The following list is provided as a community resource for older adults, their families, friends and caregivers. 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 list is a community service and not an endorsement of any organization listed. For further information about these resources contact PCOA at (520) 790-7262 or help@pcoa.org.

**Home Health Services**
Home health services, such as bathing assistance, housekeeping, and companion care, are available through a number of agencies for costs ranging from about $17 to $26 per hour depending on the specific tasks requested, skill level required, number of hours per week, agency standards, etc. Most agencies require a 2 to 4 hour minimum for each visit but some will offer a shorter visit at a higher rate. Live-in care is usually $250/day or more and the caregiver must be able to sleep 8 hours/night. Medicare only pays for limited homecare when a person is homebound and is receiving Physical, Occupational, or Speech Therapies, or Skilled Nursing ordered by an MD and provided by a Medicare certified agency. Medicare does not pay for custodial care. Other possible payors for home health care are: Long Term Care Insurance, the Veterans Administration, the Arizona Long Term Care System (ALTCS) or PCOA’s non-medical system known as the Community Services System (CSS) if eligibility criteria are met. For a fee, Home Health Placement Agencies can provide screened, private caregivers who may charge a lower hourly rate than an agency, but the older adult or family is responsible for supervision, payroll, scheduling, taxes, workman’s comp, etc.

**Meal Services**
Home delivered meals and congregate/socialization and nutrition services are available throughout Tucson and parts of Pima County. Call PCOA for senior lunch site locations or to determine which agency delivers home delivered meals in your area (Catholic Social Services (520) 624-1562 or Lutheran Social Services (520) 514-7642 ext. 204). A $2 or $3 donation is suggested for home delivered meals; donations are also requested at socialization and senior lunch sites. Mobile Meals of Tucson provides meals for people with special dietary needs or circumstances in Tucson and Green Valley. Call (520) 622-1600. The Mobile Meals program of Interfaith Community Services (520) 297-6049 serves the Northwest area of Tucson. Both programs offer a sliding scale fee based on income. For a list of private pay home delivered meal options, call PCOA at (520) 790-7262.

**Emergency Response Systems**
The average monthly monitoring cost for an emergency response system is about $25/month and up. Some companies also have medication dispensers available for a monthly cost of $50 and up. This does not include installation fees. Some companies may offer discounts on installation or sliding scale fees based on income. Compare monitoring companies for differences in the technical capabilities of their equipment.
including fall detection sensors, availability of tech support, monthly monitoring fees, installation fees, and length of contract.

**Durable Medical Supplies**
Some medical equipment may be covered by Medicare or other insurance providers. Equipment loans are available at no cost through New Spirit Lutheran Church (520) 296-2461 and World Care (520) 514-1588. The Salvation Army sells used medical equipment at low cost in their stores (2717 S. 6th Ave., 5757 N. Oracle, and 6715 E. Tanque Verde).

**Home Modification/Repair**
Pima Council on Aging maintains a list of reliable contractors and handymen as well as a list of local agencies that provide home repairs to low-income home owners. Pima Council on Aging’s Home Repair program provides minor home repairs and adaptations to low-income homeowners age 60 and over who cannot afford to make repairs on their own. Call PCOA at (520) 790-7262 or go to www.pcoa.org.

**Friendly Visitors/Telephone Reassurance**
Friendly visitors or phone reassurance calls are available in some neighborhoods through PCOA’s Neighbors Care Program. Call PCOA at (520) 790-7262 to see if one of these volunteer programs is available in your area. TMC’s Seniors Helping Seniors (520) 324-1960 or the Senior Companion Program at Our Family Services (520) 323-1708 ext. 240 may be able to provide a friendly visitor. Interfaith Community Services (520) 297-6049 may be able to provide telephone reassurance and/or friendly visitors. The peer recovery Warm Line by H.O.P.E. Inc., provides non-emergency telephonic support for persons needing to talk about issues related to mental health or addiction from 8:00 A.M. to midnight at (520) 770-9909.

**Transportation**
Contact PCOA or go to www.pcoa.org for a list of transportation options in Pima County. Cost depends on distance, so remember to ask for estimates. Some home care agencies may include transportation in their services. Volunteers provide transportation in some areas through PCOA’s Neighbors Care Program. Call PCOA at (520) 790-7262. Interfaith Community Services provides transportation—as their volunteers are available—in areas not served by Neighbor’s Care Programs: (520) 297-6044. Sun Shuttle and Sun Van provide door-to-door transportation for those meeting ADA criteria. Call (520) 791-5409 for more information or to request an ADA application.

**Adult Day Health Care**
PCOA maintains a list of adult day health care options. Prices and minimum time requirements vary. In Tucson, contact SandRuby Community Programs (Handmaker) at (520) 547-6036 or Regency Senior Club at (520) 290-1940. In Green Valley, call Casa Community Services at (520) 393-6835. Funding may be available through ALTCS, PCOA’s Community Services System, or the VA if eligibility criteria are met. For adult day care in Vail, call Senior Moments at (520) 561-0448. Some Assisted Living facilities also offer day care. Handmaker’s has “The Adventure Bus”—a program of cultural events and field trips for persons with early stage memory loss. Call (520) 547-6007 for more information.

**Respite** (relief for caregivers)
PCOA provides respite for eligible non-paid family caregivers of: 1) a person over age 60 or 2) a person with Alzheimer’s or a related dementia of any age on a cost share basis. This program provides supervision and care for a block of time. Call PCOA’s Helpline at
Life Span Respite Vouchers are available for family caregivers of: 1) children with special health care needs between birth and age 22 or 2) adults 60 and older or adults with dementia of any age. Call the Arizona Caregiver Coalition’s Caregiver Resource line at 888-737-7494 for information.

**Support for Caregivers**
Caregiver Specialists at Pima Council on Aging are available to assist families in examining care options, accessing resources, and understanding the emotional aspects of caregiving. PCOA also offers support groups for caregivers at no charge in various locations throughout Pima County. Call (520) 790-7262. The Alzheimer’s Association (520) 322-6601 and TMC Senior Services (520) 324-1960 provide dementia-related support groups. The Alzheimer’s Association also provides the following workshops: CAREPRO, which provides support, education and skills training for caregivers of persons with dementia, and EPIC, which provides support and skills training for persons with early-stage memory loss and their care partners. No cost “Caregiving Essentials for Family Caregivers” workshops are offered through Luminaria Home Care at (520) 488-7340. Support groups for persons and families affected by specific diseases can be found at [www.pcoa.org](http://www.pcoa.org) under “A Guide to Services” or by calling PCOA. A manual titled “How to be a Resilient Caregiver” is also available at [www.caregiverconsortium.org](http://www.caregiverconsortium.org).

**Mental Health Services**
24-hour crisis services are offered through Nursewise/Enolve at (866) 495-6735. Mental health services are also offered through Cenpatico (866) 495-6738. Check with your medical insurer for the names of contracted providers. The Alzheimer’s Association Helpline is available twenty four hours a day, seven days a week: (800) 272-3900. The National Sexual Assault Crisis Line is (866) 205-5229. The Suicide Prevention Lifeline number is (800) 273-8255. The National Alliance on Mental Illness of Southern Arizona (NAMISA), (520) 622-5582 or [www.namisa.org](http://www.namisa.org), has many programs for persons living with mental illness and their families. The peer recovery Warm Line by H.O.P.E. Inc., provides non-emergency telephonic support for persons needing to talk about issues related to mental health or addiction from 8:00 A.M. to midnight at (520) 770-9909. Jewish Family and Children’s Services at (520) 795-0300 ext. 0, Our Family Services at (520) 323-1708 ext. 204, Catholic Social Services at (520) 623-0344 ext. 7004, Casa Community Services in Green Valley at (520) 393-6839 and Marana Health Center at (520) 682-4111 ext. 3 all have counseling services. Some may offer in-home services and sliding scale fees.

**Advance Planning**
Planning for the future should include at a minimum appointing financial and health care Powers of Attorney and writing a will. PCOA can provide a list of elder law attorneys. PCOA can assist seniors with completing their advance directives (Health Care Power of Attorney, Mental Health Care Power of Attorney and Living Will). Copies of these may be downloaded from [www.azag.gov/seniors/life-care-planning](http://www.azag.gov/seniors/life-care-planning). PCOA periodically has workshops on completing wills for persons 65 and older.

**Bill Paying**
A Representative Payee can be appointed by Social Security to manage the social security benefit of a person deemed incapacitated by a physician. Call Social Security at 1-800-772-1213. If family members or friends are not available, the following agencies in Tucson are authorized by Social Security to provide Representative Payee services: Project Home (520) 885-7084 and Payees Plus (520) 395-1599. PCOA has a list of private fiduciaries. PCOA’s Personal Budgeting Assistance Program provides trained volunteers who help individuals budget, write checks and organize bills. Clients must be 60 or older,
able to make decisions and a monthly income under $2,475/month and limited assets.

**Hospice**
Hospice is a philosophy of care focused on providing a peaceful death at home with a minimum amount of pain. Support is provided to both the patient and family. Hospice care is available to anyone determined by a physician to be within 6 months of death regardless of age or diagnosis. Hospice care is covered by Medicare and/or insurance. Most hospices will provide care for people who are not insured. Some hospices also offer palliative care (consultations in comfort care) for persons who do not yet meet hospice eligibility criteria.

**Supportive Housing**
Pima County has many supportive housing options. It is advisable to explore options long before there is a need to move. There are over 45 larger facilities that offer either independent living or a combination of independent and assisted living, over 300 assisted living homes that provide care for up to 10 residents, and over 20 skilled nursing facilities. The cost of care for assisted living is usually $2,000–$5,000/month and up depending on care needs, room size and amenities. The Arizona Long Term Care System (ALTCS) can subsidize the cost of care for eligible clients in contracted facilities. There are two sliding fee scale facilities: St. Luke’s Home (520) 628-1512 and Marshall Home for Men (520) 624-5193. PCOA has information about all levels of care.

**Veterans Services**
If you are a veteran or the caregiver of one, check to see if any assistance is available through the Southern Arizona VA Health Care System (520) 792-1450. For veterans and surviving spouses who require assistance with the activities of daily living, contact the Arizona Department of Veteran’s Services at (520) 207-4960 for information and eligibility requirements for the Aid and Attendance Pension Program.

**Grandparents Raising Grandchildren**
The KARE (Kinship, Adoption, Resources and Education) Family Center provides services for grandparents, relatives and adoptive parents caring for children under the age of 18. Programs include: Information, education, and resource referrals, case management services, guardianship and temporary aid to needy families (TANF) clinics, mental/behavioral health services, legal resource information, recreation and respite, support group, advocacy, and assistance and training for guardians and adoptive parents. Call (520) 323-4476 or call the Arizona Caregiver Coalition Caregiver Resource line at 1-888-737-7494. You can also go to www.arizonakinship.org.

**LGBT Services**
LGBT Eldercare Specialists can be reached by calling PCOA at (520) 790-7262. Southern Arizona Senior Pride can be reached at (520) 312-8923 or soazseniorpride.org. SAGA (Southern Arizona Gender Alliance) is at (520) 477-7096 or sagatucson.org.

**Domestic Abuse Services**
The Late-Life Domestic Violence Program at the Administration of Resources and Choices helps with counseling, assessment, and planning (520) 623-3341. Emerge! Offers shelter, support and help for domestic violence victims of all ages (520) 795-4266. SAAF (Southern Arizona AIDS Foundation) Anti-Violence Project (520) 624-0348 or (800) 553-9387. Legal help for low-income domestic violence victims is available from Southern Arizona Legal Aid (520) 623-9465 or the Law Library (520) 740-8456.