

A RESOURCE GUIDE FOR OLDER ADULTS

Douglas County, CO

Published 2024



HELPING YOU
NAVIGATE THE
AGING PROCESS

303-814-4300

a nonprofit aging center

AGING 
RESOURCES

AGING 
RESOURCES
of Douglas County

Dear Resource Guide Reader,

Aging Resources of Douglas County (ARDC) is a community nonprofit aging center where we listen, respond, and problem-solve together with you. We connect people to services, information, and resources that promote aging well and with independence. We hope you find this guide valuable because we created it with YOU in mind to find the resources specific to Douglas County, Colorado.

At ARDC, we help you and your loved one(s) navigate the aging process! Did you know that by 2030, one in four Douglas County residents will be over 60; between now and 2040, the population of residents aged 70 and older will increase by 370 percent, and 82 percent of our county is rural? One of the most common challenges is knowing where to seek help. Our resource guide lists providers committed to serving our county's residents. We publish the guide as a community service for older adults, and businesses cannot pay to be included or advertise as part of their listings.

Aging Resources is your one-stop aging center. Please call us if you have questions or need additional assistance. Better yet, stop in and say hello.

Kind wishes,

Karie Erickson
Founder/Director – ARDC
www.GoARDC.org



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LEGEND



Nationwide Program



Accepts Medicare and/or Medicaid



Grants May Be Available





Does Not Serve Entire County



For-Profit Business

The following resources were selected by a committee of professionals in the field of aging. Aging Resources of Douglas County does not hold responsibility for the outcomes of any services provided by the agencies listed in the Resource Guide.

ADULT DAY SERVICES

Sky Cliff Center	www.skycliff.org		303-814-2863
The Haven Home	www.thehavenhome.co		720-505-6432


ADVOCACY

Colorado Legal Services	www.coloradolegalservices.org		303-837-1313
DRCOG	www.drcog.org		303-480-6700

CAREGIVER SUPPORT

Catholic Charities: Kinship Caregiver Program	www.ccdenver.org/family-kinship-support		720-799-9253
Alzheimers Association-Colorado	www.alz.org/co		1-800-272-3900
Easter Seals: Colorado Respite Coalition	www.coloradorespitecoalition.org		303-233-1666 xt 8

CASE MANAGEMENT

DRCOG: Case Management	www.drcog.org		303-480-6704
Western Care Partners	www.westerncarepartners.com		720-675-9902

COMMUNITY INVOLVEMENT

Colorado Center for Aging	www.coloradocenterforaging.org		303-832-4535
Living and Aging Well in Lone Tree			303-225-4930
Seniors' Council Douglas County	www.mydougcoseniorlife.com		303-663-7681

CONSUMER FRAUD/IDENTITY THEFT

18th Judicial District Consumer Protection Line 720-874-8547

Colorado Bureau of Investigation: 24-Hour Identity Theft & Fraud Hotline 1-855-443-3489

Colorado Legal Services www.coloradolegalservices.org 303-837-1313

Denver Better Business Bureau www.bbb.org/us/co/denver 303-758-2100

DRCOG Senior Medicare Patrol www.drcog.org 303-480-6835

Social Security Fraud Hotline www.oig.ssa.gov/report  1-800-269-0271

DENTAL RESOURCES

Colorado Gerontological Society www.senioranswers.org 303-333-3482

Dental Lifeline Network www.dentallifeline.org/colorado  303-534-3931

Univ. of Colo. Dental School www.dental.cuanschutz.edu/patient-care 303-724-6900

EDUCATIONAL OPPORTUNITIES

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Arapahoe Community College: Community Programs 303-797-5722
www.arapahoe.edu/workforce-community-programs

Castle Rock Senior Activity Center www.castlerockseniorcenter.org 303-688-9498

Douglas County Libraries www.dcl.org 303-791-7323

Highlands Ranch Active Adult Programming www.highlandsranch.org 303-785-0320

Olli (Osher Lifelong Learning Institute) through DU <https://universitycollege.du.edu/olli>

EDUCATIONAL OPPORTUNITIES

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PACE Center: Adult Lecture Series	www.parkerarts.org	303-805-6800
Parker Senior Center	www.parkerseniorcenter.org	303-841-5370
Seniors' Council Douglas County	www.mydougcoseniorlife.com	303-663-7681

ELDER ABUSE/VICTIM ASSISTANCE

Douglas County Adult Protective Services	www.tinyurl.com/DougCoAdultProtectAssistance	303-663-6270
DRCOG Ombudsman (for assisted living/skilled nursing facilities)	www.drcog.org	303-480-6734


VICTIMS ASSISTANCE

Douglas County Sheriff	www.dcsheriff.net	303-660-7505
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EMERGENCY SERVICES

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If someone needs help right away because of an injury or immediate danger, call 911

Douglas County Sheriff Dispatch	911 or 303-660-7505
National Suicide Prevention Hotline	 988
Rocky Mountain Poison and Drug Safety	911 or 1-800-222-1222

LOCAL POLICE DEPARTMENTS

Castle Rock Police Department	911 or 303-663-6100
Lone Tree Police Department	911 or 303-799-0533
Parker Police Department	911 or 303-841-9800

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Accepts Medicare and/or Medicaid



For-Profit Business



Grants May Be Available



Does Not Serve Entire County



Nationwide Program

EMERGENCY SERVICES

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If someone needs help right away because of an injury or immediate danger, call **911**

LOCAL FIRE DEPARTMENTS

Castle Rock Fire and Rescue Department	911 or 303-660-7500
Franktown Fire Protection District	911 or 303-688-3811
Jackson 105 Fire Rescue (Sedalia)	911 or 303-688-1218
Larkspur Fire Department	911 or 303-681-3284
Mountain Communities Fire Department (S.W. DouglasCo)	911 or 303-647-2361
South Metro Fire Rescue Office: 720-989-2000	911 or 720-258-8911
West Metro Fire Rescue	911 or 303-989-4307

EMPLOYMENT ASSISTANCE

Arapahoe/Douglas Works: Generations at Work Program www.adworks.org 303-636-1160

FINANCIAL & EMERGENCY ASSISTANCE

Catholic Charities	www.ccharitiescc.org/castle-rock-office	720-215-4521
Douglas Co. Human Services	www.douglas.co.us/human-services	303-688-4825
Help and Hope Center	www.helpandhopecenter.org	303-688-1114
The Rock Church	www.therock.org/get-help	303-688-0777

FITNESS & RECREATION

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Castle Rock Community Rec. Ctr.	www.tinyurl.com/CastleRockRecCtr	303-660-1036
Castle Rock Senior Activity Center	www.castlerockseniorcenter.org	303-688-9498

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FITNESS & RECREATION







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Highlands Ranch Active Adult Programs & Services			720-240-4922
	https://www.highlandsranch.org/recreation/senior-center-programs-services		
Highlands Ranch Rec. Ctrs.	www.hrcaonline.org		303-791-2500
Lone Tree Recreation Ctr.	www.tinyurl.com/LoneTreeRecCtr		303-708-3500
Parker Recreation Center	www.tinyurl.com/ParkerRecCtr		303-841-4500
Parker Senior Center	www.parkerseniorcenter.org		303-841-5370
Silver Sneakers	www.silversneakers.com	  	1-866-584-7389











FOOD ASSISTANCE

Aging Resources of Douglas County	www.goardc.org		303-814-4300
Castle Rock St. Vincent De Paul: Free Food Mkt.			303-847-2606
Cherry Hills Community Church: Manna	https://www.chcc.org/get-help		303-791-4100
Help and Hope Center: Free Food Market	www.helpandhopecenter.org		303-841-5370
Hands Across Roxborough: Food Bank & Necessities	www.facebook.com/HandsAcrossRoxborough	Carlene	303-667-2860 Amber 720-289-8188
Parker Task Force: Free Food Market	www.parkertaskforce.org		303-841-3460
Pax Christi Catholic Church	www.tinyurl.com/PaxChristiFoodPantry		303-799-1036
SECORCares: Free Food Market	www.secorcares.com		720-842-5621
The Rock Church	www.therock.org/get-help		303-688-0777

HEARING & VISION SERVICES

Accent On Hearing	www.accentonhearing.net	 	866-481-1221
Aging Resources of Douglas County	www.goardc.org		303-814-4300
Aftersight	www.aftersight.org		303-786-7777
Caption Call Colorado: Free Caption Phone	www.captioncall.com		719-358-3798
Colorado Commission for the Deaf, Hard of Hearing and Deaf-Blind	www.ccdhdb.com		720-457-3679
Colorado Gerontological Society	www.senioranswers.org		303-333-3482
Mile High Senior Eye Care	www.milehighsenioreyecare.com	 	720-819-5594
Relay Colorado	www.relaycolorado.com		711

HOME CARE, NON-SKILLED

Aging Resources of Douglas County	www.goardc.org		303-814-4300
A Caring Hand and Heart	www.acaringhandandheart.com		303-515-0215
Apollo Healthcare (remote services)	www.apollohcp.com	 	720-335-5255
Comfort Keepers	www.comfortkeepers.com		303-993-1111
Home Instead	www.homeinstead.com		303-688-7852
The Key	www.thekey.com		720-916-2225
Senior Helpers	www.seniorhelpers.com		303-872-8345
Seniors Helping Seniors	www.seniorcaredouglascounty.com		303-495-7578
Synergy Home Care	www.synergyhomecare.com		303-953-9924
Visiting Angels	www.visitingangels.com	 	720-981-0804



HOME MAINTENANCE & IMPROVEMENT

Brothers Redevelopment	www.brothersredevelopment.org		303-685-4225
Energy Resource Center (Weatherization Only)	www.erc-co.org		719-591-0772
Half-Time Help	www.halftimehelp.com	(\$)	720-439-5296
Home Builders Foundation	www.hbfdenver.org	(\$)	303-551-6721
Number-1 Son	www.number-1-son.com	(\$)	720-722-0832

HOSPICE & PALLIATIVE CARE

Agape Healthcare	www.agape-healthcare.com	(\$)	(M)	720-482-1988
Colorado Palliative Care	www.coloradophc.com		(M)	303-727-5709
The Denver Hospice	www.denverhospice.org	(\$)	(M)	303-398-6200
Lumicare Hospice	www.lumicare.com	(\$)	(M)	720-750-8497
Gentiva Hospice	www.gentivahsp.com	(\$)	(M)	303-660-6107
Colorado End of Life Collaborative	https://coeolcollaborative.org	(\$)		

HOSPITALS

Advent Health Castle Rock	www.tinyurl.com/CastleRockAdventist		(M)	720-455-5000
Advent Health Parker	www.tinyurl.com/ParkerAdventist		(M)	303-269-4000
Sky Ridge Medical Ctr.	www.tinyurl.com/SkyRidgeHospital		(M)	720-225-1000
UC Health Highlands Ranch Hosp.	www.tinyurl.com/UCHealth-HiRanch		(M)	720-516-1000

HOUSING RESOURCES


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Colorado Housing Connects	www.coloradohousingconnects.org			1-844-926-6632
Douglas County Housing Partnership	www.tinyurl.com/DCHousingPartners			303-784-7857

ASSISTED LIVING AND SKILLED NURSING PLACEMENT SERVICES

Care Patrol (Placement Service)	www.carepatrol.com	303-488-9167
Answers for Senior Care	www.answersforseniorcare.com	303-799-1313
DRCOG Ombudsman	www.drcog.org	303-480-6734
Next Steps Senior Placement	www.nextstepssenior.com	720-515-8014
Oasis Senior Advisors	www.oasissenioradvisors.com	720-780-7519

ENERGY ASSISTANCE

Crisis Heat Intervention	www.energyoutreach.org/cip	855-469-4328
Low Income Energy Assist. Prog. (LEAP)		 866-432-8435

INFORMATION & REFERRAL

Aging Resources of Douglas County	www.goardc.org	303-814-4300
DRCOG: Aging and Disability Resource Center	www.drcog.org	303-480-6700

LEGAL SERVICES

Colorado Legal Services	www.coloradolegalservices.org	303-837-1313
Walters Law Firm	www.walterslawyer.com	719-231-8442

LIBRARIES

Douglas County Libraries	www.dcl.org	303-791-7323
Homebound Book Delivery	Memory Care Kits	303-791-7323
Lifelong Learning Seminars	Tech Tutoring	
Veterans History Project		303-688-7730
Colorado Talking Book Library	https://myctbl.cde.state.co.us/	303-727-9277

LIBRARIES

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LOCATIONS

Castle Pines	<i>360 Village Square Ln.</i>	Louviers	<i>7885 Louviers Boulevard</i>
Castle Rock	<i>100 S. Wilcox Street</i>	Parker	<i>20105 East Mainstreet</i>
Highlands Ranch	<i>9292 S. Ridgeline Blvd.</i>	Roxborough	<i>8357 N. Rampart Range Rd. #200</i>
Lone Tree	<i>10055 Library Way</i>		

MEAL ASSISTANCE



CONGREGATE MEALS

Castle Rock Senior Center	www.castlerockseniorcenter.org	303-688-9498
Parker Senior Center	www.parkerseniorcenter.org	303-841-5370

IN-HOME MEALS

Nourish Meals on Wheels	www.nourishmealsonwheels.org	303-798-7642
Meals on Wheels	www.castlerockseniorcenter.org	303-688-9498
Project AngelHeart	www.projectangelheart.org	303-830-0202

MEDICAL EQUIPMENT

Home Medical Supplies	www.medicalsupplycolorado.com	 303-751-3700
You Can Home Medical (Parker)	www.youcanhomemedical.com	 303-840-4444

LOAN CLOSETS

Aging Resources of Douglas County	www.goardc.org	303-814-4300
Castle Rock Senior Activity Center	www.castlerockseniorcenter.org	303-688-9498
So. Metro Medical Equip. Loan Closet	www.medicalequipmentloan.org	720-443-2013

MEMORY CARE RESOURCES

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Alzheimer's Association Colorado Chapter	www.alz.org/co	303-813-1669
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MEMORY CARE RESOURCES

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DougCo Library–Memory Care Kits www.dcl.org 303-791-7323

SPARK! Alzheimer’s Alliance at Lone Tree Arts Center www.lonetreeartscenter.org/spark.php 720-509-1000

MENTAL HEALTH SERVICES

All Health Network www.allhealthnetwork.org (M) 303-730-8858

Colorado Crisis Support (24/7 365) www.coloradocrisiservices.org 1-844-493-8255

Freedom Choice www.freedomchoicehealth.com (\$) (M) 720-213-5955

Life Stance Health www.lifestance.com (\$) (M) 970-873-8496

Suicide & Crisis Hotline (formerly Nat’l Suicide Hotline) (US) 988

SENIOR SAFETY & CRIME PREVENTION

18th Judicial District Consumer Protection Line 720-874-8547

Douglas County Sheriff Senior Resource Officer 303-663-7748

SOCIAL PROGRAMS

Arapahoe Community College: Community Programs www.arapahoe.edu 303-797-5722

Castle Rock Senior Activity Center www.castlerockseniorcenter.org 303-688-9498

Academy for Lifelong Learning www.academyll.org 303-770-0786

Highlands Ranch Active Adult Programs & Services www.highlandsranch.org 303-785-0320


PACE Center: Adult Lecture Series www.parkerarts.org 303-805-6800

Parker Senior Center www.parkerseniorcenter.org 303-841-5370

SUPPORT GROUPS

The ALS Association	www.als.org/rocky-mountain	303-832-2322
Alzheimer's Association Colorado Chapter	www.alz.org/co	303-813-1665
American Cancer Society	www.cancer.org	303-758-2030
American Diabetes Association	https://diabetes.org/local/colorado	720-855-1102
Arthritis Foundation	www.arthritis.org/local-offices/co-office	
Castle Rock Senior Activity Center: Low Vision Support		303-688-9498
Multiple Sclerosis Society (Colorado-Wyoming)	www.nationalmssociety.org/Chapters/COC	303-698-7400
Parkinson Association of the Rockies	www.parkinsonrockies.org	303-830-1839
Brain Injury Alliance	www.biaincolorado.org/support-groups/	303-355-9969
Sky Cliff Center: Stroke Support	www.skycliff.org	303-814-2863

TECHNOLOGY ASSISTANCE

Aging Resources of Douglas County	www.goardc.org	303-814-4300
Senior Planet	SeniorPlanet.org	Office: 720-328-0875 Hotline: 720-776-0233
Tech Pals	www.thetechpals.org	 1-844-832-4725

TRANSPORTATION

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Aging Resources of Douglas County	www.goardc.org	303-814-4300
Castle Rock Senior Center Shuttle	www.castlerockseniorcenter.org	303-688-9498

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Accepts Medicare and/or Medicaid



For-Profit Business



Grants May Be Available









Does Not Serve Entire County





Nationwide Program

TRANSPORTATION

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IntelliRide (Medicaid Only)	www.gointelliride.com/colorado	 	855-489-4999
Medride	www.medrideco.com		719-545-3333
Road to Recovery (Cancer Treatment Only)	www.cancer.org		800-227-2345
To The Rescue	www.totherescue.net	 	720-851-2100

PUBLIC TRANSPORTATION

Access-A-Ride (RTD District Only)			303-299-2960
Castle Rock Taxi Vouchers	www.tinyurl.com/CRTaxiVoucher	 	720-295-8747
Flex Ride Reservations for Inverness, Lone Tree, Meridian, and Parker	www.rtd-denver.com/services/flexride		303-299-6000 Option 2
RTD Bus Service for Lincoln to Parker Rd, & Highlands Ranch Routes	www.rtd-denver.com/services/bus		303-299-6000 Option 1
Link on Demand (Lone Tree only)	https://cityoflonetree.com/link-on-demand/		719-212-2430

VETERAN SERVICES

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DougCo Office of Veterans Affairs	www.douglas.co.us/community/veterans		303-663-6200
National 24/7 Veterans Crisis Line			988 then Press 1
Rocky Mtn. Region: VA Medical Ctr.	www.tinyurl.com/RockyMtnMedCtr		303-399-8020
Univ. of Colorado Dental Clinic	https://dental.cuanschutz.edu/		303-724-2838



Douglas County Housing Partnership offers these programs



DOUGLAS COUNTY
Housing
Partnership

- Affordable Rental Housing Options
- Down Payment Assistance
- Foreclosure Prevention Counseling
- Home Purchase Counseling
- Reverse Mortgage Counseling

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FOR MORE INFORMATION ABOUT THESE PROGRAMS, CONTACT ARTIE LEHL 303-784-7857

VETERAN SERVICES

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Veterans Community Living Center at Fitzsimons
www.cdhs.colorado.gov/vclc-fitzsimons



720-857-6400

Vets 4 Warriors: 24/7 Peer Support www.vets4warriors.com

1-855-838-8255

Volunteers of America: Veterans Service Center www.voacolorado.org

720-501-3367

VOLUNTEER OPPORTUNITIES

Aging Resources of Douglas County www.goardc.org 303-814-4300

Castle Rock Senior Activity Ctr. www.castlerockseniorcenter.org 303-688-9498

Catholic Charities www.ccharitiescc.org 720-215-4521

Douglas County Libraries www.dcl.org/volunteer 303-791-7323

Help and Hope Center www.helpandhopecenter.org 303-688-1114

PACE Center www.parkerarts.org 303-805-6800

Parker Senior Center www.parkerseniorcenter.org 303-841-5370

Parker Task Force www.parkertaskforce.org 303-841-3460

SECORCares www.secorcares.com 720-842-5621

AmeriCorps Senior RSVP Program www.sparkthechangecolorado.org



Keep Learning!
 Attend our meetings.
 Make a Difference! Join Us!



HELP AT HOME PROGRAM

A WRAP-AROUND PROGRAM FOR OLDER ADULTS



chores

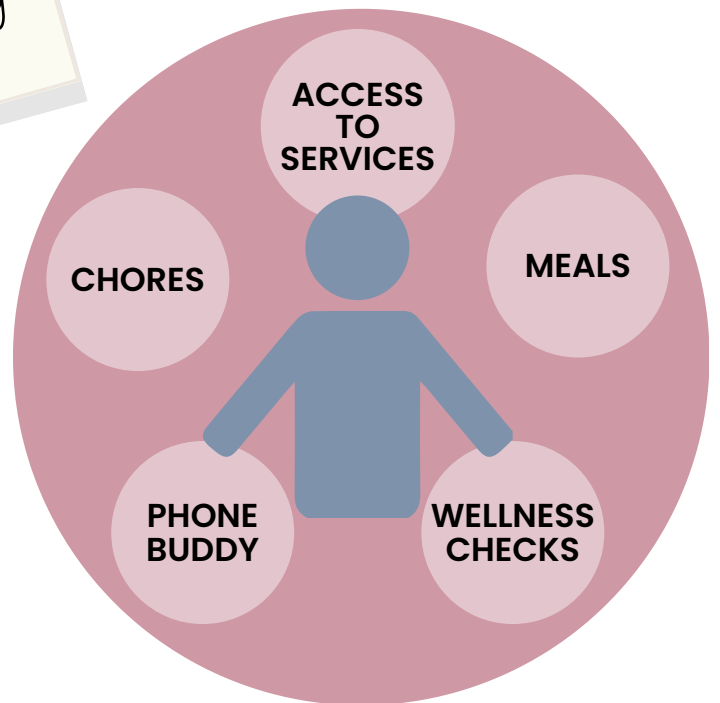
Providing services to maintain independence



rural meal delivery




transportation



303-814-4300

Service examples; rural meal delivery, light home chores, yard work, grocery shopping, companionship visits, phone calls, transportation, and access to other services

PROVIDED BY

AGING 
RESOURCES
of Douglas County

*areas and availability are based on volunteer availability

Join our Volunteer Family

- Provide trips to doctors appointment
- Light help at home
- Become a companion to an older adult
- And more!

**Help make a
difference in the life of
an older neighbor and
volunteer today!**

Apply online @ www.GoARDC.org

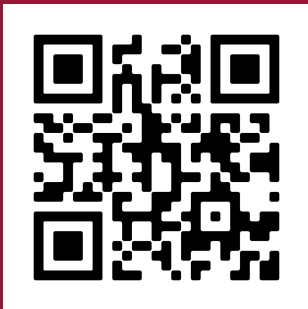
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Age with Independence!

303-814-4300



104 FOURTH STREET, CASTLE ROCK, CO 80104

www.GoARDC.org