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Community Resources



Community Resources

This list is not intended to exclude and specifically disclaims any endorsement of any provider listed. The information may change at any time.

AARP

www.aarp.org

888 687-2277

Mission is to enhance the quality of life for all as they age. Advocates for positive social change and delivers value to members through information, advocacy, and service. Offers discounts to member seniors on various goods/services.

Adult Day Care Centers

These are locations of various Adult Day Care Centers. Payment is private or by other programs listed in this Resource.

Glendale	Glendale Adult DC	6010 W Northern 85301	623 532-2983
Mesa	Arbor Rose Adult DC	6033 E Arbor Ave 85206	480 654-8200
Mesa	Red Mountain Creative Care	7550 Adobe St 85207	480 464-1061
Mesa	Town Center Creative Care	247 N MacDonald 85201	480 464-1061
Peoria	West Valley Peoria Adult DC	8133 W Cactus 85381	623 979-7126
Phoenix	Arizona State Vets Adult DC	4141 E Herrera Way 85012	602 248-1550
Phoenix	FSL Adult Day Care Phoenix	3620 N 4 th Ave 85013	602 297-1840
Phoenix	John C Lincoln Adult DC	303 E Eva 85020	602 870-6347
Phoenix	Ray Harvey Adult DC	4141 N 3 rd St 85012	602 248-1572
Phoenix	Sunflower Healthcare DC	2814 W Bell Ave 85053	602 843-8711
Phoenix	Suntree Adult DC	4120 N 20 th St 85016	602 441-4900
Scottsdale	Scottsdale Adult DC	7375 E 2 nd St 85257	480 947-4472
Sun City	Mary's Place Memory Care	14601 N Del Webb Blvd 85351	623 815-1031
Sun City	Benevilla Sun City Restorative	15800 Del Webb 85351	623 977-8274
Tempe	FSL Tempe Adult Day Care	2234 E Maryland Dr 85281	602 532-2982

Adult Protective Servicewww.azdes.gov**602 542-4446**

Protect vulnerable adults from financial, physical abuse, neglect, and exploitation. Make a report by phone or online (<https://des.az.gov/reporting-arizona-adult-abuse-neglect-and-exploitation>). Legal and home-based services can be facilitated with police, lawyers, courts, and community agencies. The goal is to assist individuals to remain in their homes.

ALTCS – Arizona Long Term Care Serviceswww.azachcccs.gov**602 417-6600**

This program is for 65+, blind, disabled and/or individuals who live in nursing homes or require care at a nursing home level. The application process requires an interview, meeting eligibility requirements which can take up to 45 days. Thereafter, services are available at nursing homes, assisted living homes, in-home health care, hospice, attendant care at home, delivered meals, adult day care and case management. Apply at local AHCCCS offices which can be found by calling 602 417-6600.

Alzheimer’s Association – Desert Southwest Chapterwww.alz.org**602 528-0545**

Seeks to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health. Provides support to individuals, families, care partners and communities affected by dementia.

Area Agency on Aging/Sail Programwww.aaaphx.org**602 264-4357**

A vast array of free services are provided to people 60+, people with HIV, AIDS of any age, disabled people over 18 with caregivers. A partial list of services is: home delivered meals, elder domestic violence and abuse, financial counseling and assist with ALTCS applications, job training for people over 50, transportation, caregiver respite, guardianship information, long term care ombudsman program, emergency housing, elder refugee program, Medicare patrol, assistive devices. The SAIL (Senior Adult Independent Living) program provides home services, such as, adult day care, home delivered meals, personal care, home nursing and minor home repairs. A 146 page Elder Resource Guide can be downloaded for free or the Guide can be mailed to you for \$5.00.

Arizona Department of Veteran’s Serviceswww.DVS.AZ.gov**602 255-3373**

This agency is not the VA. The services are for all veterans and directed toward: homeless vets, processing compensation benefits, appealing VA decisions, filing for survivors benefits, burials, education, records, upgrading military discharges to name a few. Counselors take crisis calls and meet at one of 7 offices in the Phoenix area. See the website or call for more information. A 37 page Veterans Benefit Information Directory can be downloaded for free.

Caregiver Support Program**24-hour hotline****602 264-4357**

The Area Agency on Aging supports the family caregiver of an adult who can no longer care for him/herself alone by providing short periods of respite, caregiver classes and support groups and a 24 hour support hotline.

Duet AZ has 3 areas of service. They are:

Homebound Independent Adults 18 years and older

- Free volunteer services include:
- Grocery shopping
- Transportation to medical appointments
- Friendly visiting for 1 hour 1 time a week to enjoy an activity together
- Friendly phoning 2-3 times a week for 10-15 minutes
- Handyman services
- Home safety assessments
- Respite assistance 2 hours 1 time a week
- Paperwork assistance
- Computer assistance with email and internet instruction for 1 hour a week for up to 12 weeks

Caregivers

- Support groups and respite time are provided to caregivers of Alzheimer's or Parkinson's individuals.

Grandparents raising Grandchildren

- Grandparents are provided support groups, respite time, workshops, legal guidance, and group activities for families.

Elder Domestic Violence

These are 2 programs for education and referral information:

Doves

www.aaaphx.org

602 264-4357

Domestic Violence Does Not Respect Age. Abuse is **PHYSICAL, SEXUAL, PSYCHOLOGICAL, FINANCIAL, NEGLECT AND SELF-NEGLECT. IT IS ABOUT POWER AND CONTROL, NOT LOVE.** With a phone call, safety can be provided by free shelters especially for 50+ adults up to 2 weeks. The time can be extended up to 2 years based on needs. Additionally, case management, support groups, crisis intervention, food and clothing, transportation, job readiness, SSI and SSD applications assistance can be provided.

Elder Abuse Hotline

www.AZAG.gov/seniors/elderabuse

602 542-2124

Within the Arizona Attorney General's office, the Task Force against Senior Abuse specializes in fraud, abuse, and exploitation. The Task Force is made up of attorneys, investigators, and outreach specialists. Education and reporting information is provided. Also provided are Life Care Planning packets which include:

- Medical Health Care Power of Attorney form
- Mental Health Care Power of Attorney form
- Living Will
- Prehospital Medical Power of Attorney

These forms are provided at CommunityService@AZAG.gov

Elderly Housing Programwww.HUD.gov/apartments**602 534-4243**

Apartments at 30 apartment properties are provided for people 55+ for about 30% of an individual's income. Qualifications are based on age, income, household size, background checks. Although this is a statewide program, just apartments in Phoenix are listed here.

Broadway Terrace	12815 N 28 th Dr	85029
Casa De Primavera	1617 N 45 th Ave	85035
Casa Mia	1010 E Turney	85014
Casa Pedro F Ruiz	6327 W Fillmore St	85043
Christian Care Manor I	11830 N 19 th Ave	85029
Christian Care Manor II	11812 N 19 th Ave	85029
Christian Care Manor III	1944 W Sunnyside Dr	85029
Colter Commons	3003 W Colter St	85017
CPLC Villas	7235 S 7 th St	85042
Fellowship Towers	222 E Indianola Ave	85012
Fillmore Courtyard	722 W Taylor St	85007
Fillmore Gardens	802 N 22 nd Pl	85006
Hacienda Del Rio	4121 W McDowell Rd	85009
Hong Lok	3928 N 24 th St	85015
Hong Ning	3920 N 24 th St	85015
Kivel Manor, East and West	3040 N 36 th St	85018
Lemon Grove Apts	7220 N 27 th Ave	85051
Paradise Valley Retirement Center	11640 N 27 th St	85028
Phoenix Memorial Towers	1405 S 7 th Ave	85007
Phoenix Silver Crest Residence	613 N 4 th Ave	85003
St Mary's Manor	6515 N 39 th Ave	85019
Sunland Terrace	435 E Sunland Ave	85040
Tanner Gardens	4420 S 18 th Pl	85040
Urban League Manor	4343 W Thomas Rd	85031
Vista de la Montana	8028 S Jesse Owens	85040
Westward Ho	618 N Central Ave	85004

Foundation for Senior Livingwww.fsl.org**602 285-1800**

This program serves everybody regardless of race, religion, economic status, especially seniors and their families in the area of hunger, disability, aging, illness, loneliness, substandard housing, and caregiving. Programs are adult day care, adult foster care, behavioral health clients, affordable housing, young adult day care for those 18-45 with head injuries and other disabilities

Homeless Placement Contact**602-413-7213**

Home Delivered Groceries

These are online stores from which delivery is by local companies.

Envoy www.Helloenvoy.com
Online ordering from Trader Joe's Whole Foods Costco and delivery within a 2 hour window.

Fry's stores www.Shipt.com
Online ordering and delivery in 1 hour.

Safeway stores www.Safeway.com
Groceries are ordered and delivered by Safeway.

Schwan's Home Service www.Schwans.com
Online ordering and delivered to home.

Home Delivered Meals

Meals can be delivered from the Senior Centers throughout the Valley. See the list of Senior Centers under "Senior Centers" in this document. Registration is required at the Senior Center beforehand. Meals are usually served at the Center. Home delivery is for a short time and based on medical need. The SAIL and ALTCS programs can deliver meals at home. Registration and some requirements need to be met. The SAIL program is handled by the Area Agency on Aging which is also found in this document.

Private pay meals are available from:

Dining in www.dininginaz.com 480 269-5163

Delivery Dine www.deliverydine1.com 480 206-8332
Order online with this service for meal delivery from a chosen restaurant for \$4.99.

Fresh and Lean www.freshnlean.com 888 420-4080
Food is delivered for about \$27.99 a day.

Sunfare www.Sunfare.com 866 786-3273
Healthy meals consisting of breakfast, lunch, dinner and 2 snacks a day are prepared and delivered to home for \$49.95 a day.

Grub Hub www.Grubhub.com 877 585-1085
This website searches your neighborhood for restaurants that deliver and their prices.

Insurance Help www.aaaphx.org 602 264-2255

Arizona Senior Health Insurance Providers (SHIP) is a program for Medicare beneficiaries and their families. The goal is to advocate, counsel and empower people to make informed decisions. SHIP is sponsored and provided by the Area Agency on Aging which can be found on this list.

Legal Assistance for ALTCS (Arizona Long Term Care Services) applications, Elder Law Issues, Estate Planning

Area Agency on Aging www.aaaphx.org 602 264-2255
Offers assistance with ALTCS applications and a variety of other legal issues. See this listing elsewhere in this document.

Arizona Senior Citizen's Law Project www.azlawhelp.org 602 252-6710
Assistance with numerous legal issues from Bankruptcy, Domestic Violence to Immigrant Rights and much more. Free to low cost for seniors. Sponsored by the Arizona Bar Association.

Arizona Bar Association www.Maricopalawyers.org 602 257-4434
For \$40 for a 30 minute talk to a lawyer who specializes in your problem area.

Medical Alert Devices

Monitoring devices protect people living alone from various accidents, falls, strokes, seizures. Some alerts are activated by the individual in trouble. Others have sensors to detect falls, etc. requiring no action by the person. AARP recommends the following companies.

Life Alert	www.lifealert.com	800 494-9394
Life Station	www.lifestation.com	866 286-5518
Medical Alert	www.medicalalert.com	800 800-2537
Mobile Help	www.mobilehelp.com	800 992-0616
Philips Life Line	www.lifeline.philips	855 681-5351
Rescue Alert	www.rescuealert.com	800 688-9576

Medical Equipment Loan Closets

Free/low cost medical equipment is loaned or given to those in need.

ABIL Lending Closet	5025 E Washington 85034	www.Abil.com	602 256-2245
Ability 360	5031 E Washington 85034	www.ability360.org	602 386-4566
ALS Association	360 E Coronado 85004	www.ALSA.org	866 350-2572
Elks Lodge	14424 N. 32 nd St 85032	www.elks.org	602 482-2335
Helping Hands Foundation	14624 RH Johnson Blvd. Avondale 85375	www.scwfoundation.org	623 975-5499
St Vincent DePaul	420 W Watkins Road 85003	www.stvincentdepaul.net	602 261-6896
Southwest Lending Closet	218 N Central. Avondale 85323	www.southwestlendingcloset.org	623 932-1016
Sunshine Services	9980 Santa Fe Drive. Sun City 85351	www.sunshineservice.org	623 974-2561

Medical Equipment Stores

Private pay stores to order medical equipment and have it delivered.

Active Forever	8 locations in valley	www.activeforever.com	800 377-8033
Allegro Medical	1733 E McKellips Road. Tempe 85281	www.Allegromedical.com	480 990-8881
CVS	25 stores in Phoenix	www.cvs.com	888 607-4287
Southwest Medical Supply	505 W Thomas Road 85013	www.southwestmedical.com	800 236-4215
Ultimate Medical	420 E Bell Road 85022	www.umeaz.com	602 978-4100
Walgreen Health Initiatives	Various locations in the valley	www.Walgreens.com	800 925-4733

Placement Coordinators

Placement coordinators make safe housing arrangements for the elderly needing more assistance. The services are usually free. Some of these organizations are:

Adult Care Connections	www.Adultcareconnection.com	480 380-2348
AZ Assisted Living Options	www.azoptions.com	602 620-3796
From The Heart.AZ LLC	www.fromtheheartaz.com	602 578-3892
Tender Touch	www.tendertouchresources.com	480 221-3464

Private Duty Home Caregivers

These agencies provide an array of home services: meal preparation, bathing, dressing, shopping, companionship, laundry, non-medical care and more.

Affordable Home Care Solutions	www.affordablehomecare.com	480 451-8183
Always Best Care Senior Services	www.alwaysbestcare.org	480 306-8862
Bayada Nurses	www.bayada.com	888 889-2821
Bright Star	www.brightstarcare.com	480 897-1166
Concepts in Care	www.conceptsincare.org	602 942-9430
Home Instead Senior Care	www.homeinstead.com	602 903-1346
Nightingale Home Care	www.ngcare.com	602 504-1552
Right At Home	www.nwphx.rightathome.net	623 878-5050
Synergy Home Care	www.synergyhomecare.com	877 432-2692
Visiting Angels	www.visitingangels.com	800 365-4189

Senior Centers

Senior Centers are sponsored by the City of Phoenix Human Services. The program is for independent seniors who could benefit from socialization, classes and/or a meal. Lunches are provided for a contribution of about \$3.00 a day. Transportation is provided by Senior Shuttle (602 801-1160) or Reserve a Ride (602 262-1870).

Phoenix Centers

Adam Diaz Senior Center	4115 W Thomas Rd 85019	602 262-1609
Chinese Senior Center	734 W Elm St 85013	602 262-6411
Deer Valley Senior Center	2001 W Wahalla Ln 85027	602 495-3714
Desert West Senior Center	6501 W Virginia Ave 85035	602 495-3711
Devonshire Senior Center	2802 E Devonshire Ave 85016	602 262-7807
Geolet A C Beuf Senior Center	3435 W Pinnacle Peak Rd 85027	602 534-9743
Helen Drake Senior Center	7600 N 27 th Ave 85051	602 262-4949
Marcos de Niza Senior center	305 W Pima 85003	602 362-7249
McDowell Place Senior Center	1845 E McDowell Rd 85006	602 262-1842
Paradise Valley Senior Center	17402 N 40 th St 85032	602 495-3785
Pecos Senior Center	17010 S 48 th St 85048	602 543-5366
Senior Opportunities West Sr Center	1220 S 7 th Ave 85007	602 262-6610
Shadow Mountain Senior Center	3546 E Sweetwater 85032	602 534-2303
South Mountain Senior Center	212 E Alta Vista Rd 85040	602 262-4093
Sunnyslope Senior Center	802 E Vogel Ave 85020	602 262-7572

Glendale Centers

Glendale Adult Center	5970 W Brown St 85302	623 930-4321
Valley West YMCA	8561 N 61 st Ave 85301	623 931-7436

Mesa Centers

Mesa Senior Center	247 N MacDonald 85201	480 962-5612
Red Mountain Senior Center	7550 E Adobe 85207	480 218-2221

Scottsdale Centers

Granite Reef Senior Center	1700 N Granite Reef Rd 85257	480 312-1700
Via Linda Senior Center	10440 E Via Linda 85258	480 312-5810

Tempe Centers

Escalante Senior Center	2150 E Orange 85281	480 350-5810
Pyle Adult Recreation Center	655 E Southern 85282	480 350-5211

Transportation to Senior Centers

Senior Shuttle (PHX).....	602 801-1160
Reserve A Ride.....	602 262-1871

Supervisory Care Assisted Living

The following centers provide 'supervisory care' (below an assisted living level of care) and take those with Social Security Income only. Examples of services provided: medication monitoring, meals, room & board, appointment scheduling, etc.

Country Manor	2815 N. 48th Street, Phoenix, AZ 85008	602-840-5940 Mary (manager)
East Whitton Manor	1106 E. Whitton Ave , Phoenix, AZ 85014	602-388-1749
A-1 Guest Lodge	6632 S. 22nd Street, Phoenix, AZ 85042	602- 268-5766
Joyce Ridge Civitan House	5038 N. 17th Ave., Phoenix, AZ 85015	602-443-4789
Ester's Care Center (<i>Assisted Living Home</i>)	2942 E. Roosevelt St., Phoenix, AZ 85008	602-275-9267
South Mountain (<i>Room and Board Only</i>)	6420 S. 22nd Street, Phoenix, AZ 85042	602-276-3883

Transportation

Taxi Service (private pay)

Discount Cab	www.Discountcab.com	602 200-2000
AAA	www.yellowcabaz.com	480-888-8888
Elite Taxi Cab	www.elitetaxicabaz.com	602 307-5555

Wheelchair/Stretcher

Non-emergency transportation is provided 24/7 in vans sized to accommodate stretchers and wheelchairs. Companions and personal luggage can accompany the rider. Insurances may cover the cost. Price quotes will be provided prior to trip.

Medstar Medical Transport ^{^*}	www.Medstarmtc.com	602 469-2149
Phoenix EI Transport [*]	www.Phoenixei.com	602 320-1414
Quality Transport Service [*]	www.qtsaz.com	602 371-1000
Safe and Care Medical Transport+	www.safecaremedicatransportation	480 639-9003

[^]will transport bariatric patients up to 500 lbs.

^{*}will transport patients with O2

⁺will transport into Arizona and New Mexico Indian reservations

Other Transportation Resources

Dial-a-Ride	www.phoenix.gov	602 253-5000
Riders 65+ pay \$2.00. ADA Riders pay \$1.00		

Dialysis Transportation	www.phoenix.gov	602 801-1160
Dialysis patients pay ¼ of the cab fare cost to and from the center and home.		

Phoenix Neighborhood Circulator	www.phoenix.gov	
Free daily service everywhere except Glendale (25 cents) and Avondale (50 cents). See www.valleymetro.org for schedule.		

Senior Cab/ADA Cab www.phoenix.gov 602 801-1180
Phoenix residents 65+ and/or disabled pay low cost cab fare based on number of trips per month.

Senior Center Shuttle www.phoenix.gov 602 262-4520
Seniors pay \$1.00 a day for transportation to and from Senior Center and home

24/7 Crisis Line for Mental Health

Maricopa Crisis Line.....602-222-9444 (This Crisis Line covers all locations in Arizona except Pima County)

Pima County Crisis Line.....866-495-6735



One Goal. One Priority. Your Healthcare.



585 N. Juniper Dr. Ste. #200 Chandler, AZ 85226



480-499-8700



www.azprioritycare.com