

Guide to Services

*A Directory of Aging and Disability
Resources in Pima County*

Revised 03/2017

2017



Pima Council on Aging
8467 E. Broadway ▪ Tucson, AZ 85710 ▪ www.pcoa.org
Help Line: (520) 790-7262 or help@pcoa.org

Pima County Resources

Activities for Seniors

Call PCOA for a complete list of activities and clubs.....	(520) 790-7262
Adventure Bus at Handmaker's (Early dementia)	(520) 547-6007
City of Tucson Parks and Recreation Centers.....	(520) 791-4873
The Drawing Studio OATS Program	(520) 620-0558
Elder Circles.....	(520) 298-6542
Elder Circles Without Walls (for the homebound)	(520) 298-6542
Green Valley Recreation.....	(520) 625-3440
The Learning Curve	(520) 777-5817
Oro Valley Parks and Recreation.....	(520) 229-5050
Osher Lifelong Learning Institute.....	(520) 626-9039
Pima Community College.....	(520) 206-4500
Pima Council on Aging's Healthy Living Program	(520) 790-7262
Pima County Community Centers.....	(520) 724-5000
Safe Travel Day Trips (Early dementia)	(520) 345-2585
Savvy Seniors Stretching and Strengthening.....	(520) 296-6149
TMC Senior Services.....	(520) 324-1960

Meals and Socialization

Ajo Community Center	(520) 387-6641
Archer Center.....	(520) 791-4353
Armory Park Senior Center.....	(520) 791-4865
Casa Community Center	(520) 393-6814
Donna Liggins Center.....	(520) 791-3247
Eastside El Dorado.....	(520) 546-2257
El Pueblo Regional Center	(520) 791-5155
El Rio Center	(520) 791-4683
Ellie Towne/Flowing Wells.....	(520) 887-9786
Freedom Park Center.....	(520) 791-4969
Las Comadritas at the House of Neighborly Service.....	(520) 623-0100
Picture Rocks Community Center	(520) 682-7166
Quincie Douglas Center.....	(520) 791-2607
Robles Ranch Community Center	(520) 822-4408
William Clements Center	(520) 791-5787

Adult Day Care

Casa Community Services (Green Valley).....	(520) 393-6835
Handmaker's Adult Day Care	(520) 547-6037
Regency Senior Club	(520) 290-1940
Senior Moments Adult Day Care (Vail).....	(520) 561-0448
Home Health Companion Services (Call PCOA for list).....	(520) 790-7262

ALS Resources

ALS Association—Arizona.....	(602) 297-3800
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Alzheimer’s and Related Dementias

- Alzheimer’s Association Helpline (24/7) (800) 272-3900
- Alzheimer’s Association Tucson Office (520) 322-6601
- Clinical Trials (800) 272-3900
- PCOA Caregiver Specialists (Caregiver Resources)..... (520) 790-7262
- Support Groups See listing under “**SUPPORT GROUPS**”

Neuropsychological Evaluations

- Behavioral Neuroscience and Alzheimer’s Clinic..... (520) 694-8888
- David Hermosillo-Romo PhD..... (520) 690-6443
- Neuropsychology, LTD (520) 352-9955
- Southern Arizona Neuropsychology Associates (520) 329-8298
- Vida Medica Institute (520) 638-5757

Locating Devices for Wanderers

- Desert Tracker GPS (520) 838-1130
- EcoTrack..... (520) 230-8093
- Great Call® Splash with 5Star (Jitterbug) (800) 650-5921
- Medic Alert®..... (888) 572-8566

Alzheimer’s and Dementia Support Groups

- Support Group—Brookdale Oro Valley (520) 322-6601
- Support Group—Civano Business Center Board Room (520) 322-6601
- Support Group—Continental Reserve Urgent Care (520) 322-6601
- Support Group—Grace Health and Healing..... (520) 322-6601
- Support Group—Green Valley Community Church (520) 322-6601
- Support Group—Lutheran Church (Green Valley) (520) 322-6601
- Support Group—Northwest Oro Valley Hospital (520) 322-6601
- Support Group—Oro Valley Public Library..... (520) 322-6601
- Support Group—Our Savior’s Lutheran Church (520) 322-6601
- Support Group—Pima Council on Aging (520) 322-6601
- Support Group—Rancho Sahuarita Clubhouse..... (520) 322-6601
- Support Group—Rancho Vistoso Community Center (520) 322-6601
- Support Group—Sam Lena South Tucson Library (520) 322-6601
- Support Group—Santa Catalina Villas..... (520) 322-6601
- Support Group—TMC Senior Services..... (520) 322-6601
- Support Group—Valley Presbyterian (Green Valley) (520) 322-6601
- Support Group—Veteran’s Hospital (520) 322-6601
- Support Group—Voyager RV Resort (Jan–Mar) (520) 322-6601

Amputee Resources

- Amputee Coalition (888) 267-5669

Support Groups

- Amputee Support Group..... (520) 873-3881

Appliances—Low Cost

- Community Action Agency (stoves, refrigerators)..... (520) 724-2667
- HabiStore Home Improvement Center (520) 889-7200

Re-Store, TMM Family Services, Inc..... (520) 326-1936
Thrift Stores (Call PCOA for list) (520) 790-7262

Arizona Long Term Care System (ALTCS)

Arizona Long Term Care System (ALTCS) (520) 205-8600
ALTCS Workshops (Call PCOA for information) (520) 790-7262
ALTCS Questions (Call PCOA)..... (520) 790-7262
ALTCS Facilities (Call PCOA for lists) (520) 790-7262

Arthritis Resources

Arthritis Foundation—Arizona (602) 212-9900
Tucson Arthritis Support League (520) 205-1597

Assisted Living Facilities and Adult Care Homes

Call PCOA for lists (520) 790-7262
PCOA Long-Term Care Ombudsmen (Advocacy) (520) 790-7262
Complaints..... (520) 628-6965

Assisted Living—Low-Income

Marshall Home for Men (520) 624-5193
St. Luke’s Home (520) 628-1512

Assistive Equipment & Medical Supplies

Able-One Mobility Services (Scooters/Wheelchairs) (520) 887-3201
Allied Medcor Services (520) 296-5925
Apria Healthcare (520) 295-5980
Arizona Superior Medical Program (Medical Monitoring).... (520) 747-7403
Home Adaptation Specialists (Call PCOA for list)..... (520) 790-7262
Interfaith Community Services (DME loans).....(520) 297-6049 ext. 223
DIRECT Center for Independence (Disabled clients only)... (520) 624-6452
Friends In Deed (Green Valley)..... (520) 625-1150
Guardian Medical Monitoring (520) 310-3701
HoME Medical Equipment (JFCS) (520) 795-0300
Lockboxes for Fire Dept., Access (Call PCOA for list) (520) 790-7262
Medical Equipment of America (520) 325-3340
Med One Healthcare (520) 300-6434
Med-Tech (520) 290-0337
Metro Med (Central Tucson)..... (520) 468-6811
New Spirit Lutheran Church (Medical Equipment Loans) .. (520) 296-2461
Preferred HomeCare (520) 888-4002
Rising Medical..... (520) 886-7700
Sizewise Rentals (Bariatric items available) (520) 670-0079
Southern Arizona Lifeline Systems..... (520) 465-4111
Salvation Army (Main Store) (520) 624-1741
Handi-Dog..... (520) 326-3412
World Care (520) 514-1588

Cancer Resources

American Cancer Society	(800) 227-2345
American Cancer Society (Tucson Office)	(520) 321-7989
Arizona Oncology Foundation (East Tucson)	(520) 324-2840
Arizona Oncology Foundation (Northwest Tucson)	(520) 877-9038
Cancer Matters.....	www.cancermatters.com
Housekeeping Help.....	www.cleaningforareason.org
Road to Recovery (Rides to doctor appointments)	(520) 321-7989
Susan G. Komen Southern Arizona (Breast cancer).....	(520) 319-0155
Banner UMC Cancer Center (Support Groups).....	(520) 624-2873

Caregiver Resources

Call Pima Council on Aging	(520) 790-7262
Caring Information	www.caring.com
Caregiver Consortium (local resources)	www.caregiverconsortium.org
Be a Resilient Caregiver (Handbook)	www.caregiverconsortium.org
Empowering Caregivers	www.care-givers.com
Family Caregiver Alliance	www.caregiver.org
National Family Caregivers Association.....	www.caregiveraction.org

Caregiver Support Groups

Caregiver Support—Oro Valley	(520) 609-1271
Caregiver Support—East Tucson	(520) 609-1271
Caregiver Support—Green Valley	(520) 609-1271
Caregiver Support—Central Tucson.....	(520) 609-1271
Caregiver Support—North Tucson	(520) 609-1271
Caregiver Support—Southwest Tucson	(520) 609-1271

Caregiver Training Programs *(for employment)*

CareGiver Training Institute	(520) 325-4870
Pima Community College.....	(520) 206-4500

Caregiver Training Program *(for family caregivers)*

Luminaria Home Care	(520) 488-7340
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Case Management

For low-income disabled adults and seniors 60+

Community Services System (call for screening).....	(520) 790-7262
Southern Arizona AIDS Foundation—all ages (SAAF)	(520) 628-7223
Valley Assistance (Green Valley and surrounding area).....	(520) 625-5966

Private Pay—Open to all

Alternatives In Home Care	(520) 327-3384
Arizona Care Advocates	(520) 302-8962
Care Coordinators, Inc.	(520) 325-8881
Caring Cooperatives	(520) 631-0961
Catalina In-Home Services.....	(520) 327-6351

Eldercare Research and Consulting	(520) 297-9161
Jewish Family & Children’s Services.....	(520) 795-0300
Marik, LLC	(520) 795-8286
Organizing Helpers	(520) 327-8586
Our Family Services	(520) 323-1708 ext. 223
Patient Care Advocates	(520) 546-4141

Computer Classes

Interfaith Community Services	(520) 297-6049
Pima Community College.....	(520) 206-4500
Pima County Public Library.....	(520) 791-4010
Tucson Adult Learning Adventures (Mobile devices)	(520) 795-1584
Free Online Computer Classes.....	http://digitallearn.org

COPD Resources

American Lung Association	(800) 586-4872
COPD Foundation: COPD Information Line.....	(866) 316-2673

Counseling/Mental Health

Cenpatico/NurseWise Crisis Line (24 hour help)	(866) 495-6735
MHC Behavioral Health Services.....	(520) 682-1091
Casa Community Services (Green Valley)	(520) 393-6839
Catholic Community Services	(520) 623-0344
CODAC Behavioral Health	(520) 327-4505
Community Partners, Inc.	(520) 901-4800
COPE Behavioral Services	(520) 205-4732
Depression and Bipolar Support Alliance.....	(520) 300-8507
Eldercare Mediation (Our Family Services).....	(520) 323-1708
HOPE Warm Line (Mental Illness or Addiction)	(520) 770-9909
Jewish Family and Children’s Services	(520) 795-0300
KARE (for grandparents raising grandchildren)	(520) 323-4476
La Frontera (Behavioral Health)	(520) 884-9920
National Alliance on Mental Illness (NAMI of S. AZ)	(520) 622-5582
Our Family Services	(520) 323-1708
Palo Verde Behavioral Health.....	(520) 322-2888
University of Phoenix Counseling Skills Center	(520) 239-5315
Veteran’s Crisis Line.....	(800) 273-8255

Domestic Violence Resources

Administration of Resources and Choices	(520) 623-9383
Emerge Center Against Domestic Abuse	(520) 795-4266
Family Law Free Legal Help	(520) 724-8456
Southern Arizona Legal Aid, Inc.....	(520) 623-9461

Geriatric Psychiatrists

Adult Psychiatry Clinic (Campbell).....	(520) 626-7664
Adult Psychiatry Clinic (Ajo Way).....	(520) 874-7523
Aleph Center	(520) 885-5558

Behavioral Health Pavilion.....	(520) 874-7500
Community Partners Care Coordination	(520) 901-4800
Dr. Bennett Blum (Elder abuse, financial exploitation).....	(520) 750-8868
Dr. Irene Kitzman.....	(520) 203-8500
Dr. Dennis Westin and Dr. Marshall Jones	(520) 795-0309
Vita Medica Institute	(520) 638-5757

Geropsychiatric Facilities

Behavioral Health Pavilion.....	(520) 874-7500
Cornerstone Behavioral Health	(520) 222-8268
Oro Valley Hospital Senior Behavioral Health	(520) 901-6250
St. Mary’s Bridges Geropsychiatric Program	(520) 872-4353
TMC Geropsychiatric Program at Handmaker’s.....	(520) 324-3929

Dental Clinics—Reduced Fee

El Rio Dental Clinics	(520) 670-3909
Desert Senita Medical Center (Ajo).....	(520) 387-4500
Marana Dental Clinic	(520) 616-6200
Mobile Dental (Limited discounts available)	(520) 241-1048
Pima Community College (Cleanings only)	(520) 206-6090
St. Elizabeth of Hungary Dental Clinic.....	(520) 628-7871
Urgent Care Dental (Extractions and dentures).....	(520) 322-5008

Diabetes Self-Management

PCOA Diabetes Self-Management Program.....	(520) 305-3410
Carondelet Diabetes Care	(520) 872-6055
Banner UMC Diabetes Prevention & Education.....	(520) 874-6477
TMC Diabetes Education & Support	(520) 324-1960
TMC Journey for Control.....	(520) 324-1960

Disability Resources

DIRECT Center for Independence	(520) 624-6452
Aging and Disability Resource Center	www.azlinks.gov

Emergency Alert Systems

Arizona Superior Medical Program (Medical Monitoring)....	(520) 747-7403
Desert Tracker.....	(520) 838-1130
EcoTrack.....	(520) 230-8093
GreatCall® Splash with 5Star (Jitterbug)	(800) 650-5921
Guardian Medical Monitoring	(330) 310-3701
Southern Arizona Lifeline Systems.....	(520) 465-4111
Safe Return Program (through the Alzheimer’s Assoc.)	(520) 322-6601

End of Life

Funeral Consumers Alliance.....	(520) 721-0230
Grief Support Groups (Call PCOA for list)	(520) 790-7262
Hospice	See listing under “ HOSPICE ”

Body and Organ Donation

- Banner UMC Willed Body Program (520) 626-6083
- Biogift (866) 670-1799
- Science Care (800) 417-3747
- Southwest Institute for Bio-Advancement (800) 723-3031
- United Network for Organ Sharing (UNOS)..... (888) 894-6361

Financial Assistance

- PCOA Budgeting Assistance (Call PCOA for eligibility) (520) 790-7262
- Western States Pension Assistance Project (Counseling) ... (866) 413-4911
- Benefits Check-Up..... www.benefitscheckup.org

Fiduciaries and Representative Payees

- Arizona Care Advocates (520) 302-8962
- Arizona Fiduciary Services..... (520) 820-4757
- Care Coordinators (520) 325-8881
- Caring Cooperatives (520) 631-0961
- Eldercare Research and Consulting (520) 297-9161
- Organizing Helpers (520) 327-8586
- Payees Plus (520) 395-1599
- Sandra Paz..... (520) 207-3485
- Personal Support Services (520) 615-0360
- Project Home (520) 885-7084
- Pima County Public Fiduciary (520) 724-5454
- Sterling Case Management and Fiduciaries (520) 428-5080
- Zimmerman’s Personal Agents..... (520) 531-9051

Foreclosure Prevention Help

- Administration of Resources and Choices (520) 623-9383
- Chicanos por la Causa (520) 882-0018
- Don’t Borrow Trouble (520) 792-3087
- Pio Decimo Center (520) 622-2801
- Tucson Urban League..... (520) 791-9522

Rent and Mortgage Assistance

Help is limited to one time per year

- Tucson Urban League (within Tucson city limits only)..... (520) 791-9522
- Pima County Community Action Agency (520) 724-2667
- Chicanos Por La Causa..... (520) 882-0018
- Interfaith Community Services (Northside)..... (520) 297-6049
- Interfaith Community Services (Eastside)..... (520) 731-3076
- Project PPEP..... (520) 622-3553
- Primavera Foundation (520) 395-6420
- Salvation Army..... (520) 792-1111
- St. Vincent de Paul..... (520) 628-7837
- Valley Assistance Services (Green Valley/Sahuarita) (520) 625-5966

Utility Assistance

- Tucson Urban League (within Tucson city limits only)..... (520) 791-9522
- Pima County Community Action Agency (520) 724-2667
- Arivaca Coordinating Council (Arivaca, Sasabe, Amado).... (520) 398-2771
- Interfaith Community Services (Northside)..... (520) 297-6049
- Interfaith Community Services (Eastside)..... (520) 731-3076
- International Sonoran Desert Alliance (Ajo only) (520) 387-3570
- Picture Rocks Community Center (520) 682-7166
- Salvation Army (520) 792-1111
- Salvation Army (Green Valley only) (520) 625-3888
- St. Vincent de Paul..... (520) 628-7837

Food Assistance

General Food Assistance

- Ajo Food Bank (1st Thursdays)..... (520) 882-3298
- IMPACT of Southern Arizona (Catalina area) (520) 825-0009
- Community Food Bank..... (520) 622-0525
- Food Pantries (Call PCOA for list)..... (520) 790-7262
- Food Plus for Seniors (Pima County Health Dept.)..... (520) 724-7777
- Green Valley and Sahuarita Food Bank (520) 625-5252
- Marana Community Food Bank (520) 682-3001

Meals and Socialization

- Ajo Community Center (520) 387-6641
- Archer Center (520) 791-4353
- Armory Park Senior Center (520) 791-4865
- Casa Community Center (520) 393-6814
- Donna Liggins Center (520) 791-3247
- Eastside El Dorado (520) 546-2257
- El Pueblo Regional Center (520) 791-5155
- El Rio Center (520) 791-4683
- Ellie Towne/Flowing Wells (520) 887-9786
- Freedom Park Center..... (520) 791-4969
- Las Comadritas at the House of Neighborly Service..... (520) 623-0100
- Picture Rocks Community Center (520) 682-7166
- Quincie Douglas Center..... (520) 791-2607
- Robles Ranch Community Center (520) 822-4408
- William Clements Center (520) 791-5787

Home Delivered Meals

- A Culinary Affair—Personal Chef Service (520) 797-2689
- Catholic Social Services: Westside Meals (520) 624-1562
- Delicious Deliveries (restaurant deliveries) (520) 620-6600
- Honey Do Delivers (520) 333-7595
- IMPACT of Southern Arizona (Catalina)..... (520) 825-0009
- Groceries 2 Your Door & More (520) 288-9310
- Lutheran Social Services: Eastside Meals..... (520) 514-7642 ext. 204
- Lutheran Social Services: Shopping service..... (520) 514-7642 ext. 204

Magic Kitchen	(877) 516-2442
Skarsgard Farms (Fresh produce)	(520) 681-4060
Meals by the Week.....	(520) 741-9020
Interfaith Community Services (northwest area).....	(520) 297-6049
Mobile Meals (special diet meals; no age restriction).....	(520) 622-1600
Mom's Meals	(877) 508-6667
Pima Meals on Wheels (through PCOA)	(520) 790-7262
Safeway Grocery Delivery (online ordering only)	www.safeway.com
Schwan's.....	(888) 724-9267
Send a Meal	(800) 549-2120

Government Representatives

Call PCOA for a complete list with contact information (520) 790-7262

Grandparent Resources

Department of Corrections Family Liaison	(866) 333-2039
Immunizations (Pima County Health Dept.)	(520) 724-7770
Guardianship (Call KARE Family Center).....	(520) 323-4476
KARE Family Center	(520) 323-4476

Green Valley Social Service Agencies

Call PCOA for a complete Green Valley Resource list.....	(520) 790-7262
Community Connect by La Posada	(520) 393-6700
Friends In Deed.....	(520) 625-1150
PCOA Community Office (Mondays only).....	(520) 625-1150 ext. 108
Salvation Army.....	(520) 625-3888
Telephone Reassurance (Green Valley).....	(520) 351-6744
Valley Assistance Services, Inc.	(520) 625-5966

Grief and Loss Support Groups

Call PCOA for a complete list..... (520) 790-7262

Health and Exercise

A Matter of Balance	(520) 305-3410
Aquatic Programs	(520) 791-5643
Enhance Fitness.....	(520) 305-3410
Healthy Living with Chronic Conditions	(520) 305-3410
Healthy Living with Chronic Pain.....	(520) 305-3410
Healthy Living with Diabetes	(520) 305-3410
Savvy Seniors Stretching and Strengthening.....	(520) 296-6149
SilverSneakers®	(866)-584-7389

Hearing Loss Resources

Adult Loss of Hearing Association (ALOHA).....	(520) 795-9887
Arizona Commission for the Deaf/Hard of Hearing.....	(800) 352-8161
Arizona Relay Service (711).....	(866) 259-1768
Audient Alliance (Hearing Aid Financial Assistance).....	(866) 956-5400

Caption Call Phone.....	(877) 557-2227
Community Outreach Program for the Deaf (COPD)	(520) 792-1906
HEAR NOW Program	(800) 328-8602
iCanConnect	(520) 792-1906
UofA Adult Hearing Clinic.....	(520) 621-7070
UofA Living with Hearing Loss Support Groups.....	(520) 621-7070

Heart Disease

American Heart Association (Tucson).....	(520) 917-7520
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Hoarding Resources

General Hoarding Contacts

City of Tucson Code Enforcement	(520) 791-5843
Oro Valley Code Enforcement	(520) 229-4821
Sahuarita Code Enforcement.....	(520) 822-8892
Tucson Fire Department Prevention Unit	(520) 791-4014
Tucson Police Department	(520) 791-4444

Hoarding Clean Up

1-800-GOT-JUNK?	(520) 465-4395
Abracadabra Restoration	(520) 323-3261
Caring Transitions of Southern Arizona	(520) 262-1495
Quality Restoration	(520) 322-5326
Tracy's Dynamic Cleaning	(520) 721-4288

Animal Hoarding Resources

88-Crime Anonymous Tip Line	(520) 882-7463
Animal Cruelty Taskforce	(520) 547-0260
Humane Society	(520) 327-6088
Pima County Animal Care Center	(520) 724-5900

Counseling and Support Groups

Buried in Treasures (Support Group).....	(520) 305-3429
Clutterers Anonymous.....	www.clutterersanonymous.net
Children of Hoarders Support.....	www.childrenofhoarders.com
Online Hoarding Support Group.....	http://hoardingcleanup.com
CODAC Behavioral Health Services.....	(520) 327-4505
La Frontera Center, Inc.	(520) 838-3804
Catholic Community Services	(520) 623-0344
Our Family Services	(520) 323-1708
Dr. Patricia Volkerts	(520) 325-2723

Home Care Services *(In-Home Help)*

Community Services System (call for screening).....	(520) 790-7262
Private Pay Home Health Agencies (call PCOA for list)	(520) 790-7262

Dental House Calls

Mobile Dental.....	(520) 241-1048
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Hospital and Rehab Discharge Help

- Catalina In-Home Services..... (520) 327-6351
- Home Instead (520) 770-9943

Medical House Calls

- Ascension In-Home Medical Care..... (520) 577-1136
- At Home Medical Care, LLC (520) 940-1119
- Dr. Paul Warner (Podiatry only) (520) 321-9898
- Dr. Raymond Bock (Podiatry only) (520) 881-2882
- Providers Direct..... (520) 722-2400
- Southwest Geriatrics (520) 314-3412

Mobile Hair Care

- FresHair Salon and Mobile Service..... (520) 906-8742
- Mobile Hair MD (520) 282-3409
- Travelling Scissors..... (520) 293-4740

Veterinary In-Home Services

- Ken Cohn, DVM (520) 471-1106
- Cactus Creek Mobile Vet Service..... (520) 405-3071
- Home at Last (Pet hospice and euthanasia)..... (520) 308-4580
- Homeward Bound Vet Services (520) 668-1238
- St. Francis Veterinary Group..... (520) 271-7660

Home Repair and Adaptation

- Ajo Works Job Training Program (Ajo, AZ)..... (520) 387-3570
- Chicanos por la Causa (Roof replacements) (520) 882-0018
- City of Tucson Housing and Community Development..... (520) 791-4636
- Community Home Repair Projects of Arizona (520) 745-2055
- DIRECT Center for Independence (Disability Adaptation) .. (520) 624-6452
- Habitat for Humanity (520) 326-1217
- Independent Contractors (Call PCOA for list) (520) 790-7262
- Jewish Elder Access (520) 404-4596
- Pima Council on Aging (Home owners 60+) (520) 790-7262
- Pima County Community Development..... (520) 724-3789
- Town of Marana (Marana only) (520) 382-1926
- TMM Family Services..... (520) 322-9557
- Tucson Urban League..... (520) 791-9522
- Utility Repair, Replacement, and Deposit Program (520) 724-2667

Hospice

- Agape Hospice (520) 207-5817
- Assurance (520) 333-0333
- Casa de la Luz..... (520) 544-9890
- Carondelet Hospice..... (520) 205-7700
- Emblem Hospice..... (520) 297-1460
- Gentiva Hospice (520) 577-0270
- Harbor Light Hospice..... (520) 546-5788
- Harmony Hospice (520) 284-9334

Heartland Hospice	(520) 325-2790
Hospice Family Care.....	(520) 790-9299
Soreo Hospice.....	(520) 547-7000
Soulistic Hospice	(520) 398-2333
TMC Hospice	(520) 324-2438
Valor Hospice Care	(520) 615-3996

Hospitals and Acute Care Hospitals

Cornerstone Hospital of Southeast Arizona	(520) 546-4595
HealthSouth Rehabilitation Institute of Tucson.....	(520) 322-4405
HealthSouth Rehabilitation Hospital of Southern AZ.....	(520) 742-2800
Heart and Vascular Institute (Carondelet Health Network)	(520) 696-2328
Kindred Hospital	(520) 584-4500
Northwest Medical Center.....	(520) 742-9000
Oro Valley Hospital.....	(520) 901-3500
St. Joseph’s Hospital (Carondelet Health Network).....	(520) 873-3000
St. Mary’s Hospital (Carondelet Health Network)	(520) 873-3000
Tucson Medical Center	(520) 327-5461
Banner University Medical Center South	(520) 874-2000
Banner University of Arizona Medical Center	(520) 694-0111
Southern Arizona VA Medical Center	(520) 792-1450

Housing

Rental Housing Search	www.pimacountyhousingsearch.org
Active Adult Communities (Call PCOA for list).....	(520) 790-7262
Adult Care Homes (Call PCOA for listings)	(520) 790-7262
Assisted Living Facilities (Call PCOA for list)	(520) 790-7262
Assisted Living Referral Agencies (Call PCOA for list)	(520) 790-7262
City of Tucson Public Housing.....	(520) 791-4742
Housing of Interest to Seniors (Call PCOA for list)	(520) 790-7262
Mobile Home Parks (Call PCOA for list)	(520) 790-7262
Retirement Housing (Call PCOA for list)	(520) 790-7262
Subsidized and Low-income Housing (Call PCOA for list) ..	(520) 790-7262
Transitional Housing (Old Pueblo Community Services)	(520) 546-0122

Moving Organizers

Caring Transitions.....	(520) 262-1495
New Beginnings.....	(520) 777-3830

Incontinence

Support and Resources

Incontinence Resource Center	www.incontinencesupport.info
National Association for Continence.....	www.nafc.org
The Simon Foundation for Continence.....	(800) 237-4666

Diapers for Low-income adults age 60 and over

Call Pima Council on Aging	(520) 790-7262
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Diapers for Low-income adults under age 60

- Pima County Health Department—South Office (520) 724-5300
- Pima County Health Department—East Office (520) 724-9650
- Pima County Health Department—North Office..... (520) 724-2850
- Pima County Health Department—Catalina Office (520) 825-9299
- Pima County Health Department—Green Valley Office (520) 648-1626

Legal Services

- Pima Council on Aging NAELA Clinic (Elder Law issues) ... (520) 790-7262
- AZ Center for Disability Law (520) 327-9547
- Bankruptcy Court Self-Help Line (866)-553-0893
- Family Law Free Legal Help (520) 724-8456
- Legal Document Preparers (Call PCOA) for list (520) 790-7262
- Lawyers Referral Service (520) 623-4625
- Notaries (Call PCOA for list) (520) 790-7262
- Southern Arizona Legal Aid (520) 623-9461

Medical Clinics—Low Cost

- Call PCOA for list (520) 790-7262

Medicare Information

- Pima Council on Aging—SHIP..... (520) 546-2011
- Medicare (800) 633-2273

Nursing Homes and Acute Rehab Hospitals

- Nursing Home Complaints (AZ Dept. of Health)..... (602) 364-2690
- Nursing Home Ratings..... www.medicare.gov
- Arizona State Veteran Home (520) 638-2150
- Avalon Southwest Health and Rehabilitation (520) 294-0005
- Brookdale Santa Catalina..... (520) 742-6242
- Casas Adobes Post-Acute Care & Rehab (520) 297-8311
- Catalina Post-Acute and Rehabilitation..... (520) 795-9574
- Copper Health Oro Valley (520) 433-4773
- Cornerstone Hospital of Southeast Arizona (520) 546-4595
- Devon Gables Healthcare Center (520) 296-6181
- Foothills Rehabilitation Center (520) 733-8700
- The Forum at Tucson (520) 319-4343
- Handmaker Jewish Services for the Aging..... (520) 881-2323
- Haven Health of Tucson..... (520) 299-7088
- HealthSouth Rehabilitation Hospital of Southern Arizona . (520) 742-2800
- HealthSouth Rehabilitation Institute of Tucson..... (520) 325-1300
- Kindred Hospital—Tucson (520) 584-4500
- La Cañada Care Center (520) 797-1191
- Life Care Center of Tucson..... (520) 575-0900
- Mountain View Care Center (520) 797-2600
- Northwest Medical Center..... (520) 742-9000
- Oro Valley Hospital..... (520) 901-3500

Park Avenue Healthcare and Rehabilitation	(520) 882-6151
Pueblo Springs Rehabilitation Center.....	(520) 296-2306
Sabino Canyon Care Center.....	(520) 722-5515
Santa Rita Nursing and Rehabilitation Center	(520) 625-0178
Santa Rosa Care Center	(520) 795-1610
Sonora at Spendido	(520) 878-2600
Villa Campana.....	(520) 731-8500
Villa Maria Care Center	(520) 323-9351

Ostomy Resources

Ostomy Guide	www.ostomyguide.com
United Ostomy Associations of America, Inc.	(800) 826-0826

Parkinson’s Disease Resources

American Parkinson’s Disease Association.....	(800) 223-2732
American Parkinson’s Disease Association—Arizona	(520) 326-5400
Banner Health Meds Connection	(866) 995-6432
National Parkinson Foundation	(800) 473-4363
National Parkinson Foundation—Arizona.....	(602) 618-7478
Parkinson & Movement Disorder Alliance	(800) 256-0966
Parkinson Wellness Recovery (PWR GYM exercise)	(520) 591-5821
Melvin Weinstein Parkinson’s Foundation.....	(757) 313-9729
Movement Disorder Clinic (Banner UMC South).....	(520) 694-8888
Watermark at Home (In-home LSVT therapies)	(520) 886-4400

Planning for the Future

Partners in Planning (Call PCOA for information)	(520) 790-7262
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Post Polio Syndrome

Polio Epic, Inc. (Support Group)	(520) 750-8608
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Prescription Medication Help

Needy Meds (www.needymeds.com)	(800) 503-6897
Rx Assist	www.rxassist.org
Rx Hope	www.rxhope.com

Protective Services (*Abuse and neglect*)

Adult Protective Services	(877) 767-2385
Elder Shelter (Emergency Placement for Older Adults)	(520) 339-2801

Renal (Kidney) Failure

American Kidney Fund	(800) 638-8299
Coalition for the Supportive Care of Kidney Patients	(804) 320-0004
Home Dialysis Central	(608) 833-8033
National Kidney Foundation Patient Hotline	(855) 653-2273

Respite

PCOA Respite Program (Call for screening).....	(520) 790-7262
Arizona Respite Locator (AZ Caregiver Coalition)	(888) 737-7494
Lifespan Respite Vouchers (AZ Caregiver Coalition).....	(888) 737-7494
Casa Community Services (Green Valley)	(520) 625-2273
Handmaker's SandRuby Community Programs.....	(520) 547-6036
Home Health Agencies (call PCOA for list)	(520) 792-7262
Interfaith Community Services (in-home volunteers)	(520) 297-6049
Regency Senior Club	(520) 290-1940
Senior Moments Adult Day Care (Vail)	(520) 561-0448
VA Medical Center (Facility Respite Program).....	Call your VA PCP

Social Security Information

Social Security Administration.....	(866) 331-7693
Social Security Attorneys (call PCOA for list)	(520) 790-7262

Stroke and Aphasia Resources

Aphasia Center of Tucson.....	(520) 398-6834
AZ Relay Speech to Speech Phone Service.....	(800) 842-6520
Banner UMC Clinic for Adult Communication Disorders...	(520) 621-7070

Stroke Support Groups

Stroke Support—HealthSouth	(520) 322-4422
Stroke and Brain Injury Support—HealthSouth.....	(520) 544-5260
Mild Brain Injury Support—St. Joesph's Hospital	(520) 873-5229
Stroke Support—St. Joesph's Hospital.....	(520) 218-5004
Stroke Support—St. Joseph's Hospital (Aphasia)	(520) 873-5229
Stroke Support—St. Joseph's Hospital (for caregivers)	(520) 218-5004
Stroke Support—TMC.....	(520) 324-1960
Stroke Support—Green Valley	(520) 626-2901

Taxes

Federal and State Income Tax forms

AARP (Provides help all year)	(520) 571-9884
IRS.....	(800) 829-1040
Arizona Department of Revenue.....	(602) 255-3381

Property Tax Exemptions, Refunds, and Freezes

Call PCOA for information and help	(520) 790-7262
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Transportation

Ajo Transit Service.....	(520) 387-6559
Arizona Community Transit, LLC.....	(520) 834-0546
Arizona Medical Transit.....	(520) 792-0944
Arizona Senior Transport.....	(520) 573-6221
Copper Star Transportation	(520) 312-0411
DAV Transport Network for Veterans	(520) 792-1450 ext. 1-6565
Envoy America	(888) 375-5558

Friends In Deed (Green Valley and surrounding area)	(520) 625-4424
Interfaith Community Services	(520) 297-6049
Medical Transport Company (MTC)	(520) 999-8900
Neighbors Care Alliance.....	(520) 790-7262
Road to Recovery (for cancer patients)	(520) 694-0826
Rural Transportation (Sun Shuttle).....	(520) 792-9222
Sun Shuttle Dial-a-Ride (formally Handicar)	(520) 792-9222
Sun Shuttle Dial-a-Ride (Green Valley/Sahuarita)	(520) 792-9222
Sun Shuttle Dial-a-Ride (Oro Valley/Catalina)	(520) 229-4990
Sun Tran.....	(520) 792-9222
Sun Van.....	(520) 798-1000

Driving Assessments

Driving to Independence	(520) 219-0550
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Driving Classes

AAA Arizona	(520) 258-0505
AARP.....	(800) 350-7025

Utility Discounts

Assurance Wireless (Free Cell Phones and minutes).....	(888) 898-4888
Internet Basics (Century Link)	(866) 541-3330
Q-Link Wireless (Free Cell Phones and minutes)	(855) 754-6543
Safelink Wireless® (Free Cell Phones and minutes)	(800) 723-3546
Southwest Gas	(877) 860-6020
Telephone Assistance Program (Century Link)	(800) 244-1111
Trash Discount (City of Tucson only)	(520) 791-3171
Tucson Electric Power	(520) 623-7711
Tucson Water Zanjero Program.....	(520) 791-3242

Veterans Resources

Arizona Department of Veterans Services.....	(520) 207-4960
Old Pueblo Community Services	(520) 546-0122
Veterans Crisis Line	(800) 273-8255

Vision Resources

American Foundation for the Blind.....	(800) 232-5463
Braille and Talking Book Library (AZ only).....	(800) 255-5578
Desert Low Vision Services	(520) 881-3439
EyeCare America’s Senior EyeCare Program	(877) 887-6327
Foundation for Fighting Blindness.....	(800) 683-5555
iCanConnect	(520) 792-1906
Lions Sight and Hearing Foundation.....	(800) 246-9771
National Federation of the Blind in Arizona.....	(520) 733-5670
New Eyes for the Needy (Call PCOA).....	(520) 790-7262
SAAVI.....	(520) 795-1331
Sun Sounds	(520) 296-2400
Tucson Society of the Blind	(520) 886-1913
Tucson Vision Rehab, LLC.....	(520) 303-5689

Volunteer Opportunities

Eastside Neighbors (East Tucson)	(520) 245-4729
IMPACT of Southern Arizona (Catalina).....	(520) 825-0009
IMPACT of Southern Arizona (Vail).....	(520) 222-4966
Interfaith Community Services	(520) 297-6049
Valley Assistance Services (Green Valley)	(520) 625-5966
Pima Council on Aging Volunteer Program.....	(520) 546-2002
TMC Senior Services.....	(520) 324-1960
United Way of Tucson and Southern AZ	(520) 881-3300

For more information regarding senior services and resources, please call the Pima Council on Aging Help Line: (520) 790-7262 or email help@pcoa.org.

This guide attempts to list the most commonly requested services, but it is not all-inclusive. The information listed is updated periodically and may not be current. Pima Council on Aging assumes no responsibility by providing this information. This guide is a community