay: 800-842-4681

Duet

555 W. Glendale Avenue
Phoenix, AZ 85021
602-274-5022
www.duetaz.org
(Handyman only)



HOME REPAIR & WEATHERIZATION

FSL Home Improvements

1201 E. Thomas Road
Phoenix, AZ 85014
602-532-2976
www.fsl.org

Sun City Homeowners Association

10401 W. Coggins Drive
Sun City, AZ 85351
623-974-4718

Labor's Community Service Agency

3117 N. 16th Street, Ste. 100
Phoenix, AZ 85016
602-263-5741
www.lcsaphx.org

Maricopa County Home Improvement Program (McHIP)

(Buckeye, El Mirage, Gila Bend, Goodyear, Guadalupe, Litchfield Park, Queen Creek, Tolleson, Wickenburg, Youngtown and all unincorporated areas of Maricopa County)
602-506-5911

www.hsd.maricopa.gov/mchip.aspx
(Emergency repair, minor/major rehabilitation and weatherization)

Neighbors Who Care

10450 E. Riggs Road, Ste. 113
Sun Lakes, AZ 85248
480-381-8336
www.neighborswhocare.com
(Sun Lakes and South Chandler only)

Tempe Neighbors Helping Neighbors (TNHN)

480-858-2309
www.tempenighbors.org
(Assist with yard maintenance, minor home repair and modifications.)

Hospice Services

Hospice services provide counseling and overall support to terminally ill persons and their families. Hospice services stress maintaining the individual's quality of life and personal comfort. Hospice services may include nursing, home health, homemaking, crisis care, bereavement counseling, pastoral services, and social services. Hospice services are available in individuals' homes, and in special units at hospitals and many nursing care facilities.

Funding for hospice care is often covered under Medicare or other health insurance.

Los servicios de cuidados en los hospicios proporcionan asesoría y apoyo en general a las personas con enfermedades terminales y a sus familias. En lugar de enfocarse en la cura o rehabilitación, los servicios de los hospicios paliativos se enfocan en mantener la calidad de vida y la comodidad de la persona. Los servicios de los hospicios pueden incluir servicios de enfermería y cuidados de la salud en el hogar, limpieza del hogar, asistencia en momentos crisis, servicio de consejería por la pérdida de un ser querido, servicios pastorales y servicios sociales. Los servicios de cuidados paliativos están disponibles en viviendas particulares y en las unidades especiales de los hospitales y en muchas instalaciones de cuidados de enfermería.

El financiamiento de los hospicios a menudo es cubierto por Medicare u otro seguro de salud.

COMPLETE LIST OF
LICENSED HOSPICE
AGENCIES, CALL:

**Arizona Department of
Health Services**

150 N. 18th Avenue
Phoenix, AZ 85007
602-364-3031
www.azdhs.gov/licensing/medical-facilities/index.php

HOSPICE
INFORMATION OR
QUESTIONS, CALL:

**National Hospice and Palliative
Care Helpline**

1-800-658-8898
www.caringinfo.org

G
H

Housing

Rental Assistance: There are services that assist older adults and adults with a physical disability in locating affordable and appropriate places to live.

HUD Housing: Independent housing is available to the elderly and adults with a physical disability through programs offered by the U.S. Department of Housing and Urban Development (HUD).

Each HUD program has eligibility criteria that may include income, asset and age qualifications. Under these programs, those who qualify for HUD housing must pay approximately 30 percent of their monthly income for rent. HUD then pays the remainder of the rent.

To receive HUD assistance, an individual must live in a designated HUD apartment, or can receive a HUD voucher that is used to pay rent for any apartment that meets basic HUD requirements.

GH

Asistencia de Renta: Hay servicios que ayudan a las personas mayores y a las personas con discapacidad física a buscar viviendas adecuadas y de bajo costo.

Vivienda de HUD: Hay viviendas independientes disponibles para las personas de edad avanzada y adultos con discapacidad física a través de programas ofrecidos por el Departamento de Vivienda y Desarrollo Urbano (HUD por sus siglas en inglés).

Cada programa de HUD tiene criterios de elegibilidad que pueden incluir ingresos, bienes y calificaciones de edad. De estos programas, los que reúnen los requisitos para HUD deben pagar aproximadamente el 30 por ciento de sus ingresos mensuales para la renta. HUD paga el resto de la renta.

Hay dos maneras de recibir asistencia de HUD. Una persona puede vivir en un apartamento designado de HUD o puede recibir un boleto de HUD que se usa para pagar la renta de un apartamento que cumpla con los requisitos de HUD.

**U.S. Department of Housing
and Urban Development (HUD)**

1 N. Central Avenue, Ste. 600
Phoenix, AZ 85004
602-379-7100 / TTY: 602-379-7181
www.hud.gov

**Area Agency on Aging,
Region One**

Senior HELP LINE
1366 E. Thomas Road, Ste. 108
Phoenix, AZ 85014
602-264-HELP (4357)
www.aaaphx.org

Local Housing Authorities**Chandler Housing and
Redevelopment Division**

235 Arizona Avenue
Chandler, AZ 85225
480-782-3200
www.chandleraz.gov

**Glendale Community Housing
Services Department**

6842 N. 61st Avenue
Glendale, AZ 85301
623-930-2180
www.glendaleaz.com

Mesa Housing Authority

20 E. Main Street, Ste. 250
Mesa, AZ 85201
480-644-3536
www.mesaaz.gov/housing

Peoria Housing Authority

10950 N. 87th Avenue
Peoria, AZ 85345
623-486-4375
www.maricopahousing.org

Phoenix Housing Department

251 W. Washington St., 4th Fl.
Phoenix, AZ 85003
602-534-1974
www.phoenix.gov/housing

Scottsdale Housing Agency

Paiute Neighborhood Center
6535 E. Osborn Rd., Bldg 8
Scottsdale, AZ 85251
480-312-7717

**Tempe Housing and
Redevelopment**

Tempe Public Library, 2nd Fl.
Human Services
3500 S. Rural Rd.
Tempe, AZ 85282
480-350-8950
www.tempe.gov/housing

**MARICOPA COUNTY
HOUSING (SECTION 8
& PUBLIC HOUSING)
ASSISTANCE OUTSIDE
INCORPORATED CITIES
OR TOWNS****Maricopa County Housing
Authority****Main Office**

8910 N. 78th Avenue, Bldg. D
Peoria, AZ 85345
602-744-4500
www.maricopahousing.org

Avondale, Tolleson, Buckeye

Rose Terrace Apts.
525 E. Harrison Dr.
Avondale, AZ 85323
623-925-0770

HOUSING

Mesa

710 W. 8th Avenue
Mesa, AZ 85210
602-744-4562

Peoria, Tolleson

10950 N. 87th Ave
Peoria, AZ 85345
602-744-4590

Surprise, El Mirage, Peoria

12976 W. Cottonwood Lane
Surprise, AZ 85374
602-744-4582

ADDITIONAL HOUSING ASSISTANCE FOR AFFORDABLE HOUSING & LOAN COUNSELING & FORECLOSURE INTERVENTION

Administration of Resources & Choices (ARC)

5800 W. Glenn Drive, Ste 253
Glendale, AZ 85301
602.374.2226

Arizona Mortgage Foreclosure Hotline

1-877-448-1211
www.211arizona.org/mfh/

Chicanos Por La Causa, Inc.

Casa De Primavera Apts

1617 N. 45th Ave.
Phoenix, AZ 85035
602-272-0054

1112 E. Buckeye Road
Phoenix, AZ 85034
602-257-0700
www.cplc.org

Community Housing Partnership

609 N. 9TH St.
Phoenix, AZ 85006
602-253-6905

Community Housing Resources-AZ

4020 N. 20th Street, Ste. 220
Phoenix, AZ 85016
602-631-9780
www.communityhousingresources.org

Homeowner's HOPE™ Hotline

1-888-995-HOPE (4673)
www.995hope.org
(National foreclosure hotline)

Labor's Community Service Agency

3117 N. 16th Street, Ste. 100
Phoenix, AZ 85016
602-263-5741
www.lcsaphx.org

PACE Senior Housing Guide

A FREE Community Publication
480-246-3515
www.seniorhousing.org

Phoenix Revitalization Corporation

1122 E. Buckeye Road, Ste. A1 / MB 4
Phoenix, AZ 85034
602-253-6895
www.phxrevitalization.org

Senior Directory*A FREE Community Publication*

1-800-955-8510

Trellis**Main Office**

1405 East McDowell

Phoenix AZ 85006

602-258-1659

Avondale

623-932-9077

Rental, Utility & Home Weatherization Assistance Aid is available to help with rent or other housing payments, utility bill payments and home weatherization. Programs vary depending on need, income eligibility and location. For many of these programs, the demand for benefits is greater than the availability, so services may be provided on a first-come, first-serve basis. See listing under Financial Assistance.

El programa de Asesoramiento y Asistencia de Servicios está disponible para ayudar con la renta u otros pagos de la vivienda, pagos de servicios y climatización del hogar. Los programas varían dependiendo de la necesidad, elegibilidad según ingresos y la ubicación. Para muchos de estos programas, la demanda de beneficios es mayor que la disponibilidad, por lo cual los servicios se ofrecen por orden de llegada. Ver listado bajo Asistencia Financiera.

City of Phoenix PACE Program

4732 S. Central Avenue

Phoenix, AZ 85040

602-262-6631

www.phoenix.gov**Society of St. Vincent de Paul**

420 W. Watkins Road

Phoenix, AZ 85003

602-266-HOPE (4673)

www.stvincentdepaul.net**Salvation Army Social Services**

2702 E. Washington Street

Phoenix, AZ 85034

602-267-4122

www.phoenixsalvationarmy.com

HOUSING

Reverse Mortgage Programs: It's not unusual for elderly or persons with a disability to accumulate overwhelming financial burdens as a result of medical or unanticipated expenses. Yet, many of these same individuals own homes and have equity, which can serve as a financial resource. The organizations listed here offer home equity financing programs or education and counseling programs designed to help individuals make decisions regarding their finances and the equity value of their home.

Programa de hipotecas reversa: No es raro que las personas mayores o las personas con discapacidad acumulen cargas financieras abrumadoras como consecuencia de los gastos médicos o gastos imprevistos. Sin embargo, muchos de estos individuos tienen sus propios hogares y un patrimonio que pueden servir como recurso económico. La lista de organizaciones a continuación ofrece programas de financiación hipotecaria o educación y asesoramiento para ayudar a los individuos a tomar decisiones respecto a sus finanzas y el valor de su casa.

GH

Administration of Resources and Choices (ARC)

10000 N. 31st Ave, Ste. C109
Phoenix, AZ 85051
602-374-2226
<http://arc-az.org>

U.S. Department of Housing and Urban Development (HUD)

451 7th Street, SW
Washington, DC 20410
1-800-CALL-FHA (1-800-225-5342)
www.hud.gov

Take Charge America Senior Financial Friends

20620 North 19th Ave.
Phoenix, AZ 85027-3585
623-266-6382

Trellis

Main Office

1405 East McDowell
Phoenix AZ 85006
602-258-1659

Avondale

623-932-9077

Resources for Homeless: Assistance is available for homeless seniors to locate shelter as well as referrals to food and housing resources, medical assistance and other agencies providing services to the poor and homeless in the community.

Recursos para personas sin hogar: Hay ayuda disponible para personas mayores sin hogar se las ayuda a encontrar refugio así como referencias a recursos de alimentación y vivienda, asistencia médica y otras agencias que ofrecen servicios a los pobres y las personas sin hogar en la comunidad.

Chandler Christian Community Center

345 S. California St.
Chandler, AZ 85225
480-963-1423
<http://chandlerfoodbank.org>

Chaplaincy for the Homeless

1125 W. Jackson Street
Phoenix, AZ 85007
602-417-9853
www.azhomeless.org

City of Phoenix Community Services

Phoenix City Hall, Human Services
200 W. Washington Street, 18th Floor
Phoenix, AZ 85003
602-262-6666
www.phoenix.gov

CONTACS Shelter Hotline

602-263-8900 / 1-800-799-7739
www.211arizona.org/shelter/
(Monday-Friday)

Justa Center

A day resource center for those aged 55+ who have nowhere to live.
1001 W. Jefferson
Phoenix AZ 85007
602-254-6524
www.justacenter.org

Salvation Army/Project Hope

2707 E. Van Buren St.
Phoenix, AZ 85008
602-267-4100

Society of St. Vincent de Paul

Ozanam Manor
602-850-6900





MOSAIC® ELDER REFUGEE PROGRAM

The Mosaic® Elder Refugee Program provides services to assist older refugees within Maricopa County. Case managers assist elder refugees with obtaining basic needs and services, including educational, recreational, cultural, health and social services.

See page 26 for more information.

El programa de Refugiados Mayores Mosaic® ofrece servicios para ayudar a los refugiados de mayor edad dentro del Condado de Maricopa. Los administradores de casos ayudan a los refugiados mayores con la obtención de bienes y servicios básicos, entre ellos educativos, recreativas, culturales, servicios sociales y de salud.

Ver página 26 para mas informacion.

602-264-HELP (4357)

Notes

[illegible]

LM

Legal Services

Legal assistance is available to persons who have limited resources, yet need to understand the legal ramifications of a particular situation, need legal representation or need protection of their civil rights.

Attorneys and paralegals can assist with the legal aspects of housing problems, government benefits, consumer issues, wills, estate planning, and other issues requiring legal advice or representation.

Hay asistencia jurídica disponible para personas con recursos limitados, pero que deben aprender sobre las ramificaciones legales de una situación específica, que necesitan representación legal o necesitan protección de sus derechos civiles.

Los abogados y procuradores pueden ayudar con los aspectos jurídicos de problemas de vivienda, beneficios del gobierno, asuntos del consumidor, testamentos, planificación de patrimonio y otros asuntos cuestiones que requieren asesoramiento o representación jurídica.

Area Agency on Aging, Region One

1366 E. Thomas Road, Ste. 108
Phoenix, AZ 85014
602-264-HELP (4357)
www.aaaphx.org

Task Force Against Senior Abuse

1275 W. Washington Street
Phoenix, AZ 85007
602-542-2124
602-542-7918 (*Español*)
Email: seniorabuse@azag.gov
www.azag.gov/seniors

Arizona Bar Association

4201 N. 24th Street, Ste. 100
Phoenix, AZ 85016
602-252-4804
www.azbar.org

Arizona Center for Disability Law

5025 E. Washington Street, Ste. 202
Phoenix, AZ 85034
602-274-6287
1-800-927-2260
www.azdisabilitylaw.org

Arizona Attorney General

Consumer Complaints Unit

1275 W. Washington Street
Phoenix, AZ 85007
602-542-5763 (*Phoenix*)
800-352-8431 (*Outside of Phx-metro*)
www.azag.gov

Arizona Senior Citizens Law Project

1818 S. 16th Street, Ste. 304
Phoenix, AZ 85034
602-252-6710



LEGAL SERVICES

AZ Law Help

Online resource, general legal information

www.AZLawHelp.org

Community Legal Services

305 S. 2nd Avenue

Phoenix, AZ 85003

602-258-3434 / 1-800-852-9075

602-254-9852 (TTY)

infocpo@clsaz.org

www.clsaz.org

(Includes HIV/AIDS Law Project)

Community Legal Services

Mesa/Eastside

1220 S. Alma School Road, Ste. 206

Mesa, AZ 85210

480-833-1442 | 800-852-9075

480-833-1442 (TTY)

infoevo@clsaz.org

www.clsaz.org

Justa Center

A day resource center for those aged 55+ who have nowhere to live.

1001 W. Jefferson Street

Phoenix AZ 85007

602-254-6524

www.justacenter.org

Lawyer Referral Service

303 E. Palm Lane

Phoenix, AZ 85004

602-257-4434

www.maricopalawyers.org

Maricopa County

Public Fiduciary

602-506-5801

Advanced Directives, Living Wills, Power of Attorney Individuals have the power to make legally enforceable decisions about their health care in the event they become seriously ill or injured and are unable to speak for themselves. They may also want to identify others who are authorized to act on their behalf under such circumstances. Such decisions should be recorded in advance directives, living wills, durable powers of attorney, or similar documents. It is best to obtain accurate information and legal advice to determine what method is right for you.

Instrucciones por Anticipado, Testamentos en Vida, Carta Poder

Las personas tienen el poder de re-enforzar legalmente lo que se debe hacer respecto a sus cuidados y salud, en caso de que enfermen o se lesionen gravemente y no puedan hablar por sí mismos. También es posible que quieran designar a otras personas para que actúen en su nombre en tales circunstancias. Esas decisiones deben ser registradas en las instrucciones pr anticipado, testamentos en vida, carta poder o documentos similares. Es mejor obtener información precisa y asesoría legal para determinar qué método es el más adecuado para usted.

AARP Legal Services Network

601 E. Street N.W.
Washington, D.C. 20049
1-866-330-0753
www.aarp.org/lsn
(AARP Members only)

State Bar of Arizona

(Indigent Burial Program offered)
4201 N. 24th Street, Ste. 100
Phoenix, AZ 85016
602-252-4804
www.azbar.org

Arizona Attorney General

1275 W. Washington Street
Phoenix, AZ 85007
602-542-5025
www.azag.gov/seniors/life-care-planning

Maricopa County Superior Court Self-Service Center

101 W. Jefferson Street
Phoenix, AZ 85003
602-506-7353, Ext. 3

www.superiorcourt.maricopa.gov/superiorcourt/self-servicecenter
(Forms available from Web site)

222 E. Javelina Avenue, Ste. 1350
Mesa, AZ 85210
602-506-2020

18380 N. 40th Street, Ste. 21
Phoenix, AZ 85032
602-372-7601

14264 W. Tierra Buena Lane
Surprise, AZ 85374
602-372-9400



Long-Term Care

Long-Term Care is a generic term used to describe services needed to help an individual live with illness, disability or functional limitation that requires care over an extended period of time.

There are three basic types of long-term care characterized by the setting in which the care takes place: home and community-based services, residential care and skilled nursing facilities.

The agencies listed below can assist with helping you find the services you need.

Cuidado a Largo Plazo es una frase genérica utilizada para describir los servicios necesarios para ayudar a una persona a vivir con su enfermedad, discapacidad o limitación funcional que requiere cuidados durante un período prolongado.

Hay tres tipos básicos de atención a largo plazo caracterizados por el entorno en que los cuidados se llevan a cabo: servicio en el hogar y en la comunidad, viviendas con asistencia profesional y las instalaciones de cuidados de enfermería.

Las agencias que aparecen a continuación pueden ayudar a encontrar los servicios que necesita.

Area Agency on Aging, Region One

Senior HELP LINE

1366 E. Thomas Road, Ste. 108

Phoenix, AZ 85014

602-264-HELP (4357)

www.aaaphx.org

Arizona Department of Health Services

Long-Term Care Office

150 N. 18th Avenue, Ste. 440

Phoenix, AZ 85007

602-364-2690

www.azdhs.gov

Arizona Long-Term Care System (ALTCS)

Long-Term Care Section of Arizona Health

Care Cost Containment System (AHCCCS)

801 E. Jefferson Street

Phoenix, AZ 85034

602-417-6600

www.azahcccs.gov

www.state.az.us

National Association for Home Care and Hospice Facility Locator

1-202-547-7424

www.nahcagencylocator.com

Long-Term Care Ombudsman are advocates who seeks to resolve complaints on behalf of residents in long-term care facilities, including assisted living, adult foster care, and skilled nursing facilities.

Long-Term Care Ombudsman (Defensor del Pueblo para el Cuidado a Largo Plazo) son defensores que buscar la manera de ayudar a resolver las quejas en nombre de las residentes en los centros de cuidado a largo plazo tales como las viviendas con asistencia profesional, y las instalaciones de cuidados con enfermería especializada y asilos de ancianos.

**Area Agency on Aging,
Region One**

Ombudsman Program

1366 E. Thomas Road, Ste. 108

Phoenix, AZ 85014

602-264-HELP (4357)

www.aaaphx.org



Meals – Home Delivered

The senior centers located throughout Maricopa County distribute home delivered meals to individuals who are homebound, unable to come to the senior center and have no other source of meals.

Los centros para las personas de tercera edad ubicados en todo el condado de Maricopa distribuyen comidas a domicilio a las personas que estan encerrados en casa por alguna enfermedad o discapacidad y no tienen otra fuente de alimentación.

Area Agency on Aging, Region One

Senior HELP LINE

1366 E. Thomas Road, Ste. 108

Phoenix, AZ 85014

602-264-HELP (4357)

www.aaaphx.org

Private Pay Meals: The following organizations offer home delivered meals to individuals who have the resources to pay the full cost of the meal.

Comidas de Paga Privada: Las siguientes organizaciones ofrecen comidas a domicilio a las personas que tienen los recursos para pagar el costo total de la comida.

Avondale Community Center

1007 S. 3rd Street

Avondale, AZ 85323

623-333-2401

www.avondale.org

(Avondale, Goodyear, Litchfield Park, Cashion)

Benevilla

Private Pay HDM Site

16752 N. Greasewood Street

Surprise, AZ 85374

623-584-4999

(Avondale, El Mirage, Peoria, Surprise, Sun City Grand, Sun City West, Youngtown)

Banner Olive Branch Senior Center

11250 N. 107th Avenue

Sun City, AZ 85351

623-465-6000

www.bannerhealth.com/olivebranch

Buckeye Community Center

201 E. Centre Avenue

Buckeye, AZ 85326

623-349-6600

(Buckeye, Arlington, Rainbow Valley, Tonopah, Perrville Rd)

MEALS – HOME DELIVERED

Chandler Home Delivered Meals

Request through Gilbert Senior Center
480-503-6060

Chicanos Por La Causa, Inc.

Casa de Primavera Senior Center
1617 N. 45th Avenue
Phoenix, AZ 85035
602-272-0054

Esther Angulo Community Center

9555 W. Van Buren Street
Tolleson, AZ 85353
623-936-2753
(Tolleson Residents only)

Foothills Caring Corps

7275 E. Easy Street, Ste. B103
Carefree, AZ 85377
480-488-1105
www.foothillscaringcorps.com

Fountain Hills Home Delivered Meals

13001 N. La Montana Drive
Fountain Hills, AZ 85268
480-816-5226
www.fh.az.gov/home-delivered-meals

Fresh N' Lean

1-888-420-4080

Homestyle Direct

1-866-735-0921 – option 0

Kickstart, Inc.

9299 W. Olive Road, Ste. 312
Peoria, AZ 85345
623-977-9050
(Sun City West, Surprise, Wadell)

Magickitchen.com

1-877-516-2442

Mesa Active Adult Center

247 N. MacDonald
Mesa, AZ 85201
480-962-5612
www.evadultresources.org
(Mesa, Apache Junction, Fountain Hills)

Mom's Meals

(Private pay)
1-866-971-6667

My Place Gilbert Senior Center

130 N. Oak Street
Gilbert, AZ 85233
480-503-6060
(Gilbert, Chandler, Sun Lake)s

Neighbors Who Care

10450 E. Riggs Road, Ste. 113
Sun Lakes, AZ 85248
480-895-7133
www.neighborswhocare.com
(Sun Lakes and South Chandler only)

New River Senior Center

48606 N. 17th Avenue
New River, AZ 85087
623-465-0367
*(Anthem, New River, Desert Hills, Pioneer
Tramonto)*

North Scottsdale / Paradise Valley Home Delivered Meals

Area Agency on Aging, Region One
1366 E. Thomas Road, Ste. 108
Phoenix, AZ 85014
602-264-HELP (4357)
www.aaaphx.org
(Scottsdale city limits, north of McDonald)



MEALS – HOME DELIVERED

North Tempe Senior Center

Meals on the Move

1555 N. Bridleweath Street
Tempe, AZ 85281
480-858-6510
www.tempeaction.org

Valley West YWCA Senior Center

8561 N. 61st Avenue
Glendale, AZ 85302
623-931-7436
(Glendale El Mirage, Litchfield Park Area)

Peoria Senior Center

8335 W. Jefferson Street
Peoria, AZ 85345
623-979-3570
www.peoriaaz.gov

VerdeCares Inc.

18934 Avenida Del Ray, Ste. 106
Rio Verde, AZ 85263
480-540-1312
www.verdecares.org

Red Mountain Active Adult Center

7550 E. Adobe Road
Mesa, AZ 85207
480-218-2221
www.evseniorservices.org

Wise Owl Senior Center

255 N. Washington Street
Wickenburg, AZ 85390
928-684-7894 Ext. 103
facebook.com/wiseowlseniorcenter
(Wickenburg, Wittmann)

Sun City West Home Delivered Meals

Grandview Terrace
14505 N. Granite Valley Road
Sun City West, AZ 85375
623-455-7680

Sun City/Youngtown Home Delivered Meals

PO Box 1842
Sun City, AZ 85372
623-974-9430

Tempe Meals on Wheels

Friendship Village
2525 E. Southern Avenue
Tempe, AZ 85282
480-756-5835
(Tempe only)

Mental Health

People can become overwhelmed by changes in life circumstances including loss of a spouse, isolation, loneliness, a change in health or living situation. It may be beneficial to seek professional help.

A trained professional who provides counseling to individuals and families to promote optimal mental health and well-being can provide assistance in finding choices to help overcome these emotional barriers.

Older adults have a higher rate of suicide than any other age group. There is help available. Please call 1-800-273-TALK to speak with a caring professional in your area.

Las personas pueden llegar a abrumarse por diferentes circunstancias en la vida; la pérdida de un cónyuge, el aislamiento, la soledad, un cambio en la salud. En estas circunstancias podría ser beneficioso buscar ayuda profesional.

Un profesional capacitado que brinda asesoramiento a individuos y familias para promover una óptima salud mental y bienestar, puede proporcionar asistencia en la búsqueda de opciones para ayudar a superar estas barreras emocionales.

Los adultos mayores tienen una tasa mayor de suicidio que cualquier otro grupo de edad. Hay ayuda disponible. Llame al 1-800-273-TALK para hablar con un profesional dedicado en su área.

CRISIS INTERVENTION

La Frontera Arizona Crisis Hotline/EMPACT

Suicide Prevention Center

Main Office: 480-784-1514

Crisis Line: 480-784-1500

Toll Free: 1-866-205-5229

www.lafronteraarizona.org

618 S. Madison Drive
Tempe, AZ 85281
480-784-1514

4425 W. Olive Avenue, Ste. 194
Glendale, AZ 85302

21476 N. John Wayne Pkwy., Ste. C101
Maricopa, AZ 85139

Mercy Maricopa Integrated Care

4350 E cotton Center Blvd., Bldg D
Phoenix, AZ 85040

Customer Service: 1-800-564-5465

Crisis Hot Line: 602-222-9444

Crisis Hot Line: 1-800-631-1314

www.mercymaricopa.org



MENTAL HEALTH

COUNSELING SERVICES

Area Agency on Aging, Region One

ElderVention®

1366 E. Thomas Road, Ste. 108
Phoenix, AZ 85014
602-264-HELP (4357)
www.aaaphx.org

Banner Psychological Services

1920 N. Higley Road, Ste. 106
Gilbert, AZ 85234
480-543-2688
www.bannerhealth.com

Catholic Charities Community Services

4747 N. 7th Avenue
Phoenix, AZ 85013
602-285-1999
www.catholiccharitiesaz.org

Chrysalis

Domestic Violence Counseling
2055 W. Northern Avenue
Phoenix, AZ 85021
602-955-9059
www.noabuse.org

City of Tempe Social Service Office

3500 S. Rural Road, 2nd Floor
Tempe, AZ 85282
480-350-5400
www.tempe.gov

Family Service Agency

2400 N. Central Avenue, Ste. 101
Phoenix, AZ 85004
602-264-9891
www.fsaphoenix.org

Jewish Family & Children's Services

2017 N. 7th Street
Phoenix, AZ 85006
602-452-4627
www.jfcsaz.org

Glendale

5701 W. Talavi Boulevard, Ste. 180
Glendale, AZ 85306
623-486-8202

Mesa

1255 W. Baseline Road, Ste. B258
Mesa, AZ 85202
480-820-0825

Phoenix – Catalina

3001 N. 33rd Ave.
Phoenix, AZ 85017
602-353-0703

West Valley

1840 N. 95th Avenue, Ste. 146
Phoenix, AZ 85037
623-234-9811

Midwestern University Clinics – Psychology Clinic

19389 N. 59th Avenue
Glendale, AZ 85308
623-537-6000
www.mwuclinics.com/az/ms
*(Low cost, private pay hardship
application available)*

Terros Phoenix Interfaith Counseling

www.phx-interfaith.org

Central Valley – 16th Street

4201 N. 16th Street, Ste. 250
Phoenix, AZ 85016
602-248-9247

East Valley – Tempe

1232 E. Broadway Rd., Ste. 120
Tempe, AZ 85282
480-317-9868

Northeast Valley – 32nd Street

12835 N. 32nd Street
Phoenix, AZ 85032
602-992-7521

West Valley – Dunlap

2400 W. Dunlap Avenue, Ste. 300
Phoenix, AZ 85029
602-943-2999

**Southwest Behavioral
Health Services**

3450 N. 3rd Street
Phoenix, AZ 85012
602-265-8338
www.sbhservices.org

**St. Luke's Behavioral
Health Center**

1800 E. Van Buren Avenue
Phoenix, AZ 85006
602-251-8535
www.stlukesmedcenter.com

**GERIATRIC COUNSELING
PROGRAMS**

Aurora Behavioral Health East

6350 S. Maple Avenue
Tempe, AZ 85283
480-345-5420
www.auroraarizona.com

Aurora Behavioral Health West

6015 W. Peoria Avenue
Glendale, AZ 85302
480.345.5420
www.auroraarizona.com

**Banner Del E. Webb
Medical Center**

Sage Inpatient Unit
14502 W. Meeker Boulevard
Sun City West, AZ 85375
623-524-4042 or 602-254-HELP(4357)
www.bannerhealth.com

Haven Senior Horizons

*Mental Health Services and Substance
Abuse Services*
1201 S. 7th Avenue, Ste. 200
Phoenix, AZ 85007
623-633-7175
www.havenbehavioral.com

St. Luke's Medical Center

Generations
1800 E. Van Buren Avenue
Phoenix, AZ 85006
602-251-8535
www.stlukesmedcenter.com

**COMMUNITY SUPPORT
AND ADVOCACY**

**Arizona Council on Compulsive
Gambling**

1-800-777-7207
www.azccg.org



MENTAL HEALTH

Arizona Office of Problem Gambling

1110 W. Washington Street, Ste. 450
Phoenix, AZ 85007
1-800-NEXT-STEP (639-8783)
www.problemgambling.az.gov

Stand Together And Recover (S.T.A.R.)

Medicaid

www.thestarcenters.com

S.T.A.R. Central

2502 E. Washington Street
Phoenix, AZ 85034
602-685-1295

S.T.A.R. East

1310 W. University Drive
Mesa, AZ 85201
480-649-3642

S.T.A.R. West

605 N. Central Avenue
Avondale, AZ 85323
623-882-8463

Warm Line

602-347-1100

(Non-crisis, friendly phone service:

12:00PM–12:00AM weekdays,

4:00PM–12:00AM weekends)



OMBUDSMAN PROGRAM

The Ombudsman Program offers a free and confidential way for residents to voice their concerns and have them addressed.

Ombudsman are specially trained advocates who seek to resolve issues on behalf of residents in long-term care and assisted living facilities. They have the authority to receive, investigate, and assist in resolving issues on behalf of residents.

See pages 71 and 79 for more information.

El Programa Ombudsman ofrece de manera gratuita y confidencial para los residentes de expresar sus preocupaciones y abordar sus quejas dirigidas.

Este grupo de personas especialmente entrenados tratan de resolver las quejas de las personas que viven en las instalaciones de largo plazo, viviendas con asistencia profesional y los asilos de ancianos. Tienen la autoridad para recibir, investigar y ayudar a resolver problemas en nombre de los residentes.

Ver páginas 71 y 79 para mas informacion.

602-264-HELP (4357)

Notes

[illegible]

**O
R**

Ombudsman

Long-Term Care Ombudsman are advocates who seek to resolve complaints on behalf of residents in long-term care facilities, including assisted living, adult foster care, and skilled nursing facilities. Ombudsmen are given the authority to receive, investigate, and assist in resolving issues on behalf of residents. The Long-Term Care Ombudsman Program offers a free and confidential way for residents to voice their concerns and have their complaints addressed.

Programa de Ombudsman de los Centros de Cuidados a Largo

Plazo: En este programa estan los defensores que abogan a favor de las personas que viven en estas instalaciones. al igual para los que viven en los asilos de ancianos, y en las viviendas con asistencia profesional. Ellos tienen autoridad para recibir, investigar, y ayudar a resolver problemas y buscan como resolver a las quejas que tienen a las personas que viven en estos centros. El Programa Ombudsman de Cuidados a Largo Plazo ofrece estos servicios de manera gratuita y confidencial para que expresen sus preocupaciones y sus quejas sean debidamente abordadas.

Area Agency on Aging, Region One

Ombudsman Program

1366 E. Thomas Road, Ste. 108

Phoenix, AZ 85014

602-264-HELP (4357)

www.aaaphx.org

Pet Care & Companion Animals

The special friendship and camaraderie a pet offers can significantly enhance an individual's quality of life. The following organizations can help individuals obtain animals that will make excellent companions.

La amistad y compañía especiales que ofrece una mascota puede mejorar de manera significativa la calidad de vida. Las siguientes organizaciones pueden ayudar a las personas a obtener animales que serán excelentes compañeros.

Animals Benefit Club Sanctuary

3111 E. St. John Road
Phoenix, AZ 85032
602-867-2169
www.animalsbenefitclub.com

1521 W. Dobbins Road
Phoenix, AZ 85041
602-997-7585

Arizona Animal Welfare League

25 N. 40th Street
Phoenix, AZ 85034
602-273-6852
www.aawl.org

Companion Animal Association of Arizona, Inc.

602-995-5885
www.caaainc.org
(Pet Grief Support Service Helpline)

Animal Defense League of Arizona

PO Box 33093
Phoenix, AZ 85067
602-273-7842
602-265-SPAY (7729)
www.adlaz.org
(Spay/neuter hotline)

Happy Tails Service Dogs

1 W. Sequoia Drive
Phoenix, AZ 85027
623-580-0946
www.happytailsservicedogs.com

Maricopa County Animal Care and Control

West Valley

2500 S. 27th Avenue
Phoenix, AZ 85009
602-506-7387
www.maricopa.gov/pets

East Valley

2630 W. Rio Salado Parkway
Mesa, AZ 85201
602-506-7387
www.maricopa.gov/pets

Arizona Humane Society

www.azhumane.org
9226 N. 13th Avenue
Phoenix, AZ 85021
602-997-7585

PET CARE & COMPANION ANIMALS

Pets on Wheels

1700 N. Granite Reef Road

Scottsdale, AZ 85257

Office: 480-312-1741

www.petsonwheelsscottsdale.com

*(Pet visitation program in
Scottsdale only)*

**O
R**

Rehabilitation Programs

Rehabilitation programs are available for individuals living with physical challenges.

Los programas de rehabilitación están disponibles para personas que viven con discapacidades físicas.

Arizona Bridge to Independent Living (ABIL)

5025 E. Washington Street, Ste. 200
Phoenix, AZ 85034
602-256-2245
1-800-280-2245
www.abil.org

Perry Center

3146 E. Windsor Avenue
Phoenix, AZ 85008
602-956-0400
www.azafh.com
(Physically or intellectually challenged)

Arizona Chapter Paralyzed Veterans

5015 N. 7th Avenue, Ste. 2
Phoenix, AZ 85013
602-244-9168
www.azpva.org

DES – Rehabilitation Services Administration

3221 N. 16th Street, Ste. 200
Phoenix, AZ 85016
602-542-3332
1-800-563-1221
TTY: 602-340-7771
www.azdes.gov/rsa

Gompers Habilitation Center

6601 N. 27th Avenue
Phoenix, AZ 85017
602-336-0061
www.gomperscenter.org

Respite Care

The term “respite” refers to short-term care designed to relieve unpaid caregivers from the continuous responsibility of caring for an older adult or person with a disability. Respite care can range from a few hours a week to several weeks. The break in caregiving helps caregivers maintain some normality in their own lives and reduces the stress that comes with caring for someone on an around-the-clock basis.

In addition to programs that specialize in respite care, Adult Day Health Care programs also offer respite care. Some long-term care facilities and home health agencies offer short-term respite care.

El término “relevo” se refiere a la ayuda a corto plazo para relevar a los familiares o amistades que cuidan continuamente a una persona mayor que padece de alguna enfermedad o está discapacitado. El cuidado de relevo puede ser tan poco como algunas horas a la semana o por varias semanas. Esto ayuda a los cuidadores a mantener cierta normalidad en sus vidas y reduce el estrés de atender a alguien todo el día.

Además de los programas que se especializan en cuidado de relevo, los programas de Cuidado de la Salud Diurno para Adultos también ofrecen cuidado de relevo. Algunos centros de cuidado de largo plazo y agencias de salud en el hogar ofrecen atención de corto plazo.

Area Agency on Aging, Region One

Family Caregiver Program

1366 E. Thomas Road, Ste. 108
Phoenix, AZ 85014
602-264-HELP (4357)
www.aaaphx.org

DES – Division of Aging & Adult Services

1789 W. Jefferson Street, Ste. 950A
Phoenix, AZ 85007
1-888-737-7494
www.azdes.gov/DAAS/

Duet

555 W. Glendale Avenue
Phoenix, AZ 85021
602-285-0543
www.duetaz.org

East Valley Senior Services Assistance for Independent Living

247 N. MacDonald
Mesa, AZ 85201
480-966-9704
www.evadultresources.org

**O
R**

RESPIRE CARE

R & R Respite Adult Day Center

246 N. Washington Street
Wickenburg, AZ 85390
1-928-684-3480

VerdeCares Inc.

18934 Avenida Del Ray, Ste. 106
Rio Verde, AZ 85263
480-540-1312
www.verdecares.org

**O
R**



SAIL (SENIOR ADULT INDEPENDENT LIVING)

Senior Adult Independent Living (SAIL) provides assistance to seniors who need just a little help living in their own home. SAIL can provide them with home delivered meals, home health aid, home nursing, homemaking and home repair.

El programa de Vida Independiente para Personas Mayores (SAIL, por sus siglas en ingles); Proporciona ayuda a las personas mayores que necesitan un poco de ayuda con el fin de vivir de forma independiente y permanecer en su propia casa. SAIL les puede proporcionar comidas a domicilio, ayuda médica en el hogar, ayuda en las tareas del hogar y reparaciones para el hogar.

S
T

602-264-HELP (4357)

Notes

[illegible]

ST

Self-Help & Support Groups

Self-help and support groups provide guidance and peer-to-peer support when an individual needs help in coping with a life experience.

These groups bring together individuals who share similar problems, and offer insight and education to help them cope with illnesses, bereavement and many other challenges.

Los grupos de apoyo y autoayuda proporcionan orientación y apoyo de compañero a compañero, cuando un individuo necesita ayuda en vivir frente una mala experiencia de vida.

Estos grupos reúnen a personas que comparten problemas similares o ofrecer información y educación para ayudar hacer frente en las enfermedades, la pérdida de un ser querido y muchos otros retos.

ABUSE

CASA Center for Positive Social Change

3030 N. 3rd Street # 200
Phoenix, 85012
602-254-6400
www.casacares.org
(Only prevention classes)

AGING RELATIVES

Duet

555 W. Glendale Avenue
Phoenix, AZ 85021
602-274-5022
www.duetaz.org

ALZHEIMER'S DISEASE & RELATED DISEASES

Alzheimer's Association

1028 E. McDowell Road
Phoenix, AZ 85006
Administration: 602-528-0545
Helpline: 1-800-272-3900
En Español: 1-800-392-0022
www.alz.org/dsw

Banner Alzheimer's Institute

901 E. Willetta Street
Phoenix, AZ 85006
602-839-6900
www.banneralz.org

SELF-HELP & SUPPORT GROUPS

ARTHRITIS

Arthritis Foundation

Greater Southwest Chapter
5009 E Washington St.
Phoenix, AZ 85034
602-264-7679
www.arthritis.org/arizona
(Only tai-chi aquatic & exercise courses)

BEREAVEMENT/GRIEF

Benevilla

16752 N. Greasewood Street
Surprise, AZ 85374
623-584-4999
www.benevilla.org

Community Chord of Joy

21000 N. 75th Avenue
Glendale, AZ 85308
623-561-0500, Ext. 246
24-Hour Prayer Line: 623-362-3224
www.joyonline.org

Compassionate Friends, Inc.

PO Box 50523
Phoenix, AZ 85076
480-821-1063
Central Chapter: 602-631-9256
Eastside Chapter: 480-785-8114
Westside Chapter: 480-225-5537
Westside Chapter Hotline: 480-316-9098
National: 1-877-969-0010
www.tcfphoenix.org
(Parents with children who have died)

Franciscan Renewal Center

5802 E. Lincoln Drive
Scottsdale, AZ 85253
480-948-7460
1-800-356-3247
www.thecasa.org

Hospice of the Valley

Bereavement Counseling
1510 E. Flower Street
Phoenix, AZ 85014
602-530-6900
www.hov.org

Phoenix Interfaith Counseling / Terros

4201 N. 16th St.
Phoenix, AZ 85016
602-248-9247
www.phx-interfaith.org

Bereavement & Grief Support Group

1700 N. Granite Reef Road
Scottsdale, AZ 85257
480-312-2375
www.scottsdaleaz.gov/seniors
(2nd & 4th Monday at 1:30PM)

BRAIN INJURY

Brain Injury Alliance of Arizona

5025 E. Washington Street, Ste. 108
Phoenix, AZ 85034
Infoline: 602-323-9165
Toll-Free: 1-888-500-9165
Administration: 602-508-8024
Bilingual: 1-520-310-3301
www.biaaz.org

SELF-HELP & SUPPORT GROUPS

BURNS

Arizona Burn Foundation

1432 N. 7th St.
Phoenix, AZ 85006
602-230-2041
www.azburn.com

CANCER

American Cancer Society

4550 E. Bell Road, Ste. 126
Phoenix, AZ 85032
602-224-0524
1-800-227-2345
www.cancer.org

Cancer Support Community of Arizona

360 E. Palm Lane
Phoenix, AZ 85004
602-712-1006
www.twccaz.org

Leukemia and Lymphoma Society

Desert Mountain States Chapter
3877 N. 7th Street, Ste. 300
Phoenix, AZ 85014
602-567-7600
www.lls.org

CAREGIVERS

Area Agency on Aging, Region One

1366 E. Thomas Road, Ste. 108
Phoenix, AZ 85014
602-264-HELP (4357)
www.aaaphx.org

Benevilla

16752 N. Greasewood Street
Surprise, AZ 85374
623-584-4999
www.benevilla.org

Caregiver Resource Line

1-888-737-7494
E-mail: crl@azcaregiver.net
www.azcaregiver.org

DES – Division of Aging & Adult Services

1789 W. Jefferson Street, Ste. 950A
Phoenix, AZ 85007
(602) 542-4446
Caregiver Resource: 1-888-737-7494

Duet

555 W. Glendale Avenue
Phoenix, AZ 85021
602-274-5022
www.duetaz.org
(Groups held countrywide)

Neighbors Who Care

10450 E. Riggs Road, Ste. 113
Sun Lakes, AZ 85248
480-895-7133
www.neighborswhocare.com

SELF-HELP & SUPPORT GROUPS

DIABETES

American Diabetes Association

5333 N. 7th Street, Ste. B-212
Phoenix, AZ 85014
602-861-4731
1-800-DIABETES (342-2383)
www.diabetes.org

HEART

American Heart Association

2929 S. 48th Street
Tempe, AZ 85282
602-414-5353
1-800-242-8721
www.americanheart.org

DOMESTIC VIOLENCE HIV / AIDS

Area Agency on Aging, Region One

Late Life Domestic Violence Support
1366 E. Thomas Road, Ste. 108
Phoenix, AZ 85014
602-264-HELP (4357)
www.aaaphx.org

Area Agency on Aging, Region One

Care Directions®
1366 E. Thomas Road, Ste. 200
Phoenix, AZ 85014
602-264-2273
www.caredirections.org

National Domestic Violence Hotline

800-799-SAFE (7233)

HOARDING

Area Agency on Aging, Region One

Hoarding Therapy Group
1366 E. Thomas Road, Ste. 108
Phoenix, AZ 85014
602-264-HELP (4357)
www.aaaphx.org

HANDICAPPED

Arizona Bridge to Independent Living

5025 E. Washington Street, Ste. 200
Phoenix, AZ 85034
602-256-2245
www.abil.org

Arizona Hoarding Task Force

[sites.google.com/site/
arizonahoardingtaskforce/](http://sites.google.com/site/arizonahoardingtaskforce/)

Arizona Paralyzed Veterans of America

5015 N. 7th Avenue, Ste. 2
Phoenix, AZ 85013
602-244-9168
www.azpva.org

International OCD Foundation

18 Tremont Street, Ste. 903
Boston, MA 02108
1-617-973-5801
www.ocfoundation.org/hoarding/

SELF-HELP & SUPPORT GROUPS

KIDNEY

Arizona Kidney Foundation

360 E. Coronado Road, Ste. 180
Phoenix, AZ 85004
602-840-1644
www.azkidney.org

MASTECTOMY

American Cancer Society

Reach to Recovery
4550 E. Bell Road, Ste. 126
Phoenix, AZ 85032
602-224-0524
www.cancer.org

MENTAL ILLNESS

Mental Health America of Arizona

5110 N. 40th St, Suite 201
Phoenix, AZ 85018
480-982-5305
www.mhaarizona.org

National Alliance of Mental Illness

5025 E. Washington Street, Ste. 112
Phoenix, AZ 85034
602-244-8166
www.namiaz.org

Marc Community Resources Inc.

Mental Health Peer Support Groups
Andy 480-994-4407

MESOTHELIOMA

Asbestos.com

189 S. Orange Ave., Ste. 1620
Orlando, FL 32801
800-615-2270
www.asbestos.com

Mesothelioma & Asbestos Awareness Center

www.maacenter.org

MULTIPLE SCLEROSIS

National Multiple Sclerosis Society – Arizona Chapter

5025 E Washington, Ste. 103
Phoenix, AZ 85034
1-800-344-4867 | 480-968-2488
www.nationalmssociety.org

NEUROLOGICAL

Huntington Disease Society of America

PO Box 8128
Phoenix, AZ 85011
602-222-9312 | 1-888-345-4372
www.hdsa.org

PARKINSON'S DISEASE

Muhammad Ali Parkinson Research Center

240 W. Thomas Road, Ste. 301
Phoenix, AZ 85013
602-406-4931 | 1-800-227-7691
www.maprc.com

SELF-HELP & SUPPORT GROUPS

SICKLE CELL ANEMIA SUBSTANCE ABUSE

Sickle Cell Anemia Society of Arizona

1818 S. 16th Street
Phoenix, AZ 85034
602-254-5048 | 1-800-872-4871
www.sicklecelldisease.org

Agua Fria Intergroup of Alcoholics Anonymous

9794 W. Peoria Avenue, Unit 2
Peoria, AZ 85345
623-937-7770
www.aawestphoenix.org

SPINAL CORD INJURY

Arizona Spinal Cord Injury Association

5025 E. Washington St., Ste 110
Phoenix, AZ 85034 | 602-507-4209
www.azspinal.org

Alcoholics Anonymous

www.aa.org

Mesa

480-834-9033
www.aamesaaz.org

Peoria

24 Hr Hotline: 623-937-7770
Main: 623-937-7836
www.aawestphoenix.org

STROKE

Epilepsy Foundation

3033A N. 7th Ave, Suite 104
Phoenix, AZ 85013
602-406-3581 | 800-332-1000
www.epilepsyaz.org

Phoenix

24 Hr Hotline: 602-264-1341
Main: 602-264-1374
www.aaphoenix.org

National Stroke Association

9707 E. Easter Lane
Centennial, CO 80112
1-800-STROKES (787-6537)
www.stroke.org
(Call for groups in Maricopa County)

Al-Anon

www.al-anon-az.org

2432 W. Peoria Avenue, Ste. 1027
Phoenix, AZ 85029
602-249-1257

1320 E. Broadway, Ste. 109
Mesa, AZ 85204
480-969-6144

2340 Grand Avenue, Ste. 3
Phoenix, AZ 85009
602-275-4343
(Spanish speaking)

SELF-HELP & SUPPORT GROUPS

Narcotics Anonymous

PO Box 5264
Mesa, AZ 85211
480-897-4636
www.arizona-na.org

National Council on Alcoholism and Drug Dependence

4201 N. 16th Street, Ste. 140
Phoenix, AZ 85016
602-264-6214
24-Hour Infoline: 1-800-622-2255
www.ncadd-phx.org

Salt River Intergroup

3215 E. Thunderbird Road, Ste. 8
Phoenix, AZ 85032
602-264-1341
600-264-1374
www.aaphoenix.org

Senior Centers

Senior centers offer recreational and socialization activities, information and referral services, educational programs, health promotion programs and screenings, weekday lunchtime meals, and a variety of other programs and services designed to help older persons remain active and involved in their local communities. For an additional list of senior centers, visit **www.arizonaseniors.net**.

Los centros para personas de la tercera edad ofrecen actividades de recreación y socialización; servicios de información y referencia; programas educativos; programas para mejorar la salud y exámenes, comidas para el almuerzo los entre semana, y muchos otros programas y servicios diseñados para ayudar a las personas de edad avanzada a mantenerse activos e involucrados en sus comunidades locales. Para obtener una lista completa de los centros para las personas de la tercera edad, visita **www.arizonaseniors.net**.

Area Agency on Aging, Region One

Senior HELP LINE

1366 E. Thomas Road, Ste. 108

Phoenix, AZ 85014

602-264-HELP (4357)

www.aaaphx.org

Helen Drake Community Center

7600 N. 27th Avenue

Phoenix, AZ 85051

602-262-4949

NORTHEAST
PHOENIX

NORTHWEST
PHOENIX

Deer Valley Community Center

2001 W. Wahalla Lane

Phoenix, AZ 85027

602-495-3714

Paradise Valley Community Center

17402 N. 40th Street

Phoenix AZ 85032

602-495-3785

Shadow Mountain Senior Center

3546 E. Sweetwater Avenue

Phoenix, AZ 85032

602-534-2303

Goelet A. C. Beuf Community Center

3435 W. Pinnacle Peak Road

Phoenix, AZ 85027

602-534-4754

SENIOR CENTERS

CENTRAL PHOENIX

Devonshire Senior Center

2802 E. Devonshire Avenue
Phoenix, AZ 85016
602-262-7807

McDowell Place

1845 E. McDowell Road
Phoenix, AZ 85006
602-262-1842

MOSAIC® Center

1430 E. Indian School Road, Ste 110
Phoenix, AZ 85014
602-253-9073
www.aaaphx.org
(Native Americans and Refugees)

Salvation Army

Laura Danieli Senior Center

613 N. 4th Avenue
Phoenix, AZ 85003
602-251-2007

Washington Activity Center

2240 W. Citrus Way
Phoenix, AZ 85015
602-262-6971
www.phoenix.gov

NORTH CENTRAL PHOENIX

Chinese Senior Center

734 W. Elm Street
Phoenix, AZ 85013
602-262-6411

JFCS Center for Senior Enrichment

6250 N. 19th Avenue
Phoenix, AZ 85015
602-943-2198
www.jfcsaz.org

Sunnyslope Senior Center

802 E. Vogel Avenue
Phoenix, AZ 85020
602-262-7572

SOUTH CENTRAL PHOENIX

Marcos de Niza Senior Center

305 W. Pima Street
Phoenix, AZ 85003
602-262-7249

Senior Opportunities West Senior Center

1220 S. 7th Avenue
Phoenix, AZ 85007
602-262-6610

South Mountain Community Center

212 E. Alta Vista Rd
Phoenix, AZ 85042
602-262-4093

SOUTHEAST PHOENIX

Pecos Senior Center

17010 S. 48th Street
Phoenix, AZ 85048
602-534-5366

SENIOR CENTERS

WEST PHOENIX

Adam Diaz Senior Center

4115 W. Thomas Road
Phoenix, AZ 85019
602-262-1609

Casa Primavera Senior Center

Chicanos Por La Causa Inc
1617 N. 45th Avenue
Phoenix, AZ 85035
602-272-0054
www.cplc.org

Desert West Community Center

6501 W. Virginia Avenue
Phoenix, AZ 85035
602-495-3711

OUTSIDE THE CITY OF PHOENIX

Avondale Community Center

1007 S. 3rd Street
Avondale, AZ 85323
623-333-2705
www.avondale.org

Banner Olive Branch Senior Center

11250 N. 107th Avenue
Sun City, AZ 85351
623-974-6797
www.bannerhealth.com/olivebranch

Buckeye Community Center

201 E. Centre Avenue
Buckeye, AZ 85326
623-349-6600
www.buckeyeaz.gov

Cahill Senior Center

715 W. Fifth Street
Tempe, AZ 85281
480-858-2420
www.tempe.gov/cahill

Chandler Senior Center

202 E. Boston Street
Chandler, AZ 85225
480-782-2720
www.chandleraz.gov

Development Enrichment Center – Day Treatment and Training Senior Program

(Developmentally Disabled and a Senior)
16809 N. 53rd Ave Ste 1
Glendale, AZ 85306
602-314-4214
<http://www.dec-az.com/centerbased>
**No cost for seniors involved in AZDDD and
have an ISP. Private pay for all others.*

El Mirage Senior Center

14010 N. El Mirage Rd
El Mirage, AZ 85335
623-876-4232
www.cityofelmirage.org

Escalante Senior Center

2150 E. Orange Street
Tempe, AZ 85281
480-350-5870
www.tempe.gov/escalante

Fountain Hills Community Center

13001 N. La Montana Drive
Fountain Hills, AZ 85268
480-816-5226
www.fhseniorservices.org

SENIOR CENTERS

Gila Bend Senior Center

202 N. Euclid Avenue
Gila Bend, AZ 85337
928-683-2244
www.gilabendaz.org

Glendale Adult Center

5970 W. Brown Street
Glendale, AZ 85302
623-930-4321
www.glendaleaz.com/adultcenter

Glendale Community Center

5401 W. Ocotillo Road
Glendale, AZ 85301
623-930-4700

Granite Reef Senior Center

1700 N. Granite Reef Road
Scottsdale, AZ 85257
480-312-1700
www.scottsdaleaz.gov/seniors

Guadalupe Senior Center

9401 S. Avenida del Yaqui
Guadalupe, AZ 85283
480-505-5393
www.guadalupeaz.org

Mesa Active Adult Center

247 N. MacDonald
Mesa, AZ 85201
480-962-5612
www.evadultresources.org

My Place Gilbert Senior Center

130 N. Oak Street
Gilbert, AZ 85233
480-503-6061

New River Senior Center

48606 N. 17th Avenue
New River, AZ 85087
623-465-0367

North Tempe Senior Center

1555 N. Bridleweath Street
Tempe, AZ 85281
480-858-6510
www.tempe.gov/northtempe

Peoria Senior Center

8335 W. Jefferson Street
Peoria, AZ 85345
623-979-3570
www.peoriaaz.gov

Pyle Adult Recreation Center

655 E. Southern Avenue
Tempe, AZ 85282
480-350-5211
www.tempe.gov/pyle

Queen Creek Library Recreation Annex

21802 S. Ellsworth Road
Queen Creek, AZ 85142
(480) 358-3700
www.queencreek.org/seniorprogram

Red Mountain Active Adult Center

7550 E. Adobe St.
Mesa, AZ 85207
480-218-2221
www.evadultresources.org

SENIOR CENTERS

Surprise Senior Center

15832 N. Hollyhock Street

Surprise, AZ 85378

623-222-1500

www.surpriseaz.gov

Tolleson Senior Center

Esther Angulo Community Center

9555 W. Van Buren Street

Tolleson, AZ 85353

623-936-2760

www.tollesonaz.org

Valley West

YWCA Senior Center

8561 N. 61st Avenue

Glendale, AZ 85302

623-931-7436

www.ywcaaz.org

Via Linda Senior Center

10440 E. Via Linda

Scottsdale, AZ 85258

480-312-5810

www.scottsdaleaz.gov/seniors

Wise Owl Senior Center

255 N. Washington Street

Wickenburg, AZ 85390

928-684-7894

ci.wickenburg.az.us

Transportation

Transportation for the elderly and disabled is offered in Maricopa County through a network of transportation and social services agencies.

En el Condado de Maricopa se ofrece transporte a las personas de la tercera edad y con discapacidades, a través de una red de transporte y agencias de servicios sociales.

ADAPTIVE DRIVER EDUCATION

Ability Center

23606 N. 19th Avenue, Ste. 16
Phoenix, AZ 85085
623-879-0800 | 1-866-405-6806
www.abilitycenter.com
(handicap van conversions and mobility van conversions)

Carl Hayden Veterans Administration Medical Center

650 E. Indian School Road
Phoenix, AZ 85012
602-277-5551
1-800-554-7174
www.phoenix.va.gov
(Program limited to veterans)

DriveAble Solutions

4120 N. 20th Street, Ste. A
Phoenix, AZ 85016
602-840-2323
www.driveablesolutions.com
(Teaches people with disabilities to drive or to drive again)

Driving to Independence

1414 W. Broadway Road, Ste. 218
Tempe, AZ 85282
480-449-3331
www.drivingtoindependence.com
(Bioptic Driving, Potential to Drive, Senior Safety, Driver Assessment)

ADAPTIVE DRIVING AIDS

AVA Wheelchair Van Rentals

Performance Mobility
2140 W. Broadway Road, Ste. 101
Mesa, AZ 85202
602-333-1594 | 1-866-333-1594
www.wheelchairvanrental.com

Handicap Vehicle Specialists

Performance Mobility
2140 W. Broadway Road, Ste. 101
Mesa, AZ 85202
602-286-0332 | 1-866-333-1594
www.handicapvehicle.com

Leeden Wheelchair Lift & Repairs

1704 E. Curry Road, Ste. 101
Tempe, AZ 85281
480-966-2372 | 1-800-554-3761
www.leedenwheelchairliftandsport.com

TRANSPORTATION

Mobility Center

134 N. Dobson Road
Mesa, AZ 85201
480-890-0878 | 602-547-1842
www.mobilitycenteraz.com

Vantage Mobility International

5058 S. 28th Place
Phoenix, AZ 85040
1-855-864-8267
www.vantagemobility.com

Worldwide Mobility Products

480-497-4692 | 1-800-848-3433
www.worldwide-mobility.com

VAN RENTALS

Wheelchair Getaways

5932 E. Presidio Road
Scottsdale, AZ 85254
602-494-8257 | 1-888-824-7413
www.wheelchairgetaways.com

Wheelers Accessible

Van Rental

6614 W. Sweetwater Avenue
Glendale, AZ 85304
623-776-8830 | 1-866-859-8880
www.wheelersvanrentals.com

BUS DISCOUNTS

Valley Metro

4600 E. Washington Street
Phoenix, AZ 85034
602-253-5000
Application Line: 602-716-2100
TTY: 602-251-2039
www.valleymetro.org

DISABILITY LICENSE PLATES

Motor Vehicle Division

Special Plates Unit
Mail Drop 801Z
PO Box 2100
Phoenix, AZ 85001
602-255-0072
www.azdot.gov/mvd

MATURE DRIVERS TRAINING

AARP Driver Safety Program

1-877-846-3299
www.aarp.org

PRIVATE PAY HANDICAPPED TRANSPORTATION SERVICES

AAA Transportation

4525 E. University Drive
Phoenix, AZ 85034
480-736-8000
www.aaayellowaz.com

All Around Town

Grocery, Meds, Vet Home Welfare Checks
623-476-6693
(West Valley Only)

Quality Transport Services of AZ

2323 E. Magnolia Street, Ste. 112
Phoenix, AZ 85034
602-371-1000
www.qtsaz.com

Yellow Cab Company

4525 E. University Drive
Phoenix, AZ 85034
602-252-5252
www.aaayellowaz.com

COUNTY & VOLUNTEER TRANSPORTATION SERVICES

About Care

PO Box 3278
Chandler, AZ 85244
480-802-2331
www.aboutcare.org
(Chandler, Gilbert only)

American Cancer Society

1-800-227-2345
(Maricopa County)

Assistance for Independent Living

247 N. MacDonald
Mesa, AZ 85201
480-966-9704
www.evadulresources.org
(Service areas: Mesa, Chandler, Gilbert,
Tempe, Apache Junction, Maricopa County)

Benevilla

16752 N. Greasewood Street
Surprise, AZ 85374
623-584-4999
www.benevilla.org
(El Mirage, Peoria, Sun City, Sun City
West, Surprise, Youngtown. Grocer Shop:
Avondale, Goodyear, Litchfield Park)

Discount Cab

*Sustainable Mobility Alternative / Valley
Metro Partnership*
4610 W Camelback Rd
602-200-2000
www.discountcab.com
(Seniors 65+ & passengers with disabilities
who do not qualify for ADA service.
Chandler, Scottsdale, Tempe)

Duet

555 W. Glendale Avenue
Phoenix, AZ 85021
602-274-5022
www.duetaz.org
(Glendale, Fountain Hills, Phoenix, Scottsdale)

East Valley Dial-A-Ride

480-633-0101
TTY: 480-813-8759
www.valleymetro.org
(Service areas: Chandler, Mesa,
Scottsdale, Tempe, Gilbert)

East Valley Ride Choice

3320 N. Greenfield Road
Mesa, AZ 85215
480-962-7433 (RIDE)
www.evadulresources.org
(Service areas: Mesa, Chandler, Gilbert)

Envoy America

Personal, professional driver
602-687-6345
(Maricopa County)

Foothills Caring Corps

480-488-1105
www.foothillscaringcorp.com
(Scottsdale N. of Bell Road, Carefree, Cave
Creek, N. Phoenix)

TRANSPORTATION

Glendale Dial-A-Ride

6210 W. Myrtle Avenue, Bldg. S
Glendale, AZ 85301
623-930-3500
www.valleymetro.org

Hope Medical Transport

2231 S. 48th Street, Ste. 104
Tempe, AZ 85282
602-438-4018
www.hopemtaaz.com

In Trans Power

4040 E. McDowell Road Ste. 210
Phoenix, AZ 85008
1-888-417-9996
www.inpoertrans.com

MO Med Trans, LLC

1811 S. Alma School Road, Ste. 295
Mesa, AZ 85210
480-800-3130
www.MO@MOMedTrans.com

MV Transport Alternative Transportation

1001 S. 4th Street
Phoenix, AZ 85004
602-801-1160

Neighbors Who Care

10450 E. Riggs Road, Ste. 113
Sun Lakes, AZ 85248
480-895-7133
www.neighborswhocare.com
(Sun Lakes and S. Chandler only)

Northwest Valley Connect

PO Box 9303
Surprise, AZ 85374
623-282-9300
www.northwestvalleyconnect.org
*(Sun City, Sun City West, Surprise, El Mirage,
Youngtown, Peoria, Neighboring
unincorporated Areas of Maricopa County)*

Northwest Valley Dial-A-Ride

16000 N. Civic Center Plaza
Surprise, AZ 85374
623-266-8723
www.valleymetro.org
*(Service Areas: Surprise, Sun City, Sun City
West, El Mirage, Youngtown)*

Orbit Bus System

City of Tempe – Public Transportation
602-253-5000
www.valleymetro.org
(A free service)

Peoria Dial-A-Ride

8850 N. 79th Avenue
Peoria, AZ 85345
623-773-7435
www.valleymetro.org

Phoenix Dial-A-Ride

1001 S. 4th Street
Phoenix, AZ 85004
602-253-4000 | 1-800-775-7295
TTY: 602-258-9980
www.valleymetro.org

Scottsdale Cab Connection

7447 E. Indian School Road, Ste. 205
Scottsdale, AZ 85251
480-312-8747
www.scottsdaleaz.gov
(Taxi Voucher program, Scottsdale only)

Senior Cab

City of Pheonix Alternative Transportation

Senior ADA Taxi Cab

1001 S. 4th Street

Phoenix, AZ 85004

602-801-1160

(Taxi voucher program, Phoenix 65+ only)

Senior Center Shuttle

1001 S. 4th Street

Phoenix, AZ 85004

602-801-1160

(Transportation for Phoenix Residents from their home to their nearest City of Phoenix Senior Center)

VerdeCares Inc.

18934 Avenida Del Ray, Ste. 106

Rio Verde, AZ 85263

480-540-1312

www.verdecares.org

Wickenburg's Freedom Express

255 N. Washington Street

Wickenburg, AZ 85390

(928)684-7894 ext. 102

(Transport Seniors 60+ within Wickenburg and up to 5 Miles out)

YMCA Outreach Programs for Ahwatukee Seniors (YOPAS)

1030 E. Liberty Lane

Phoenix, AZ 85048

602-212-6088

Zoom

Valleymetro.org

602-253-5000

(Avondale, Cashion, Tolleson – limited destinations)





VOLUNTEER OPPORTUNITIES

Area Agency volunteers help expand our reach, leverage our impact and provide valuable services to senior adults in our community. Our programs need volunteers on an ongoing basis.

All volunteers receive specialized training to allow them to perform with confidence. Please see page 105 for opportunities offered by Area Agency on Aging.

Los voluntarios de la Agencia ayudan a expandir nuestro alcance, ellos nos ayudan a impulsar nuestra labor y proporcionan servicios valiosos a los adultos mayores en nuestra comunidad. Nuestros programas necesitan voluntarios de forma continua.

Todos los voluntarios reciben entrenamiento especializado para que puedan ejercer con confianza. Por favor, vea la página 105 de oportunidades que ofrece la Agencia de Area Agency on Aging.

602-264-HELP (4357)

Notes

Visually Impaired & Blind Services

Seniors and disabled adults who are visually impaired or blind are served by a variety of agencies.

Las personas mayores de edad y los adultos ciegos o con problemas de la visión reciben servicios por una gran variedad de agencias.

Arizona Center for the Blind and Visually Impaired

3100 E. Roosevelt Street
Phoenix, AZ 85008
602-273-7411
www.acbvi.org

Arizona Council of the Blind

3124 E. Roosevelt Street, Ste. 4
Phoenix, AZ 85008
602-273-1510
www.azcb.org

Arizona Lions Vision Center

3124 E. Roosevelt Street, Bldg. D, Ste. 1
Phoenix, AZ 85008
602-267-7573
www.arizonalionsvisioncenter.org

Arizona State Braille And Talking Book Library

1030 N. 32nd Street
Phoenix, AZ 85008
602-255-5578
www.azlibrary.gov/talkingbooks

Duet

555 W. Glendale Avenue
Phoenix, AZ 85021
602-274-5022
www.duetaz.org

(In-home assistance reading mail and helping with paperwork)

Eye Care America

Seniors EyeCare Program
1-800-222-EYES (3937)
www.eyecareamerica.org

Lions Sight and Hearing Foundation

3427 N. 32nd Street
Phoenix, AZ 85018
602-954-1723
www.ls-hf.org

Midwestern University Clinics – Eye Institute

5865 W. Utopia Rd.
Glendale, AZ 85308
623-537-6000
www.mwuclinics.com/az/ei

Rehabilitation Services

4620 N. 16th Street, Ste. A-204
Phoenix, AZ 85016
602-266-9286
www.azdes.gov

Sun Sounds of Arizona

Reading Services
2323 W. 14th Street
Tempe, AZ 85281
480-774-8300
www.sunsounds.org

VISUALLY IMPAIRED & BLIND SERVICES

VerdeCares Inc.

18934 Avenida Del Ray, Ste. 106

Rio Verde, AZ 85263

Office: 480-471-8944

Vicki: 480-540-1312

www.verdecares.org



Volunteer Opportunities

Those who wish to put their experience and energies to good use can do so by volunteering in a variety of community service projects.

Las personas que deseen dar buen uso a su experiencia y energía pueden hacerlo a través del voluntariado en una variedad de proyectos de servicios a la comunidad.

Area Agency on Aging, Region One

1366 E. Thomas Road, Ste. 108

Phoenix, AZ 85014

602-264-2255

www.aaaphx.org

AMERICORPS VOLUNTEER

Through Los Ancianos, AmeriCorps members and volunteers are trained and assigned to the Agency or one of its thirteen partner organizations to provide new or enhanced services primarily in clients' homes. Activities may include friendly visits and phone contact, grocery shopping, and coordination of needed transportation. Other opportunities are available to coordinate wellness activities in under-served centers

Gracias al programa Los Ancianos, los miembros y voluntarios de Americorps son entrenados y asignados a una agencia o a una de sus trece organizaciones asociadas para proporcionar servicios nuevos o mejorados principalmente en los hogares de los clientes. Las actividades pueden incluir visitas amistosas y contacto telefónico, compras, y coordinacion de transporte. Otras oportunidades están disponibles para coordinar las actividades de bienestar en los centros insuficientemente atendidos.

AmeriCorps Volunteer

602-264-4357

www.aaaphx.org

VOLUNTEER OPPORTUNITIES

BENEFITS ASSISTANCE COUNSELOR

Assist Medicare beneficiaries with information, enrollments, plan changes, appeals, and grievances.

Ayuda a los beneficiarios de Medicare con información, inscripciones, cambios de planes, recursos, y quejas.

Benefits Assistance

602-264-4357

www.aaaphx.org

SENIOR MEDICARE PATROL (SHIP)

Educate Medicare beneficiaries about how they can protect themselves from scams, identity theft, and Medicare fraud.

Educa a los beneficiarios de Medicare sobre cómo pueden protegerse de los fraudes, robo de identidad y fraude de Medicare.

Benefits Assistance

602-264-4357

www.aaaphx.org

DOVES® CLIENT SUPPORT

Work one-on-one with residents trying to turn their lives around and become self-sufficient. Presentations by experts on topics pertinent to personal and professional development

Trabaja de manera individual con los residentes que están tratando de cambiar vida para que sean autosuficientes. Provee presentaciones a cargo de expertos en temas relevantes para el desarrollo personal y profesional.

DOVES® Client Support

602-264-4357

www.aaaphx.org

VOLUNTEER OPPORTUNITIES

ELDER REFUGEE PRE-LETERATE TUTOR & TEACHER

Pre-literacy and ESL Tutors and teachers needed to work with older refugees in order to put them on a path to citizenship and self-sufficiency.

Pre-alfabetización y clases de inglés como segundo idioma. Se necesitan tutores y maestros para trabajar con los refugiados de la tercera edad, con el fin de ponerlos en camino hacia la ciudadanía estadounidense y su autosuficiencia

Elder Refugee Pre-Literate Tutor and Teacher

602-264-4357

www.aaaphx.org

HOME-DELIVERED MEALS

Deliver meals to homebound older adults in the Scottsdale/Paradise Valley area.

Entrega de comidas a los adultos mayores reclusos en el area de Scottsdale y Paradise Valley.

Home-Delivered Meals

602-264-4357

www.aaaphx.org

LONGE-TERM CARE OMBUDSMAN VOLUNTEER

Advocate for people living in long-term care facilities, helping to ensure that the best possible quality of life and care is attained.

Defensores de las personas que viven en centros de cuidado de largo plazo para ayuda a garantizar que se proporcione la mejor atención médica y calidad de vida posible.

Longe-Term Care Ombudsman Volunteer

602-264-4357

www.aaaphx.org



ADDITIONAL VOLUNTEER OPPORTUNITIES

About Care

PO Box 3278
Chandler, AZ 85244
480-802-2331
www.aboutcare.org
(Chandler, Gilbert only)

American Red Cross

6135 N. Black Canyon Highway
Phoenix, AZ 85015-1892
602-336-6660
1-800-842-7349
www.redcross.org

Assistance for Independent Living

247 N. MacDonald
Mesa, AZ 85201
480-966-9704
www.evadultrresources.org

Benevilla

16752 N. Greasewood Street
Surprise, AZ 85372
623-584-4999
www.benevilla.org

Duet

555 W. Glendale Avenue
Phoenix, AZ 85021
602-274-5022
www.duetaz.org

East Valley Retired and Senior Volunteer Program

247 N. MacDonald
Mesa, AZ 85201
480-775-1466
www.evadultrresources.org

Pan de Vida

PO Box 745
Queen Creek, AZ 85242
480-987-0819
www.pandevidaaz.org

Phoenix Police Department COPS

Citizens Offering Police Support
620 W. Washington Street
Phoenix, AZ 85003
602-262-7626
www.phoenix.gov

Take Charge America, INC.

Financial Education & services
20620 N. 19th Ave
Phoenix, AZ 85027
866-528-0588
TakeChargeAmerica.org

YMCA Outreach Program for Ahwatukee Seniors (YOPAS)

1030 E. Liberty Lane
Phoenix, AZ 85048
480-759-6762

Index of Services

Abuse, alcohol & substance Abuso de Alcohol, Substancias	14, 90
of elders de las Persona Mayores	25
Adaptive Aids & Equipment Equipo y Aparatos Adaptables	7
Adult Day Health Care Cuidado de la Salud Diurno de Adultos	11
Advanced Directives Instrucciones Anticipadas	68
AIDS / HIV SIDA/VIH	52, 88
Alcohol Abuse Abuso de Alcohol	14, 90
ALTCS and Home and Community Based Services	
ALTCS y Servicios basados en el Hogar y la Comunidad	70
Animals, companion Animales de Compañía	80
Arizona Food Banks Bancos de Alimentos en Arizona	37
Arizona Health Care Cost Containment System (AHCCCS)	
Sistema de Control del Cuidado de la Salud de Arizona (AHCCCS)	45
Arizona Long-Term Care System and Home and Community-Based Services	
El Sistema de Cuidado a Largo Plazo en Arizona y Servicios basados en el	
Hogar y la Comunidad	70
Attorney Services Servicio fiscal	67
Attorney, power of Cartas poder	68
Bereavement, self-help and support groups	
Luto, Grupos de Ayuda y Auto Ayuda	86
Blind, services for Ceguera, servicios de	103
Brain Injury Lesión cerebral	86
Bus Transportation Transporte de Autobús	98
Care Cuidado	
home Casa	70
live-in Residentes	70
nursing Enfermería	70
respite Relevo	11, 83
Care Directions®, HIV Care Directions®, VIH	51, 88

INDEX OF SERVICES

Companion, Compañía,	
animals animales de compañía	80
friendly visitors visitantes amigables	40
Consumer Rights Organizations	
Organizaciones de los Derechos del Consumidor	17
Counseling, Asesoría,	
financial financiera	36
mental health salud mental	75
Deaf, services for Personas Sordas, servicios para	50
Delivered Meals Comidas Repartidas	72
Dental Care Cuidado Dental	20
Department of Economic Security, Departamento de Seguridad Económica	
financial assistance asistencia financiera	32
supplemental nutrition assistance program	
Programa de Asistencia de Alimentación Suplementaria	37
Department of Health Services and Nursing Homes	
Departamento de Servicios de Salud y Residencias de Tercera Edad	70
Department of Housing and Urban Development	
Departamento de Vivienda y Desarrollo Urbano	60
Directives, advanced Instrucciones Anticipadas	68
Domestic Violence Violencia Doméstica	23, 88
Driver Education, adaptive Educación para Conductores con aparatos adaptables	97
Driving Aids, adaptive Ayuda para conducir	97
Drug Abuse Abuso de Drogas	14, 90
Elder Abuse Abuso de Persona Mayores	25
Elder Refugee Program Programa de Refugiados Mayores	26
ElderVention® Programa de ElderVention®	Tab E/F
Emotional Counseling Consejería Emocional	75
Employment Empleo	27
Equipment, adaptive Equipo y aparatos adaptables	7
Fiduciary Services Servicios fiduciarios	30

Financial Assistance, home equity loan programs	
Asistencia Financiera, programas de Prestamos de Hipotec	60
Food Banks, Arizona Bancos de Alimento, Arizona	37
Friendly Visitors Visitantes amigables	40
Grandparents Raising Grandchildren Abuelos criando Nietos	43
Health Care Cuidado de Salud	44
Hearing Impaired, services for Discapacidades auditivas, servicios para	50
HIV / AIDS SIDA / VIH	52, 88
HIV Care Directions® VIH Care Directions®	52, 88
Home Modification Modificaciones al Hogar	54
Home Delivered Meals Comidas Repartidas A Domicilio	72
Home Health Aides Auxiliares de salud en el hogar	70
Home Repair Reparación del Hogar	56
Home Weatherization Climatización del Hogar	56
Hospice Cuidados Paliativos	59
Housing Vivienda	60
Housing & Urban Development (HUD) Vivienda y Desarrollo Urbano (HUD)	60
Illness, self-help & support groups	
Enfermedad, Auto-Ayuda, y Grupos de Apoyo	85
Job Training Entrenamiento de Empleo	27
Legal Services Servicios Legales	67
Live-In Care Atención en el Hogar	70
Living Wills Testamentos en Vida	68
Long-Term Care Cuidado a Largo Plazo	70
Long-Term Care, Ombudsman Program	
Cuidado a Largo Plazo Programa de Defensor	71, 79
Meals, home delivered Comidas, Repartidas A Domicilio	72
Medicare Medicare	44
Medicare Savings Programs Programas de Ahorros de Medicare	46
Mental Health Counseling Asesoría de Salud Mental	75
Mortgage, reverse Hipotecas, Cancelación	64

INDEX OF SERVICES

Nursing Homes and Respite Care

Asilo para Personas Mayores Cuidado de Relevo 70, 83

Ombudsman Programa de Defensor 71, 79

Pet Care Cuidado de Mascotas 80

Power of Attorney Cartas Poder 68

Property Tax Assistance Asistencia con Impuestos de Propiedad 35

Psychological Counseling Asesoría Psicológica 75

Quality Improvement Organization

Organización de Mejoramiento de Calidad 46

Remodeling Homes, for persons with disabilities

Remodelar Casas, para personas con discapacidades 54

Respite Relevo 83

Reverse Mortgage Cancelación de Hipotecas 64

Self-Help Groups Grupos de Autoayuda 85

Senior Adult Independent Living (SAIL) Program

Programa de Vida Independiente Program para Personas Mayores (SAIL) Tab S/T

Senior Centers, Centros para Personas de Tercera Edad 92

home delivered meals Comidas Repartidas A Domicilio 72

Shelters Albergues 24

Social Security Administration, Administración de Seguro Social,

financial assistance asistencia financiera 32

Medicare Medicare 44

Substance Abuse Abuso de Substancias 14, 90

Supplemental Nutrition Assistance Program (SNAP)

Programa de Asistencia de Alimentación Suplementaria 38

Supplemental Security Income (SSI) Seguridad de Ingresos Suplementarios ... 35

Support Groups Grupos de Apoyo 85

Terminal Illness and Hospices Enfermedad Terminal y Hospicios 59

Training for Employment Entrenamiento para el Empleo 27

Transportation, Transporte 97

adaptive driver education

Educación para Conductores con aparatos adaptables 97

INDEX OF SERVICES

adaptive driving aids Dispositivos de Adaptación para Manejar	97
bus Autobús	98
Van Rentals Renta de Camionetas	98
Veterinary Service Servicios de Veterinarios	80
Visitors, friendly Visitantes, Amigables	40
Visually Impaired, services for Discapacidad de la visión, servicios para ...	103
Volunteer Voluntariado	105
Weatherizing, help paying for Climatización, ayuda pagada	56
Wills, living Testamentos en vida	68

Index of Organizations

A

AAA Transportation	98	American Association of Retired Persons (AARP)	34
AARP	17, 34	American Cancer Society	87, 89
AARP (American Association of Retired Persons)	17	American Civil Liberties Union of AZ...	17
AARP Driver Safety Program	98	American Diabetes Association	88
AARP Legal Services Network	69	American Heart Association	88
AARP Senior Community Service Employment Program	27	American Legion	8
Ability 360	8, 54	American Red Cross	108
Ability Center	8, 97	AmeriCorps Volunteer	105
About Care	99, 100, 108	A New Leaf / Mesa C.A.N.	56
Adam Diaz Senior Center	94	A New Leaf/ MesaCAN	34
Adelante Healthcare	20	Animal Defense League of Arizona ...	80
Adelante Healthcare Avondale OB/GYN ...	47	Animals Benefit Club Sanctuary	80
Adelante Healthcare Buckeye.....	48	Apache, Navajo, Coconino, Yavapai Counties	123
Adelante Healthcare Gila Bend	48	Arbor Rose Senior Care – Adult Day Care	12
Adelante Healthcare Mesa	48	ARC of Arizona	17
Adelante Healthcare Mobile Health Program.....	48	Area Agency on Aging, Region One	24, 25, 26, 27, 45, 47, 52, 54, 61, 67, 70, 71, 72, 76, 79, 83, 87, 88, 92, 105
Adelante Healthcare Phoenix.....	48	Arizona Address Confidentiality Program	24
Adelante Healthcare Surprise	48	Arizona Animal Welfare League	80
Adelante Healthcare Wickenburg ...	48	Arizona Assistive Technology & Durable Medical Equipment Reuse Coalition...8	
ADL Solutions	54	Arizona Assistive Technology Exchange (ATEX)	8
Administration of Resources and Choices	36	Arizona Attorney General	17, 67, 69
Administration of Resources and Choices (ARC)	62, 64	Arizona Attorney General's Office ...	25
Adult Protective Services	25	Arizona Bar Association	67
Advanced Directives	68	Arizona Bridge to Independent Living	27, 88
Agua Fria Intergroup of Alcoholics Anonymous	90	Arizona Bridge to Independent Living (ABIL)	17, 82
AHCCCS	45	Arizona Burn Foundation	87
AIDS Info	53	Arizona Center for Disability Law ...	18
AI-Anon	90	Arizona Center for Disability Law ...	67
Alcoholics Anonymous.....	14, 90		
All Around Town	98		
ALS Association Care Services	8		
Alzheimer's Association	85		

INDEX OF ORGANIZATIONS

Arizona Center for the Blind and Visually Impaired	103	Arizona School of Dentistry and Oral Health Dental Clinic	20
Arizona Chapter Paralyzed Veterans ...	82	Arizona Senior Citizens Law Project	18, 67
Arizona Coalition to End Sexual & Domestic Violence	24	Arizona Speech-Language-Hearing Association	50
Arizona Commission for the Deaf and Hard of Hearing	18	Arizona Spinal Cord Injury Association	90
Arizona Commission for the Deaf and Hard of Hearing TTY/Voice	50	Arizona Technology Access Program (AzTAP)	8
Arizona Commodity Supplemental Food Program	39	Arizona Telecommunications Equipment Distribution Program (AzTEDP) ...	50
Arizona Council of the Blind	103	Arizona Tenants Advocates	18
Arizona Council on Compulsive Gambling	77	Arizona Women's Education & Employment	27
Arizona Dental Association	20	Arthritis Foundation	86
Arizona Department of Economic Security	32	Asbestos.com	89
Arizona Department of Health Services	59, 70	ASDOH Dental Clinic	20
Arizona Department of Mental Health Services	18	Assistance for Independent Living	40, 99, 108
Arizona Department of Veterans' Services	18	ASU, Speech & Hearing Clinic	50
Phoenix Fiduciary Office	30	ASU, Student Health Center	52
Arizona Fiduciaries Association	30	Audient	50
Arizona Health Care Cost Containment System (AHCCCS)	45	Aunt Rita's Foundation	52
Arizona Hoarding Task Force	88	Aurora Behavioral Health East	77
Arizona Humane Society	80	Aurora Behavioral Health West	77
Arizona Kidney Foundation	89	Autumn House	24
Arizona Labor Department	18	AVA Wheelchair Van Rentals	97
Arizona Lions Vision Center	103	Avondale	56
Arizona Long-Term Care System (ALTCs)	70	Avondale Community Center	72, 94
Arizona Mortgage Foreclosure Hotline ...	62	Avondale Family Health Center Dental Clinic (MIHS)	21
Arizona Nurses Association	18	Ayudando Guardians	30
Arizona Office of Problem Gambling	77, 78	AZ Department of Insurance	47
Arizona Paralyzed Veterans of America	88	AZ Law Help	68
Arizona Registrar of Contractors	18		
Arizona's Children Association	43		

B

Banner Alzheimer's Institute	85
Banner Del E. Webb Medical Center	15, 77

INDEX OF ORGANIZATIONS

Banner Good Samaritan Regional Medical Service Clinic	49	Center for Prevention of Abuse & Violence (CASA)	85
Banner Health Systems	14	Central Arizona Kinship Care Coalition ...	43
Banner Olive Branch Senior Center	27, 72, 94	Chandler	56
Banner Psychological Services	76	Chandler Christian Community Center	33
Baseline Clinic	21	Chandler Christian Community Center ...	65
Beacon Group SW, Inc.	28	Chandler Family Health Center Dental Clinic (MIHS)	21
Benefits Assistance	106	Chandler Food Bank	37
Benefits Assistance Counselor	106	Chandler Home Delivered Meals	73
Benefits Assistance Program	45, 47	Chandler Housing and Redevelopment Division	61
Benevilla	40, 56, 72, 86, 87, 99, 108	Chandler Senior Center	94
Bereavement & Grief Support Group ...	86	Chaplaincy for the Homeless	65
Better Business Bureau	18	Chicanos Por La Causa Inc	94
Borderlands Food Bank Produce on Wheels With Out Waste	38	Chicanos Por La Causa, Inc. ...	52, 62, 73
Braille and Talking Book Library	103	Child Crisis Arizona	43
Brain Injury Alliance of Arizona	86	Children's Action Alliance	43
Bridges Reaching the Elderly and Disabled (BREAD)	39	Chinese Senior Center	93
Brown Bag/Gleaning Program	39	Christ the King Community Church ...	48
Buckeye Senior Center	72, 94	Chrysalis	24, 76
C		Citizens Offering Police Support	108
CAAFSA	24	City of Avondale	56
Cahill Senior Center	94	City of Avondale Human Services ...	34
Cancer Support Community of Arizona	87	City of Chandler	56
Caregiver Resource Line	87	City of Gilbert	57
Carl Hayden Veterans Administration Medical Center	97	City of Glendale Community Revitalization	54, 57
Casa De Primavera Apts	62	City of Mesa Housing and Community Development	57
Casa Primavera Senior Center	94	City of Peoria Emergency Home Repair Program	57
CASS	18, 20, 24	City of Phoenix Community Services	65
Cass Vista Colina	24	City of Phoenix Equal Opportunity Department	19
Catholic Charities	36	City of Phoenix Human Services	34
Catholic Charities Community Services	33, 76	City of Phoenix Landlord/Tenant Line ...	19
Center for Prevention of Abuse & Violence (CASA)	19	City of Phoenix Neighborhood Services Department	57

INDEX OF ORGANIZATIONS

City of Phoenix PACE Program	63	DES – Rehabilitation Services	
City of Phoenix Senior Services	33	Administration	82
City of Scottsdale Community Assistance		Development Enrichment Center – Day	
Office	57	Treatment & Training Senior Program	94
City of Scottsdale Operation Fix-It ...	57	Devonshire Senior Center	93
City of Surprise Human Service &		Dignified Motors	8
Community Vitality	57	Discount Cab	99
City of Tempe Housing Services	57	DOVES® Client Support	106
City of Tempe Social Service Office ...	76	DriveAble Solutions	8, 97
Clinica Adelante Centers	47	Driving to Independence	97
Clinica Adelante/Tidwell Family Care ...	20	Duet	40, 43, 54, 57, 83, 85,
Community Action Programs (CAP) ...	32	87, 99, 103, 108	
Community Alliance Against Family Abuse			
(CAAFA)	24	E	
Community Bridges	14, 16	East Valley Dial-A-Ride	99
Community Chord of Joy	86	East Valley Retired and Senior Volunteer	
Community Dental Foundation	22	Program	108
Community Housing Partnership ...	62	East Valley Ride Choice	99
Community Legal Services	68	East Valley Senior Services Assistance for	
Community Legal Services		Independent Living	83
Mesa/Eastside	68	Ebony House	52
Companion Animal Association of		Elder Refugee Pre-Literate Tutor and	
Arizona, Inc.	80	Teacher	107
Compassionate Friends, Inc.	86	Elder Refugee Pre-Literate Tutor &	
Comprehensive Healthcare Center		Teacher	107
(MIHS)	21	Elim House	24
Contacs Shelter Hotline	24	Elks Club	8
CONTACS Shelter Hotline	65	El Mirage Senior Center	94
Coronado Dental Clinic	22	Emergency Food Assistance	37
Covenant of Grace Ministries	37	Emergency Housing Rehabilitation ...	57
Cultural Cup Food Bank	37	EMPACT-SPC	14
D		Epilepsy Foundation	90
De Colores	24	Escalante Senior Center	94
Deer Valley Community Center	92	Esther Angulo Community Center ...	73
Dental Care West	20	Esther Angulo Community Center ...	96
DES – Division of Aging &		Eye Care America	103
Adult Services	83, 87	F	
Desert Mission Food Bank	37	Faith House	24
Desert West Community Center	94	Family Service Agency	15, 76
		Financial Counseling	36

INDEX OF ORGANIZATIONS

First Southern Baptist Church of Avondale	48
Food Plus	39
Food Value Club	39
Foothills Caring Corps ... 8, 40, 73, 99, 100	
For General Information About the Medicare Program	44
Foundation for Senior Living	54, 58
Foundation for Senior Living CAP ...	33
Foundation for Sight & Sound	50
Fountain Hills Community Center	8
Fountain Hills Community Center	9, 94
Fountain Hills Home Delivered Meals...	73
Franciscan Renewal Center	86
Fresh N' Lean	73
Friends of St. Anne Ministry	9
FSL Adult Day Health Services – Glendale	12
Phoenix	12
Tempe	13
FSL Home Improvements	58

G

Gila Bend Senior Center	95
Gilbert	57
Gilbert Career Center	28
Give Back a Smile (AACD)	20
Glendale	57
Glendale Adult Center	95
Glendale CAP	34
Glendale Community Center	95
Glendale Community Housing Services Department	61
Glendale Community Revitalization ...	56, 57
Glendale Dial-A-Ride	100
Glendale Family Health Center Dental Clinic (MIHS)	21
Goelet A. C. Beuf Community Center ...	92
Gompers Habilitation Center	82
Goodwill of Central Arizona Workforce Development	28

Governor's Advisory Council on Aging	19
Graham, Greenlee, Cochise, Santa Cruz Counties	123
Grandfamilies Place of Phoenix	43
Granite Reef Senior Center	95
Greater Phoenix Urban League	28
Greenpath Debt Solutions	36
Guadalupe Senior Center	95

H

Handicap Vehicle Specialists	97
Happy Tails Service Dogs	80
Haven Senior Horizons	77
HealthCare.gov	46
Healthy-e-Arizona PLUS	32, 37, 45
Hear Now	51
Helen Drake Community Center	92
Helping Hands Foundation	9
Holy Family Catholic Church	48
Home-Delivered Meals	107
Homeowner's HOPE™ Hotline	62
Homestyle Direct	73
Hospice of the Valley	86
House of Refuge	24
HUD Housing	60
Huntington Disease Society of America	89

I

Interfaith Cooperative Ministries (ICM)	38
International OCD Foundation	88
Inter-Tribal Council	123
Intertribal Council of AZ, Area Agency on Aging, Region 8	43

J

Jewish Family & Children's Services ...	76
JFCS Center for Senior Enrichment ...	93

INDEX OF ORGANIZATIONS

John C. Lincoln Adult Day Health Care Center	12	Maricopa County Home Improvement Program (McHIP)	58
John C. Lincoln Auxiliary Line	40	Maricopa County Housing Authority	61
John F. Long Family Services	33	Maricopa County Human Services Department	35
Justa Center	28, 46, 49, 65, 68	Maricopa County Public Fiduciary ...	68
K		Maricopa County Public Fiduciary ...	36
Kickstart, Inc.	73	Maricopa County Public Health Clinic ...	52
L		Maricopa County Superior Court Self-Service Center	69
Labor Community Service Agency ...	24	Maricopa Integrated Health Services (MIHS)	21
Labor's Community Service Agency ...	58, 62	Maricopa Integrated Health System ...	48
La Frontera Arizona Crisis Hotline/EMPACT	75	Maricopa Medical Center Dental Clinic (MIHS)	21
Lawyer Referral Service	68	Maricopa Public Fiduciary	31
Leeden Wheelchair Lift & Repairs ...	97	Maricopa Workforce Connections ...	28
Leeden Wheelchair Lift/Sport	9	Mary's Place Memory Care	12
Leukemia and Lymphoma Society ...	87	Maryvale Church of the Nazarene ...	48
Lions Sight and Hearing Foundation ...	103	Maryvale Clinic	21
Lions Sight & Hearing Foundation ...	51	McDowell Healthcare Center	52
Livanta	47	McDowell Health Center Dental Clinic (MIHS)	21
Living Wills	68	McDowell Place	93
Longe-Term Care Ombudsman Volunteer	107	MEASUREAbilities, LLC	55
Long-Term Care	70, 71, 79	Medicare	44
Lucy Anne's Place Memory Care	12	Medicare Savings Program	46
M		Medi-Loan Services	9
Magellan Health Services of Arizona ...	15	Mental Health America of Arizona ...	89
Magellan Health Services of Arizona – Crisis Services	75	Mercy Maricopa Integrated Care	15
Magickitchen.com	73	Mesa Active Adult Center ...	9, 38, 73, 95
Marc Center	29	Mesa Dental Clinic	20
Marcos de Niza Senior Center	93	Mesa Family Health Center Dental Clinic (MIHS)	21
Maricopa County Animal Care and Control	80	Mesa Housing and Community Development	57
Maricopa County Assessor	35	Mesa Housing Authority	61
Maricopa County Healthcare for the Homeless	49	Mesothelioma & Asbestos Awareness Center	89
		Midwestern University Clinics – Dental Clinic	21

INDEX OF ORGANIZATIONS

Midwestern University Clinics – Eye Institute	103
Midwestern University Clinics – Psychology Clinic	76
Mission of Mercy Care Partnership Clinics	48
Mobile Dentistry of Arizona	22
Mobility Center	98
Mom’s Meals.....	73
Money Management International ...	36
MOSAIC® Center	26, 93
Motor Vehicle Division	98
Mountain Park Health Center	21, 49
Muhammad Ali Parkinson Research Center	89
MV Transport Alternative Transportation	100
My Place Gilbert Senior Center ...	73, 95
My Sister’s Place	24

N

NAACP	19
Narcotics Anonymous	16, 90
National AIDS Hotline Center for Disease Control	53
National Alliance of Mental Illness ...	89
National Association for Home Care and Hospice Facility Locator	70
National Association for the Advancement of Colored People (NAACP)	19
National Council on Alcoholism and Drug Dependence	15
National Council on Alcoholism and Drug Dependence	91
National Domestic Violence Hotline ...	24
National Domestic Violence Hotline ...	88
National Hospice and Palliative Care Helpline	59
National Multiple Sclerosis Society – Arizona Chapter	89
National Stroke Association	90

Native American Community Health Center	22
Native Health	15
Native Health West (NHW) Community Health Center	15
Navajo Aging Service Department ...	123
Navajo Nation	123
Neighbors Who Care ...	40, 58, 73, 87, 100
New Life Center	24
New River Senior Center	73, 95
Northern Arizona Council of Governments (NACOG)	123
North Scottsdale/Paradise Valley Home Delivered Meals	73
North Tempe Senior Center	74, 95
Northwest Area Utility Assistance Line	33
Northwest Valley Connect.....	100
Northwest Valley Dial-A-Ride	100
NOVA	16

O

Oakwood Creative Care	13
Orbit Bus System	100
Ozanam Manor	24

P

PACE Senior Housing Guide	62
Pan de Vida	30, 41, 108
Paradise Valley Community Center ...	92
Paradise Valley Emergency Food Bank	38
Paralyzed Veterans of America (AZ Chapter).....	9
Pecos Senior Center	93
Peoria Adult Day Program	12
Peoria Dial-A-Ride	100
Peoria Emergency Home Repair Program	57
Peoria Housing Authority	61
Peoria Senior Center	74, 95

INDEX OF ORGANIZATIONS

Performance Mobility	9	Rio Salado College School of Dental Hygiene	22
Perry Center	82	R & R Respite Adult Day Center ...	12, 84
Pets on Wheels	81		
Phoenix Area Narcotics Anonymous ...	15	S	
Phoenix College Dental Hygiene Clinic ...	22	Salt River Intergroup	91
Phoenix Dial-A-Ride	100	Salvation Army Adult Rehabilitation Center	15
Phoenix First Assembly	9	Salvation Army Family Services	34
Phoenix Housing Department	61	Salvation Army Kaiser Family Center	24
Phoenix Indian Medical Center	22	Salvation Army Laura Danieli Senior Center	93
Phoenix Interfaith Counseling ...	76, 86	Salvation Army/Project Hope	65
Phoenix Neighborhood Services Department	57	Salvation Army Social Services	63
Phoenix Police Department COPS ...	108	Scottsdale Cab Connection	100
Phoenix Revitalization Corporation ...	62	Scottsdale Community Assistance Office	57
Phoenix Shanti Group	53	Scottsdale Housing Agency	61
Pima Council on Aging	123	Scottsdale Operation Fix-It	57
Pinal-Gila Council for Senior Citizens ...	123	SCSEP	27
Planned Parenthood of Central and Northern Arizona	53	Senior Cab	101
Power of Attorney	68	Senior Center Shuttle	101
Private Pay Meals	72	Senior Community Service Employment Program (SCSEP)	27
Project HOME	30	Senior Directory	63
Property Tax Assistance	35	Senior Medicare Patrol	106
Pyle Adult Recreation Center	95	Senior Medicare Patrol (SHIP)	106
		Senior Opportunities West Senior Center	93
Q		Seniors EyeCare	103
Quality Improvement Organization ...	46	Shadow Mountain Senior Center	92
Quality Transport Services of AZ	98	Shepherd of the Valley Church	48
Queen Creek Library Recreation Annex	95	Sheriff's Posse of Sun City West ...	30, 41
		SHIP	45
R		SHIP Statewide Medicare Hotline ...	47
Rape, Abuse and Incest National Network (RAINN)	24	Sickle Cell Anemia Society of Arizona ...	90
Rebuilding Together	55	Smiles for Success	22
Red Mountain Active Adult Center ...	95	SNAP	38, 39
Red Mountain Active Adult Center 74		Social Security Administration ...	32, 44
Red Mountain Multigenerational Center	13	Social Security Administration Offices ...	32
Rehabilitation Services	103	Social Security Services of Arizona ...	30
Reverse Mortgage	64		

Society of St. Vincent de Paul	35, 49, 63, 65	Sun City West Home Delivered Meals ...	74
Society of St. Vincent de Paul Dental Clinic	22	Sun City/Youngtown Home Delivered Meals	74
Sojourner Center	24	Sunflower Adult Day Care Center	12
Solecito Services, Inc.	9	Sunnyslope Family Services	33
South Central Family Health Center (MIHS)	21	Sunnyslope Senior Center	93
South Central Family Health Dental Clinic (MIHS)	22	Sunshine Service	9
South Eastern Arizona Governments Organization (SEAGO)	123	Sun Sounds of Arizona	103
South Mountain Community Center ...	93	Suntree Center Adult Day Health Care ...	12
Southwest Behavioral Health Services	15, 77	Supplemental Nutrition Assistance Program (SNAP)	38, 39
Southwest Center for HIV/AIDS	53	Surprise Dental Clinic	20
Southwest Lending Closet	9	Surprise Human Service & Community Vitality	57
SSI/MAO Office	46	Surprise Senior Center	96
Stand Together And Recover (S.T.A.R.) ...	78	Sustainable Mobility Alternative	99
Central	78		
East	78	T	
West	78	Take Charge America Senior Financial Friends	64
State Bar of Arizona	69	Task Force Against Senior Abuse ...	17, 67
State Health Insurance Assistnace Program (SHIP)	45	Tempe Home Delivered Meals	74
St. Joseph the Worker	29	Tempe Housing and Redevelopment ...	61
St. Luke's Behavioral Health Center	15, 77	Tempe Housing Services	57
St. Luke's Medical Center	77	Tempe Neighbors Helping Neighbors (TNHN)	58
St. Mary's Food Bank Alliance	38	Terros	15, 53
Sun City Community Assistance Program	33, 35	The 3000 Club Market on the Move ...	38
Sun City Community Assistance Network	35	Tolleson Senior Center	96
Sun City Community Fund	35	Town Center	13
Sun City Homeowners Association ...	58	Travis L. Williams Family Services ...	33
Sun City Restorative Care	12	Trellis	64
Sun City Taxpayers Association	34		
Sun City Taxpayers Association Community Action Network	34	U	
Sun City West Community Fund	35	UMOM	24
Sun City West Community Fund	34	United Food Bank	38
		U.S. Department of Housing and Urban Development (HUD)	64
		U.S. Equal Employment Opportunity Commission	19
		U.S. Housing Urban Development (HUD)	61

Take Charge America Senior Financial Friends	64
Task Force Against Senior Abuse ...	17, 67
Tempe Home Delivered Meals	74
Tempe Housing and Redevelopment ...	61
Tempe Housing Services	57
Tempe Neighbors Helping Neighbors (TNHN)	58
Terros	15, 53
The 3000 Club Market on the Move ...	38
Tolleson Senior Center	96
Town Center	13
Travis L. Williams Family Services ...	33
Trellis	64

UMOM	24
United Food Bank	38
U.S. Department of Housing and Urban Development (HUD)	64
U.S. Equal Employment Opportunity Commission	19
U.S. Housing Urban Development (HUD)	61

V

Valle del Sol	15
Valley Center of the Deaf	51
Valley Metro	98
Valley West YWCA Senior Center	96
Valley West YWCA Senior Center	74
VA Medical Center	22
Vantage Mobility International	98
VerdeCares Inc. ... 55, 74, 84, 101, 103, 104	
Via Linda Senior Center	96
Vista Del Camino Center	29
VITA	34
Vocational Rehabilitation	29
Volunteer Income Tax Assistance ...	34

Z

Zoom	101
------------	-----

W

Warm Line	78
Washington Activity Center	93
Watkins	24
Welcome Center	24
Western Arizona Council of Governments	123
West Valley Career Center	29
Wheelchair Getaways	98
Wheelers Accessible Van Rental	98
Wickenburg CAP	34
Wise Owl Senior Center	74, 96
Woodward Foundation for the Disabled	51
Worldwide Mobility Products	98

Y

Yellow Cab Company	99
YMCA Outreach Program for Ahwatukee Seniors (YOPAS)	108
YMCA Outreach Programs for Ahwatukee Seniors (YOPAS)	101
Youngtown Community Fund ...	9, 10

Services Outside of Maricopa County

For information regarding services and programs available for older persons and for family caregivers statewide, please refer to the numbers listed below for the Area Agency On Aging in your county or region.

Para obtener información sobre los servicios y programas disponibles para las personas mayores y los cuidadores familiares en todo el estado, por favor refiérase a los números que se indican a continuación para la agencia de envejecimiento en su condado o región.

Apache, Navajo, Coconino, Yavapai Counties

*Northern Arizona Council
of Governments (NACOG)*

119 E. Aspen Avenue
Flagstaff, AZ 86001
1-928-774-1895
www.nacog.org

Eldercare Locator

A service of the U.S. Administration on Aging

1-800-677-1116
www.eldercare.gov

Graham, Greenlee, Cochise, Santa Cruz Counties

*South Eastern Arizona Governments
Organization (SEAGO)*

300 Collins Road
Bisbee, AZ 85603
1-520-432-2528
www.seago.org

Inter-Tribal Council – 19 Tribes

Inter-Tribal Council of Arizona, Inc.

2214 N. Central Avenue, Ste. 100
Phoenix, AZ 85004
602-258-4822
www.itcaonline.com

Navajo Nation

Navajo Aging Service Department

PO Box 1390
Window Rock, AZ 86515
1-928-729-4590
www.naaa.navajo.org

Pima County

Pima Council on Aging

8467 E. Broadway Boulevard
Tucson, AZ 85710
1-520-790-7262
www.pcoa.org

Pinal, Gila Counties

Pinal-Gila Council for Senior Citizens

8969 West McCartney Road
Casa Grande, AZ 85194
1-520-836-2758 | 1-800-293-9393
www.pgsc.org

Yuma, Mohave, La Paz Counties

Western Arizona Council of Governments

224 S. Third Avenue
Yuma, AZ 85364
1-928-782-1886 | 1-800-329-4248
www.wacog.com

208 N. 4th Street
Kingman, AZ 86401
1-928-753-6247
www.wacog.com

Dear Friends,

We appreciate you taking the opportunity to pick up a copy of this resource guide. It's our hope that it assists you in finding the programs and services you and your loved ones need. This guide is provided by the Area Agency on Aging, Region One a non-profit organization dedicated to serving the needs of older adults and adults with disabilities in our community.

If you would like to receive information on any of our programs, please call the **Senior HELP LINE** at **602-264-4357**, visit us at www.aaaphx.org or complete the lower portion of this page and mail to:



AREA AGENCY ON AGING
REGION ONE, INCORPORATED

**1366 E. Thomas Road, Ste. 108
Phoenix, AZ 85014**

If this guide has been helpful, we ask that you consider making a tax deductible donation in support of the Area Agency on Aging and its vital programs. Please complete the information below and mail this page with your donation to the address shown above.

Gift Amount \$ _____

☐ Enclosed is my check payable to Area Agency on Aging, Region One

Please charge my donation to:

☐ VISA

☐ MasterCard

Name(s): _____

Credit Card #: _____ Exp: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone _____ E-mail: _____

Signature: _____

Please send me information on the following programs: _____

Thank you! Your generosity is greatly appreciated!

Queridos Amigos,

Le agradecemos la oportunidad de llevarse un ejemplar de esta guía de recursos. Es nuestra esperanza de que le ayude a encontrar los programas y servicios que usted y sus seres queridos necesitan. Esta guía es obsequio de la Area Agency on Aging, Region One, una organización sin fines de lucro que se dedica a atender las necesidades de las personas de tercera edad y los adultos con discapacidad en nuestra comunidad.

Si desea recibir información sobre cualquiera de nuestros programas, por favor, llame a la línea de ayuda al **602-264-4357**, visite www.aaaphx.org o llene la parte baja de esta página y envíe a:



AREA AGENCY ON AGING
REGION ONE, INCORPORATED

**1366 E. Thomas Road, Ste. 108
Phoenix, AZ 85014**

Si esta guía ha sido útil, le pedimos que consideren la posibilidad de hacer una donación deducible de impuestos en apoyo a la Agencia del Area sobre el Envejecimiento y sus programas vitales. Por favor, complete la información a continuación y envíe esta página con su donación a la dirección arriba indicada.

Regalo en Cantidad de \$ _____

☐ Adjunto esta mi cheque pagadero a La Agencia del Area sobre el Envejecimiento, Primera Region

Por favor cargue mi donación a: ☐ VISA ☐ MasterCard

Nombre(s): _____

Tarjeta de Crédito #: _____ Exp: _____

Dirección: _____

Ciudad: _____ Estado _____ Zip: _____

Tel: _____ Correo electrónico: _____

Firma: _____

Por favor, envíe información sobre los siguientes programas: _____

¡Gracias! ¡ Su generosidad es muy apreciada!



AREA AGENCY ON AGING
REGION ONE, INCORPORATED

Caring for your Needs

In accordance with the Americans with Disabilities Act, the Area Agency on Aging, Region One, will make a reasonable accommodation to allow a person with a disability to take part in a program, service or activity. For example, if necessary, the Area Agency on Aging will provide sign language interpreters for people who are hearing-impaired, a wheelchair accessible location or enlarged print materials. It also means that the Area Agency on Aging will take any other reasonable action that enables you to take part in and understand a program or activity, including making reasonable changes to an activity. If you believe that you will not be capable of understanding or taking part in a program or activity because of your disability, please let us know of your disability needs in advance, if at all possible. Please contact the Area Agency on Aging, Region One, at 602-264-2255.

De acuerdo con el ley escrita para los americanos con discapacidades, la agencia "Area Agency on Aging", hará los ajustes necesarios para que las personas con discapacidades tomen parte de un programa, servicio o actividad. Por ejemplo, si es necesario, la agencia proveerá interpretes para sordos mudos para las personas que tengan discapacidad auditiva, un lugar accesible para las sillas de rueda, o materiales impresos con letras grandes. También significa que la agencia tomará cualquier medida razonable para que les permita tomar, entender y participar en un programa o una actividad. Si es necesario efectuar cambios razonables en la actividad. Si usted cree que no es capaz de entender o formar parte de algún programa o actividad por su discapacidad, por favor indíquenos con anticipación que tipo de discapacidad tiene y poder cubrir sus necesidades.



Your Connection to Aging Solutions

AGEconnect, a private pay enterprise of the Area Agency on Aging, takes the Agency's unmatched knowledge about resources for seniors and their caregivers to the next level of service by providing personal one-on-one comprehensive in home discussions of ongoing needs and developing a customized care plan for the senior adult and those who provide their care.

AGEconnect, es una empresa privada de paga de la Area Agency on Aging; adquiere el conocimiento inigualable de la agencia con respecto a los recursos ofrecidos para las personas mayores y sus cuidadores. Los lleva al siguiente nivel de servicio, ofreciendo de manera individual y exhaustiva las necesidades continuas del hogar; y desarrollar un plan personalizado para la persona mayor y para las personas que los cuidan.

For more information, call **602-264-HELP (4357)**
Or visit: **AGEconnect.com**