

COMMUNITY RESOURCES

2-1-1 Arizona

Community information and referrals from basic needs to self-help to recreation.

Phone: 2-1-1 or (877) 211-8661

Web: <https://211arizona.org/>

Ability 360

Offers programs to empower individuals living with disabilities.

Phone: (602) 256-2245

Web: <https://ability360.org/>

Adult Protective Services

Phone: (877) 767-2385

<https://des.az.gov/services/aging-and-adult/arizona-adult-protective-services-aps>

Aging and Adult Support Services

DES serves Arizonans through programs addressing social and economic needs.

Phone: (602) 542-4446

Web: <https://des.az.gov/services>

Alzheimer's Association

Help, support, and resources for individuals living with Alzheimer's and their families.

Phone: (800) 272-3900

Web: <https://alz.org/>

Arizona Attorney General – Elder Affairs

Senior resources including information about consumer scams, life care planning, senior abuse, legal services, caregiving, and others.

Phone: (800) 352-8431

Web: <https://www.azag.gov/seniors>

Arizona Financial Assistance and Aid Programs

Web: https://www.needhelp-payingbills.com/html/arizona_assistance_programs.html

Arizona Long Term Care Services (ALTCS)

Medicaid program to assist seniors and disabled individuals on a fixed income afford long term care.

Phone: (877) 236-4752

Web: <https://www.altcs.com/>

Arizona Public Service Company (APS) Assistance Programs

Crisis bill assistance, medical care equipment program, safety net, help through SHARE.

Phone: (602) 371-7171

Web: <https://www.aps.com/en/residential/accountservices/assistanceprograms/pages/home.aspx>

Area Agency on Aging – Programs and Services

Offers multiple programs and services such as: resource guides for seniors, adult day health care, employment, AmeriCorps, Medicare benefits assistance, care transitions, meals, family and caregiver support, healthy living classes, legal assistance, independent living, and mental health.

Phone: (602) 264-4357 (*24 hours a day, 7 days a week*)

Web: <https://www.aaaphx.org/>

Arizona Association of Food Banks

Emergency food locations such as food banks, pantries, soup kitchens, shelters, and more.

Phone: (800) 445-1914 or (602) 528-3434

Web: <http://www.azfoodbanks.org/>

Arizona Health Care Cost Containment System (AHCCCS)

Medicaid agency offering healthcare programs that serve qualifying Arizona residents.

Phone: (855) 432-7587

Web: <https://www.azahcccs.gov/>

East Valley Adult Resource

Provide programs such as center-based services, Meals on Wheels, in-home support, outreach and social services, and housing resources.

Phone: (480) 964-9014

Web: <https://www.evadultresources.org/our-programs/>

Find Help Phoenix

Resources for: mental health, addiction, food, clothing, disability services, healthcare/health insurance, housing, utilities, senior services, transportation, and legal.

Web: <https://www.findhelpphx.org/>

Food Stamps

Supplemental Nutrition Assistance Program (SNAP) providing funds for qualified food and grocery items to individuals and families in need.

Phone: (888) 432-7587

Web: <https://food-stamps.org/state/arizona/>

Health and Human Services

Federal program providing assistance with essential human services including: health insurance, social services, prevention and wellness, public health and safety, and caregiver resources.

Phone: (877) 696-6775

Web: <https://www.hhs.gov/programs/index.html>

Maricopa County Human Services

Partners with local cities and non-profit entities to assist with basic needs, prevent homelessness, and promote self-sufficiency. Services and resources include: aging, help paying bills, homeless service coordination, housing and community development, and adult employment services.

Phone: (602) 506-3011

Web: <https://www.maricopa.gov/3868/Human-Services>

National Institute on Aging

Health information resources for: Alzheimer's and related dementias, caregiving, cognitive health, exercise and physical activity, healthy eating, doctor-patient communication, end of life, and other health topics.

Phone: (800) 222-2225

Web: <https://www.nia.nih.gov/health>

NeedyMeds

Programs to assist with the cost of medication.

Phone: (800) 503-6897

Web: <https://www.needymeds.org/>

Poison Control

Phone: (800) 222-1222

Web: <https://azpoison.com/>

Salt River Project (SRP)

Limited income programs, bill assistance, medical preparedness program, help through SHARE.

Phone: (602) 236-8888

Web: <https://srpnet.com/>

Social Security Administration

Phone: 800-772-1213 TTY: 800-325-0778

Web: <https://www.ssa.gov/>

Southwest Gas

Bill assistance, low income ratepayer assistance, deferred payments, and self-help through the Arizona Community Action Association.

Phone: (877) 860-6020

Web: <https://www.swgas.com/en/az-special-programs>

St. Vincent De Paul

Provides assistance and resources for food, clothing, and housing,

Phone: (602) 266-4673 or 2-1-1

Web: <https://www.stvincentdepaul.net/>

The Salvation Army

Provides assistance with adult rehabilitation, emergency and disaster services, emergency shelter, heat relief, family services, homeless services, and senior programs.

Phone: (602) 267-4100

Web: <https://www.salvationarmyphoenix.org/>

Veterans Administration

Access and manage your VA healthcare and disability benefits.

Phone: (844) 698-2311

Web: <https://www.va.gov/>