

A RESOURCE GUIDE FOR OLDER ADULTS

Douglas County, CO

Published 2023



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 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.AgingResourcesDougCo.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
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ADVOCACY

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

Catholic Charities: Kinship Caregiver Program www.ccdenvr.org/family-kinship-support			720-799-9253
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Alzheimers Association-Colorado	www.alz.org/co		1-800-272-3900
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Easter Seals: Colorado Respite Coalition www.easterseals.com/co/programs-and-services/live/respice-care			303-233-1666 xt 8
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Rocky Mountain Stroke Center	www.strokecolorado.org		303-730-8800
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CASE MANAGEMENT

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

Colorado Center for Aging	www.coloradocenterforaging.org		303-832-4535
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Living and Aging Well in Lone Tree			303-225-4930
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Seniors' Council Douglas County	www.douglas.co.us/aging-resources		303-663-7681
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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.usdentalservice.com/colorado



720-287-6189

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
www.arapahoe.edu/workforce-community-programs

303-797-5722

Castle Rock Senior Activity Center www.castlerockseniorcenter.org

303-688-9498

Douglas County Libraries: OLLI, etc. www.dcl.org/featured-events

303-791-7323

Highlands Ranch Active Adult Progs & Services www.hrcaonline.org

720-240-4922

Osher Life Long Learning Institute (OLLI) at CSU
OLLI at University of Denver
OLLI at Regis University

www.courses.online.colostate.edu
www.universitycollege.du.edu
www.regis.edu/academics/inclusive-education/olli/index



Accepts Medicare
and/or Medicaid



For-Profit
Business



Grants May
Be Available



Does Not Serve
Entire County



Nationwide
Program

EDUCATIONAL OPPORTUNITIES

continued from previous page

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.tinyurl.com/DougCoSeniorsCouncil	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 303-660-7500
National Suicide Prevention Hotline	 988 or 1-800-273-8255
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

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 303-660-1066
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. Douglas Co)	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 303-636-1460

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	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



FITNESS & RECREATION





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Highlands Ranch Active Adult Programs & Services www.highlandsranch.org/recreation/active-adult-programs-services	720-240-4922
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 Doug. Co. Meal Prog www.agingresourcesdougco.org	303-814-4300
Castle Rock St. Vincent De Paul: Free Food Mkt. www.crsvdp.org	303-847-2606
Cherry Hills Community Church: Free Food Market www.chcc.org/manna	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	 	303-720-7421
Aging Resources of Douglas County	www.agingresourcesdougco.org		303-814-4300
Audio Information Network of Colorado	www.aincolorado.org		1-877-443-2001
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		720-481-7188
Colorado Gerontological Society	www.senioranswers.org		303-333-3482
Relay Colorado	www.relaycolorado.com		711

HOME CARE, NON-SKILLED

Aging Resources of Douglas County	www.agingresourcesdougco.org		303-814-4300
A Caring Hand and Heart	www.acaringhandandheart.com		303-515-0215
Home Instead	www.homeinstead.com		303-688-7852
The Key	www.thekey.com		720-916-2225
Senior Helpers	www.seniorhelpers.com		800-760-6389
Seniors Helping Seniors	www.seniorcaredouglascounty.com		303-990-4561
Synergy Home Care	www.synergyhomecare.com		303-953-9924
Visiting Angels	www.visitingangels.com	 	720-981-0804

HOME MAINTENANCE & IMPROVEMENT continues on next page

Brothers Redevelopment	www.brothersredevelopment.org		303-685-4225
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Does Not Serve
Entire County



For-Profit
Business



Grants May
Be Available



Accepts Medicare
and/or Medicaid




Serves Greater
Denver Area




Nationwide
Program



HOME MAINTENANCE & IMPROVEMENT continued from previous page

Energy Resource Center (Weatherization Only) www.erc-co.org 719-591-0772

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.agapehealthcare.com   720-482-1988

Colorado Palliative Care www.coloradophc.com   303-727-5709

The Denver Hospice www.denverhospice.org  303-398-6200

Lumicare Hospice www.lumicare.com   720-750-8497

New Century Hospice www.gentivahs.com   303-660-6107

Colorado End of Life Collaborative <https://coeolcollaborative.org/> 

HOSPITALS

Castle Rock Adventist Hospital www.tinyurl.com/CastleRockAdventist  720-455-5000

Parker Adventist Hospital www.tinyurl.com/ParkerAdventist  303-269-5000

Sky Ridge Medical Ctr. www.tinyurl.com/SkyRidgeHospital  720-225-1000

UC Health Highlands Ranch Hosp. www.tinyurl.com/UCHealth-HiRanch  720-516-1000

HOUSING RESOURCES continues on next page

Colorado Housing Connects (part of Brothers' Redevelopment) 1-844-926-6632

Douglas County Housing Partnership www.tinyurl.com/DCHousingPartners 303-784-7857




HOUSING RESOURCES

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ASSISTED LIVING AND SKILLED NURSING PLACEMENT SERVICES

Care Patrol (Placement Service)	www.carepatrol.com	303-668-9152
Answers for Senior Care	www.tinyurl.com/SeniorHousingPlacement	303-799-1313
DRCOG Ombudsman	www.drcog.org	303-480-6734
Next Steps Senior Placement	www.nextstepssenior.com	720-515-8014

ENERGY ASSISTANCE

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

INFORMATION & REFERRAL

Aging Resources of Douglas County	www.agingresourcesdougco.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
Metro Volunteer Lawyers	www.denbar.org/mvl	303-830-8210

LIBRARIES

Douglas County Libraries	www.dcl.org	303-791-7323
Homebound Book Delivery Lifelong Learning Seminars	Memory Care Kits Tech Tutoring	303-791-7323
Veterans History Project		303-688-7730



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

Aging Resources of Douglas County	www.agingresourcesdougco.org	303-814-4300
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
Independently Yours (Parker)	www.independentlyyours.org	 303-840-4444

LOAN CLOSETS (Limited Availability)

Aging Resources of Douglas County	www.agingresourcesdougco.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.tinyurl.com/DCL-MemoryKits 303-791-7323

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

MENTAL HEALTH SERVICES

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

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

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

Life Stance Health www.lifestance.com (\$) (M) 970-310-3406

Suicide & Crisis Hotline (formerly Nat’l Suicide Hotline) (US) 988 or 1-800-273-8255

SENIOR SAFETY & CRIME PREVENTION

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

Douglas County Sheriff Senior Resource Officer 303-814-7500 xt: 5822

SOCIAL PROGRAMS

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

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

Douglas County Libraries: Lifelong Learning Seminars www.academyll.org 303-791-7323

Highlands Ranch Active Adult Programs & Services www.hrcaonline.org 720-240-4922

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

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



SUPPORT GROUPS

Aging Resources of Douglas County	www.agingresourcesdougco.org	303-814-4300
The ALS Association	www.als.org/rocky-mountain	303-832-2322
Alzheimer's Association Colorado Chapter	www.alz.org/co	1-800-272-3900
American Cancer Society	www.cancer.org	303-758-2030
American Diabetes Association www.diabetes.org/get-involved/community/local-offices/colorado		720-855-1102
Arthritis Foundation	www.connectgroups.arthritis.org/groups/denver	720-588-4969
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
Rocky Mountain Stroke Center	www.strokecolorado.org	303-730-8800
Sky Cliff Center: Stroke Support	www.skycliff.org	303-814-2863

TECHNOLOGY ASSISTANCE

Aging Resources of Douglas County	www.agingresourcesdougco.org		303-814-4300
Collective Mind Technologies	www.tinyurl.com/CollectiveMindTech		720-593-6759
Senior Planet	Senior Planet.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.agingresourcesdougco.org	303-814-4300
Castle Rock Senior Center Shuttle	www.castlerockseniorcenter.org	303-688-9498

TRANSPORTATION

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IntelliRide (Medicaid Only) www.gointelliride.com/colorado   855-989-4999


Road to Recovery (Cancer Treatment Only) www.cancer.org  303-758-2030

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 www.rtd-denver.com/services/flexride for Inverness, Lone Tree, Meridian, and Parker  303-299-6000
Option 2

RTD Bus Service www.rtd-denver.com/services/bus for Lincoln to Parker Rd, & Highlands Ranch Routes  303-299-6000
Option 1

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 www.tinyurl.com/HeroesProgDental 303-724-2838

 Accepts Medicare and/or Medicaid

 For-Profit Business

 Grants May Be Available

 Does Not Serve Entire County

 Nationwide Program

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

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: Back Home Program www.voacolorado.org 720-501-3367

VOLUNTEER OPPORTUNITIES

Aging Resources of Douglas County www.agingresourcesdougco.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

Retired and Senior Volunteer Program (RSVP)
www.voacolorado.org/volunteer 303-297-0408



Accepts Medicare
and/or Medicaid



For-Profit
Business



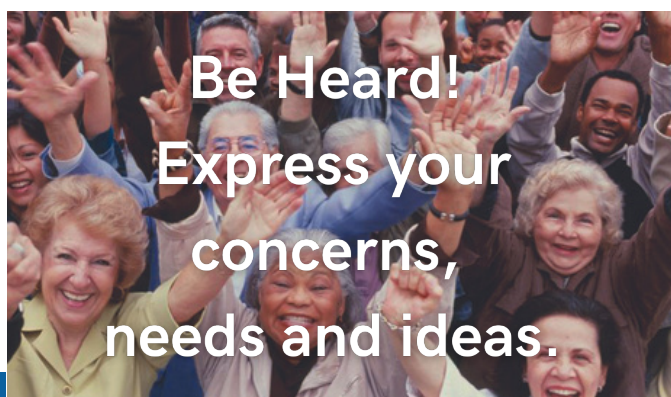
Grants May
Be Available



Does Not Serve
Entire County



Nationwide
Program



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



**Seniors' Council
 Douglas County**
Living Well / Aging Well™

NOTES

STATE HEALTH INSURANCE ASSISTANCE

LOCAL HELP FOR PEOPLE WITH MEDICARE



SHIP

State Health Insurance
Assistance Program

Navigating Medicare

The State Health Insurance Assistance Program (SHIP) helps older adults to understand and manage Medicare benefits. SHIP counselors provide free, unbiased insurance counseling and assistance to Medicare beneficiaries, their families, friends, and caregivers.

To Contact a SHIP Counselor call: 303-480-6835

SHIP is a program of the nonprofit organization, Denver Regional Council of Governments (DRCOG).

HELP AT HOME PROGRAM

A WRAP-AROUND
PROGRAM FOR
OLDER ADULTS



meal delivery

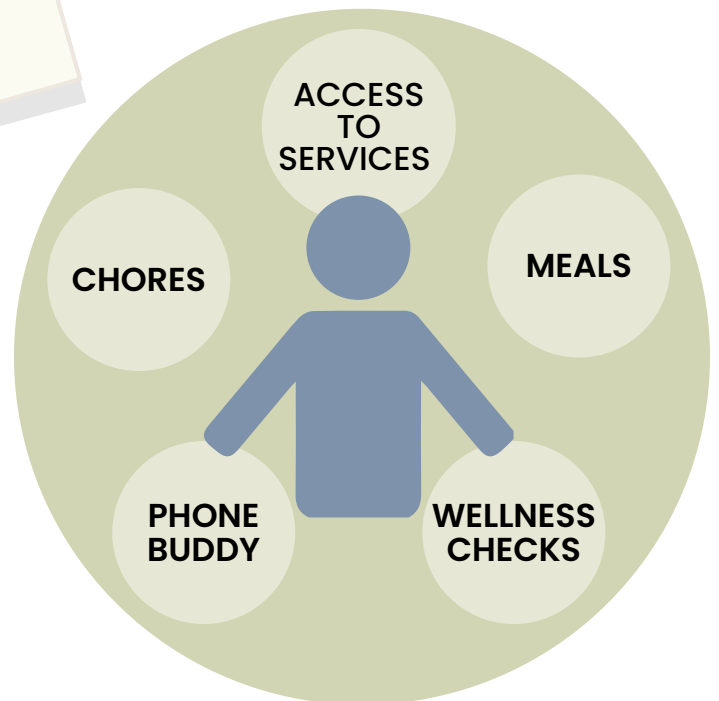


chores


Providing
services to
maintain
independence



transportation



PROVIDED BY

AGING 
RESOURCES
of Douglas County

*areas and availability are based
on volunteer availability

303-814-4300

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

Join our Volunteer Family

- Provide trips to doctors appointments
- Deliver hot meals
- Light help at home
- Becoming 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.agingresourcesdougco.org

AGING 
RESOURCES
of Douglas County



AGING RESOURCES *of Douglas County*

Helping you navigate the aging process!

303-814-4300



104 FOURTH STREET, CASTLE ROCK, CO 80104

www.AgingResourcesDougCo.org