



Senior Resources Navigation Services



Need more information? Contact our Navigation Services Team at 303-432-5130 or navigation@jcmh.org

Programs and Centers

Senior Reach

1-866-217-5808

<https://www.seniorreach.org/JC/>

- Serves: Older adults (60+) living in Jefferson, Clear Creek, Gilpin, Broomfield, Boulder, Arapahoe, and Douglas counties.
- Any concerned member of the community can call to refer an older adult who seems distressed or is in need of assistance.
- Provides: Services designed to identify and assist older adults who may need emotional or physical support and/or connection to community services, also provides services in the home for eligible clients.
- Hours: Monday to Friday, 8:00am to 5:00pm
- Services available in Spanish

Senior Services Outpatient at Jefferson Center

303-425-0300

Address: Services in Wheat Ridge, Arvada and Littleton

<https://www.jcmh.org/key-services/>

- Serves: Older adults (60+) with coverage under private insurance, Medicare through private insurance (such as Pacificare/Secure Horizons, Humana Gold or other health plans), Medicare Part B, or both Medicare and any supplemental insurance.
- Provides: Individual and group counseling, senior wellness classes, and psychiatric services for consultation and medication management.
- Notes: Also provides in-home help for individuals (55+) with memory problems living in Central Jefferson County with coverage under Medicare, Medicare and supplemental insurances, or Medicare HMO. Services include skill-building to remain independent at home.

Seniors' Resource Center

<https://www.srcaging.org/>

303-235-6941

Wheat Ridge – 3227 Chase Street, Denver, CO 80212

303-238-8151, Main office phone

- Serves: Older adults (60+) in Jefferson County, Metro Denver, and the mountain communities in western Jefferson County, Clear Creek, Gilpin and Park Counties.
- Services provided:
 - Care Management, including community education, emergency financial assistance, information and referral services and supportive counseling

The following is an extensive list of senior resources that is grouped into the following categories:

- [Programs & Centers](#) – p. 1-6
- [Crisis Services](#) – p. 7
- [Information & Referrals](#) - p. 7-8

If you notice any changes or inconsistencies with our resources, please inform Navigation to help us stay current.

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- Care Management 303-235-6923
 - Assistance with utilities – EOC funding only. Please call to see if funds are available.
 - Has a grant to provide counseling, care management, and material aid for visually impaired older adults age 60+
 - Material aid can be used for minor home modifications such as grab bars, smoke detector, assistive devices (canes, white canes, magnifying readers), optometrist appointments and eyeglasses.
- In-Home Care: Non-medical care to individuals in their own home. Assists with light housekeeping, laundry, bed making, meal preparation, errands and socialization. Please call 303-235-6976 for more information.
- The Chore Services Program: Offers “free of charge” assistance with deep cleaning, packing and unpacking household items for moving, and seasonal yard cleanup. Please call 303-235-6952 for more information.
- Adult Day & Respite Programs: Offer enriching daily activities, meals, and an engaging social community for seniors. Welcome people with a variety of needs and chronic conditions. Please call 303-235-6961 for more information.
 - Transportation services.
 - Service animals are welcome.
 - No cost rides are available 8 a.m. to 4 p.m.
 - Notes: To schedule a ride, please call SRC 3-7 days in advance.
 - For rides in urban Jefferson or Adams County, call: 303-235-6972
 - For rides in rural Jefferson, Clear Creek, or Gilpin, call: 303-679-2552

Senior Assistance Center

303-455-9642

2839 West 44th Avenue, Denver, CO 80211

<http://seniorassistancecenter.org/>

E-mail: client@seniorassistancecenter.org

- Serves older adults (55+) in Adams, Arapahoe, Denver, Douglas, Jefferson, Boulder, Broomfield counties.

Normal Office Hours: Monday-Thursday 9AM-2PM
COVID-19 Office Hours: Mondays, Tuesdays & Wednesdays, by appointment
- Emergency food/hygiene/clothing – available anytime the office is open
- Provides EOC utility assistance for persons 55+
 - Utility Assistance
 - *Eligibility:* residents (55+) of Denver County or 80033, 80212, 80214, 80215 zip codes of Jefferson County; be approved for LEAP (they can assist); have past due Xcel balance of \$100; you must be making regular payments
 - *What is needed?* State Issued Driver’s License/Photo ID or Passport, latest utility bill(s), LEAP approval if Nov-April
 - *By appointment only, call or email*
 - Adult Disposable Underwear

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- Pick up a package Tuesdays & Wednesdays 10 am – 2 pm
- Durable Medical Equipment
 - Loaned equipment, no charge.
 - Supplies clients with walkers, canes, crutches, and wheelchairs to those in need of medical equipment.
 - Call or email to check availability
- Thrift Store
 - Clothing, coats, shoes, books and small household items to persons 50+
 - Open Thursdays 10 am – 12 pm; Notes: Please bring a photo ID.
 - Most items \$0.25
- RTD Discounted Monthly Bus Pass
 - Discount Local (65+ or disabled-must have RTD discount card)
 - Must pre-pay for next month's pass *exact change only
 - Generally payments accepted until the third week of the previous month, passes distributed the fourth week, call or email for specific dates each month

Gilpin County - Senior Program

303-582-5444

2960 Dory Hill Road, Suite 100, Black Hawk, CO

http://www.gilpincounty.org/departments_offices/gilpin_senior_program

Email: gilpinseniors@gilpincounty.org

- Serves: Older adults (60+) who live in Gilpin County
- Provides: Hot lunches, senior commodities (groceries), mobile pantry (every 3rd Tuesday at 11am) recreation and fitness, chore services, and door-to-door transportation to medical and dental appointments.
- Mobile Pantry at Gold Mountain Village every 3rd Tuesday from 11 AM – 12 PM
- Hours: Office hours are Monday to Friday, 8:00am to 4:30pm

Clear Creek County - Project Support Senior Center

303-567-2382

1402 Miner Street, Idaho Springs, CO 80452

<https://www.projectsupportseniorcenter.com>

Email: jeannebiggs@yahoo.com

- Serves older adults (60+) in Clear Creek County
- Provides: Nutrition, health and welfare counseling, information, games and bingo, housing & and referral services, thrift shop, recreation and field trips, hot lunches*, transportation (call at least 48 hours ahead to schedule; requested donation for gas), home-delivered meals, food bank, emergency food boxes (call in advance to arrange) and volunteer opportunities
 - *Notes: Please call at least 1 business day in advance to reserve at hot lunch. The suggested donation for lunch is \$2.50; Monday - Friday, 11:30 am - 12:30 pm
- Center hours: Monday - Saturday, 10 a.m. - 4 p.m.
- Notes: Please be prepared to leave a message with your contact information when you call.

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Senior Hub

303-426-4408

10190 Bannock St., Northglenn, CO 80260

<https://seniorhub.org/>

- Serves: Older adults (55+) primarily in north Metro Denver (Adams and Arapahoe Counties)
- Provides: Adult Day Services (Monday-Friday 7:30am to 5:30pm in Federal Heights), Meals on Wheels, Rural Meals on Wheels, Homecare Services, Retired Senior Volunteer program, Senior Solutions Emergency Food Bank, Medical Equipment Lending Service, and Handyman Referral Program.
- Visit website or call for more detailed information on each program.

Senior Support Services

303-832-1622 (Press #201 for Reception)

846 E. 18th Ave. Denver, CO 80218

<http://www.seniorsupportservices.org/>

- Serves older adults (55+) in the Denver metro area and provides:
 - Safe daytime shelter at 18th Ave. & Emerson St., open for 12 hours each weekday and 5 hours on Sundays
 - Individualized case management
 - Attaining government benefits
 - Assistance in obtaining and retaining low-income housing
 - Rent and utility payment assistance
 - Tenant-landlord dispute mediation
 - Financial management counseling to prevent homelessness
 - Three meals served every weekday
 - Monday to Friday: Breakfast 7:00am – 8:30am; Lunch 11:30am; Dinner 5:30pm; Sunday: Sack lunches are available at 11:30 a.m.
 - Meals are available for free for members
 - Emergency food and clothing banks
 - Computer and internet access
 - Transportation or escort to government offices, work, medical care, etc.
 - Access to medical care, health screenings and mental health care.
- Hours: Monday to Friday, 7am to 6pm, Sunday, 11am to 3pm
 - To access services, come by the agency in-person Monday to Thursday, between 9 am and 2 pm to complete an intake interview.

A Little Help

720-242-9032

288 Clayton Street, Suite 202, Denver, CO 80206

<https://www.alittlehelp.org/>

- Connects Denver and some Jefferson County neighborhood seniors to a variety of programs including volunteer services, vetted service providers, and educational and social activities.
- To receive services individuals are required to become a member of A Little Help. If someone is unable to afford the membership fees inquire about the sliding fee scale.

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- Transportation to medical appointments, grocery shopping, errands and social events (with reasonable distance and time commitment, usually 1 time per household per week) – please allow 3-5 days' notice
- Medical note-taking
- Minor home repairs and modification
- Pet care
- Yard work & snow removal
- Technology help
- Check-in calls or visits
- Light housework or laundry
- Caregiver Respite
- If the type of assistance needed is not listed, let them know and they will do their best to meet your needs.

Catholic Charities Denver – Senior Services

303-799-9249

<https://ccdenvr.org/senior-services/>

- Serves older adults (55+)
- Services available in:
 - Denver Metro Area serving Adams, Arapahoe, Denver and Jefferson counties
 - Larimer County serving Ft. Collins
 - Loveland and the surrounding area Weld County serving Greeley
 - Ft. Lupton and the surrounding area
- Provides case management, supportive services, and chronic disease management services, and help with benefits.
- The Mulroy Senior Center (3550 W.13th Ave. Denver, CO 80204) helps to coordinate transportation with Seniors' Resource Center for daily lunch, educational and recreational activities, case management services, and transportation services. Contact: 303-892-1540 or 303-742-0828
- Notes: Services also available in Spanish

InnovAge

1-844-260-7067; TTY: 711

<https://www.myinnovage.com/>

Denver Center – 1265 South Broadway, Denver, CO 80210

Cody Center – 8405 W. Alameda Ave. Lakewood, CO 80226

Chambers Center – 3551 N. Chambers, Aurora, CO 80011

Thornton Center – 445 E. 124th Ave. Thornton, CO 80241

- Provides: Coordinated health care, day programs, in-home services, Homemaker services such as: light housekeeping, meal preparation, grocery shopping, as well as companionship and conversation, transportation to and from day centers and medical appointments, Alzheimer's and dementia care, and care coordination.
- If you'd like to learn more about eligibility requirements, insurance coverage and pricing, call to speak with a care expert.

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Lutheran Family Services, Older Adult and Caregiver Services

303-217-5864 – Denver Metro Area

970-232-1180 – Fort Collins/Loveland Area

info@lifeworkagingsolutions.org

<https://www.lfsrm.org/programs-and-services/older-adult-caregiver-support-services/>

363 South Harlan St., Suite 200, Denver, CO 80226 – Metro Denver Regional Center

- Serves 60+ adults and their caregivers
- Provides: Care Management, Care Giver Support, and Counseling for older adults.
- *Counseling services only available to Northern CO clients
- The Care Management Program – Assessments/On-going Care Management assists older adults during housing transitions, connecting with medical/mental health professionals, and applying for available benefits and support services.
- Offers African American Caregiver Support Program designed to give geriatric caregivers a sense of control, relieve their frustration, and provide them with ways to maintain their physical, mental and spiritual health.
 - This program is provided at no charge to clients.
- Notes: Many services may be provided in-home.

Jewish Family Service – Senior Solutions

303-597-5000

<https://www.jewishfamilyservice.org/services/senior-solutions>

3201 S. Tamarac Drive, Denver, CO 80231

- Serves: Older adults in Denver, Boulder and parts of Adams, Arapahoe, Douglas and Jefferson counties
- Provides: Geriatric care management and consultation, homemaker support services, volunteer para-chaplains (conducting services and holiday celebrations for Jewish seniors in skilled nursing homes and assisted living residences), Friendly Visitor volunteers, geriatric counseling, Kosher Senior Meal Program (home delivered and congregate), and wellness/recreation programs in Wheat Ridge and Edgewater through Colorado Senior Connections.
- Notes: Many services may be provided in-home.

Crisis Services

Rocky Mountain Crisis Partners

1-844-493-8255 (TALK) or text TALK to 38255

<https://rmcrisispartners.org/>

- Colorado's free, confidential, 24/7 telephone service for mental health or substance use crisis help, information, and referrals.
 - Free Program Services Directory, including over 3,000 different providers, assistance programs, and support resources throughout the community.
 - Peer Support Line-Staffed by trained peer specialists who offer strengths-focused, compassionate, and confidential telephonic support, from 7am-midnight. Call 1-844-493-8255 and press * to connect with a Peer Specialist.

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- Follow up services for crisis line callers, hospital follow-ups, Medication Assisted Therapy (opiate specific) follow-up, and resource follow-up
- *Want to speak to a Crisis Clinician through text?*
 - 24/7 services - See more at: <https://rmcrisispartners.org/home/services/chattext/>

The Friendship Line

1-800-971-0016 (24-Hour Hotline)

<https://www.ioaging.org/services/all-inclusive-health-care/friendship-line>

- 24-hour hotline serving older adults (60+) and adults with disabilities
- Confidential telephone support for people 60+ who may be lonely, isolated, grieving, depressed, anxious and/or thinking about death or suicide.
- Call-out services, including medication reminders, emotional support, and well-being check-ins via telephone

Information and Referrals

DRCOG Area Agency on Aging – Network of Care

303-455-1000 – Main office

303-480-6700 – Resources and Options Counseling

303-480-6704 – Case Management

303-480-6755 – Veteran’s-directed Home and Community-based Services

303-480-6729 – Elder Refugee Program

303-480-6734 – Long-Term Care Ombudsman

<https://drcog.org/programs/area-agency-aging>

- Serves: Older adults (60+) and adults 18+ living with a disability
- Provides: Extensive referral information and assistance, as well as options counseling regarding long-term services and supports in the community
- Notes: Please be prepared to leave a message with your name and contact information, and an Options Counselor will call you back.

Colorado Gerontological Society

Main Phone: 303-333-3482

Medicare Hotline: 1-855-293-6911

Spanish: 855-880-4777

<http://www.senioranswers.org/>

1129 Pennsylvania St., Denver, CO 80203

Office closed due to Covid-19, call or check website for updates

- Serves: Older adults (60+) in Denver Metro area
- Provides: Counseling and referral regarding community resources, as well as assistance applying for government benefits.
 - Also administers grant assistance programs for dental work, eyeglasses/vision, and hearing aids for Denver Metro area seniors (60+).
- Hours: Monday to Friday, 9:00 am to 4:00 pm

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- An extensive list of community resources can be found online at:
<https://www.senioranswers.org/community-resources/>

National Eldercare Locator

1-800-677-1116

<https://eldercare.acl.gov/Public/Index.aspx>

- Serves: Older adults and their caregivers providing information and referral
- Hours: Monday – Friday, 7am to 6pm MST
 - Online chat or email found on the website
- Services may be available in Spanish and Language interpretation service for 150 languages is also available during business hours.

Paying for Senior Care

855-481-6777

<https://www.payingforseniorcare.com/colorado>

- Mission is to provide tools, information and creative ideas which help families and caregivers discover the means to care for their elderly loved ones.
- Resources to help find or choose a local assisted living community, in-home care agency, or other senior care provider.