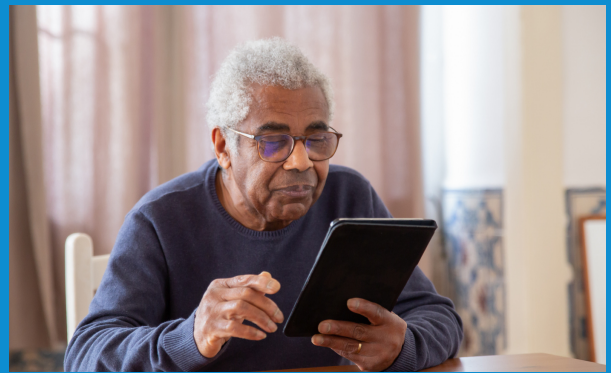


Older Adult Resource Guide



OFFICE ON AGING
**DENVER HUMAN RIGHTS &
COMMUNITY PARTNERSHIPS**

www.denvergov.org/aging

Coming to a neighborhood near you!



DenverConnect

A mobile pop-up office that provides information, resources and services through city and community organizations to support aging in place.



Connect with us!

www.denvergov.org/denverconnect

denverconnect@denvergov.org

(720) 913-8494

Denver's aging population is growing! Join Denver's Commission on Aging and share how Denver can be the #1 place for an aging community.

APPLY TODAY



**COMMISSION
ON AGING**

**DENVER HUMAN RIGHTS &
COMMUNITY PARTNERSHIPS**

<https://www.denvergov.org/Government/Agencies-Departments-Offices/Agencies-Departments-Offices-Directory/Human-Rights-Community-Partnerships/Commissions/Commission-on-Aging>

TABLE OF CONTENTS

Adult Day Programs.....	3
Benefits (Medicare, Medicaid, SNAP).....	3
Consumer Fraud/Identity Theft.....	4
Dental Services.....	4
Domestic Violence/Elder Abuse/Victim Assistance.....	5
Emergency Services.....	5-6
Employment.....	6
End of Life Services.....	6
Financial Assistance.....	6-7
Grandparent Services.....	7
Hard of Hearing, Deaf & Blind Services.....	7-8
Home Health & Housekeeping.....	8
Hospice.....	8-9
Housing, Eviction & Unhoused.....	9
Information Referral.....	10

TABLE OF CONTENTS CONTINUED

Legal Services.....	10-11
Life Enrichment/Engagement.....	11
Mental Health Services.....	12
Healthcare.....	13-15
Nutrition & Meals.....	15-17
Organizations for Diverse Populations.....	17-18
Prescription Assistance.....	18
Home Improvement & Maintenance.....	19
Support Groups.....	19
Transportation.....	20

For information and additional assistance with navigating city government services, call 311



SCAN TO VISIT DENVER'S OFFICE ON AGING WEBSITE

Adult Day Programs

InnovAge Greater Colorado Pace	1-888-992-4464
Seniors' Choice Adult Day Care	303-344-0046
Seniors Resource Center	303-238-8151

Benefits (Medicare, Medicaid, SNAP)

Benefits in Action (SHIP)	720-221-8354
Center for Medicare & Medicaid Services	1-800-633-4227
CO Dept. of Regulatory Agencies, Insurance	1-800-930-3745
Denver Human Services	303-944-4347
Senior Health Care and Medicare Assistance	888-696-7213
Supplemental Nutrition Assistance Program (SNAP)	800-816-4451
Social Security and SSI Information	1-800-772-1213

Consumer Fraud/Identity Theft

AARP ElderWatch	1-800-222-4444
Better Business Bureau	303-758-2100
Colorado Attorney General's Office -STOPFRAUD	720-508-6000
Colorado Legal Services	303-837-1313
Denver District Attorney's Office (Fraud Hotline)	720-913-9179
Office of Financial Empowerment & Protection	720-944-2498
Social Security Fraud Hotline	1-800-269-0271

Dental Services

Colorado Gerontological Society	303-333-3482
Dental Health Midtown	303-430-7399
Dental Lifeline Network	303-534-3931
Denver Health Primary Care & Dental Services	303-436-4949
Inner City Health Services	303-296-1767
Senior Smiles	303-724-7040
Tepeyac Community Health Center	303-458-5302

Domestic Violence/Elder Abuse/Victim Assistance

AARP ElderWatch	1-800-222-4444
Denver Adult Protection Services	720-944-2994
Denver Safehouse, Inc.	303-318-9989 (24/7 Hotline)
Denver's Area Agency on Aging Ombudsman (For Those in Assisted Living & Nursing Home Facilities)	303-455-1000
Gateway Domestic Violence Services	303-343-1851 (Crisis Line) 303-343-1856 (Office)
Latina SafeHouse	303-433-4470
Sexual Assault Hotline (24/hours)	303-322-7273 303-329-0032 (Español)
The Center for Trauma and Resilience	303-894-8000 303-718-8289 (Español)

Emergency Services

American Red Cross (Disaster Relief)	303-722-7474
Denver Office of Emergency Management	720-865-7600
Life Threatening	911
Rocky Mountain Poison and Drug Center	1-800-222-1222

Suicide Prevention Hotline (24/hours)

988

Employment

AARP's Back to Work 50+ Program

1-855-850-2525

**Denver Public Libraries - Empowering Workers
(With Job Search Assistance - Multiple Locations)**

720-865-1706

Denver Workforce Development Centers

720-865-2953

End of Life Services

Compassion and Choices

1-800-247-7421

Dignity Memorial/Olinger Mortuaries

1-800-343-4464

Front Range Cremation and Burial Services

720-809-7519

Financial Assistance

9to5 Colorado

303-628-0925

AARP Tax-Aid Program (free)

888-227-7669

**Denver Human Services
(Old Age Pension & Qualified Medicare Beneficiary)**

720-944-4347

Denver Seniors Tax Exemptions (Assessor's Office)

720-913-4162

Financial Assistance (continued)

Denver Tax Refund to Seniors & Disabled (DHS)	720-944-4347
Office of Financial Empowerment & Consumer Protection	720-944-2498
Senior Assistance Center	303-455-9642
Tax Counseling for the Elderly (free)	1-800-906-9887

Grandparent Services

Catholic Charities Kinship Care Program (For Grandparents Raising Children)	720-799-9254 720-799-9253 (Español)
Foster Source	303-618-4331

Hard of Hearing, Deaf & Blind Services

Audio Information Network of Colorado	303-786-7777
Captel - Captioned Telephone	1-800-233-9130
Colorado Gerontological Society	303-333-3482
Colorado Hearing Society	1-800-521-5247 (Hotline) 303-255-9595 (Chapter)

Hard of Hearing, Deaf & Blind Services (continued)

Marion Downs Hearing Center	303-322-1871
Relay Colorado	1-800-676-4290

Home Health & Housekeeping

Accent Care	303-620-5402
Colorado Visiting Nurse Association - CAPABLE	303-698-2121
InnovAge Home Care	866-353-9350
Jewish Family Service Senior Solutions	303-597-5000
PASCO: Personal Assistance Services of Colorado	303-233-3122

Hospice

Agape Hospice Services	720-482-1988
Colorado Visiting Nurse Association - Hospice	303-329-0870
Centura Health At Home - St. Anthony Hospice and Porter Hospice	303-561-5000
Dignity Hospice	720-222-3315

Hospice (continued)

Kindred Hospice	303-753-2329
The Denver Hospice	303-321-2828

Housing, Eviction & Unhoused

Colorado Coalition for the Homeless	303-293-2217
Colorado Housing & Financing Authority (CHFA)	303-297-2432
Colorado Housing Connects	1-844-926-6632
Denver Housing Authority	720-932-3000
Denver Human Services (Eviction and Rental Assistance)	720-944-4347
Department of Housing Stability	720-913-1534
Family Rescue Ministry (Permanent Housing Assistance)	303-313-1031
Senior Answers	303-333-3482
Senior Support Services (unhoused)	303-832-1622
Sunshine Home Share	303-915-8264
The Denver Metro Fair Housing Center	720-279-4291

Information Referral

211 - United Way Community Resources	211
311 - City and County of Denver Resources	311
Aging and Disability Resources (DRCOG)	303-480-6700
Catholic Charities Center	303-742-0828
Colorado Gerontological Society	303-333-3482
Capitol Hill Care Link	303-733-7743
Denver's Area Agency on Aging Older Adult Case Management	303-480-6704
Seniors Resource Center	303-238-8151
Volunteers of America	303-297-0408

Legal Services

AARP ElderWatch	1-800-222-4444
Colorado Affordable Legal Services	303-996-0010
Colorado Eviction Defense Center	720-438-4357
Colorado Legal Services - Health Elder Unit	303-837-1313
Denver Probate Court and Clinics	303-606-2303

Legal Services (continued)

El Centro Humanitario (Lost Wages)	303-292-4115
Guardianship Alliance of Colorado	303-691-9339
Justice and Mercy Legal Aid Center	303-839-1008
Social Security and Fraud Hotline	1-800-269-0271

Life Enrichment/Engagement

Active Minds	303-320-7652
Denver Art Museum	720-865-5000
Denver Parks & Recreation - Prime Membership	720-913-1311
Denver Public Libraries (Various Locations)	720-865-1111
Senior Planet	888-713-3495

Volunteer Opportunities

AARP Foundation - SCSEP Program	720-946-2901
Spark the Change Colorado	720-420-3218
Susan G. Komen - Colorado	303-376-3077
Volunteers of America	303-297-0408

Mental Health Services

Denver Health Behavioral Health Center	303-602-4357
Denver Health Emergency Mental Health Services	303-602-7221 303-602-7224 (Mobile Unit)
Heartland Mental Health	303-830-8806 (Clinic & Offices) 303-830-2130 (Drop-In Center)
Jewish Family Services of Colorado	720-722-4496
Mental Health America of CO (info referral)	1-800-969-6642
Suicide Prevention Hotline	988
People House	303-480-5130
Physicians Health Partners	720-612-6600
Senior Behavioral Health, West Pines	303-467-4080
Servicios de la Raza	720-410-7108
WellPower	303-504-6500

Medical Center Resources:

Colorado AIDS Project	303-8837-0166
Colorado Dept. of Public Health & Environment	303-692-2000
Denver CARES Addiction Rehabilitation & Evaluation Services	303-436-3500
Denver Public Health	720-865-5484
Inner City Health Center	303-296-1767
Senior Care of CO	303-306-4321
Vital Records (Birth/Death Certificates)	720-295-7964

Neighborhood Health Centers:

Denver Health Eastside Family Health Center	303-436-4600
Denver Health Refugee Center	303-602-4545
Federico F. Pena Southwest Family Health Center	303-602-0000
La Casa/Quigg Newton	303-602-6700
Montbello Family Health Center	303-602-4000
Park Hill Family Health Center	303-602-3720

Healthcare (continued)

Sam Sandos Westside Family Health Center	303-436-4200
Stout Street Health Center	303-293-2220
Tepeyac Community Health Center	303-458-5302
UC Health Seniors Clinic	720-848-3400
U.S. Citizenship & Immigration Services	1-800-375-5283
Westwood Family Health Center	303-602-4660
Other Health Groups:	
ALS Association: Rocky Mountain Chapter	303-832-2322
Alzheimer's Association: Colorado Chapter	303-813-2669 800-272-3900 (24/7 Helpline)
American Cancer Society	303-758-2030
American Diabetes Association	720-855-1102
American Heart/Stroke Association	303-801-4630
American Lung Association: Colorado	303-888-4327
Arthritis Foundation: Programs & Services	1-800-283-7800
Colorado Visiting Nurse Association	303-698-6420

Healthcare (continued)

Dementia Friendly Denver	303-564-7005
Denver Health Main Line	303-436-6000
Denver Indian Center	303-936-2688
National Multiple Sclerosis Society	303-698-7400
NurseLine (Denver Health Med Center)	303-739-1211
Parkinson Association of the Rockies	303-830-1839 303-861-1810 (Hotline)
Rocky Mountain Stroke Association	303-730-8800
Sexual Assault Hotline (24/hours)	303-322-7273 303-329-0032 (Español)
United Health Care Medicare Solutions	303-358-7001

Nutrition & Meals

Hunger Free Colorado	855-855-4626
Supplemental Nutrition Assistance Program (SNAP)	800-816-4451
Food Banks	
Agape Christian Church	303-296-2454

Nutrition & Meals (continued)

Basilica of The Immaculate Conception	303-831-7010
Campbell AME Church	303-839-5058
Community Ministry	303-936-0469
Food Bank of the Rockies	303-371-9250
Greater Park Hill Community	303-388-0981
Jewish Family Services (will deliver)	720-248-4607
Metro Caring	303-860-7200
Northwest Family Assistance Center (will deliver)	303-433-6328
Senior Assistance Center	303-455-9642
St. Anthony's Church	303-935-2431
St. Francis de Sales Church (will deliver)	303-744-7211
The Salvation Army	303-295-2107
Meals	
Denver Inner City Parish - Lunch	303-629-0636
Project Angel Heart (will deliver)	303-830-0202
Senior Support Services	303-832-1622

Nutrition & Meals (continued)

Southwest Improvement Council (SWIC)	303-934-2181
Volunteers of America (will deliver)	303-294-0111

Organizations for Diverse Populations

Asian Pacific Development Center	303-923-2920
Center for African American Health	303-355-3423
Denver Center for Trauma and Resilience	303-894-8000 303-718-8289 (Español)
Denver Indian Center	303-936-2688
Denver Office of Disability Rights	720-913-8475
The Center on Colfax - West of 50	303-951-5222
Jewish Family Services of Colorado	303-597-5000
Senior Support Services (for unhoused older adults)	303-832-1622
Servicios de la Raza	720-410-7108
Southwest Improvement Council (SWIC) (American Indian)	303-934-2181

Organizations for Diverse Populations (continued)

Un Mano, Una Esperanza	303-910-8647
U.S. Citizenship & Immigration Services	1-800-375-5283
Language Interpreters:	
CDPHE Office of Health Equity	303-692-2087
The Spring Institute "The Interpreter Network"	303-831-4151

Prescription Assistance

AARP Prescription Discounts	1-877-422-7718
Denver Human Services	720-944-3666
Medicare Assistance	1-800-633-4227
Metro Caring	303-860-7200

Home Improvement & Maintenance

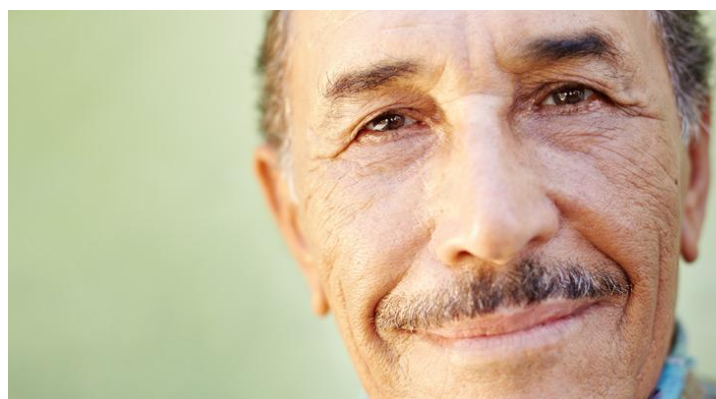
A Little Help	720-242-9032
Brothers Redevelopment	303-202-6340
Capitol Hill Care Link	303-733-7743
Denver Urban Renewal Authority	303-534-3872
Extreme Community Makeover	720-235-8847
Habitat for Humanity	303-534-2929
Home Builders Foundation - Accessible Homes	303-551-6721
Rebuilding Together	720-524-0840
Seniors Resource Center (minor repairs)	303-238-8151
Volunteers of America	303-297-0408

Support Groups

Alzheimer's Association: Colorado Chapter	303-813-2669 800-272-3900 (24/7 Helpline)
Compassionate Friends	303-335-7710
Denver Colorado AIDS Project	303-837-0166
The Denver Hospice Grief Center	303-321-2828

Transportation

Access-a-Ride	303-299-2960
Denver Regional Mobility and Access Council (DRMAC)	303-243-3113
Seniors Resource Center	303-238-8185
Via Mobility Services	303-444-3043



CASE MANAGEMENT

AAA case managers provide intensive, short-term, case management services for people 60 and older who need help identifying and making life transitions. The Case Management Program is designed to help older adults remain active and independent in the community for as long as possible and to plan for the future.

CONTACT DRCOG CASE MANAGEMENT AT:

drcog.org/programs/area-agency-aging/case-management

303-480-6704

Opción disponible en Español

THE RISKS OF ISOLATION AND LONELINESS

"The mortality impact of being socially disconnected is similar to that caused by smoking up to 15 cigarettes a day, and even greater than that associated with obesity and physical inactivity"

-The U.S. Surgeon General's Advisory on the Healing Effects of Social Connection and Community

1 IN 4

ADULTS 65+ ARE CONSIDERED SOCIALLY ISOLATED



1 IN 3

ADULTS 45+ are experiencing loneliness



HEALTH RISKS ASSOCIATED WITH ISOLATION & LONELINESS

59%

INCREASED RISK OF FUNCTIONAL DECLINE

50%

INCREASED RISK OF DEMENTIA

68%

INCREASED RISK OF HOSPITALIZATION

29%

INCREASED RISK OF HEART DISEASE

32%

INCREASED RISK OF STROKE

29%

INCREASED RISK OF ALL-CAUSE MORTALITY

Isolation and loneliness are also associated with increased rates of depression, anxiety and suicide

Data Sources: Centers for Disease Control and Prevention & National Academies of Sciences, Engineering, and Medicine

DENVER COUNTY

39%

OF SURVEYED OLDER ADULTS IN DENVER COUNTY, REPORT A PROBLEM WITH FEELING LONELY OR ISOLATED

Data Source: 2022 Denver County CASOA Report

Check out the Life Enrichment/Engagement section (page 11) of this resource guide for local ways to help decrease isolation and loneliness



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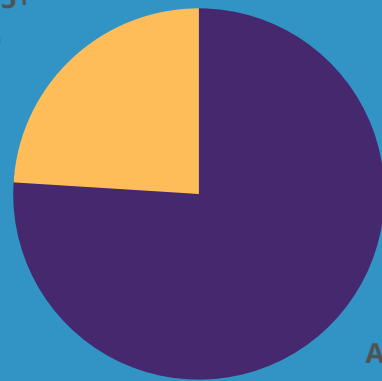
Between 2020-2025 it is projected that Denver's 65+ population will increase by approximately

17,000 adults

THE POPULATION GROWTH DOESN'T STOP THERE

BY 2050, IT'S ESTIMATED THAT **24%** OF DENVER'S POPULATION WILL BE AGES **65+**

Ages 65+
24%



Ages 0-64
76%

AGES	2020	2025	2050	% CHANGE BETWEEN 2020-2050
0 TO 64	630,257	658,081	627,751	-0.4%
65+	87,232	103,448	198,292	127.3%
TOTAL	717,489	761,529	826,043	15.1%

DENVER IS AGING AT A **RAPID RATE**. WE MUST BE READY TO SUPPORT THIS POPULATION BY BECOMING AN **AGE FRIENDLY COMMUNITY**