



One Goal. One Priority. Your Healthcare.

Community Resources



Access this document
on our website!



Note: The information provided is subject to change due to variations in funding and availability; please confirm current details with the relevant organization before relying on it.

Adult Day Care

Arizona State Vets Home

[ASVH Phoenix | Department of Veterans' Services](#)
602-248-1550

AllThrive365 (Phoenix)

allthrive365.org
602-285-1800

Arizona State Veteran Home

www.seniorhousingnet.com
602-248-1550

AllThrive365 (Tempe)

[Adult Day Health Center | Tempe, AZ | AllThrive 365](#)
602-532-2982

Benevilla Mary's Place Memory Care

www.benevilla.org/marys-place
623 815-1031

Honor Health (John C Lincoln Adult DC)

[Adult Day Health Care - HonorHealth Desert Mission](#)
602-870-6374

Lavender Lane Living

www.lavenderlanesl.com
480-654-8200

Oakwood Creative Care (Red Mountain)

www.oakwoodcreativecare.org
480-641-7644

Oakwood Creative Care (Town Center)

www.oakwoodcreativecare.org
480-498-2533

West Valley Peoria

www.assistedlivingcenter.com
623-979-7126

24/7 Crisis Line

Elder Abuse Hotline

www.AZAG.gov/seniors/elderabuse
602-542-2124

Doves

Elder abuse hotline
www.aaaphx.org
602-264-4357

Adult Protective Services

des.az.gov/services/basic-needs/adult-protective-services
602-542-4446



24/7 Crisis Line for Mental Health

State of Arizona Mental Crisis Line

602-222-9444



Medical Equipment Stores

Active Forever

www.activeforever.com

800-377-8033

Allegro Medical

www.activeforever.com

800-377-8033

CVS

www.cvs.com

888-607-4287

Southwest Medical Supply

www.southwestmedical.com

800-236-4215

Ultimate Medical

www.umeaz.com

602-978-4100

Walgreen's Health Initiatives

www.Walgreens.com

800-925-4733

Medical Equipment Loan Closets

ABIL Lending Closet

www.Abil.com

602 256-2245

Ability 360

www.ability360.org

602 386-4566

ALS Association

www.ALSA.org

866 350-2572

Elks Lodge

www.elks.org

Fax: 602-482-2335

Helping Hands Foundation

www.scwfoundation.org

623-975-5499

St Vincent DePaul

www.stvincentdepaul.net

602-266-4673

Southwest Lending Closet

www.southwestlendingcloset.org

623-932-1016

Sunshine Services

www.sunshineservice.org

623-974-2561

Medical Alert Devices

Life Alert

www.lifealert.com

800-494-9394

Medical Alert

www.medicalalert.com

800-800-2537

Philips Life Line

www.lifeline.philips

855-681-5351

Life Station

www.lifestation.com

866-286-5518

Mobile Help

www.mobilehelp.com

800-992-0616

Rescue Alert

www.rescuealert.com

800-688-9576



Housing

AARP

www.aarp.org

888-687-2277

ALTCS – Arizona Long Term Care Services

www.aaaphx.orghttps://www.healtheari

[zonaplus.gov/Login/Default](https://www.healtheari.zonaplus.gov/Login/Default)

602-417-6600

Area Agency on Aging/Sail Program

www.aaaphx.org

602-264-4357

Elderly Housing Program

www.HUD.gov/apartments

202 402-3815

Rent and Utility Bill Assistance

[https://wildfireaz.org/find-](https://wildfireaz.org/find-help/energy-assistance/)

[help/energy-assistance/](https://wildfireaz.org/find-help/energy-assistance/)

602-604-0640

Homeless Services

StatewideHomeless@azdes.gov

Call: 211

Educational Resources

Alcohol and Drug Use

Referral service for mental health and substance abuse

communitybridgesaz.org

www.samhsa.gov/find-help/national-helpline

Management of health conditions

(asthma/COPD, diabetes, hypertension, and CHF)

www.diabetes.org

www.cancer.org

www.cdc.gov

www.heart.org

www.lung.org

Fall or Injury Prevention

Prevent falls and injury by utilizing these resources

www.ncoa.org

cdc.gov

800-232-4636

Tobacco Cessation

Ash Line via Arizona Health Department

www.azdhs.gov/ashline.com

800-556-6222

Weight Control/Nutrition/Physical Activity

Prevent falls and injury by taking utilizing these resources

www.ncoa.org

www.cdc.gov/healthy-weight-growth/about/tips-for-balancing-food-activity

800-232-4636

Nutrition Assistance

The following links are for food services that are low to no-cost

Arizona Food Bank Network

<http://azfoodbanks.org>

602-528-3434

Desert Mission Food

<http://www.desertmission.com>

602-870-6062

Food Assistants Program/Stamps?

www.des.az.gov

855-777-8590

Friendly House

<http://www.friendlyhouse.org>

602-257-1870

Meals on Wheels

<https://mealsonwheelsamerica.org>

602-264-4357

Mom's Meals

<https://www.momsmeals.com>

866-971-6667

St. Mary's Food Bank

<http://www.firstfoodbank.org>

602-344-4124

St Vincent de Paul

<http://www.stvincentdepaul.net>

602-433-7613

Right to Your Front Door

The following links are for delivery services with varying fees



Instacart pick up/delivery

www.instacart.com

Safeway Grocery Stores

www.safeway.com

Delivery Dine

www.deliverydine1.com

Door Dash

www.doordash.com

Fry's Grocery Stores

www.frysfood.com

Grub Hub

www.Grubhub.com

Schwan's Home Service

www.schwansfoodservice.com

Sunfare

sunfare.com

Uber Eats

www.ubereats.com

Private Duty Home Caregivers

Affordable Home Care Solutions

www.affordablehomecare.com

480-451-8183

Bayada Nurses

www.bayada.com

888-889-2821

Concepts in Care

www.conceptsincare.org

602-942-9430

Nightingale Home Care

www.ngcare.com

602-814-0726

Visiting Angels

www.visitingangels.com

800-365-4189

Always Best Care Senior Services

www.alwaysbestcare.org

480-306-8862

Bright Star

www.brightstarcare.com

480-897-1166

Home Instead Senior Care

www.homeinstead.com

855-984-3710

Synergy Home Care

www.synergyhomecare.com

877-432-2692



Legal Assistance

ALTCS Applications, Elder Law Issues, Estate Planning

Area Agency on Aging

www.aaaphx.org

602-264-2255

Arizona Senior Citizens' Law Project

www.azlawhelp.org

602-252-6710

Insurance Help

www.aaaphx.org

602-264-2255

Arizona Bar Association

maricopabar.org

602-257-4434

Transportation Resources

Dial-a-Ride

Riders 65+ pay \$2.00. ADA Riders pay \$1.00

www.phoenix.gov

602-253-5000

Elite Taxi Cab

www.elitetaxicabaz.com

602-307-5555

Phoenix Neighborhood Circulator

Free daily service everywhere except
Glendale (25 cents) and Avondale (50 cents).

www.valleymetro.org

602-253-5000

Senior Cab/ADA Cab

Phoenix residents 65+ and/or disabled pay
low-cost cab fare based on the number of
trips per month.

www.phoenix.gov

602-801-1180

Senior Center Shuttle

Seniors pay \$1.00 a day for transportation
between Senior Center and home.

www.phoenix.gov

602 262-4520

Yellow Cab

www.yellowcabaz.com

480-888-8888

Quality Transport Services

www.qtsaz.com

602-371-1000

Medstar Medical Transport

www.Medstarmtc.com

800-925-4733

Quality Transport Service

www.qtsaz.com

602-371-1000



Senior Support Lines



AllThrive365

www.allthrive365.org

602 285-1800

Arizona Department of Veterans' Services

dvs.az.gov

602-255-3373

Alzheimer's Association

www.alz.org

602-528-0545

Senior help line

www.aaaphx.org

602-222-9444

Tender Touch

www.tendertouchresources.com

480-221-3464

Area Agency on Aging

Caregiver Support Program

www.aaaphx.org/area-agency-on-aging-programs/family-caregiver-support/

602 264-4357



One Goal. One Priority. Your Healthcare.

Call AZPC to get information about our services and programs
Monday - Friday from 8 a.m. to 5 p.m. at 1-480-499-8700

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