

\$5.00

# AREA AGENCY ON AGING RESOURCE GUIDE

M A R I C O P A   C O U N T Y

## Guía de Recursos de Area Agency on Aging



AREA AGENCY ON AGING  
REGION ONE, INCORPORATED

1366 E. Thomas Road, Ste. 108 Phoenix, AZ 85014

**24-Hour Senior HELP LINE: 602-264-HELP (4357)**

Toll-Free: 888-264-2258 | [aaaphx.org](http://aaaphx.org)



AREA AGENCY ON AGING  
REGION ONE, INCORPORATED



## HEALTHY LIVING

LIVE WELL  
AGE WELL  
BE WELL

Area Agency on Aging promotes healthy living for older adults with classes to help them remain at home in their community.

Chronic Disease Self-Management •  
Diabetes Self-Management • Chronic Pain Self-Management •  
Physical Activity • Medication Management • Falls Prevention

For information or current schedules  
24-Hour *Senior* HELP LINE 602-264-HELP (4357)  
[aaaphx.org](http://aaaphx.org)



# AREA AGENCY ON AGING RESOURCE GUIDE

Area Agency on Aging, Region One provides programs and services to adults age 60 and older, family caregivers of older adults, those age 18 to 59 with physical disabilities and long-term care needs, and persons 18 and older who are living with a diagnosis of HIV/AIDS. The Agency also serves many special populations including elder refugees, persons with behavioral health conditions and victims of late-life domestic violence, elder abuse and sexual assault.

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## Guía de Recursos de Area Agency on Aging

Area Agency on Aging, Region One brinda servicios y programas a adultos mayores de 60 años, cuidadores familiares de adultos mayores, personas de 18 a 59 años con discapacidades físicas y necesidades de atención a largo plazo, y personas mayores de 18 años que viven con un diagnóstico de VIH / SIDA. La Agencia también presta servicios a muchas poblaciones vulnerables, incluyendo a refugiados mayores, personas con problemas de salud del comportamiento y a víctimas de violencia doméstica en la vejez, de abuso de ancianos y de agresión sexual.

# Using this Guide

The services and service providers in this guide are listed alphabetically. There is an index in the back of the guide 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 Area Agency on Aging 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 Area Agency on Aging Resource Guide.*

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# Uso de la Guía

Los servicios de esta guía están enlistados en orden alfabético. Hay un índice en la parte posterior de la guía 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 está disponible las 24 horas

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

*La Guía de Recursos de Area Agency on Aging 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, Region 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 de Area Agency on Aging.*

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## Area Agency on Aging 24-Hour *Senior* HELP LINE

### Línea de Ayuda de 24 Horas para Personas Mayores

The 24-Hour *Senior* HELP LINE is the information and assistance program and the central intake for the Area Agency on Aging. Taking over 40,000 calls each year, the *Senior* HELP LINE staff assist callers in finding and connecting them to the right resources in Maricopa County.

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La Línea de Ayuda de 24 Horas para Personas Mayores es un programa de información y asistencia, y también la admisión central para todos los programas y servicios de la Agencia. Recibiendo más de 45,000 llamadas cada año, el personal de Senior HELP LINE ayuda a las personas que llaman a navegar y conectarse con los recursos adecuados en el Condado de Maricopa.

**24-Hour *Senior* HELP LINE**  
**602-264-HELP (4357)**

**ADAPTIVE AIDS & EQUIPMENT**

**Ability Center**

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

**Ability 360**

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

**ALS Association Care Services**

360 E. Coronado Rd., Ste. 140  
Phoenix, AZ 85004  
866-350-2572  
info@alsaz.org  
*(Serves those with Lou Gehrig's disease)*

**The Arizona Technology Access Program (AzTAP)**

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

**American Legion**

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

**Dignified Motors**

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

**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

**Dream City Church**

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

**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

**DriveAble Solutions**

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

**Elks Club** *(Members & family only)*

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

**ADAPTIVE AIDS & EQUIPMENT**

**Foothills Caring Corps**

7275 E. Easy St., Ste. B-103/B-104  
Caretfree, AZ 85377  
480-488-1105  
www.foothillscaringcorps.com

**Fountain Hills Community Center**

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

**Friends of St. Anne Ministry**

420 W. Watkins Rd.  
Phoenix, AZ 85003  
602-261-6896  
www.stvincentdepaul.net

**Helping Hands Foundation**

14624 R. H. Johnson Blvd.  
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 Rd., Ste. #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., Ste. 2  
Phoenix, AZ 85013  
602-244-9168

**Performance Mobility**

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

**Solecito Services, Inc.**

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

**Southwest Lending Closet**

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

**Sunshine Service**

9980 W. Santa Fe Dr.  
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 Ave.

Youngtown, AZ 85363

623-977-4661

[www.youngtownaz.org](http://www.youngtownaz.org)

*(Youngtown residents only)*

## Adult Day Health Care

Adult Day Health Care (ADHC) offers care and supervised activities during the day for older adults 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.

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El servicio de Cuidado Diurno de la Salud 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****Desert Mission Adult Day Health Care Center**

303 E. Eva St.  
Phoenix, AZ 85020  
602-870-6374  
[www.desertmission.com](http://www.desertmission.com)

**FSL Adult Day Health Services – Phoenix**

3620 N. 4th Ave.  
Phoenix, AZ 85013  
602-297-1840  
[www.fsladulldayservices.org](http://www.fsladulldayservices.org)

**Sunflower Adult Day Care Center**

2814 W. Bell Rd., Ste. 1415  
Phoenix, AZ 85053  
602-843-8711  
[www.sunfloweradulldaycarecenter.com](http://www.sunfloweradulldaycarecenter.com)

**Suntree Center Adult Day Health Care**

4120 N. 20th St.  
Phoenix, AZ 85016  
602-441-4900  
[www.suntreecenter.com](http://www.suntreecenter.com)  
*(Adults 50+)*

**WEST VALLEY****FSL Adult Day Health Services – Glendale**

6010 W. Northern Ave., Ste. 800  
Glendale, AZ 85301  
602-532-2983  
[www.fsladulldayservices.org](http://www.fsladulldayservices.org)

**Lucy Anne's Place Memory Care**

16752 N. Greasewood St.  
Surprise, AZ 85374  
623-584-4999  
[www.benevilla.org](http://www.benevilla.org)

**Mary's Place Memory Care**

14601 N. Del Webb Blvd.  
Sun City, AZ 85351  
623-815-1031  
[www.benevilla.org](http://www.benevilla.org)

**Sun City Restorative Care**

15800 Del Webb Blvd.  
Sun City, AZ 85351  
623-977-8274  
[www.benevilla.org](http://www.benevilla.org)

**West Valley Life Enrichment Program**

8133 W. Cactus Rd.  
Peoria, AZ 85361  
623-979-7126  
[www.benevilla.org](http://www.benevilla.org)

**EAST VALLEY****Arbor Rose Senior Care – Adult Day Care**

6033 E. Arbor Ave.  
Mesa, AZ 85206  
480-654-8200  
[www.arborroseseniorcare.com](http://www.arborroseseniorcare.com)

**FSL Adult Day Health Services – Tempe**

2234 E. Maryland Dr.  
Tempe, AZ 85281  
602-532-2982  
[www.fsladulldayservices.org](http://www.fsladulldayservices.org)

**Oakwood Creative Care**

[www.oakwoodcreativecare.org](http://www.oakwoodcreativecare.org)

*Red Mountain Multigenerational Center*

7550 E. Adobe St.

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 for older adults 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 adults 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 Rd., Ste. B  
Phoenix, AZ 85032  
24-Hour Help Line: 602-264-1341  
[www.aaphoenix.org](http://www.aaphoenix.org)

#### Banner Health Systems

Appointment Line: 1-800-254-4357  
[www.bannerhealth.com](http://www.bannerhealth.com)

#### Community Bridges

*Peer Access to Care Line*  
1-877-931-9142 (24/7)  
[www.communitybridgesaz.org](http://www.communitybridgesaz.org)

### La Frontera/EMPACT-SPC

*Suicide Prevention Center*  
Crisis Line: 480-784-1500  
Main Office: 480-784-1514  
Toll-Free: 1-866-205-5229  
[www.empact-spc.com](http://www.empact-spc.com)

618 S. Madison Dr.  
Tempe, AZ 85281  
480- 784-7574

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

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



**Family Service Agency**

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

**Maricopa County Response Network**

Crisis Line: 1-800-631-1314  
Crisis Line: 602-222-9444

**National Council on Alcoholism and Drug Dependence**

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

**Native Health**

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

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

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

**Phoenix Area Narcotics Anonymous**

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

**Salvation Army Adult Rehabilitation Center**

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

**Southwest Behavioral Health Services**

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

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

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

**Terros**

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

**Valle del Sol**

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

## WEST VALLEY

**Banner Del E. Webb Medical Center**

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

**ALCOHOL & SUBSTANCE ABUSE****Narcotics Anonymous**

P.O. Box 1351

Phoenix, AZ 85001

Helpline: 480-897-4636

[www.arizona-na.org](http://www.arizona-na.org)

**Terros-Olive Counseling**

4425 W. Olive St., Ste. 200

Glendale, AZ 85302

623-685-6000

[www.terros.org](http://www.terros.org)

**EAST VALLEY****Community Bridges**

560 S. Bellview

Mesa, AZ 85204

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

[www.communitybridgesaz.org](http://www.communitybridgesaz.org)



## Caregiving

### Provedores de Cuidado

The Family Caregiver Support program assesses the needs of family caregivers and can provide respite (relief), both in the home or through an adult day health care center. Services are initiated by calling the Agency's 24-Hour *Senior* HELP LINE. The program also offers support groups and educational forums throughout Maricopa County.

El programa de Apoyo a los Cuidadores Familiares evalúa las necesidades de los cuidadores familiares y puede proporcionar un respiro (alivio), tanto en el hogar como a través de un centro de atención de salud diurno para adultos. Los servicios se inician llamando a la Línea de Ayuda de 24 Horas para Personas Mayores de la Agencia. El programa también ofrece grupos de apoyo y foros educativos en todo el Condado de Maricopa.

**24-Hour *Senior* HELP LINE**  
**602-264-HELP (4357)**

# 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 or 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 Ave., Ste. 201

Phoenix, AZ 85382

1-866-389-5649

[www.aarp.org](http://www.aarp.org)

## **Ability 360**

5025 E. Washington St., Ste. 200

Phoenix, AZ 85034

602-256-2245

1-800-280-2245

[www.ability360.org](http://www.ability360.org)

## **American Civil Liberties Union of AZ**

P.O. Box 17148

Phoenix, AZ 85011

602-650-1854

[www.acluaz.org](http://www.acluaz.org)

## **The ARC (Administration of Resources and Choices) Arizona**

P.O. Box 83434

Phoenix, AZ 85071

602-234-2721

[www.arcarizona.org](http://www.arcarizona.org)

## **Arizona Attorney General**

### **Civil Rights Division**

2005 N. Central Ave.

Phoenix, AZ 85004

602-542-5263

[www.azag.gov](http://www.azag.gov)

## CONSUMER RIGHTS ORGANIZATIONS

### Consumer Complaint Unit

2005 N. Central Ave.  
Phoenix, AZ 85004  
602-542-5763  
www.azag.gov

### Task Force Against Senior Abuse

2005 N. Central Ave.  
Phoenix, AZ 85004  
602-542-2124  
www.azag.gov

### Arizona Center for Disability Law

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

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

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

### Arizona Corporation Commission

1200 W. Washington St.  
Phoenix, AZ 85007  
602-542-4242  
www.azcc.gov

### Arizona Department of Financial Institutions

100 N. 15th Ave., Ste. 261  
Phoenix, AZ 85007  
602-771-2800  
dfi.az.gov

### Arizona Department of Insurance

602-364-2499  
602-364-2977 (Spanish)  
www.insurance.az.gov/consumers

### Arizona Department of Mental Health Services

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

### Arizona Department of Veterans' Services

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

### Arizona Developmental Disabilities Planning Council (ADDPC)

3839 N. 3rd St., Ste. 306  
Phoenix, AZ 85012  
602-542-8970  
www.addpc.az.gov

### Arizona Labor Department

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

### Arizona Nurses Association

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

## CONSUMER RIGHTS ORGANIZATIONS

### Arizona Registrar of Contractors

1700 W. Washington St., Ste. 105  
Phoenix, AZ 85007  
602-542-1525  
1-877-MY AZROC (692-9762)  
[www.azroc.gov](http://www.azroc.gov)

### Arizona Senior Citizens

#### Law Project

4146 N. 12th St.  
Phoenix, AZ 85014  
602-252-6710

### Arizona Tenants Advocates

1200 W. 6th St.  
Tempe, AZ 85281  
480-557-8905  
[www.arizonatenants.com](http://www.arizonatenants.com)

### Better Business Bureau

1010 E. Missouri Ave.  
Phoenix, AZ 85014  
602-264-1721  
877-291-6222  
[www.bbb.org/phoenix](http://www.bbb.org/phoenix)

### Bureau of Consumer Protection

#### Federal Trade Commission

600 Pennsylvania Ave., NW  
Washington, DC 20580  
202-326-2222  
[www.ftc.gov](http://www.ftc.gov)

### CASS

*Central Arizona Shelter Services*  
230 S. 12th Ave.  
Phoenix, AZ 85007  
602-256-6945  
[www.cassaz.org](http://www.cassaz.org)

### Center for Medicare Advocacy

1025 Connecticut Ave., NW, Ste. 709  
Washington, DC 20036  
202-293-5760  
[www.medicareadvocacy.org](http://www.medicareadvocacy.org)

### City of Phoenix Equal Opportunity Department

251 W. Washington St., 7th Floor  
Phoenix, AZ 85003  
602-262-7716  
[www.phoenix.gov/eod](http://www.phoenix.gov/eod)

### City of Phoenix Landlord/ Tenant Line

200 W. Washington St., 4th Floor  
Phoenix, AZ 85003  
602-262-7210  
[www.phoenix.gov](http://www.phoenix.gov)

### Governor's Advisory Council on Aging

1700 W. Washington St., Ste. 101  
Phoenix, AZ 85007  
602-542-4710  
[www.azgovernor.gov/gaca/](http://www.azgovernor.gov/gaca/)

### Justice in Aging

202-289-6976  
[Info@justiceinaging.org](mailto:Info@justiceinaging.org)

### Mental Health America of AZ

501 N. 44th St., Ste. 300  
Phoenix, AZ 85008  
480-982-5305  
[www.mhaarizona.org](http://www.mhaarizona.org)

## CONSUMER RIGHTS ORGANIZATIONS

### National Association for the Advancement of Colored People (NAACP)

Maricopa County Branch  
2457 E. Broadway Rd.  
Phoenix, AZ 85040  
602-252-4064  
[www.naacp.org](http://www.naacp.org)

### National Association of Consumer Advocates

1215 17th St. NW, 5th Floor  
Washington, DC 20036  
202-452-1989  
[www.consumeradvocates.org](http://www.consumeradvocates.org)

### National Consumer Law Center

7 Winthrop Square, FL4  
Boston, MA 02110  
617-542-8010  
[www.nclc.org](http://www.nclc.org)

# Dental Care

Dental care is often difficult to obtain for older adults and adults with a disability who do not have insurance or 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**

1-877-809-5092

[www.adelantehealthcare.com](http://www.adelantehealthcare.com)

*(Reduced fee)*

## **Adelante Healthcare**

Mobile Health Program – Buckeye

623-583-3001

## **Clinica Adelante/Tidwell Family Care**

306 E. Monroe Ave.

Buckeye, AZ 85326

623-386-1635

[www.clinicaadelante.com](http://www.clinicaadelante.com)

*(Reduced fee)*

## **Mesa Dental Clinic**

1705 W. Main St.

Mesa, AZ 85201

480-247-7303

## **Surprise Dental Clinic**

15351 W. Bell Rd., Ste. 108

Surprise, AZ 85374

623-544-5189

## **Arizona Dental Association**

3193 N. Drinkwater Blvd.

Scottsdale, AZ 85251

480-344-5777

1-866-340-4337

[www.azda.org](http://www.azda.org)

*(Donated dental services)*

## **Arizona School of Dentistry and Oral Health Dental Clinic**

[www.atsu.edu/asdoh](http://www.atsu.edu/asdoh)

*(Reduced fee)*

## **ASDOH Dental Clinic**

5855 E. Still Circle

Mesa, AZ 85206

480-248-8100

## **CASS**

*Brighter Way Dental Center*

230 S. 12th Ave.

Phoenix, AZ 85007

602-362-0744

[www.cassaz.org](http://www.cassaz.org)

*(Reduced fee)*

## **Give Back a Smile (AACD)**

1-800-543-9220

[www.givebackasmile.com](http://www.givebackasmile.com)

*(for abuse survivors)*



## DENTAL CARE

### Horizon Health & Wellness – Apache Junction

*(Outpatient Services)*

625 N. Plaza Dr., 1st Floor  
Apache Junction, AZ 85119  
480-983-0065

### Maricopa Integrated Health Services (MIHS) Clinics:

*(Reduced fee)*

#### Avondale Family Health Center Dental Clinic (MIHS)

950 E. Van Buren St.  
Avondale, AZ 85323  
623-344-6800  
mihs.org

#### Chandler Family Health Center Dental Clinic (MIHS)

811 S. Hamilton St.  
Chandler, AZ 85225  
480-344-6100  
mihs.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  
mihs.org  
*(Reduced fee)*

### McDowell Health Center Dental Clinic (MIHS)

1101 N. Central Ave.  
Phoenix, AZ 85004  
602-344-6550  
mihs.org  
*(HIV/AIDS only)*

### Mesa Family Health Center Dental Clinic (MIHS)

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

### South Central Family Health Center (MIHS)

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

### Midwestern University Clinics – Dental Clinic

19389 N. 59th Ave.  
Glendale, AZ 85308  
623-537-6000  
[www.mwuclinics.com/az/di](http://www.mwuclinics.com/az/di)  
*(Reduced fee)*

### Mountain Park Health Center

602-243-7277  
[www.mountainparkhealth.org/dental](http://www.mountainparkhealth.org/dental)  
*(Reduced fee)*

### Baseline Clinic

635 E. Baseline Rd.  
Phoenix, AZ 85042

### Christown YMCA

5517 N. 17th Ave.  
Phoenix, AZ 85015

**Maryvale Clinic**  
6601 W. Thomas Rd.  
Phoenix AZ 85033

**Native American Community Health Center**

[www.nativehealthphoenix.org](http://www.nativehealthphoenix.org)  
*(Serves all Maricopa County residents. Must be referred from Native Health)*

**NATIVE HEALTH – Central Ave.**  
4041 N. Central Ave., Bldg. C  
Phoenix, AZ 85012  
602-279-5262  
After Hours Emergencies: 602-787-3351

**NHW Community Health Center**  
2423 W. Dunlap Ave., Ste. 140  
Phoenix, AZ 85021  
602-279-5351

**Phoenix College Dental Clinic**

3144 N. 7th Ave.  
Phoenix, AZ 85013  
602-285-7323  
*(X-Ray and dental cleaning only)*

**Phoenix Indian Medical Center**

4212 N. 16th St.  
Phoenix, AZ 85016  
602-263-1200  
*(Native Americans only)*

**Rio Salado College Dental Clinic**

2250 W. 14th St.  
Tempe, AZ 85281  
480-377-4100  
[www.riosalado.edu/dental](http://www.riosalado.edu/dental)

**Smiles for Success**  
1-800-920-2293  
[www.smilesforsuccess.org](http://www.smilesforsuccess.org)  
*(Referral from job placement organizations)*

**Society of St. Vincent de Paul Dental Clinic**

420 W. Watkins Ave.  
Phoenix, AZ 85003  
602-261-6868  
[www.stvincentdepaul.net](http://www.stvincentdepaul.net)  
*(Reduced fee)*

**VA Medical Center**  
650 E. Indian School  
Phoenix, AZ 85003  
602-277-5551, Ext. 1-6426  
[www.phoenix.va.gov/services/dental\\_service.asp](http://www.phoenix.va.gov/services/dental_service.asp)  
*(For 100% disabled only)*

**MOBILE UNIT**

**Community Dental Foundation**

1-888-318-3388  
[www.cdental.org](http://www.cdental.org)  
*(Visits schools and churches. extractions, no dentures)*

**Coronado Dental Clinic**  
480-461-1232  
*(Special needs & homebound elderly)*

**Mobile Dentistry of Arizona**

480-313-3310  
[www.mobiledentistryofaz.com](http://www.mobiledentistryofaz.com)  
*(Elderly homebound & nursing home)*



# 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, unlikely or unable to retaliate. With respect specifically to abuse in later life, the aggressors may include a spouse or former spouse, partners, adult children, extended family, and in some cases caregivers.

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“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*

2950 N. 7th St.

Phoenix, AZ 85014

24-HOUR Senior HELP LINE

602-264-HELP (4357)

[www.aaaphx.org](http://www.aaaphx.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](http://www.acesdv.org)

#### National Domestic Violence Hotline

1-800-799-SAFE (7233)

TTY: 1-800-787-3224

[www.thehotline.org](http://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 the SAFE DVS program to place victims in shelter beds. The number is **480-890-3039**, **Toll Free: 844-SAFE-DVS (723-3387)**.

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
- Gift of Mary Women's Shelter:  
602-254-8424





## ElderVention® PROGRAM

### Programa de ElderVention

ElderVention® is the Agency's licensed behavioral health program, helping older adults achieve and maintain a healthy emotional life. We provide in-home therapy on a range of issues, group therapy to older adults with hoarding disorder, community education presentations on medication misuse/abuse and suicide as well as an 8-hour course on Mental Health First Aid. We contract with insurance plans, Medicare and AHCCCS.

*See page 79 for more information.*

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ElderVention® es el programa licenciado de salud del comportamiento de la Agencia, que ayuda a las personas mayores a lograr y mantener una vida emocional saludable. Brindamos terapia en el hogar sobre una variedad de temas, terapia grupal para adultos mayores con problemas de acaparamiento, presentaciones de educación comunitaria sobre el mal uso/abuso de medicamentos y suicidio, así como un curso de 8 horas sobre primeros auxilios de salud mental. Contratamos con planes de seguro, Medicare y AHCCCS.

*Para más información, vea la página 79.*

**24-Hour Senior HELP LINE**  
**602-264-HELP (4357)**

# Elder Abuse

Abuse of older adults and other vulnerable adults takes different forms including physical, sexual, psychological, financial, and neglect. Help and support is available where they live—at home, in an assisted living facility or nursing home.

Those who are in contact with vulnerable adults have the responsibility to become aware of the signs of abuse and to report any signs of abuse, including financial exploitation, 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, sexual, psicológico, económico, y de 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**

## Adult Protective Services (APS)

1-877-767-2385

TTY: 1-877-815-8390

[www.azdes.gov](http://www.azdes.gov)

*(Suspected incidents of abuse)*

## Area Agency on Aging, Region One

Senior HELP LINE

2950 N. 7th St.

Phoenix, AZ 85014

24-HOUR Senior HELP LINE

602-264-HELP (4357)

[www.aaaphx.org](http://www.aaaphx.org)

*(Information about elder abuse)*

## Arizona Attorney General

### Task Force Against Senior Abuse

2005 N. Central Ave.

Phoenix, AZ 85004

602-542-2124

602-542-7918 *(Español)*

Email: [seniorabuse@azag.gov](mailto:seniorabuse@azag.gov)

[www.azag.gov/seniors](http://www.azag.gov/seniors)

## Arizona Corporation Commission

Securities Division

602-542-0662

1-866-VERIFY-9 (837-4399)

[www.azinvestor.gov](http://www.azinvestor.gov)

*(Enforces Arizona's securities and investment laws through investigative actions)*

# Elder Refugee Program

The Elder Refugee Program works to increase the availability of culturally and linguistically appropriate services for older refugees. The program staff actively conduct outreach to locate refugees living in Maricopa County who are at least age 60 to make them aware of available health and social services. Program staff also advocate on behalf of the refugees and coordinate with existing agencies and the refugee communities to better utilize resources in meeting their needs.

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

24-HOUR *Senior* HELP LINE

602-264-HELP (4357)

[www.aaaphx.org](http://www.aaaphx.org)



# Employment Preparation & Job Training

Older adults who need skills to re-enter the job market can find assistance through the following programs and services.

Los adultos mayores que necesitan experiencia para reingresar al mercado laboral pueden encontrar ayuda a través de los siguientes programas y servicios.

## **Ability360**

5025 E. Washington St., Ste. 200  
Phoenix, AZ 85034  
602-256-2245  
[www.ability360.org](http://www.ability360.org)  
*(Serves individuals with a disability)*

## **Banner Olive Branch Senior Center**

11250 N. 107th Ave.  
Sun City, AZ 85351  
623-974-6797  
[www.bannerhealth.com](http://www.bannerhealth.com)

## **Beacon Group SW, Inc.**

2222 N. 24th St.  
Phoenix, AZ 85008  
602-685-9703  
[www.tetracorp.com](http://www.tetracorp.com)  
*(Employment support for those age 18+  
with mental or physical disabilities)*

## **Goodwill of Central Arizona Workforce Development**

[www.mycareeradvisor.com](http://www.mycareeradvisor.com)  
[www.goodwillaz.org](http://www.goodwillaz.org)

Care1st Avondale Resource Center  
328 W. Western Ave.  
Avondale, AZ 85323  
623-333-2703

Department of Economic Security  
515 N. 51st Avenue  
Phoenix, AZ 85043  
602-513-8420

Fresh Start Women's Resource Center  
1130 E. McDowell Rd.  
Phoenix, AZ 85006  
602-535-4444

Maximus Downtown  
3425 E. Van Buren St.  
Phoenix, AZ 85008  
866-299-6757

Thomas West  
2929 N. 75th Ave.  
Phoenix, AZ 85008  
602-535-4410

106 E. McKellips Road  
Mesa, AZ 85207  
602-535-4466  
*(Tuesday and Thursday only)*

6750 W. Peoria Avenue, Ste. 115  
Peoria, AZ 85345  
602-535-4400

3514 W. Peoria Avenue  
Phoenix, AZ 85029  
602-535-4422

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F

## EMPLOYMENT & JOB TRAINING

1980 W. Baseline Road  
Phoenix, AZ 85041  
602-535-4477

1726 W. Camelback Road  
Phoenix, AZ 85015  
602-535-4484

8959 E. Indian Bend Road  
Scottsdale, AZ 85250  
602-535-4470

### Greater Phoenix Urban League

1402 S. 7th Ave.  
Phoenix, AZ 85007  
602-254-5611, Ext. 111  
[www.gphxul.org](http://www.gphxul.org)

### Justa Center

1001 W. Jefferson  
Phoenix, AZ 85007  
602-254-6524  
[www.justacenter.org](http://www.justacenter.org)  
*A day resource center for those aged 55+ who have nowhere to live.*

### Marc Center

924 N. Country Club Dr.  
Mesa, AZ 85201  
480-969-3800  
[www.marccr.com](http://www.marccr.com)  
*(Employment support for those age 18+ with mental or physical disabilities)*

### St. Joseph the Worker

1125 W. Jackson St.  
Phoenix, AZ 85007  
602-417-9854  
[www.sjwjobs.org](http://www.sjwjobs.org)  
*(For homeless & disadvantaged)*

### Vocational Rehabilitation

3221 N. 16th St., Ste. 200  
Phoenix, AZ 85016  
602-266-6752  
*(Employment support for those age 18+ with mental or physical disabilities)*

## ARIZONA STATE & COUNTY ONE-STOP CAREER CENTERS

### Arizona @ Work

#### Workforce Development Centers

[www.azjobconnection.gov](http://www.azjobconnection.gov)  
[www.arizonaatwork.com](http://www.arizonaatwork.com)

Maricopa County West Valley:  
602-372-4200 / TTY: 602-372-4261

Maricops County East Valley:  
602-372-9700 / TTY: 602-372-9792

Phoenix North:  
602-861-0208 / TTY: 602-534-5500

Phoenix South: 602-534-4732

Phoenix West:  
623-247-3304 / TTY: 602-534-5500

## Senior Community Service Employment Program (SCSEP)

SCSEP provides training opportunities to help job seekers age 55 and older improve their skills and gain current work force experience.

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SCSEP brindan oportunidades de capacitación para ayudar a los solicitantes de empleo de 55 años de edad y mayores a mejorar sus habilidades y adquirir experiencia laboral actual.

### AARP Senior Community Service Employment Program

5119 N. 19th Ave., Ste. A

Phoenix, AZ 85015

602-841-0403

[www.aarpworksearch.org](http://www.aarpworksearch.org)

### Area Agency on Aging, Region One

*ageWORKS*®

2950 N. 7th St.

Phoenix, AZ 85014

24-HOUR *Senior* HELP LINE

602-264-HELP (4357)

[www.aaaphx.org](http://www.aaaphx.org)

### National Indian Council on Aging

505-292-2001

[www.nicoa.org](http://www.nicoa.org)

*(Home office is in NM but serves Maricopa County)*

# 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 Social Security Income 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.

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 esté certificado por la Corte Suprema de Arizona.

## **Representative Payees for Social Security Beneficiaries (SSA/SSI)**

### **American Representative Payee Services**

1855 E. Southern St., 203  
Mesa, AZ 85204  
602-296-7106

### **CrissCross**

14141 Southwest Freeway St. # 1000  
Sugarland, Texas 77478-3059  
1866-845-7167  
info@crisscross.org

### **Payees Plus**

P.O. Box 35704  
Tuscon, AZ 85740  
520-395-1599  
info@payeesplus.org

### **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 Fiduciaries Association**

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

**Department of Veterans Affairs  
Claim Intake**

*(To make known need for VA pension payee  
or to report financial exploitation by payee)*

P.O. Box 5235

Janesville, WI 53547-5235

1-608-373-6690

Tax: 608-373-6690

[www.benefits.va.gov/compensation](http://www.benefits.va.gov/compensation)

**Maricopa Public Fiduciary**

222 N. Central Ave. , Ste. 4100

Phoenix, AZ 85004

602-506-5801

After Hours: 602-506-5801

*(emergencies only)*

[www.maricopa.gov/PubFid/](http://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.

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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.

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## Arizona Department of Economic Security

*Family Assistance Administration*  
1789 W. Jefferson St., 3rd Floor  
Phoenix, AZ 85005  
602-542-9935  
1-800-352-8401  
[www.azdes.gov](http://www.azdes.gov)

## Healthy-e-Arizona PLUS

*Connecting individuals and families to coverage, benefits and services.*  
[www.healtharizonaplus.gov](http://www.healtharizonaplus.gov)

## Social Security Administration

1-800-772-1213  
TTY:1-800-325-0778  
[www.ssa.gov](http://www.ssa.gov)

## Social Security Administration Offices

253 W. Superstition Blvd.  
Apache Junction, AZ 85220

5907 W. Kings Ave.  
Glendale, AZ 85306

702 W. Jerome Ave.  
Mesa, AZ 85210

16241 N. Tatum Blvd.  
Phoenix, AZ 85032

250 N. 7th Ave., 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 and mortgage assistance, housing repair, food boxes and other food and nutrition programs, and homeless services.

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**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 (*Mon at 1:00PM*)

**John F. Long Family Services**  
3454 N. 51st Ave.  
Phoenix, AZ 85031  
602-262-6510  
[www.phoenix.gov/humanservices](http://www.phoenix.gov/humanservices)

**Sunnyslope Family Services**  
914 W. Hatcher Rd.  
Phoenix, AZ 85021  
602-495-5229 (*Mon at 8:00AM*)  
[www.phoenix.gov/humanservices](http://www.phoenix.gov/humanservices)

**Travis L. Williams Family Services**  
4732 S. Central Ave.  
Phoenix, AZ 85040  
602-534-4732 (*Mon at 8:00AM*)  
[www.phoenix.gov/humanservices](http://www.phoenix.gov/humanservices)

### OUTSIDE THE CITY OF PHOENIX

**A New Leaf/ MesaCAN**  
635 E. Broadway  
Mesa, AZ 85204  
480-833-9200

#### **Avondale CAP**

(*Avondale, Goodyear, Cashion, Litchfield  
Park, sections of Laveen*)  
328 W. Western Ave.  
Avondale, AZ 85323  
623-333-2703

#### **AZCEND**

(*Chandler, Gilbert, Sun Lakes, Queen Creek*)  
345 S. California St.  
Chandler, AZ 85225  
480-963-1423

#### **Gila Bend Resource Center**

(*Buckeye, Arlington, Rainbow Valley,  
Tonohpah, Gila Bend*)  
303 E. Pima St.  
Gila Bend, AZ 85337  
928-683-6502

#### **Glendale CAP**

5850 W. Glendale Ave.  
Glendale, AZ 85301  
623-930-2854

#### **Guadalupe CAP**

9421 S. Avenida Del Yaqui  
Guadalupe, AZ 85283  
480-730-3093

#### **Maricopa County Human Services Department (HSD)**

(*Any cities not covered by other offices*)  
234 N. Central Ave., 3rd Floor  
Phoenix, AZ 85004  
602-506-5911

## FINANCIAL ASSISTANCE

### Northwest Area Utility Assistance Line

*(Peoria, El Mirage, Sun Cities, Anthem, Cave Creek, Carefree & Surrounding Areas)*  
602-372-0728

### Peoria CAP

*(Sun City, Sun City West, Peoria, Youngtown, Waddell)*  
8335 W. Jefferson St.  
Peoria, AZ 85345  
623-979-3911

### Scottsdale Vista Del Camino CAP

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

### Surprise Resource Center

*(Surprise, El Mirage)*  
12425 W. Bell Rd.  
Surprise, AZ 85379  
623-222-4673

### Tempe CAP

*(Tempe, Fountain Hills)*  
2146 E. Apache Blvd.  
Tempe, AZ 85281  
480-389-1375

### Tolleson CAP

9555 W. Van Buren  
Tolleson, AZ 85353  
623-936-2760

### Wickenburg CAP

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

### Salvation Army Family Services

[arizona.salvationarmy.org](http://arizona.salvationarmy.org)

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

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

241 E. 6th St.  
Mesa, AZ 85201  
480-962-9103

4343 N. 16th St.  
Phoenix, AZ 85016  
602-553-0988

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

40 E. University Dr.  
Tempe, AZ 85280  
480-967-8649

## Income Tax Advice

### Sun City Taxpayers Association

10195 W. Coggins Dr.  
Sun City, AZ 85351  
623-933-7530  
[www.suncitytaxpayers.org](http://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)*

**Sun City West Community Fund**

*(Personal Needs Committee)*

623-546-1122

**Other Financial Assistance**

**City of Avondale Human Services**

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

1007 S. 3rd St.

Avondale, AZ 85323

623-333-2700

**City of Phoenix Human Services**

602-262-6666

**Maricopa County Human Services Department (HSD)**

234 N. Central Ave., 3rd Floor

Phoenix, AZ 85004

602-506-5911

**Society of St. Vincent de Paul**

420 W. Watkins Rd.

Phoenix, AZ 85003

602-266-HOPE (4673)

[www.stvincentdepaul.net](http://www.stvincentdepaul.net)

**Sun City Community Assistance Program**

623-933-7530

*(Mon-Fri: 8AM-12PM)*

**Sun City Community Fund**

*(Banner Olive Branch Senior Center)*

10765 W. Peoria Ave.

Sun City, AZ 85351

623-974-6797

[www.bannerhealth.com/olivebranch](http://www.bannerhealth.com/olivebranch)

## FINANCIAL ASSISTANCE

**Property Tax Assistance:** Available to older adults 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.

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**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 St., Ste. 330  
Phoenix, AZ 85003  
602-506-3406  
[www.maricopa.gov/assessor](http://www.maricopa.gov/assessor)

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

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

### Supplemental Security Income (SSI)

1-800-772-1213  
TTY 1-800-325-0778  
[www.maricopa.gov/assessor](http://www.maricopa.gov/assessor)

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

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**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 Ave.  
Phoenix, AZ 85013  
602-285-1999  
[www.catholiccharitiesaz.com](http://www.catholiccharitiesaz.com)

**Greenpath Debt Solutions**

401 W. Baseline Rd., Ste. 105A  
Tempe, AZ 85283  
1-800-550-1961  
[www.greenpath.com](http://www.greenpath.com)

**Maricopa County Public Fiduciary**

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

**Money Management**

**International**

722 E. Osborn Rd., Ste. 210  
Phoenix, AZ 85014  
1-866-889-9347  
[www.moneymanagement.org](http://www.moneymanagement.org)

# Food Assistance

**Emergency Food Assistance:** Individuals must be referred to these programs by a social service agency and must meet eligibility requirements. Emergency food boxes are available to provide food for a limited number of days.

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.

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**Asistencia Alimenticia de Emergencia:** 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. Las cajas de emergencia de comida están disponibles a fin de proporcionar alimentos por un tiempo limitado.

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.

## Emergency Food Assistance

### AZCEND

345 S. California St.  
Chandler, AZ 85225  
480-963-1423  
azcend.org

### Covenant of Grace Ministries

906 W. Peoria Ave.  
Phoenix, AZ 85029  
602-678-0999

## Cultural Cup Food Bank

342 E. Thomas Rd.  
Phoenix, AZ 85012  
602-266-8370  
www.culturalcup.com

## Desert Mission Food Bank

9229 N. 4th St.  
Phoenix, AZ 85020  
602-870-6062  
www.desertmission.com/programs/  
food-bank

**Healthy-e-Arizona PLUS**

*Connecting individuals and families to coverage, benefits and services.*

[www.healtharizonaplus.gov](http://www.healtharizonaplus.gov)

**Interfaith Cooperative Ministries (ICM)**

501 S. 9th Ave.  
Phoenix, AZ 85007  
602-254-7450  
[www.icmaz.org](http://www.icmaz.org)

**Paradise Valley Emergency Food Bank**

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

**Fresh Produce Programs**

**Borderlands Food Bank Produce on Wheels With Out Waste**

270 W. Produce Row  
Nogales, AZ 85621  
520-287-2627 / 800-551-6764  
[borderlandsfoodbank.org](http://borderlandsfoodbank.org)

**Mesa Active Adult Center**

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

**The 3000 Club Market on the Move**

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

**Food Banks**

**St. Mary's Food Bank Alliance**

602-242-FOOD (3663)  
[www.firstfoodbank.org](http://www.firstfoodbank.org)

3131 W. Thomas Rd.  
Phoenix, AZ 85017

13050 W. Elm St.  
Surprise, AZ 85378

**United Food Bank**

245 S. Nina Dr.  
Mesa, AZ 85210  
480-926-4897  
[www.unitedfoodbank.org](http://www.unitedfoodbank.org)



## FOOD ASSISTANCE

**Supplemental Nutrition Assistance Program (SNAP)** is 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 Estampillas 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 older adults 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 older adults or participating households. Operated by St. Mary's/Westside Food Bank Alliance.)*

**Food Plus**  
602-344-4136  
*(Monthly package of food provided at no cost to older adults 60+, 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  
1824 E. McKinley St.  
Phoenix, AZ 85006  
602-771-0750 / 1-855-777-8590  
[www.azdes.gov/faa](http://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.

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.

## About Care

P.O. Box 3278  
Chandler, AZ 85244  
480-802-2331  
[www.aboutcare.org](http://www.aboutcare.org)  
*(Chandler, Gilbert only)*

## Assistance for Independent Living

45 W. University  
Mesa, AZ 85201  
480-964-9014  
[www.evadultresources.org](http://www.evadultresources.org)

## Benevilla

*Phone Pals*  
16752 N. Greasewood St.  
Surprise, AZ 85374  
623-584-4999 / 602-274-5022  
[www.benevilla.org](http://www.benevilla.org)

## Duet

10000 N. 31st Ave., Ste. D200  
Phoenix, AZ 85051  
602-285-0543  
[www.duetaz.org](http://www.duetaz.org)

## Foothills Caring Corps

7275 E. Easy St., Ste. B103  
Carefree, AZ 85377  
480-488-1105  
[www.foothillscaringcorps.com](http://www.foothillscaringcorps.com)

## Neighbors Who Care

10450 E. Riggs Rd., Ste. 113  
Sun Lakes, AZ 85248  
480-895-7133  
[www.neighborswhocare.com](http://www.neighborswhocare.com)  
*(Sun Lakes and South Chandler only)*

## Pan de Vida

P.O. Box 745  
Queen Creek, AZ 85242  
480-987-0819  
[www.pandevidaaz.org](http://www.pandevidaaz.org)

## Sheriff's Posse of Sun City West

*R.U.O.K. Program*  
20450 N. Stardust Blvd.  
Sun City West, AZ 85375  
623-584-5808  
[www.sheriffspossesuncitywest.net](http://www.sheriffspossesuncitywest.net)  
*(Automated call only)*

## **FRIENDLY VISITORS**

### **Tempe Neighbors Helping Neighbors**

34 N. 7th St.  
Tempe, AZ 85281  
480-381-8336

### **VerdeCares**

18934 E. Avenida Del Rey, Ste. 106  
Rio Verde, AZ 85263  
480-471-8944  
*(Verde Communities)*

### **YMCA Outreach Program for Ahwatukee Seniors (YOPAS)**

1030 E. Liberty Lane  
Phoenix, AZ 85048  
602-212-6088  
[opas@vosymca.org](mailto:opas@vosymca.org)

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## Grandparents Raising Grandchildren

### Abuelos Criando Nietos

When parents experience difficulties and children need care, grandparents often step in. Area Agency on Aging can help identify programs and services that offer support.

*See page 45 for more information..*

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Quando los padres experimentan dificultades y los niños necesitan atención, los abuelos a menudo intervienen. Nuestra Agencia puede ayudar a identificar programas y servicios que ofrecen apoyo.

*Para más información, vea la página 45.*

**24-Hour Senior HELP LINE**  
**602-264-HELP (4357)**

# 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. Algunos de los servicios ofrecidos incluyen, proporcionar apoyo emocional y descanso, buscar los recursos disponibles.

## **Benevilla Family Resource Center**

16752 N. Greasewood St.  
Surprise, AZ 85378  
623-207-6016  
[www.benevilla.org](http://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](http://www.parentingaz.org)

## **Child Crisis Arizona**

817 N. Country Club Dr.  
Mesa, AZ 85201  
480-834-9424  
[www.childcrisisaz.org](http://www.childcrisisaz.org)

## **Duet**

10000 N. 31st Ave., Ste. D200  
Phoenix, AZ 85051  
602-274-5022  
[www.duetaz.org](http://www.duetaz.org)

## **Grandfamilies Place of Phoenix**

*(Affordable housing for the needs of  
grandparents raising grandchildren)*  
5150 S. 18th Pl.  
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](http://www.itcaonline.com)

## **Raising Special Kids**

5025 E. Washington St., Ste. 204  
Phoenix, AZ 85034  
602-242-4366 | 800-237-3007  
[www.raisingpecialkids.org](http://www.raisingpecialkids.org)

## **Other Advocacy Groups**

### **Arizona's Children Association**

480-748-9269  
[www.arizonakinship.org](http://www.arizonakinship.org)

### **Central Arizona Kinship Care Coalition**

888-737-7494  
[www.azkinicare.org](http://www.azkinicare.org)

### **Children's Action Alliance**

602-266-0707  
[www.azchildren.org](http://www.azchildren.org)



# Health Care

A variety of programs and reduced-cost health care services are available for older adults, and adults with a disability.

**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.

**Medicare Advantage Plan** – Health plan offered by a private company that contracts with Medicare. This type of plan covers all original Medicare services and may offer extra coverage like vision, hearing and dental coverage.

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

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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.

**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

**Medicare Advantage Plan** – un plan de salud de Medicare ofrecido por una compañía privada que tiene contrato con Medicare. Este tipo de plan cubre todos los servicios originales de Medicare y puede ofrecer cobertura adicional como visión, audífonos y dental.

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

**Social Security Administration**  
1-800-772-1213  
[www.ssa.gov](http://www.ssa.gov)

**Medicare Information**  
1-800-MEDICARE (633-4227)  
[www.medicare.gov](http://www.medicare.gov)

**The State Health Insurance Assistance Program (SHIP)**, offered through the Area Agency on Aging Benefits Assistance Program, provides objective information about Medicare, insurance and benefits to older adults, younger adults with a disability, and caregivers. Counselors assist those with Medicare or those eligible for Medicare, to better understand their options. Trained volunteers are available at a number of locations throughout Maricopa county to provide free personalized assistance.

**El Programa Estatal de Asistencia con Seguro Médico (SHIP, por sus siglas en inglés)**, ofrecido a través del Programa de Asistencia de Beneficios de la Agencia, brinda información objetiva sobre Medicare, seguros y beneficios para personas mayores, personas con discapacidad y cuidadores. Los consejeros asisten a quienes tienen Medicare o aquellos elegibles para Medicare, para entender mejor sus opciones y ayudarles a maniobrar a través del sistema. Voluntarios capacitados están disponibles en varios lugares del condado de Maricopa para brindar asistencia personalizada gratuita.

### **Area Agency on Aging, Region One**

*Benefits Assistance Program*

2950 N. 7th St.

Phoenix, AZ 85014

24-Hour *Senior* HELP LINE: 602-264-HELP (4357)

[www.aaaphx.org](http://www.aaaphx.org)

**Arizona Health Care Cost Containment System (AHCCCS)** is Arizona's Medicaid program for those who cannot afford medical care. Eligibility to participate is based on evidence of citizenship, residency in Arizona and 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 St.

Phoenix, AZ 85034

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

[www.azahcccs.gov](http://www.azahcccs.gov)

### **Healthy-e-Arizona PLUS**

*Connecting individuals and families to coverage, benefits and services.*

[www.healthearizonaplus.gov](http://www.healthearizonaplus.gov)

## HEALTH CARE

### HealthCare.gov

*The Affordable Care Act offers eligible older adults age 65+ 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](http://www.healthcare.gov)

**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.

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**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.

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### SSI/MAO Office

801 E. Jefferson St., Mail Drop 3800

Phoenix, AZ 85034

602-417-5010

[www.azahcccs.gov](http://www.azahcccs.gov)

**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.

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**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.

### Livanta

240-712-4300

[www.livanta.com](http://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*  
2950 N. 7th St.  
Phoenix, AZ 85014  
24-HOUR *Senior* HELP LINE  
602-264-HELP (4357)  
[www.aaaphx.org](http://www.aaaphx.org)

**AZ Department of Insurance**

*Consumer Affairs Division*  
2910 N. 44th St., Ste. 210  
Phoenix, AZ 85018  
602-364-2499 | 1-800-325-2548  
[www.id.state.az.us](http://www.id.state.az.us)

**SHIP Statewide Medicare  
Hotline**

1-800-432-4040

**Low Cost Medical Clinics and Medical Assistance** is 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 y 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.

**Adelante Centers**

1-877-809-5092  
[www.adelantehealthcare.com](http://www.adelantehealthcare.com)

**Adelante Healthcare Gila Bend**

100 N. Gila Rd.  
Gila Bend, AZ 85337

**Adelante Healthcare Buckeye**

306 E. Monroe Ave.  
Buckeye, AZ 85326

**Adelante Healthcare Mesa**

1705 W. Main St.  
Mesa, AZ 85201

## HEALTH CARE

### **Adelante Healthcare Mobile Health Program**

306 E. Monroe Ave.  
Buckeye, AZ 85326

### **Adelante Healthcare Phoenix**

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

### **Adelante Healthcare Surprise**

15351 W. Bell Rd.  
Surprise, AZ 85374

### **Adelante Healthcare Wickenburg**

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

### **Adelante Healthcare Avondale OB/GYN**

*Coronado Professional Plaza*  
3400 N. Dysart Rd., Ste. F-121  
Avondale, AZ 85392

### **Mission of Mercy Care**

#### **Partnership Clinics**

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

623-932-2723 (*Avondale*)

[www.amissionofmercy.org/arizona](http://www.amissionofmercy.org/arizona)

### **Christ the King Community Church**

*Medical Clinic*

1616 E. Broadway Rd.  
Mesa, AZ 85204  
480-964-1719

(Hrs: *Thur, 8:00AM–3:00PM*)

### **First Southern Baptist Church of Avondale**

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

(Hrs: *2nd, 3rd & 4th Mon, 8:00AM–3:00PM*)

### **Holy Family Catholic Church**

6802 S. 24th St.  
Phoenix, AZ 85042  
602-268-2632

(Hrs: *2nd & 4th Tue, 8:00AM–3:00PM*)

### **Maryvale Church of the Nazarene**

3201 N. 51st Ave.  
Phoenix, AZ 85031  
602-269-3489

(Hrs: *1st & 3rd Tue, 8:00AM–3:00PM*)

### **Shepherd of the Valley Church**

1500 W. Maryland Ave.  
Phoenix, AZ 85015  
602-249-1936

(Hrs: *Wed, 8:00AM–3:00PM*)

### **Maricopa Integrated Health System**

2601 E. Roosevelt St.  
Phoenix, AZ 85008  
602-344-1153

[www.mihs.org](http://www.mihs.org)  
(Admin. for outpatient health centers)

811 South Hamilton  
Chandler, AZ 85225  
480-344-6100

12428 W. Thunderbird Rd.  
El Mirage, AZ 85335  
623-344-6500

5141 W. LeMar St.  
Glendale, AZ 85301  
623-344-6700

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

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

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

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

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

1201 S. 7th Ave.  
Phoenix, AZ 85007  
602-344-6600

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

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

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

**Banner Good Samaritan  
Regional Medical Service Clinic**

1300 N. 12th St., Ste. 508  
Phoenix, AZ 85006  
602-839-3927  
[www.bannerhealth.com](http://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](http://www.justacenter.org)

**Maricopa County Healthcare  
for the Homeless**

220 S. 12th Ave.  
Phoenix, AZ 85007  
602-372-2100  
[www.maricopa.gov](http://www.maricopa.gov)  
*(Must be homeless, walk-ins only)*

**Mountain Park Health Center**

2702 N. 3rd St., Ste. 4020  
Phoenix, AZ 85004  
Corporate Office: 602-323-3344  
Clinic Intake: 602-243-7277  
[www.mountainparkhealth.org](http://www.mountainparkhealth.org)

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

635 E. Baseline Rd.  
Phoenix, AZ 85042

6601 W. Thomas Rd.  
Phoenix, AZ 85033

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

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

**Society of St. Vincent de Paul**

420 W. Watkins Rd.  
Phoenix, AZ 85003  
602-266-HOPE (4673)  
[www.stvincentdepaul.net](http://www.stvincentdepaul.net)





# Hearing Impaired & Deaf Services

Education, rehabilitation, outreach, counseling, and interpreting services are among the many types of assistance available for persons who are deaf, hard of hearing or have hearing loss.

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 Ave., 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@acdhh.az.gov](mailto:info@acdhh.az.gov)  
[www.acdhh.org](http://www.acdhh.org)

## Arizona Speech-Language-Hearing Association

12256 N. 26th Place  
Phoenix, AZ 85032  
602-354-8062  
email: [arsha@arsha.org](mailto:arsha@arsha.org)  
[www.arsha.org](http://www.arsha.org)

## Arizona Telecommunications Equipment Distribution Program (AzTEDP)

100 N. 15th Ave., Ste. 104  
Phoenix, AZ 85007  
V/TTY: 602-542-1124  
1-866-223-3412 V/TTY  
email: [info@acdhh.az.gov](mailto:info@acdhh.az.gov)  
[www.acdhh.org](http://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](mailto:shsclinic@asu.edu)  
[www.asuspeechandhearingclinic.org](http://www.asuspeechandhearingclinic.org)

## AUDIENT Alliance for Accessible Hearing Care

*(Low income hearing aids/referral to specialists)*

3191 W. Temple Ave., Ste. 200  
Pomona, CA 91768  
1-866-956-5400 Ext. 2  
email: [hear@epichearing.com](mailto:hear@epichearing.com)  
[www.audientalliance.org](http://www.audientalliance.org)

## Foundation for Sight & Sound

*Help America Hear Program*  
P.O. Box 1245  
Smithtown, NY 11787  
1-631-366-3461  
email: [info@fssh.org](mailto:info@fssh.org)  
[www.foundationforsightandsound.org](http://www.foundationforsightandsound.org)

**Hear Now**

**Starkey Hearing Foundation**

6700 Washington Ave.

Eden Prairie, MN 55344

Main Number: 866-354-3254

U.S Assistance 800-328-8602

*(Hear Now Program)*

email: [hearnow@starkeyfoundation.org](mailto:hearnow@starkeyfoundation.org)

[www.Starkeyhearingfoundation.org](http://www.Starkeyhearingfoundation.org)

**Lions Sight & Hearing**

**Foundation**

*(Partnership with Zounds Hearing)*

3427 N. 32nd St.

Phoenix, AZ 85018

602-954-1723

email: [board@LS-HF.org](mailto:board@LS-HF.org)

[www.lions-sight-and-hearing-foundation.org](http://www.lions-sight-and-hearing-foundation.org)

**Valley Center of the Deaf**

*(Interpreting service and more)*

5025 E. Washington St., Ste. 114

Phoenix, AZ 85034

Voice: 602-267-1921

TTY: 602-267-9122

Videophone: 623-208-4349

[www.vcdaz.org](http://www.vcdaz.org)

**Woodward Foundation  
for the Disabled**

33 S. Sycamore St., Ste. 1

Mesa, Arizona 85205

Voice: 623-738-0150

Videophone: 623-738-0150

[www.wfdaz.org](http://www.wfdaz.org)



# HIV / AIDS

HIV (human immunodeficiency virus) weakens a person's immune system by destroying important cells that fight disease and infection. While there is not yet a cure for HIV, with proper medical care, HIV can be controlled. Listed are programs and services for those diagnosed with HIV/AIDS.

VIH (virus de la inmunodeficiencia humana) 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 enlista abajo los programas y servicios para las personas que han sido diagnosticadas con el virus VIH / SIDA.

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## AIDS Info

P.O. Box 6303  
Rockville, MD 20849  
1-800-448-0440  
TTY: 1-888-480-3739  
[www.aidsinfo.nih.gov](http://www.aidsinfo.nih.gov)

## Area Agency on Aging, Region One

*Care Directions*<sup>®</sup>  
1366 E. Thomas Rd., Ste. 200  
Phoenix, AZ 85014  
602-264-2273  
[www.caredirections.org](http://www.caredirections.org)

## Aunt Rita's Foundation

*(Health & Services Information)*  
1101 N. Central, Ste. 212  
Phoenix, AZ 85004  
602-882-8675  
[www.hivaz.org](http://www.hivaz.org)

## CPLC – Luces Program

6850 W. Indian School  
Phoenix, AZ 85033  
623-247-0464

## Ebony House

39 E. Jackson St.  
Phoenix, AZ 85004  
602-254-6180  
[www.ebonyhouseinc.org](http://www.ebonyhouseinc.org)

## Maricopa County Public Health Clinic

1645 E. Roosevelt St.  
Phoenix, AZ 85006  
602-506-6900  
[www.wearepublichealth.org](http://www.wearepublichealth.org)

## McDowell Healthcare Center

1101 N. Central Ave.  
Phoenix, AZ 85004  
602-344-6550  
[www.mihs.org](http://www.mihs.org)

## National AIDS Hotline Center for Disease Control

1-800-232-4636  
1-800-448-0440  
[www.cdc.gov/hiv](http://www.cdc.gov/hiv)

**Phoenix Shanti Group**

2345 W. Glendale Ave.

Phoenix, AZ 85021

602-279-0008

[www.shantiaz.org](http://www.shantiaz.org)

*(Hrs: 8:00AM—4:30PM, Mon-Fri)*

**Planned Parenthood of Central  
and Northern Arizona**

4751 N. 15th St.

Phoenix, AZ 85014

602-277-7526

1-800-230-7526

[www.ppaz.org](http://www.ppaz.org)

*(Call for clinic locations)*

**Southwest Center for  
HIV/AIDS**

1101 N. Central Ave.

Phoenix, AZ 85004

602-307-5330

[www.swhiv.org](http://www.swhiv.org)

**Terros**

333 E. Indian School

Phoenix, AZ 85012

602-685-6086

[www.terros.org](http://www.terros.org)

*(Call for clinic locations)*

# Home Modification

Home modification is the conversion or adaptation of the living environment to make tasks easier, reduce accidents and support aging at home. 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 page 7 for adaptive aids).

La modificación del hogar se refiere 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 página 7 aparatos adaptables).

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## **ADL Solutions**

2720 S. Hardy Dr.  
Tempe, AZ 85282  
480-636-1816  
[www.adl-solutions.com](http://www.adl-solutions.com)

## **Ability 360**

5025 E. Washington St., Ste. 200  
Phoenix, AZ 85034  
602-256-2245  
1-800-280-2245  
[www.abil.org](http://www.abil.org)

## **Area Agency on Aging, Region One**

*SAIL Program*  
2950 N. 7th St.  
Phoenix, AZ 85014  
24-HOUR Senior HELP LINE  
602-264-HELP (4357)  
[www.aaaphx.org](http://www.aaaphx.org)

## **Duet**

10000 N 31st Ave., Ste. D200  
Phoenix, AZ 85051  
602-274-5022  
[www.duetaz.org](http://www.duetaz.org)  
*(Grab bars only-Phoenix, Fountain Hills,  
Glendale, Paradise Valley, Peoria, Scottsdale)*

## **FSL**

1201 E. Thomas Rd.  
Phoenix, AZ 85014  
602-285-1800  
[www.fsl.org](http://www.fsl.org)

## **MEASUREAbilities, LLC – Fall Prevention Home Safety Specialists**

8147 E. Evans Rd., Ste. 8  
Scottsdale, Arizona 85260  
480-214-9725  
[www.measurabilities.com](http://www.measurabilities.com)

**Rebuilding Together**

1800 W. Broadway Rd., Ste 4

Tempe, AZ 85282

480-774-0237

[www.rtvos.org](http://www.rtvos.org)

*(Statewide)*

# Home Repair & Weatherization

Living in your home means keeping up with maintenance and repair. Minor maintenance problems can become major challenges for older adults and younger adults 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  
[www.turnanewleaf.org/services](http://www.turnanewleaf.org/services)  
*(Weatherization & appliance repair/  
replacement. Mesa residents only)*

## **Benevilla**

16752 N. Greasewood St.  
Surprise, AZ 85374  
623-584-4999  
[www.benevilla.org](http://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*  
235 S. Arizona Ave.  
Chandler, AZ 85225  
480-782-4354

### City of Gilbert

*Emergency and Minor Home Repair Program AZCEND*  
132 W. Bruce Ave.  
Gilbert, AZ 85233  
480-892-5331

### City of Glendale Community Revitalization

*City of Glendale City Hall*  
5850 W. Glendale Ave., Ste. 107  
Glendale, AZ 85301  
623-930-3670  
[www.glendaleaz.com](http://www.glendaleaz.com)  
(Interior only)

### City of Mesa Housing and Community Development

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

### City of Peoria Emergency Home Repair Program

9875 N. 85<sup>th</sup> Ave.  
Peoria, AZ 85345  
623-773-7667  
[www.peoriaaz.gov/houserehab/](http://www.peoriaaz.gov/houserehab/)

### City of Phoenix Neighborhood Services Department

*(Neighborhood Revitalization Division)*  
200 W. Washington St., 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., Bldg. 8  
Scottsdale, AZ 85251  
480-312-7156  
[www.scottsdaleaz.gov](http://www.scottsdaleaz.gov)

### City of Scottsdale Operation Fix-It

7447 E. Indian School Rd.  
Scottsdale, AZ 85251  
480-312-8703  
[www.scottsdaleaz.gov/neighborhoods/operation-fix-it](http://www.scottsdaleaz.gov/neighborhoods/operation-fix-it)  
(Exterior landscaping, painting, minor repairs)

### City of Surprise Human Service & Community Vitality

15832 N. Hollyhock St.  
Surprise, AZ 85378  
<http://surpriseaz.gov>

### Emergency Housing Rehabilitation

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

### Duet

10000 N. 31st Ave., Ste. D200  
Phoenix, AZ 85051  
602-274-5022  
[www.duetaz.org](http://www.duetaz.org)  
(Handyman only)

### FSL Home Improvements

1201 E. Thomas Rd.  
Phoenix, AZ 85014  
602-532-2976  
[www.fsl.org](http://www.fsl.org)





**HOME REPAIR & WEATHERIZATION**

**Maricopa County Home Improvement Program (McHIP)**

*(All cities and towns in Maricopa County outside of Mesa and Phoenix)*

602-506-5911

[www.hsd.maricopa.gov/mchip.aspx](http://www.hsd.maricopa.gov/mchip.aspx)

*(Emergency repair, minor/major rehabilitation and weatherization)*

**Neighbors Who Care**

10450 E. Riggs Rd., Ste. 113

Sun Lakes, AZ 85248

480-895-7133

[www.neighborswhocare.com](http://www.neighborswhocare.com)

*(Very minor repairs in Sun Lakes and South Chandler only)*

**Tempe Neighbors Helping Neighbors (TNHN)**

480-381-8336

[www.tempeighbors.org](http://www.tempeighbors.org)

*(Assist with yard maintenance, minor home repair and modifications.)*

**VerdeCares, Inc.**

18934 Avenida Del Ray, Ste. 106

Rio Verde, AZ 85263

480-540-1312

[www.verdecares.org](http://www.verdecares.org)

*(Lower Verde Valley, 85262, 85263)*

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# 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. These services are available in individuals' homes, in special units at hospitals, and in many nursing care facilities.

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

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Los servicios de cuidado en los hospicios proporcionan asesoría y apoyo en general a las personas con enfermedades terminales y a sus familias. Los servicios de los hospicios paliativos se enfocan en mantener la calidad de vida y la comodidad de la persona. Dichos servicios pueden incluir servicios de enfermería y cuidados de la salud en el hogar, limpieza del hogar, asistencia en momentos de 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 Ave.  
Phoenix, AZ 85007  
602-364-3031

[www.azdhs.gov/licensing/medical-facilities/index.php](http://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](http://www.caringinfo.org)

# 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 older adults 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.

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**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 Ave., Ste. 600  
Phoenix, AZ 85004  
602-379-7100 / TTY: 602-379-7181  
[www.hud.gov](http://www.hud.gov)

**Area Agency on Aging,  
Region One**

2950 N. 7th St.  
Phoenix, AZ 85014  
24-HOUR *Senior* HELP LINE  
602-264-HELP (4357)  
[www.aaaphx.org](http://www.aaaphx.org)

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

235 S. Arizona Ave.  
Chandler, AZ 85225  
480-782-3200  
[www.chandleraz.gov](http://www.chandleraz.gov)

**Glendale Community Housing  
Services Department**

6842 N. 61st Ave.  
Glendale, AZ 85301  
623-930-2180  
[www.glendaleaz.com](http://www.glendaleaz.com)

**Mesa Housing Authority**

20 E. Main St., Ste. 250  
Mesa, AZ 85201  
480-644-3536  
[www.mesaaz.gov/housing](http://www.mesaaz.gov/housing)

**Peoria Housing Authority**

10950 N. 87th Ave.  
Peoria, AZ 85345  
623-486-4375  
[www.maricopahousing.org](http://www.maricopahousing.org)

**Phoenix Housing Department**

251 W. Washington St., 4th Fl.  
Phoenix, AZ 85003  
602-534-1974  
[www.phoenix.gov/housing](http://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](http://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 Ave., Bldg. D  
Peoria, AZ 85345  
602-744-4500  
[www.maricopahousing.org](http://www.maricopahousing.org)

**Avondale, Tolleson, Buckeye**

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

## HOUSING

### Mesa

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

### Phoenix

830 E. Jefferson St.  
Phoenix, AZ 85034  
602-534-1974

### 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

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

### Administration of Resources & Choices (ARC)

5800 W. Glenn Dr., Ste. 253  
Glendale, AZ 85301  
602-374-2226  
[www.arc-az.org](http://www.arc-az.org)

### AZ Mortgage Foreclosure Hotline

1-877-448-1211  
[www.housing.az.gov](http://www.housing.az.gov)

### Chicanos Por La Causa, Inc.

[www.cplc.org](http://www.cplc.org)  
1402 S. Central Ave.  
Phoenix, AZ 85004  
602-253-0838

635 W. Broadway Rd.  
Mesa, AZ 85204  
540-833-0016

### Community Housing Partnership

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

### Community Housing Resources-AZ

4020 N. 20th St., Ste. 220  
Phoenix, AZ 85016  
602-631-9780  
[www.communityhousingresources.org](http://www.communityhousingresources.org)

### Homeowner's HOPE™ Hotline

1-888-995-HOPE (4673)  
[www.homenow.com](http://www.homenow.com)  
(National foreclosure hotline)

### Labor's Community Service Agency

3117 N. 16th St., Ste. 100  
Phoenix, AZ 85016  
602-263-5741  
[www.lcsaphx.org](http://www.lcsaphx.org)

### PACE Senior Housing Guide

A FREE Community Publication  
480-246-3515  
[www.seniorhousing.org](http://www.seniorhousing.org)

### Phoenix Revitalization Corporation

1122 E. Buckeye Rd., Ste. A1 / MB 4  
Phoenix, AZ 85034  
602-253-6895  
[www.phxrevitalization.org](http://www.phxrevitalization.org)

**Senior Directory***A FREE Community Publication*

1-800-955-8510

[www.seniordirectory.com/phoenix](http://www.seniordirectory.com/phoenix)**Trellis**

1405 E. McDowell

Phoenix, AZ 85006

602-258-1659

[www.trellisaz.org](http://www.trellisaz.org)

**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. **In addition to below, see Community Action Programs (CAP) under Financial Assistance on page 34.**

**El programa de Asistencia de Renta, Servicios Públicos & Climatización** está disponible para ayudar con la renta u otros pagos de la vivienda, pagos de servicios públicos y climatización del hogar. Los programas varían dependiendo de la necesidad, elegibilidad según ingresos y localidad. 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. Además, consulte Programas de Acción Comunitaria (CAP) en Asistencia Financiera en la página 34.

**City of Phoenix PACE Program**

4732 S. Central Ave.

Phoenix, AZ 85040

602-262-6631

[www.phoenix.gov](http://www.phoenix.gov)**Society of St. Vincent de Paul**

420 W. Watkins Rd.

Phoenix, AZ 85003

602-266-HOPE (4673)

[www.stvincentdepaul.net](http://www.stvincentdepaul.net)**Salvation Army Social Services**

2702 E. Washington St.

Phoenix, AZ 85034

602-267-4122

[www.phoenixsalvationarmy.com](http://www.phoenixsalvationarmy.com)

## HOUSING

**Reverse Mortgage Programs:** It's not unusual for older adults or younger adults 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.

**Programas de hipoteca inversa:** 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 puede 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.

### Administration of Resources and Choices (ARC)

5800 W. Glenn Dr., Ste. 253  
Glendale, AZ 85301  
602-374-2226  
[www.arc-az.org](http://www.arc-az.org)

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

*(Home Equity Conversion Mortgage Program)*  
451 7th St., SW  
Washington, DC 20410  
1-800-569-4287  
[www.hud.gov](http://www.hud.gov)

### Take Charge America Senior Financial Friends

20620 N. 19th Ave.  
Phoenix, AZ 85027-3585  
623-266-6100  
[www.takechargeamerica.org](http://www.takechargeamerica.org)

### Trellis

1405 E. McDowell  
Phoenix, AZ 85006  
602-258-1659  
[www.trellisaz.org](http://www.trellisaz.org)

**Resources for Homeless:** Assistance is available for homeless older adults 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. Interfaith Homeless Emergency Lodging Program (I-Help) offers temporary overnight shelter through a network of community churches.

**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. El Programa Interreligioso de Alojamiento de Emergencia para Personas sin Hogar (I-Help) ofrece refugio nocturno a través de una red de iglesias comunitarias.

### City of Phoenix Community Services

*Phoenix City Hall, Human Services*  
200 W. Washington St., 18th Fl.  
Phoenix, AZ 85003  
602-262-6011  
[www.phoenix.gov](http://www.phoenix.gov)

### Family Housing Hub

*(Individuals with minor children)*  
3307 E. Van Buren St.  
Phoenix, AZ 85008  
602-595-8700  
*(Mon 8:00 - 8:00, Tues-Thur 8:00-4:00)*

### 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](http://www.justacenter.org)

### Salvation Army–Project Hope

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

### Shelter Hotline

2-1-1-/1-877-211-8661  
[www.211arizona.org/shelter](http://www.211arizona.org/shelter)  
*(Mon. - Fri.)*

### Society of St. Vincent de Paul

Ozanam Manor  
1730 E. Monroe St.  
Phoenix, AZ 85034  
602-850-6900

### Tempe Community Action Agency

2146 E. Apache Blvd.  
Tempe, AZ 85281  
480-422-8922  
[www.tempeaction.org](http://www.tempeaction.org)



## **HOUSING**

### **INTERFAITH HOMELESS EMERGENCY LODGING PROGRAM (I-HELP)**

#### **AZCEND**

345 S. California St.  
Chandler, AZ 85225  
480-963-1423  
[www.azcend.org/i-help/](http://www.azcend.org/i-help/)

#### **Lutheran Social Services of the Southwest**

*(Women only)*  
480-654-4539 / 480-684-0645

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#### **Tempe Community Action Agency**

2146 E. Apache Blvd.  
Tempe, AZ 85281  
480-422-8922  
[www.tempeaction.org](http://www.tempeaction.org)



## Legal Assistance Asistencia Legal

Working in collaboration with the Arizona Senior Citizens Law Project, the Area Agency on Aging provides legal assistance to low-income seniors, age 60 and older. Clients can meet with licensed attorneys, have documents reviewed, and receive information and referrals.

*See page 69 for more information.*

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Trabajando en colaboración con el Proyecto de Ley para Personas de la Tercera Edad de Arizona, la Area Agency on Aging brinda asistencia legal a las personas de la tercera edad con bajos ingresos y mayores de 60 años. Los clientes pueden reunirse con abogados licenciado, revisar documentos, recibir información y servicios.

*Para más información, vea la página 69.*

**24-Hour Senior HELP LINE**  
**602-264-HELP (4357)**

# 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 advice, or information about their civil rights.

Attorneys and paralegals can assist with the legal aspects of housing problems, government benefits, consumer issues, wills, 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 asistentes paralegales pueden ayudar con los aspectos jurídicos de problemas de vivienda, beneficios del gobierno, asuntos del consumidor, testamentos, planificación de patrimonio y otros asuntos que requieren asesoramiento o representación jurídica.

**ACLU** (American Civil Liberties Union)  
P.O. Box 17148  
Phoenix, AZ 85011  
602-650-1854  
[www.acluaz.org](http://www.acluaz.org)

**Area Agency on Aging,  
Region One**  
2950 N. 7th St.  
Phoenix, AZ 85014  
24-HOUR Senior HELP LINE  
602-264-HELP (4357)  
[www.aaaphx.org](http://www.aaaphx.org)

**Arizona Alumni Law Group**  
111 E. Taylor St., Ste. 120  
Phoenix, AZ 85004  
602-251-3620  
[www.asulawgroup.org](http://www.asulawgroup.org)

## Arizona Attorney General

**Consumer Complaints Unit**  
2005 N. Central Ave.  
Phoenix, AZ 85004  
602-542-5763 (Phoenix)  
800-352-8431 (Outside of Phx-metro)  
[www.azag.gov](http://www.azag.gov)

**Task Force Against Senior Abuse**  
2005 N. Central Ave.  
Phoenix, AZ 85004  
602-542-2124  
602-542-7918 (Español)  
Email: [seniorabuse@azag.gov](mailto:seniorabuse@azag.gov)  
[www.azag.gov/seniors](http://www.azag.gov/seniors)

**Arizona Center for Disability Law**  
5025 E. Washington St., Ste. 202  
Phoenix, AZ 85034  
602-274-6287  
1-800-927-2260  
[www.azdisabilitylaw.org](http://www.azdisabilitylaw.org)



## LEGAL SERVICES

### Arizona Fiduciaries Association

20425 N. 51st Ave., Ste. 134  
Glendale, AZ 85308  
623-322-2944  
www.azfid.org

### Arizona Foundation for Legal Services & Education

*(Modest Means Project)*  
4201 N. 24th St., Ste. 210  
Phoenix, AZ 85016  
602-304-7366  
www.azlawhelp.org

### Arizona Law Help

*Online resource, general legal information*  
www.AZLawHelp.org

### Arizona Senior Citizens Law Project

4146 N. 12th St.  
Phoenix, AZ 85014  
602-252-6710

### Community Legal Services

305 S. 2nd Ave.  
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 Rd., 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 St.  
Phoenix, AZ 85007  
602-254-6524  
www.justacenter.org

### Maricopa County Bar Association

*(Lawyer Referral Service)*  
3030 N. 3rd St., Ste. 1260  
Phoenix, AZ 85012  
602-257-4434  
www.maricopalawyers.org

### Maricopa County Public Fiduciary

222 N. Central Ave., Ste. 4100  
Phoenix, AZ 85004  
602-506-5801  
www.maricopa.gov/500/Public-Fiduciary  
*(Also helps with burial assistance)*

### State Bar of Arizona

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

**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 por 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. St. N.W.  
Washington, D.C. 20049  
1-866-330-0753  
[www.aarp.org/lbn](http://www.aarp.org/lbn)  
*(AARP Members only)*

#### **Arizona Attorney General**

2005 N. Central Ave.  
Phoenix, AZ 85004  
602-542-5025  
[www.azag.gov](http://www.azag.gov)  
*(Forms available on website under "Seniors")*

#### **Maricopa County Superior Court Self-Service Center**

[www.superiorcourt.maricopa.gov/superiorcourt/self-servicecenter](http://www.superiorcourt.maricopa.gov/superiorcourt/self-servicecenter)  
*(Forms available from Web site)*

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

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

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

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



# Lesbian, Gay, Bisexual, Transgender Queer+ Resources (LGBTQ+)

LGBTQ+ individuals can connect to resources in Maricopa County that provide information, support and recreation.

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Los individuos LGBTQ+ y sus seres queridos pueden conectarse en el Condado de Maricopa a recursos que brindan información, apoyo y recreación.

## **The (LGBT) National Senior**

### **Hotline**

1-888-234-7243

[www.glbthotline.org](http://www.glbthotline.org)

## **National Resource Center on**

### **LGBT Aging**

#### **c/o SAGE**

305 Seventh Ave., 15th Fl.

New York, NY 10001

212-741-2247

[www.lgbtagingcenter.org](http://www.lgbtagingcenter.org)

## **Phoenix Pride**

P.O. Box 16847

Phoenix, AZ 85011-6847

602-27-PRIDE (602-277-7433)

[www.phoenixpride.org](http://www.phoenixpride.org)

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# Long-Term Care

**Long-Term Care** is a range of services and supports to meet an individual's personal care needs. Most long-term care is not medical care, but rather assistance with basic personal tasks of everyday life, sometimes called activities of daily living such as bathing, dressing, using the toilet, transferring, and incontinence care. Other common long-term care services and supports are assistance with everyday tasks, sometimes called instrumental activities of daily living including homemaking, taking medication, meal preparation, and grocery shopping.

Long-term care can be provided in the home by a paid caregiver, a family member or through the Arizona Long Term Care System (ALTCs). It can also be provided in adult foster care homes, assisted living homes, assisted living centers and continuing retirement communities.

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**El Cuidado a Largo Plazo** es una gama de servicios y apoyos para satisfacer las necesidades de atención personal de un individuo. La mayoría de la atención a largo plazo no es atención médica, sino más bien asistencia con tareas personales básicas de la vida cotidiana, a veces llamadas actividades de la vida diaria, como bañarse, vestirse, usar el baño, trasladarse y atención de incontinencia. Otros servicios y apoyos comunes para el cuidado a largo plazo son la asistencia con las tareas cotidianas, a veces llamadas actividades instrumentales de la vida diaria, como tareas domésticas, toma de medicamentos, preparación de comidas y compras.

El cuidado a largo plazo puede ser brindado en el hogar por un cuidador pagado, un miembro de la familia o mediante el Sistema de Atención a Largo Plazo de Arizona (ALTCs). También se puede proporcionar en asilos de ancianos, hogares y centros de vida asistida, y comunidades de jubilación continua.

**Area Agency on Aging,  
Region One**  
2950 N. 7th St.  
Phoenix, AZ 85014  
24-HOUR *Senior* HELP LINE  
602-264-HELP (4357)  
[www.aaaphx.org](http://www.aaaphx.org)

**Arizona Department of  
Health Services**  
150 N. 18th Ave., Ste. 400  
Phoenix, AZ 85007  
[www.azdhs.gov](http://www.azdhs.gov)  
[www.azcarecheck.com](http://www.azcarecheck.com)

**Long-Term Care Facilities Licensing**  
602-364-2690



## **LONG-TERM CARE**

### **Residential Facilities Licensing**

602-364-2639

### **Arizona Long-Term Care System (ALTCS)**

*Long-Term Care Section of Arizona Health  
Care Cost Containment System (AHCCCS)*

801 E. Jefferson St.

Phoenix, AZ 85034

602-417-6600

[www.azahcccs.gov](http://www.azahcccs.gov)

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# Meals – Home Delivered

Organizations 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.

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Organizaciones ubicados en todo el Condado de Maricopa distribuyen comidas a domicilio a las personas que están encerradas en casa por alguna enfermedad o discapacidad y no tienen otra fuente de alimentación.

## Area Agency on Aging, Region One

*Senior* HELP LINE

2950 N. 7th St.

Phoenix, AZ 85014

24-HOUR *Senior* HELP LINE: 602-264-HELP (4357)

[www.aaaphx.org](http://www.aaaphx.org)

**Private Pay Meals:** Some organizations offer home delivered meals to individuals who have the resources to pay the full cost of the meal. Contact the provider near you for details.

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**Comidas de Paga Privada:** Algunas organizaciones ofrecen comidas a domicilio a personas que tienen los recursos para pagar el costo total de la comida. Póngase en contacto con el proveedor más cercano para obtener más detalles.

## Avondale Community Center

1007 S. 3rd St.

Avondale, AZ 85323

623-333-2401

[www.avondale.org](http://www.avondale.org)

(Avondale, Goodyear, Litchfield Park, Cashion)

## Buckeye Community Center

201 E. Centre Ave.

Buckeye, AZ 85326

623-349-6600

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

## Banner Olive Branch

### Senior Center

11250 N. 107th Ave.

Sun City, AZ 85351

623-465-6000

[www.bannerhealth.com/olivebranch](http://www.bannerhealth.com/olivebranch)

(Sun City, Youngtown)

## Chandler Home

### Delivered Meals

Request through Gilbert Senior Center

480-503-6058



## MEALS - HOME DELIVERED

### Chicanos Por La Causa, Inc.

*Casa de Primavera Senior Center*  
1617 N. 45th Ave.  
Phoenix, AZ 85035  
602-272-0054  
(Phoenix)

### Esther Angulo Community Center

9555 W. Van Buren St.  
Tolleson, AZ 85353  
623-936-2753  
(Tolleson)

### Foothills Caring Corps

7275 E. Easy St., Ste. B103  
Carefree, AZ 85377  
480-488-1105  
[www.foothillscaringcorps.com](http://www.foothillscaringcorps.com)  
(Cave Creek, Carefree)

### Fountain Hills Home Delivered Meals

13001 N. La Montana Dr.  
Fountain Hills, AZ 85268  
480-816-5226  
[www.fh.az.gov/190/Home-Delivered-Meals](http://www.fh.az.gov/190/Home-Delivered-Meals)

### Fresh N' Lean

1-888-420-4080  
[www.freshnlean.com](http://www.freshnlean.com)

### Gilbert Senior Center

130 N. Oak St.  
Gilbert, AZ 85233  
480-503-6058  
(Gilbert, Chandler, Sun Lakes)

### Guadalupe Senior Center

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

### Homestyle Direct

1-866-735-0921 – option 0  
[www.homstyledirect.com](http://www.homstyledirect.com)

### Kikstart, Inc.

9299 W. Olive Ave., Ste. 312  
Peoria, AZ 85345  
623-266-7578  
(Sun City West, Surprise, Waddell)

### Laura Danieli Senior Center

613 N. 4th Ave.  
Phoenix, AZ 85003  
480-588-4164  
(Phoenix)

### Magickitchen.com

1-877-516-2442

### Mesa Active Adult Center

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

### Mom's Meals

1-877-508-6667

### Neighbors Who Care

10450 E. Riggs Rd., Ste. 113  
Sun Lakes, AZ 85248  
480-895-7133  
[www.neighborswhocare.com](http://www.neighborswhocare.com)  
(Sun Lakes, South Chandler)

### New River Senior Center

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

## MEALS - HOME DELIVERED

### North Scottsdale / Paradise Valley Home Delivered Meals

*Area Agency on Aging, Region One*

2950 N. 7th St.

Phoenix, AZ 85014

24-HOUR Senior HELP LINE

602-264-HELP (4357)

[www.aaaphx.org](http://www.aaaphx.org)

*(Scottsdale city limits, north of McDonald)*

### North Tempe Senior Center

*Meals on the Move*

1555 N. Bridalwreath St.

Tempe, AZ 85281

480-858-6510

[www.tempeaction.org](http://www.tempeaction.org)

*(Tempe, Scottsdale south of McDonald Rd)*

### Peoria Senior Center

8335 W. Jefferson St.

Peoria, AZ 85345

623-979-3570

[www.peoriaaz.gov](http://www.peoriaaz.gov)

### Sun City West Home Delivered Meals

*Grandview Terrace*

14505 N. Granite Valley Rd.

Sun City West, AZ 85375

623-455-7680

### Sun City/Youngtown Home Delivered Meals

10404 W. Coggins Dr., Ste. 106

Sun City, AZ 85351

623-974-9430

### Tempe Meals on Wheels

*Friendship Village*

2525 E. Southern Ave.

Tempe, AZ 85282

480-756-5835

*(Tempe)*

### Valley West YWCA Senior Center

8561 N. 61st Ave.

Glendale, AZ 85302

623-931-7436

*(Glendale, El Mirage)*

### VerdeCares Inc.

18934 E. Avenida Del Ray, Ste. 106

Rio Verde, AZ 85263

480-540-1312

[www.verdecares.org](http://www.verdecares.org)

### Wise Owl Senior Center

255 N. Washington St.

Wickenburg, AZ 85390

928-684-7894 Ext. 103

[facebook.com/wiseowlseniorcenter](https://facebook.com/wiseowlseniorcenter)

*(Wickenburg, Wittmann, Aguila)*



# Mental Health

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

A trained professional who provides counseling 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. Call 1-800-273-TALK to speak with a caring professional in your area.

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Las personas pueden sentirse abrumadas por los cambios en las circunstancias de la vida, incluyendo la pérdida de un cónyuge, el aislamiento, la soledad, un cambio en la salud. Puede ser beneficioso buscar ayuda profesional.

Un profesional capacitado que brinda asesoramiento 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](http://www.lafronteraarizona.org)

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

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

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

### Maricopa County Response Network

Crisis Line: 1-800-631-1314  
Crisis Line: 602-222-9444

COUNSELING SERVICES

**Area Agency on Aging,  
Region One**

*ElderVention*<sup>®</sup>  
2950 N. 7th St.  
Phoenix, AZ 85014  
24-HOUR *Senior* HELP LINE  
602-264-HELP (4357)  
[www.aaaphx.org](http://www.aaaphx.org)

**Banner Psychological Services**

1920 N. Higley Rd., Ste. 106  
Gilbert, AZ 85234  
480-543-6600  
[www.bannerhealth.com](http://www.bannerhealth.com)

**Catholic Charities  
Community Services**

4747 N. 7th Ave.  
Phoenix, AZ 85013  
602-285-1999  
[www.catholiccharitiesaz.org](http://www.catholiccharitiesaz.org)

**City of Tempe Social  
Service Office**

3500 S. Rural Rd., 2nd Floor  
Tempe, AZ 85282  
480-350-5400  
[www.tempe.gov](http://www.tempe.gov)

**Family Service Agency**

2400 N. Central Ave., Ste. 101  
Phoenix, AZ 85004  
602-264-9891  
[www.fsaphoenix.org](http://www.fsaphoenix.org)

**Jewish Family &  
Children's Services**

2017 N. 7th St.  
Phoenix, AZ 85006  
602-452-4627  
[www.jfcsaz.org](http://www.jfcsaz.org)

**Glendale**

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

**Mesa**

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

**Phoenix – Catalina**

**Michael R. Zent Healthcare Center**

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

**West Valley**

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

**Midwestern University Clinics –  
Psychology Clinic**

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



## MENTAL HEALTH

### Terros Phoenix Interfaith Counseling

602-685-6000  
[www.terros.org](http://www.terros.org)

#### Central Valley – 16<sup>th</sup> Street

4201 N. 16th St., Ste. 250  
Phoenix, AZ 85016  
602-685-6000

#### East Valley – Tempe

1232 E. Broadway Rd., Ste. 120  
Tempe, AZ 85282  
602-685-6000

#### Northeast Valley – 32<sup>nd</sup> Street

12835 N. 32nd St.  
Phoenix, AZ 85032  
602-685-6000

#### West Valley – Dunlap

2400 W. Dunlap Ave., Ste. 300  
Phoenix, AZ 85029  
602-685-6000

### Southwest Behavioral Health Services

3450 N. 3rd St.  
Phoenix, AZ 85012  
602-265-8338  
[www.sbhservices.org](http://www.sbhservices.org)

### St. Luke's Behavioral Health Center

1800 E. Van Buren Ave.  
Phoenix, AZ 85006  
602-251-8535  
[www.stlukesbehavioralhealth.org](http://www.stlukesbehavioralhealth.org)

## GERIATRIC COUNSELING PROGRAMS

### Aurora Behavioral Health East

6350 S. Maple Ave.  
Tempe, AZ 85283  
480-345-5420  
[www.auroraarizona.com](http://www.auroraarizona.com)

### Aurora Behavioral Health West

6015 W. Peoria Ave.  
Glendale, AZ 85302  
623-344-4400  
[www.auroraarizona.com](http://www.auroraarizona.com)

### Banner Del E. Webb Medical Center

*Sage Inpatient Unit*  
14502 W. Meeker Blvd.  
Sun City West, AZ 85375  
623-524-4042 or 602-254-HELP(4357)  
[www.bannerhealth.com](http://www.bannerhealth.com)

### Psychiatric Recovery Center

1201 S. 7th Ave., Ste. 150  
Phoenix, AZ 85007  
602-416-7600

### Quail Run Behavioral Health

*Inpatient Older Adult Program PHP & IOP*  
2545 W. Quail Ave.  
Phoenix, AZ 85027  
602-455-5700 / 844-772-7771  
(24 Hr) 602-455-5694

### St. Luke's Medical Center

*Dr. Tafur Generations Program*  
1800 E. Van Buren Ave.  
Phoenix, AZ 85006  
602-251-8535  
[www.stlukesbehavioralhealth.org](http://www.stlukesbehavioralhealth.org)

## COMMUNITY SUPPORT AND ADVOCACY

### Arizona Council on Compulsive Gambling

1-800-777-7207

[www.azccg.org](http://www.azccg.org)

### Arizona Office of Problem Gambling

1110 W. Washington St., Ste. 450

Phoenix, AZ 85007

1-800-NEXT-STEP (639-8783)

[www.problemgambling.az.gov](http://www.problemgambling.az.gov)

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

*Medicaid*

[www.thestarcenters.com](http://www.thestarcenters.com)

#### S.T.A.R. Central

2502 E. Washington St.

Phoenix, AZ 85034

602-685-1295

#### S.T.A.R. East

1310 W. University Dr.

Mesa, AZ 85201

480-649-3642

#### S.T.A.R. West

605 N. Central Ave.

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

### Programa de Ombudsman

Ombudsmen advocate for residents of skilled nursing, adult foster care, and assisted living facilities. They work to identify, investigate and resolve concerns of individual residents. Ombudsmen educate and provide information regarding long-term care resources, facilities, and services.

*See pages 83 and 111 for more information.*

En este programa estan los defensores que abogan a favor de los residentes de viviendas con asistencia profesional, asilos de ancianos y centros de cuidado a largo plazo. Trabajan para identificar, investigar y resolver problemas de residentes individuales. Ellos educan y brindan información sobre los recursos, las instalaciones y los servicios de atención a largo plazo.

*Para más información, vea las páginas 83 y 111.*

**24-Hour Senior HELP LINE**  
**602-264-HELP (4357)**

# Ombudsman

**A Long-Term Care Ombudsman** is an advocate who seeks to resolve issues and concerns on behalf of residents in long-term care 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 know that they will be addressed.

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**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 cómo resolver a las quejas que tienen de 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 atendidas.

## Area Agency on Aging, Region One

*Ombudsman Program*

2950 N. 7th St.

Phoenix, AZ 85014

24-HOUR *Senior* HELP LINE

602-264-HELP (4357)

[www.aaaphx.org](http://www.aaaphx.org)

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# 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 Rd.  
Phoenix, AZ 85032  
602-867-2169  
[www.animalsbenefitclub.com](http://www.animalsbenefitclub.com)

## **Phoenix**

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

## **Arizona Animal Welfare League**

25 N. 40th St.  
Phoenix, AZ 85034  
602-273-6852  
[www.aawl.org](http://www.aawl.org)

## **Companion Animal Association of Arizona, Inc.**

602-995-5885  
[www.caaainc.org](http://www.caaainc.org)  
*(Pet Grief Support Service Helpline)*

## **Animal Defense League of Arizona**

P.O. Box 33093  
Phoenix, AZ 85067  
602-273-7842  
602-265-SPAY (7729)  
[www.adlaz.org](http://www.adlaz.org)  
*(Spay/neuter hotline)*

## **Happy Tails Service Dogs**

1 W. Sequoia Dr.  
Phoenix, AZ 85027  
623-580-0946  
[www.happytailsservedogs.com](http://www.happytailsservedogs.com)

## **Arizona Humane Society**

[www.azhumane.org](http://www.azhumane.org)

### **Sunyslope**

9226 N. 13th Ave.  
Phoenix, AZ 85021  
602-997-7585

## **Maricopa County Animal Care and Control**

### **West Valley**

2500 S. 27th Ave.  
Phoenix, AZ 85009  
602-506-7387  
[pets.maricopa.gov](http://pets.maricopa.gov)

## PET CARE & COMPANION ANIMALS

### East Valley

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

### Pets on Wheels

1700 N. Granite Reef Rd.  
Scottsdale, AZ 85257  
Office: 480-312-1741  
www.petsonwheelsscottsdale.com  
*(Pet visitation program in Scottsdale only)*

## AFFORDABLE PET FOOD

### Empty Bowl Pet Food Pantry

610 E. Bell Rd.  
602-909-7153

### P.E.T. Pantry

7700 E. Roosevelt  
Scottsdale, AZ 85257  
480-312-2323  
*(Scottsdale residents only)*

### Chuck Waggin Pet Food Pantry

4028 N. 7th St.  
Phoenix, Az. 85014  
602-686-8104

## LOW COST VETS

### Alta Vista Veterinary Hospital

4706 7th Ave.  
Phoenix, AZ 85013  
602-277-1464  
*(Walk-ins welcome. Open 7AM-10PM every day)*

### MD Pet Care Low Cost Clinic

30 N. 40th Pl.  
Phoenix, AZ 85034  
602-358-7267

## SPAY & NEUTER

### Altered Tails

*(Free Spay or Neuter 1st Sat. of the Month)*

### Phoenix Clinic

950 W. Hatcher Rd.  
Phoenix, AZ 85021  
602-943-7729  
phoenixinfo@alteredtails.org  
*(7:30AM-5:00PM Tues.-Fri.  
7:30AM-5:00PM First Sat. of the month)*

### Mesa Clinic

77246 E. Main St., Ste. 3  
Mesa, AZ 85207  
480-807-1200  
mesainfo@alteredtails.org  
*(7:30AM-5:00PM Tues.-Fri.  
7:30AM-5:00PM First Sat. of the month)*

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# Rehabilitation Programs

Rehabilitation programs are available for individuals living with physical challenges.

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

## **Ability 360**

5025 E. Washington St., Ste. 200  
Phoenix, AZ 85034  
602-256-2245  
1-800-280-2245  
[www.ability360.org](http://www.ability360.org)

## **The Opportunity Tree Perry Center**

3146 E. Windsor Ave.  
Phoenix, AZ 85008  
602-956-0400  
[www.azafh.com](http://www.azafh.com)  
*(Physically or intellectually challenged)*

## **Arizona Chapter**

### **Paralyzed Veterans**

5015 N. 7th Ave., Ste. 2  
Phoenix, AZ 85013  
602-244-9168  
[www.azpva.org](http://www.azpva.org)

## **DES – Rehabilitation Services**

### **Administration**

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

## **Gompers Habilitation Center**

6601 N. 27th Ave.  
Phoenix, AZ 85017  
602-336-0061  
[www.gompers.org](http://www.gompers.org)

# Respite Care

The term “respite” refers to short-term break designed to relieve unpaid caregivers from the continuous responsibility of caring for an older adult or person with a disability. 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.

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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. 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 Diurno de la Salud 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**  
2950 N. 7th St.  
Phoenix, AZ 85014  
24-HOUR *Senior* HELP LINE  
602-264-HELP (4357)  
[www.aaaphx.org](http://www.aaaphx.org)

**Arizona Caregiver Coalition**  
P.O. Box 21623  
Phoenix, AZ 85036  
1-888-737-7494  
[crl@AZcaregiver.net](mailto:crl@AZcaregiver.net)  
*(Respite vouchers for caregivers)*

**DES – Division of Aging &  
Adult Services**  
1789 W. Jefferson St., Ste. 950A  
Phoenix, AZ 85007  
1-888-737-7494  
[www.azdes.gov/DAAS](http://www.azdes.gov/DAAS)

**Duet**  
10000 N. 31st Ave., Ste. D200  
Phoenix, AZ 85051  
602-285-0543  
[www.duetaz.org](http://www.duetaz.org)

**East Valley Senior Services**  
**Assistance for Independent Living**

247 N. MacDonald

Mesa, AZ 85201

480-966-9704

[www.evadultresources.org](http://www.evadultresources.org)

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## **SAIL** (SENIOR ADULT INDEPENDENT LIVING)

## **PROGRAMA DE VIDA INDEPENDIENTE PARA PERSONAS MAYORES**

SAIL provides assistance to seniors who need some help to remain in their own home. SAIL offers home delivered meals, personal care, attendant care and homemaking. Intake is initiated by calling the 24-Hour *Senior* HELP LINE.

*See page 56 for more information.*

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SAIL brinda asistencia a las personas mayores que necesitan ayuda para permanecer en su propia casa. SAIL ofrece comidas a domicilio, cuidado personal, asistencia de personal y tareas domésticas. La admisión se inicia llamando a la Línea de Ayuda de 24 Horas para Personas Mayores.

*Para más información, vea la página 56.*

**24-Hour *Senior* HELP LINE**  
**602-264-HELP (4357)**



# 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.

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

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

## ABUSE

### CASA Center for Positive Social Change

3030 N. 3rd St., #200

Phoenix, AZ 85012

602-254-6400

[www.casacares.org](http://www.casacares.org)

*(Only prevention classes)*

## AGING RELATIVES

### Duet

10000 N. 31st Ave., Ste. D200

Phoenix, AZ 85051

602-274-5022

[www.duetaz.org](http://www.duetaz.org)

## ALZHEIMER'S DISEASE & RELATED DISEASES

### Alzheimer's Association

1028 E. McDowell Rd.

Phoenix, AZ 85006

Administration: 602-528-0545

Helpline: 1-800-272-3900

En Español: 1-800-392-0022

[www.alz.org/dsw](http://www.alz.org/dsw)

### Banner Alzheimer's Institute

901 E. Willetta St.

Phoenix, AZ 85006

602-839-6900

[www.banneralz.org](http://www.banneralz.org)

### VerdeCares, Inc.

*Memory Loss Sharing Group*

18934 Avenida Del Ray

Rio Verde, AZ 85263

480-471-8944

[www.verdecares.org/services](http://www.verdecares.org/services)

## SELF-HELP & SUPPORT GROUPS

### ARTHRITIS

#### Arthritis Foundation

*Greater Southwest Chapter*  
5009 E. Washington St., Ste. 125  
Phoenix, AZ 85034  
602-212-9900  
[www.arthritis.org/arizona](http://www.arthritis.org/arizona)  
*(Tai chi, aquatic & exercise courses)*

### BEREAVEMENT/GRIEF

#### Benevilla

16752 N. Greasewood St.  
Surprise, AZ 85374  
623-584-4999  
[www.benevilla.org](http://www.benevilla.org)

#### Bereavement & Grief Support Group

1700 N. Granite Reef Rd.  
Scottsdale, AZ 85257  
480-312-2375  
[www.scottsdaleaz.gov/seniors](http://www.scottsdaleaz.gov/seniors)  
*(2nd & 4th Mon. at 1:30PM)*

#### Community Chord of Joy

21000 N. 75th Ave.  
Glendale, AZ 85308  
623-561-0500, Ext. 246  
24-Hour Prayer Line: 623-362-3224  
[www.joyonline.org](http://www.joyonline.org)

#### Compassionate Friends, Inc.

P.O. Box 50523  
Phoenix, AZ 85076  
480-821-1063  
Central Chapter: 602-631-9256  
Eastside Chapter: 602-826-0072  
480-286-4885  
Westside Chapter: 480-225-5537  
Westside Chapter Hotline: 480-316-9098  
National: 1-877-969-0010  
[www.tcfphoenix.org](http://www.tcfphoenix.org)  
*(Parents grieving the loss of a child)*

#### Franciscan Renewal Center

5802 E. Lincoln Dr.  
Scottsdale, AZ 85253  
480-948-7460  
1-800-356-3247  
[www.thecasa.org](http://www.thecasa.org)

#### Hospice of the Valley

*Bereavement Counseling*  
1510 E. Flower St.  
Phoenix, AZ 85014  
602-530-6900  
[www.hov.org](http://www.hov.org)

### BRAIN INJURY

#### Brain Injury Alliance of Arizona

5025 E. Washington St., Ste. 108  
Phoenix, AZ 85034  
Infoline: 602-508-8024  
Toll-Free: 1-888-500-9165  
Bilingual: 1-520-310-3301  
[www.biaaz.org](http://www.biaaz.org)

## SELF-HELP & SUPPORT GROUPS

### BURNS

#### Arizona Burn Foundation

1432 N. 7th St.  
Phoenix, AZ 85006  
602-230-2041  
[www.azburn.org](http://www.azburn.org)

### CANCER

#### American Cancer Society

4550 E. Bell Rd., Ste. 126  
Phoenix, AZ 85032  
602-224-0524  
1-800-227-2345  
[www.cancer.org](http://www.cancer.org)

#### Cancer Support Community of Arizona

360 E. Palm Lane  
Phoenix, AZ 85004  
602-712-1006  
[www.twccaz.org](http://www.twccaz.org)

#### Leukemia and Lymphoma Society

*Desert Mountain States Chapter*  
3877 N. 7th St., Ste. 300  
Phoenix, AZ 85014  
602-567-7600  
[www.lls.org](http://www.lls.org)

#### VerdeCares, Inc.

*Cancer Sharing Group*  
13001 N. La Montana Dr.,  
Fountain Hills, AZ 85268  
[www.verdecares.org/services](http://www.verdecares.org/services)

### CAREGIVERS

#### Area Agency on Aging, Region One

2950 N. 7th St.  
Phoenix, AZ 85014  
24-HOUR *Senior* HELP LINE  
24-HOUR *Senior* HELP LINE  
602-264-HELP (4357)  
[www.aaaphx.org](http://www.aaaphx.org)

#### Arizona Caregiver Coalition Resource Line

1-888-737-7494  
E-mail: [crl@azcaregiver.net](mailto:crl@azcaregiver.net)  
[www.azcaregiver.org](http://www.azcaregiver.org)

#### Benevlla

16752 N. Greasewood St.  
Surprise, AZ 85374  
623-584-4999  
[www.benevlla.org](http://www.benevlla.org)

#### DES – Division of Aging & Adult Services

1789 W. Jefferson St., Ste. 950A  
Phoenix, AZ 85007  
602-542-4446  
Caregiver Resource: 1-888-737-7494  
<https://des.az.gov/services/aging-and-adult/division-aging-and-adult-services>

#### Duet

10000 N. 31st Ave., Ste. D200  
Phoenix, AZ 85051  
602-274-5022  
[www.duetaz.org](http://www.duetaz.org)  
(Groups held countrywide)

## SELF-HELP & SUPPORT GROUPS

### Neighbors Who Care

10450 E. Riggs Rd., Ste. 113  
Sun Lakes, AZ 85248  
480-895-7133  
[www.neighborswhocare.com](http://www.neighborswhocare.com)

### Arizona Paralyzed Veterans of America

5015 N. 7th Ave., Ste. 2  
Phoenix, AZ 85013  
602-244-9168  
[www.azpva.org](http://www.azpva.org)

## DIABETES

### American Diabetes Association

5333 N. 7th St., Ste. B-212  
Phoenix, AZ 85014  
602-861-4731  
1-800-DIABETES (342-2383)  
[www.diabetes.org](http://www.diabetes.org)

## HEART

### American Heart Association

2929 S. 48th St.  
Tempe, AZ 85282  
602-414-5353  
1-800-242-8721  
[www.americanheart.org](http://www.americanheart.org)

## DOMESTIC VIOLENCE

### Area Agency on Aging, Region One

*Late Life Domestic Violence Support*  
2950 N. 7th St.  
Phoenix, AZ 85014  
24-HOUR Senior HELP LINE  
602-264-HELP (4357)  
[www.aaaphx.org](http://www.aaaphx.org)

## HIV / AIDS

### Area Agency on Aging, Region One

*Care Directions®*  
1366 E. Thomas Rd., Ste. 200  
Phoenix, AZ 85014  
602-264-2273  
[www.caredirections.org](http://www.caredirections.org)

### National Domestic Violence Hotline

800-799-SAFE (7233)

## HOARDING

### Area Agency on Aging, Region One

*Hoarding Therapy Group*  
2950 N. 7th St.  
Phoenix, AZ 85014  
24-HOUR Senior HELP LINE  
602-264-HELP (4357)  
[www.aaaphx.org](http://www.aaaphx.org)

## DISABILITY SUPPORT

### Ability 360

5025 E. Washington St., Ste. 200  
Phoenix, AZ 85034  
602-256-2245  
[www.ability360.org](http://www.ability360.org)

### Arizona Hoarding Task Force

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

## SELF-HELP & SUPPORT GROUPS

### International OCD Foundation

P.O. Box 961029  
Boston, MA 02196  
1-617-973-5801  
[www.ocfoundation.org/hoarding](http://www.ocfoundation.org/hoarding)

### KIDNEY

### Arizona Kidney Foundation

360 E. Coronado Rd., Ste. 180  
Phoenix, AZ 85004  
602-840-1644  
[www.azkidney.org](http://www.azkidney.org)

### MASTECTOMY

### American Cancer Society

*Reach to Recovery*  
4550 E. Bell Rd., Ste. 126  
Phoenix, AZ 85032  
602-224-0524  
[www.cancer.org](http://www.cancer.org)

### MENTAL ILLNESS

### Marc Community Resources Inc.

*Mental Health Peer Support Groups*  
480-994-4407

### Mental Health America of Arizona

5110 N. 40th St., Ste. 201  
Phoenix, AZ 85018  
480-982-5305  
[www.mhaarizona.org](http://www.mhaarizona.org)

### National Alliance of Mental Illness

5025 E. Washington St., Ste. 112  
Phoenix, AZ 85034  
602-244-8166  
[www.namiaz.org](http://www.namiaz.org)

### MESOTHELIOMA

### Asbestos.com

189 S. Orange Ave., Ste. 1620  
Orlando, FL 32801  
888-989-5045  
[www.asbestos.com](http://www.asbestos.com)

### Mesothelioma & Asbestos Awareness Center

[www.maacenter.org](http://www.maacenter.org)

### Mesothelioma Cancer Alliance

1-844-401-4277  
[www.mesothelioma.com](http://www.mesothelioma.com)

### 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](http://www.nationalmssociety.org)

### NEUROLOGICAL

### Huntington Disease Society of America

P.O. Box 8128  
Phoenix, AZ 85011  
602-222-9312 | 1-888-345-4372  
[www.hdsa.org](http://www.hdsa.org)

## SELF-HELP & SUPPORT GROUPS

### PARKINSON'S DISEASE SUBSTANCE ABUSE

#### Muhammad Ali Parkinson Research Center

240 W. Thomas Rd., Ste. 301  
Phoenix, AZ 85013  
602-406-4931 | 1-800-227-7691  
[www.maprc.com](http://www.maprc.com)

#### Alcoholics Anonymous

[www.aa.org](http://www.aa.org)

#### Mesa

East Valley Intergroup, Inc.  
1320 E. Broadway Rd., Ste. 105  
Mesa, AZ 85204  
480-827-1905 office  
[www.aamesaz.org](http://www.aamesaz.org)

### SICKLE CELL ANEMIA

#### Sickle Cell Anemia Society of Arizona

1-800-872-4871  
[www.sicklecelldisease.org](http://www.sicklecelldisease.org)

#### Peoria

24 Hour Hotline: 623-937-7770  
Main: 623-937-7836  
[www.aawestphoenix.org](http://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](http://www.azspinal.org)

#### Phoenix

Salt River Intergroup  
3215 E. Thunderbird Rd.  
Phoenix, AZ 85032  
[www.aaphoenix.org](http://www.aaphoenix.org)

### STROKE

#### Epilepsy Foundation

3620 N. 4th Ave., Rm. #228  
Phoenix, AZ 85013  
602-282-3515 | 800-332-1000  
[www.epilepsyaz.org](http://www.epilepsyaz.org)

#### Al-Anon

[www.al-anon-az.org](http://www.al-anon-az.org)

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

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

#### National Stroke Association

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

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

## SELF-HELP & SUPPORT GROUPS

### **Narcotics Anonymous**

P.O. Box 5264  
Mesa, AZ 85211  
480-897-4636  
[www.arizona-na.org](http://www.arizona-na.org)

### **National Council on Alcoholism and Drug Dependence**

4201 N. 16th St., Ste. 140  
Phoenix, AZ 85016  
602-264-6214  
24-Hour Infoline: 1-800-622-2255  
[www.ncadd-phx.org](http://www.ncadd-phx.org)

### **Salt River Intergroup**

3215 E. Thunderbird Rd., Ste. 8  
Phoenix, AZ 85032  
24-Hour Infoline: 602-264-1341  
602-264-1374 (Office)  
[www.aaphoenix.org](http://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](http://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, almuerzos semanales, y muchos otros programas y servicios diseñados para ayudar a las personas de edad avanzada a mantenerse activos e involucrados en sus comunidades. Para obtener una lista completa de los centros para las personas de la tercera edad, visita [www.arizonaseniors.net](http://www.arizonaseniors.net).

## Area Agency on Aging, Region One

*Senior HELP LINE*  
2950 N. 7th St.  
Phoenix, AZ 85014  
24-HOUR *Senior HELP LINE*  
602-264-HELP (4357)  
[www.aaaphx.org](http://www.aaaphx.org)

## NORTHWEST PHOENIX

### Deer Valley Community Center

2001 W. Wahalla Lane  
Phoenix, AZ 85027  
602-495-3735

### Goelet A. C. Beuf Community Center

3435 W. Pinnacle Peak Rd.  
Phoenix, AZ 85027  
602-534-4754

### Helen Drake Senior Center

7600 N. 27th Ave.  
Phoenix, AZ 85051  
602-262-4949

## NORTHEAST PHOENIX

### Paradise Valley Community Center

17402 N. 40th St.  
Phoenix AZ 85032  
602-495-3785

### Shadow Mountain Senior Center

3546 E. Sweetwater Ave.  
Phoenix, AZ 85032  
602-534-2303



## SENIOR CENTERS

### CENTRAL PHOENIX

#### **Devonshire Senior Center**

2802 E. Devonshire Ave.  
Phoenix, AZ 85016  
602-256-3130

#### **McDowell Place Senior Center**

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

#### **MOSAIC® Center**

24-HOUR *Senior* HELP LINE  
602-264-HELP (4357)  
[www.aaaphx.org](http://www.aaaphx.org)

#### **Salvation Army**

#### **Laura Danieli Senior Center**

613 N. 4th Ave.  
Phoenix, AZ 85003  
480-588-4164

#### **Washington Activity Center**

2240 W. Citrus Way  
Phoenix, AZ 85015  
602-262-6971  
[www.phoenix.gov](http://www.phoenix.gov)

### NORTH CENTRAL PHOENIX

#### **Chinese Senior Center**

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

#### **MOSAIC® Native American Senior Center**

24-HOUR *Senior* HELP LINE  
602-264-HELP (4357)  
[www.aaaphx.org](http://www.aaaphx.org)

#### **JFCS Center for Senior Enrichment: The Palazzo**

6250 N. 19th Ave.  
Phoenix, AZ 85015  
602-943-2198  
[www.jfcsaz.org](http://www.jfcsaz.org)

#### **Sunnyslope Senior Center**

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

### SOUTH CENTRAL PHOENIX

#### **Marcos de Niza Senior Center**

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

#### **Senior Opportunities West Senior Center**

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

#### **South Mountain Community Center**

212 E. Alta Vista Rd.  
Phoenix, AZ 85042  
602-262-4874

## SENIOR CENTERS

### SOUTHEAST PHOENIX

#### Pecos Senior Center

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

### WEST PHOENIX

#### Adam Diaz Senior Center

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

#### Casa Primavera Senior Center

*Chicanos Por La Causa Inc*  
1617 N. 45th Ave.  
Phoenix, AZ 85035  
602-272-0054 | 602-269-6245  
[www.cplc.org](http://www.cplc.org)

#### Desert West Senior Center

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

### OUTSIDE THE CITY OF PHOENIX

#### Avondale Community Center

1007 S. 3rd St.  
Avondale, AZ 85323  
623-333-2401  
[www.avondale.org](http://www.avondale.org)

#### Banner Olive Branch Senior Center

11250 N. 107th Ave.  
Sun City, AZ 85351  
623-465-6000  
[www.bannerhealth.com/olivebranch](http://www.bannerhealth.com/olivebranch)

#### Buckeye Community Services

201 E. Centre Ave.  
Buckeye, AZ 85326  
623-349-6600  
[www.buckeyeaz.gov](http://www.buckeyeaz.gov)

#### Cahill Senior Center

715 W. Fifth St.  
Tempe, AZ 85281  
480-858-2420  
[www.tempe.gov/cahill](http://www.tempe.gov/cahill)

#### Chandler Senior Center

202 E. Boston St.  
Chandler, AZ 85225  
480-782-2720  
[www.chandleraz.gov](http://www.chandleraz.gov)

#### Development Enrichment Center – Senior DTA Adult Program

*(Developmentally disabled and older adults)*  
16809 N. 53rd Ave., Ste. 2  
Glendale, AZ 85306  
602-993-5153  
[www.dec-az.org/senior-dta-program](http://www.dec-az.org/senior-dta-program)  
*\*No cost for older adults 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/748/senior-center](http://www.cityofelmirage.org/748/senior-center)

#### Escalante Multi-Generational Center

2150 E. Orange St.  
Tempe, AZ 85281  
480-350-4311  
[www.tempe.gov/escalante](http://www.tempe.gov/escalante)

## SENIOR CENTERS

### Fountain Hills Activity Center

13001 N. La Montana Dr.  
Fountain Hills, AZ 85268  
480-816-5226  
[www.fh.az.gov/189/Activity-Center](http://www.fh.az.gov/189/Activity-Center)

### Gila Bend Family Resource Center

202 N. Euclid Ave.  
Gila Bend, AZ 85337  
928-683-2244  
[www.gilabendaz.org](http://www.gilabendaz.org)

### Gilbert Senior Center

130 N. Oak St.  
Gilbert, AZ 85233  
480-503-6060

### Glendale Adult Center

5970 W. Brown St.  
Glendale, AZ 85302  
623-930-4321  
[www.glendaleaz.com/adultcenter](http://www.glendaleaz.com/adultcenter)

### Glendale Community Center

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

### Granite Reef Senior Center

1700 N. Granite Reef Rd.  
Scottsdale, AZ 85257  
480-312-1700  
[www.scottsdaleaz.gov/seniors](http://www.scottsdaleaz.gov/seniors)

### Guadalupe Senior Center

9401 S. Avenida del Yaqui  
Guadalupe, AZ 85283  
480-730-3092  
[www.guadalupeaz.org](http://www.guadalupeaz.org)

### Mesa Active Adult Center

247 N. MacDonald  
Mesa, AZ 85201  
480-962-5612  
[www.evadultresources.org](http://www.evadultresources.org)

### New River Senior Center

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

### North Tempe Multi-Generational Center

1555 N. Bridleweath St.  
Tempe, AZ 85281  
480-858-6500  
[www.tempe.gov/northtempe](http://www.tempe.gov/northtempe)

### Peoria Community Center

8335 W. Jefferson St.  
Peoria, AZ 85345  
623-773-7436  
[www.peoriaaz.gov](http://www.peoriaaz.gov)

### Pyle Adult Recreation Center

655 E. Southern Ave.  
Tempe, AZ 85282  
480-350-5211  
[www.tempe.gov/pyle](http://www.tempe.gov/pyle)

### Queen Creek Library Recreation Annex

21802 S. Ellsworth Rd.  
Queen Creek, AZ 85142  
480-358-3700  
[www.queencreek.org](http://www.queencreek.org)

## SENIOR CENTERS

### Red Mountain Active Adult Center

7550 E. Adobe St.  
Mesa, AZ 85207  
480-218-2221  
[www.evadultresources.org](http://www.evadultresources.org)

### Surprise Senior Center

15832 N. Hollyhock St.  
Surprise, AZ 85378  
623-222-1500  
[www.surpriseaz.gov/135/senior-services](http://www.surpriseaz.gov/135/senior-services)

### Tolleson Senior Center

*Esther Angulo Community Center*  
9555 W. Van Buren St.  
Tolleson, AZ 85353  
623-936-2760  
[www.tollesonaz.org](http://www.tollesonaz.org)

### Valley West YWCA Senior Center

8561 N. 61st Ave.  
Glendale, AZ 85302  
623-931-7436  
[www.ywcaaz.org](http://www.ywcaaz.org)

### Via Linda Senior Center

10440 E. Via Linda  
Scottsdale, AZ 85258  
480-312-5810  
[www.scottsdaleaz.gov/seniors](http://www.scottsdaleaz.gov/seniors)

### Wise Owl Senior Center

255 N. Washington St.  
Wickenburg, AZ 85390  
928-684-7894  
[www.ci.wickenburg.az.us/1130/  
Senior-Center](http://www.ci.wickenburg.az.us/1130/Senior-Center)

# Transportation

**Transportation** for older adults and younger adults with disabilities is offered in Maricopa County through a network of transportation and social services agencies.

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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

**Carl Hayden Veterans Administration Medical Center**  
650 E. Indian School Rd.  
Phoenix, AZ 85012  
602-277-5551 Ext. 5699  
1-800-554-7174  
*(Limited to Veterans)*

## DriveAble Solutions

4120 N. 20th St., 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 Rd., Ste. 111  
Tempe, AZ 85282  
480-449-3331  
www.drivingtoindependence.com

## ADAPTIVE DRIVING AIDS

### Ability Center

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

### AVA Wheelchair Van Rentals

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

### EZ Access

480-497-4692 / 1-800-451-1903  
www.ezaccess.com

### Handicap Vehicle Specialists

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

## TRANSPORTATION

### Leeden Wheelchair Lift & Repairs

1704 E. Curry Rd., Ste. 101  
Tempe, AZ 85281  
480-966-2372 / 1-800-554-3761  
[www.leedenwheelchairliftandport.com](http://www.leedenwheelchairliftandport.com)

### Mobility Center

134 N. Dobson Rd.  
Mesa, AZ 85201  
480-890-0878 / 602-547-1842  
[www.mobilitycenteraz.com](http://www.mobilitycenteraz.com)

### Vantage Mobility International

5058 S. 28th Place  
Phoenix, AZ 85040  
1-855-864-8267  
[www.vantagemobility.com](http://www.vantagemobility.com)

## VAN RENTALS

### A1 Van Rentals and Leasing

2217 E. Washington St.  
Phoenix, AZ 85034  
602-275-7300 / 1-800-899-4320

### Wheelers Accessible Van Rental

6614 W. Sweetwater Ave.  
Glendale, AZ 85304  
1-800-456-1371 / 1-866-859-8880  
[www.wheelersvanrentals.com](http://www.wheelersvanrentals.com)

## BUS DISCOUNTS

### Valley Metro

4600 E. Washington St.  
Phoenix, AZ 85034  
602-253-5000  
Application Line: 602-716-2100  
TTY: 602-251-2039  
[www.valleymetro.org](http://www.valleymetro.org)

## DISABILITY LICENSE PLATES

### Motor Vehicle Division

*Special Plates Unit*  
Mail Drop 801Z  
P.O. Box 2100  
Phoenix, AZ 85001  
602-255-0072  
[www.azdot.gov/mvd](http://www.azdot.gov/mvd)

## MATURE DRIVERS TRAINING

### AARP Driver Safety Program

1-877-846-3299  
[www.aarp.org](http://www.aarp.org)

## PRIVATE PAY HANDICAPPED TRANSPORTATION SERVICES

### AAA Transportation

4525 E. University Dr.  
Phoenix, AZ 85034  
480-736-8000  
[www.aaayellowaz.com](http://www.aaayellowaz.com)

### Quality Transport Services of AZ

2323 E. Magnolia St., Ste. 112  
Phoenix, AZ 85034  
602-371-1000  
[www.qtsaz.com](http://www.qtsaz.com)

### Hope Medical Transport

2231 S. 48th St., Ste 104  
Tempe, AZ 85282  
602-438-4018  
[www.hopemtaz.com](http://www.hopemtaz.com)

**MO Med Trans, LLC**

1811 S. Alma School Rd., Ste. 295  
Mesa, AZ 85210  
480-800-3130  
www.momedtrans.com

**Yellow Cab Company**

4525 E. University Dr.  
Phoenix, AZ 85034  
480-888-8888  
www.aaayellowaz.com

**COUNTY & VOLUNTEER  
TRANSPORTATION  
SERVICES**

**About Care**

600 W. Ray Rd.  
Chandler, AZ 85225  
www.aboutcare.org  
*(Chandler, Gilbert)*

**Benevilla**

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

**Glendale Dial-A-Ride**

6210 W. Myrtle Ave., Bldg. S  
Glendale, AZ 85301  
623-930-3500

**Peoria Dial-A-Ride**

8850 N. 79th Ave.  
Peoria, AZ 85345  
623-773-7435

**Phoenix Dial-A-Ride**

1001 S. 4th St.  
Phoenix, AZ 85004  
602-253-4000 / 1-800-775-7295  
TTY: 602-258-9980

**Valley Metro Paratransit**

16000 N. Civic Center Plaza  
Surprise, AZ 85374  
602-716-2100  
*(Service area: Surprise, Sun City, Sun City  
West, El Mirage, Youngtown)*

**Discount Cab**

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

**Duet**

10000 N. 31st Ave., Ste. D200  
Phoenix, AZ 85051  
602-274-5022  
www.duetaz.org  
*(Glendale, Fountain Hills, Phoenix, Scottsdale)*

**East Valley Adult Resources**

247 N. MacDonald  
Mesa, AZ 85201  
480-966-9704  
*(Mesa, Chandler, Gilbert, Tempe, Apache  
Junction - Maricopa County)*

**Foothills Caring Corps**

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

## TRANSPORTATION

### Glendale Voucher Ride

6210 W. Myrtle Ave., Bldg. S  
Glendale, AZ 85301  
623-930-3501  
[www.glendaleaz.com/cms/one.aspx?pageId=15329831](http://www.glendaleaz.com/cms/one.aspx?pageId=15329831)

### Neighbors Who Care

10450 E. Riggs Rd., Ste. 113  
Sun Lakes, AZ 85248  
480-895-7133  
[www.neighborswhocare.com](http://www.neighborswhocare.com)  
*(Sun Lakes and S. Chandler only)*

### Northwest Valley Connect

P.O. Box 9303  
Surprise, AZ 85374  
623-282-9300  
[www.northwestvalleyconnect.org](http://www.northwestvalleyconnect.org)  
*(Sun City, Sun City West, Surprise, El Mirage, Youngtown, Peoria, Neighboring unincorporated Areas of Maricopa County)*

### Orbit Bus System

*City of Tempe – Free Public Transportation*  
602-253-5000  
[www.valleymetro.org](http://www.valleymetro.org)

### Scottsdale Cab Connection

7447 E. Indian School Rd., Ste. 205  
Scottsdale, AZ 85251  
480-312-8747  
[www.scottsdaleaz.gov](http://www.scottsdaleaz.gov)  
*(Taxi voucher program, Scottsdale only)*

### Senior Cab

*City of Phoenix Alternative Transportation*  
*Senior ADA Taxi Cab*  
1001 S. 4th St.  
Phoenix, AZ 85004  
602-801-1160  
*(Taxi voucher program, Phoenix 65+ only)*

### Senior Center Shuttle

1001 S. 4th St.  
Phoenix, AZ 85004  
602-801-1160  
*(Transportation for Phoenix residents from their home to their nearest City of Phoenix Senior Center)*

### Valley Metro

4600 E. Washington St.  
Phoenix, AZ 85034  
602-253-5000 / TTY:602-251-2039  
Application Line: 602-716-2100  
[www.valleymetro.org](http://www.valleymetro.org)

### Valley Metro Paratransit

602-716-2100 (option 4, then option 1)  
TTY: 480-813-8759  
[www.valleymetro.org](http://www.valleymetro.org)  
*(Chandler, Mesa, Scottsdale, Tempe, Gilbert)*

### Valley Metro Ride Choice

602-716-2200  
[ridechoice@valleymetro.org](mailto:ridechoice@valleymetro.org)  
*(Discounted to qualified older adults and people with disabilities. Chandler, Fountain Hills, Gilbert, Mesa, Surprise, Tempe)*

### VerdeCares Inc.

18934 Avenida Del Ray, Ste. 106  
Rio Verde, AZ 85263  
480-471-8944  
[www.verdecares.org](http://www.verdecares.org)

### Wickenburg's Freedom Express

255 N. Washington St.  
Wickenburg, AZ 85390  
928-684-7894 ext. 102  
*(Transport older adults 60+ within Wickenburg and up to 5 miles out)*



## TRANSPORTATION

### 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)

### Phoenix EI Transportation

(Non-Emergency Transportation)  
1-800-522-1516  
(Hospital discharges, dialysis, shopping, transports using oxygen, assisted living facilities, medical and dental)

### Ride With 24

1-800-522-1516

## PRIVATE PAY

### All Around Town

623-476-6693  
(Northwest Valley – Grocery, Meds, Veteran Home Welfare Check)

### BrightStar Care

480-897-1166  
(Care after surgery and medical treatments, prescription pickup, grocery shopping, other errands, visit with friends, relatives, etc.)

### Envoy America

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

### Go Go Grandparent

602-230-1414  
(Hospital discharges, dialysis, court appearance, jury duty, shopping, etc.)





## Volunteer OPPORTUNITIES

### Oportunidades para Voluntarios

Area Agency volunteers help expand our reach, leverage our impact and provide valuable services to older adults in our community. Our programs need volunteers on an ongoing basis. We invite you to share your time and talents to help serve older adults.

*See page 109 for more information..*

Los voluntarios de la Agencia ayudan a ampliar nuestro alcance, aprovechar nuestro impacto y brindar servicios valiosos a los adultos mayores en nuestra comunidad. Nuestros programas necesitan voluntarios de manera continua. Lo invitamos a compartir su tiempo y talento para ayudar a servir a los adultos mayores.

*Para más oportunidades para voluntarios, vea la página 109.*

**24-Hour Senior HELP LINE**  
**602-264-HELP (4357)**

# Visually Impaired & Blind Services

Older adults 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.

## **Ability 360**

5025 E. Washington St., Ste. 200  
Phoenix, AZ 85034  
602-256-2245  
[www.ability360.org](http://www.ability360.org)

## **Arizona Center for the Blind and Visually Impaired**

3100 E. Roosevelt St.  
Phoenix, AZ 85008  
602-273-7411  
[www.acbvi.org](http://www.acbvi.org)

## **Arizona Council of the Blind**

3124 E. Roosevelt St., Ste. 4  
Phoenix, AZ 85008  
602-273-1510  
[www.azcb.org](http://www.azcb.org)

## **Arizona Lions Vision Center**

3124 E. Roosevelt St., Bldg. D, Ste. 1  
Phoenix, AZ 85008  
602-267-7573  
[www.arizonalionsvisioncenter.org](http://www.arizonalionsvisioncenter.org)

## **Arizona State Braille And Talking Book Library**

1030 N. 32nd St.  
Phoenix, AZ 85008  
602-255-5578  
[www.azlibrary.gov/talkingbooks](http://www.azlibrary.gov/talkingbooks)

## **Duet**

10000 N. 31st Ave., Ste. D200  
Phoenix, AZ 85051  
602-274-5022  
[www.duetaz.org](http://www.duetaz.org)  
*(In-home assistance reading mail and helping with paperwork)*

## **Eye Care America**

*Older adults EyeCare Program*  
1-800-222-EYES (3937)  
[www.aao.org/eyecare-america](http://www.aao.org/eyecare-america)

## **Foundation for Blind Children**

*Adult Comprehensive Program*  
1234 E. Northern Ave.  
Phoenix, AZ 85020  
602-331-1470

## **Lions Sight and Hearing Foundation**

3427 N. 32nd St.  
Phoenix, AZ 85018  
602-954-1723  
[www.lions-sight-and-hearing-foundation.org](http://www.lions-sight-and-hearing-foundation.org)

## **Midwestern University Clinics – Eye Institute**

5865 W. Utopia Rd.  
Glendale, AZ 85308  
623-537-6000  
[www.mwudclinics.com/arizona/services/eye](http://www.mwudclinics.com/arizona/services/eye)

## **VISUALLY IMPAIRED & BLIND SERVICES**

### **Rehabilitation Services**

#### **Administration**

3443 N. Central Ave., Ste. 110  
Phoenix, AZ 85012  
602-771-5315  
[des.az.gov/content/older-individuals-who-are-blind-oib-program](https://des.az.gov/content/older-individuals-who-are-blind-oib-program)

### **Sun Sounds of Arizona**

#### *Reading Services*

2323 W. 14th St.  
Tempe, AZ 85281  
480-774-8300  
[www.sunsounds.org](http://www.sunsounds.org)

### **VerdeCares Inc.**

18934 Avenida Del Ray, Ste. 106  
Rio Verde, AZ 85263  
Office: 480-471-8944  
Vicki: 480-540-1312  
[www.verdecares.org](http://www.verdecares.org)



# Volunteer Opportunities

Community volunteers are critical in expanding the ability of non-profit service organizations to deliver services and outreach to a greater community.

Los voluntarios de la comunidad son esenciales para expandir la capacidad de las organizaciones de servicios sin fines de lucro para prestar servicios y conectar a una comunidad más amplia.

## Area Agency on Aging, Region One

2950 N. 7th St.

Phoenix, AZ 85014

24-HOUR *Senior* HELP LINE: 602-264-HELP (4357)

[www.aaaphx.org](http://www.aaaphx.org)

Providing volunteer assistance to older adults can take many different forms including helping people with disabilities, providing family caregivers with a much-needed break or periodically checking in with a neighbor. The following volunteer opportunities with Area Agency programs offer a variety of ways to use your talent and expertise to help older adults stay safe in their homes.

Brindar asistencia voluntaria a los adultos mayores puede tomar muchas formas diferentes, como ayudar a las personas con discapacidades, brindarles a los cuidadores familiares un descanso muy necesario o consultar periódicamente con un vecino. Las siguientes oportunidades de voluntariado con los programas de la Agencia ofrecen una variedad de formas de utilizar su talento y experiencia para ayudar a los adultos mayores a mantenerse/sentirse seguros en sus hogares.

## AMERICORPS VOLUNTEER

AmeriCorps Members and volunteers can serve in one of the Agency's AmeriCorps programs, providing social support such as friendly visiting, grocery shopping or transportation, to Agency clients on the waiting list for in home services, or by providing education on medication misuse and opioids.

Los miembros y voluntarios de AmeriCorps pueden participar en uno de los programas de AmeriCorps de la Agencia, brindando apoyo social, como visitas amistosas, compras de comestibles o transporte, a los clientes de la Agencia que están en la lista de espera para servicios en el hogar, ó brindando educación sobre el uso indebido de medicamentos y opioides.

## AmeriCorps Volunteer

24-HOUR *Senior* HELP LINE: 602-264-HELP (4357)

[www.aaaphx.org](http://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**

24-HOUR *Senior* HELP LINE: 602-264-HELP (4357)

[www.aaaphx.org](http://www.aaaphx.org)

### **SENIOR MEDICARE PATROL (SMP)**

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**

24-HOUR *Senior* HELP LINE: 602-264-HELP (4357)

[www.aaaphx.org](http://www.aaaphx.org)

### **DOVES® CLIENT SUPPORT**

Volunteers work directly with older victims of abuse and domestic violence who are trying to turn their lives around and become self-sufficient. Volunteers conduct presentations on personal life-skills, financial education, and professional development.

Los voluntarios trabajan directamente con personas mayores, víctimas de abuso y violencia doméstica, que están tratando de cambiar sus vidas y volverse autosuficientes. Los voluntarios realizan presentaciones sobre educación financiera, temas de desarrollo personal ó habilidades para desarrollar la vida profesional.

#### **DOVES® Client Support**

24-HOUR *Senior* HELP LINE: 602-264-HELP (4357)

[www.aaaphx.org](http://www.aaaphx.org)



## VOLUNTEER OPPORTUNITIES

### HOME-DELIVERED MEALS

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

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

#### **Home-Delivered Meals**

24-HOUR *Senior* HELP LINE: 602-264-HELP (4357)

[www.aaaphx.org](http://www.aaaphx.org)

### LONG-TERM CARE OMBUDSMAN

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

Abogar por las personas que viven en centros de atención a largo plazo, ayudando a garantizar que se obtenga la mejor calidad de vida y atención posibles.

#### **Long-Term Care Ombudsman Volunteer**

24-HOUR *Senior* HELP LINE: 602-264-HELP (4357)

[www.aaaphx.org](http://www.aaaphx.org)

### MOSAIC® ELDER REFUGEE PROGRAM

Pre-literacy, ESL tutors, citizenship teachers, and midday food service volunteers are needed to work with older refugees to put them on a path to citizenship and self-sufficiency.

Se necesitan tutores de alfabetización previa de Inglés como Segunda Lengua (ESL), maestros de ciudadanía y voluntarios del servicio de comida del mediodía para trabajar con refugiados mayores y así encaminarlos hacia la ciudadanía y la autosuficiencia.

#### **Mosaic Elder Refugee Program**

24-HOUR *Senior* HELP LINE: 602-264-HELP (4357)

[www.aaaphx.org](http://www.aaaphx.org)



## VOLUNTEER OPPORTUNITIES

### ADDITIONAL VOLUNTEER OPPORTUNITIES

#### About Care

P.O. Box 3278  
Chandler, AZ 85244  
480-802-2331  
[www.aboutcare.org](http://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](http://www.redcross.org)

#### Assistance for Independent Living

247 N. MacDonald  
Mesa, AZ 85201  
480-966-9704  
[www.evadultresources.org](http://www.evadultresources.org)

#### Benevilla

16752 N. Greasewood St.  
Surprise, AZ 85372  
623-584-4999  
[www.benevilla.org](http://www.benevilla.org)

#### Duet

10000 N. 31st Ave., Ste. D200  
Phoenix, AZ 85051  
602-274-5022  
[www.duetaz.org](http://www.duetaz.org)

#### Foothills Caring Corps

7275 Easy St., # 103  
Carefree, AZ 85377  
480-488-1105

#### Pan de Vida

P.O. Box 745  
Queen Creek, AZ 85242  
480-987-0819  
[www.pandevidaaz.org](http://www.pandevidaaz.org)

#### Phoenix Police Department COPS

*Citizens Offering Police Support*  
620 W. Washington St.  
Phoenix, AZ 85003  
602-262-7626  
[www.phoenix.gov](http://www.phoenix.gov)

#### Tempe Community Action Agency

2146 W. Apache  
Tempe, AZ 85281  
480-381-8336

#### YMCA Outreach Program for Ahwatukee Seniors (Y OPAS)

1030 E. Liberty Lane  
Phoenix, AZ 85048  
602-212-6088



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# 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.

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Para obtener información sobre los servicios y programas disponibles en todo el estado para las personas mayores y los cuidadores familiares, por favor refiérase a los números que se indican a continuación para la agencia de envejecimiento en su condado o región.

## **Eldercare Locator**

*A service of the U.S. Administration on Aging*  
1-800-677-1116  
[www.eldercare.acl.gov](http://www.eldercare.acl.gov)

## **Apache, Navajo, Coconino, Yavapai Counties**

*Northern Arizona Council of Governments (NACOG)*  
119 E. Aspen Ave.  
Flagstaff, AZ 86001  
1-928-774-1895  
[www.nacog.org](http://www.nacog.org)

## **Graham, Greenlee, Cochise, Santa Cruz Counties**

*South Eastern Arizona Governments Organization (SEAGO)*  
300 Collins Rd.  
Bisbee, AZ 85603  
1-520-432-2528  
[www.seago.org](http://www.seago.org)

## **Inter-Tribal Council – 19 Tribes**

*Inter-Tribal Council of Arizona, Inc.*  
2214 N. Central Ave., Ste. 100  
Phoenix, AZ 85004  
602-258-4822  
[www.itcaonline.com](http://www.itcaonline.com)

## **Navajo Nation**

*Navajo Aging Service Department*  
P.O. Box 1390  
Window Rock, AZ 86515  
1-928-729-4520  
[www.naaa.navajo-nsn.gov](http://www.naaa.navajo-nsn.gov)

## **Pima County**

*Pima Council on Aging*  
8467 E. Broadway Blvd.  
Tucson, AZ 85710  
1-520-790-7262  
[www.pcoa.org](http://www.pcoa.org)

## **Pinal, Gila Counties**

*Pinal-Gila Council for Senior Citizens*  
8969 West McCartney Rd.  
Casa Grande, AZ 85194  
1-520-836-2758 | 1-800-293-9393  
[www.pgscsc.org](http://www.pgscsc.org)

## **Yuma, Mohave, La Paz Counties**

*Western Arizona Council of Governments*  
1235 S. Redondo Center Dr.  
Yuma, AZ 85365  
1-928-782-1886 | 1-800-329-4248  
[www.wacog.com](http://www.wacog.com)  
208 N. 4th St.  
Kingman, AZ 86401  
1-928-753-6247  
[www.wacog.com](http://www.wacog.com)

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.

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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 parta de algún programa o actividad por su discapacidad, por favor indíquenos con anticipación que tipo de discapacidad tiene y poder cubrir sus necesidades.



AREA AGENCY ON AGING  
REGION ONE, INCORPORATED



## We couldn't do it without you.

Join our dynamic team of volunteers, bring your expertise and work with individuals in areas like these –

- **AmeriCorps** – Provide social support to help homebound seniors be safe and remain in their homes including educating them on how to safely manage their medications.
- **Benefits Assistance – Medicare** – Providing independent, unbiased assistance to Medicare and Medicaid beneficiaries.
- **DOVES®** – Helping victims of domestic violence and elder abuse achieve self-sufficiency.
- **Long-Term Care Ombudsman** – Advocate for the rights of residents in long-term care.
- **MOSAIC® Elder Refugee Program** – Providing services, midday meals and teaching classes at Senior Centers to refugees, age 60 and older, with the ultimate goal of putting them on the pathway to U.S. citizenship.
- **Scottsdale Home Delivered Meals** – Delivering nutritious midday meals and checking on clients' safety and welfare.

**24-Hour *Senior* HELP LINE**  
**602-264-HELP (4357) [www.aaaphx.org](http://www.aaaphx.org)**



AREA AGENCY ON AGING  
REGION ONE, INCORPORATED

# AGEconnect on 7<sup>th</sup>

## Aging and Disability Resource Center

AGEconnect on 7<sup>th</sup> is a multi-purpose facility designed to accommodate the growing needs of older adults and enable them to make connections to community resources and services. This building allows Area Agency on Aging to reach more community residents and help those looking for information and advice.



**Open Monday – Friday 9:00AM – 3:30PM (walk-ins welcome)**

**2950 N. 7<sup>th</sup> St. Phoenix, AZ 85014**

**24-Hour *Senior* HELP: 602-264-4357 | [aaaphx.org](http://aaaphx.org)**