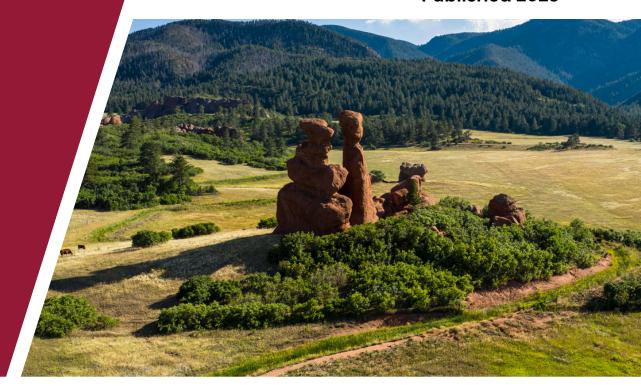
A RESOURCE GUIDE FOR OLDER ADULTS

Douglas County, CO

Published 2023



HELPING YOU NAVIGATE THE AGING PROCESS

303-814-4300

a nonprofit aging center





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











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	\bigcirc	303-814-2863
ADVOCACY			
Colorado Legal Services	www.coloradolegalservices.org		303-837-1313
DRCOG	www.drcog.org		303-480-6700
CAREGIVER SUPPORT			
Catholic Charities: Kinship Caregiv	er Program www.ccdenver.org/family–kinship-	-support	720-799-9253 t
Alzheimers Association-Colorado	www.alz.org/co	1	-800-272-3900
Easter Seals: Colorado Respite Co www.easterseals.com/co/p	alition rograms–and–services/live/respite-)3-233-1666 xt 8
Rocky Mountain Stroke Center	www.strokecolorado.org		303-730-8800
CASE MANAGEMENT			
DRCOG: Case Management	www.drcog.org		303-480-6704
Western Care Partners	www.westerncarepartners.com	\$	720-675-9902
COMMUNITY INVOLV	'EMENT		
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.douglas.co.us/aging-resourc	es	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 Hotlin	ne 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	US 1-800-269-0271
DENTAL RESOURCES		
Colorado Gerontological Society	www.senioranswers.org	303-333-3482

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

www.usdentalservice.com/colorado

EDUCATIONAL OPPORTUNITIES continues on next page

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

303-797-5722

720-287-6189

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 www.courses.online.colostate.edu
OLLI at University of Denver www.universitycollege.du.edu
OLLI at Regis University www.regis.edu/academics/inclusive-education/olli/index



Dental Lifeline Network









EDUCATIONAL OPPORTUNITIES continued from previous page					
PACE Center: Adult Lecture Series www.	303-805-6800				
Parker Senior Center www	ı.parkerseniorcenter.org	303-841-5370			
Seniors' Council Douglas County www	v.tinyurl.com/DougCoSeniorsCounci	il 303-663-7681			
ELDER ABUSE/VICTIM ASS	ISTANCE				
Douglas County Adult Protective Service www.	es w.tinyurl.com/DougCoAdultProtectAs	303-663-6270 ssistance			
DRCOG Ombudsman (for assisted living www	/skilled nursing facilities) v.drcog.org	303-480-6734			
VICTIMS ASSISTANCE					
Douglas County Sheriff www	v.dcsheriff.net	303-660-7505			
EMERGENCY SERVICES	continues on next page				
If someone needs help right away b	pecause of an injury or immedia	te danger, call 911			
Douglas County Sheriff Dispatch	911	or 303-660-7500			
National Suicide Prevention Hotline	US 988	or 1-800-273-8255			
Rocky Mountain Poison and Drug Safet	y 911 c	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

continued from previous page

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. 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 303-636-1460

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

TITINESS & RECREATIO	continues on next page	
Castle Rock Community Rec. Ctr.	www.tinyurl.com/CastleRockRecCtr	303-660-1036
Castle Rock Senior Activity Center	www.castlerockseniorcenter.org	303-688-9498



FITNIESS & RECREATION









FITNESS & RECREATION

continued from previous page

Highlands Ranch Active Adult Programs & Services 720–240–4922 www.highlandsranch.org/recreation/active-adult-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 Doug. Co. Meal P	rog www.agingresourcesdougco.org	303-814-4300
Castle Rock St. Vincent De Paul: Free	e 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 Mai	rket www.helpandhopecenter.org	303-841-5370
Hands Across Roxborough: Food Ban www.facebook.com		303-667-2860 r 720-289-8188
Parker Task Force: Free Food Marke	t 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 & VISIO	on servi	CES		
Accent On Hearing	,	www.accentonhearing.net	\$ M	303-720-74211
Aging Resources of Dougla	as County v	www.agingresourcesdougco.c	org	303-814-4300
Audio Information Network	of Colorado	www.aincolorado.org	1-	-877-443-2001
Caption Call Colorado: Fre	e Caption Ph	one www.captioncall.com		719-358-3798
Colorado Commission for t Hard of Hearing and Deaf–		www.ccdhhdb.com	(\$)	720-481-7188
Colorado Gerontological So	ociety	www.senioranswers.org	;	303-333-3482
Relay Colorado		www.relaycolorado.com		711
HOME CARE, NO	n-skille	D		
Aging Resources of Dougla	s County	www.agingresourcesdou	gco.org	303-814-4300
A Caring Hand and Heart	www.acari	nghandandheart.com	\$	303-515-0215
Home Instead	www.home	einstead.com	\$	303-688-7852
The Key	www.theke	ey.com	\$	720-916-2225
Senior Helpers	www.senio	orhelpers.com	\$	800-760-6389
Seniors Helping Seniors	www.senic	orcaredouglascounty.com	\$	303-990-4561
Synergy Home Care	www.syner	gyhomecare.com	\$	303-953-9924
Visiting Angels	www.visitir	ngangels.com (\$	720-981-0804
HOME MAINTEN	ANCE &	IMPROVEMENT con	ntinues on	next page
Brothers Redevelopment	www.broth	ersredevelopment.org	3	303-685-4225













HOME MAINTEN	NANCE & IMPROVEMENT	continued from previous page	
Energy Resource Center (Weatherization Only) www.erc-co.org 719-591-0772			
Home Builders Foundation	n www.hbfdenver.org	\$ 303-551-6721	
Number-1 Son	www.number-1-son.com	\$ 720-722-0832	
HOSPICE & PALL	IATIVE CARE		
Agape Healthcare	www.agapehealthcare.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	
New Century Hospice	www.gentivahs.com	\$ M 303-660-6107	
Colorado End of Life Colla	borative https://coeolcollaborative.	org/	
HOSPITALS			
Castle Rock Adventist Ho	spital www.tinyurl.com/CastleRockA	dventist M 720-455-5000	
Parker Adventist Hospital	www.tinyurl.com/ParkerAdventist	M303-269-5000	
Sky Ridge Medical Ctr.	www.tinyurl.com/SkyRidgeHospital	M 720-225-1000	
UC Health Highlands Rand	ch Hosp. www.tinyurl.com/UChealth-F	HiRanch M 720-516-1000	
housing resou	JRCES 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			
8 M Accepts Medicare and/or Medicaid	\$\frac{1}{3} \text{For-Profit Business} \text{ Grants May Be Available }	Does Not Serve Entire County US Program	



HOUSING RESOURCES continued from previous page ASSISTED LIVING AND SKILLED NURSING PLACEMENT SERVICES Care Patrol (Placement Service) www.carepatrol.com 303-668-9152 **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 **ENERGY ASSISTANCE** www.energyoutreach.org/cip Crisis Heat Intervention 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

Veterans History Project





Memory Care Kits

Tech Tutoring





303-791-7323

303-688-7730



LIBRARIES

continued from previous page

LOCATIONS

Castle Pines 360 Village Square Ln.
Castle Rock 100 S. Wilcox Street
Highlands Ranch 9292 S. Ridgeline Blvd.
Lone Tree 10055 Library Way

Louviers 7885 Louviers Boulevard
Parker 20105 East Mainstreet
Roxborough 8357 N. Rampart Range Rd. #200

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CUN	IGREG <i>A</i>	$\mathbf{A} \mid \mathbf{E} \mid \mathbf{V}$	IEAL5

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 D	ouglas County	www.agingresourcesdougco.org	303-814-4300
Meals on Wheels	www.castlero	ckseniorcenter.org	303-688-9498
Project AngelHeart	www.projectar	ngelheart org	303-830-0202

MEDICAL EQUIPMENT

Aging Doggurgos of Douglas County

Home Medical Supplies	www.medicalsupplycolorado.com	\$ 303-751-3700
Indonesia de malo. Vecuse (Desilves)		202 242 444

Independently Yours (Parker) www.independentlyyours.org \$\ 303–840–4444

LOAN CLOSETS

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

So. Metro Medical Equip. Loan Closet www.medicalequipmentloan.org 720–443–2013

MEMORY CARE RESOURCES continues on next page

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













202 014 4200

MEMORY CARE RESOURCES

continued from previous page

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



720-213-5955

Life Stance Health

www.lifestance.com



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

303-663-7748

SOCIAL PROGRAMS

Arapahoe Community College: Community Programs

www.arapahoe.edu 303-797-5722

Castle Rock Senior Activity Center

www.castlerockseniorcenter.org

303-688-9498

303-791-7323

Highlands Ranch Active Adult Programs & Services

www.hrcaonline.org

720-240-4922

PACE Center: Adult Lecture Series www.parkerarts.org

Douglas County Libraries: Lifelong Learning Seminars www.academyll.org

303-805-6800

Parker Senior Center

www.parkerseniorcenter.org

303-841-5370











SUPPORT GROUPS			
Aging Resources of Douglas County	www.agingresourcesdougco.or	g 303-814-4300	
The ALS Association	vww.als.org/rocky-mountain	303-832-2322	
Alzheimer's Association Colorado Chapt	er 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/colo	720-855-1102 rado	
Arthritis Foundation www.connectgroups	s.arthritis.org/groups/denver	720-588-4969	
Castle Rock Senior Activity Center: Low	vision Support	303-688-9498	
Multiple Sclerosis Society (Colorado–Wyww.nationalmssociety.org/Ch		303-698-7400	
Parkinson Association of the Rockies v	www.parkinsonrockies.org	303-830-1839	
Rocky Mountain Stroke Center	vww.strokecolorado.org	303-730-8800	
Sky Cliff Center: Stroke Support	vww.skycliff.org	303-814-2863	
TECHNOLOGY ASSISTANCE			
Aging Resources of Douglas County	www.agingresourcesdougco.or	g 303-814-4300	
Collective Mind Technologies www.tiny	url.com/CollectiveMindTech	\$ 720-593-6759	
Senior Planet Senior Planet.org	Office: 720-328-0875 F	lotLine: 720-776-0233	
Tech Pals	vww.thetechpals.org	\$ 1-844-832-4725	
TRANSPORTATION continues on next page			
Aging Resources of Douglas County	www.agingresourcesdougco.or	g 303-814-4300	
Castle Rock Senior Center Shuttle www.castlerockseniorcenter.org 303–688–9498			
Accepts Medicare Sport-Profit Business	Grants May Be Available Does Not Ser Entire Count	rve US Nationwide Program	

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 I

Rocky Mtn. Region: VA Medical Ctr.

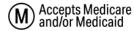
www.tinyurl.com/RockyMtnMedCtr

303-399-8020

Univ. of Colorado Dental Clinic

www.tinyurl.com/HeroesProgDental

303-724-2838











Douglas County Housing Partnership offers these programs



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

VETERAN SERVICES

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



720-857-6400

b		
Vets 4 Warriors: 24/7 Peer Support	www.vets4warriors.com	1-855-838-8255
Volunteers of America: Back Home Pi	rogram www.voacolorado.org	720-501-3367
VOLUNTEER OPPORTUN	ITIES	
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	n (RSVP) www.voacolorado.org/volunteer	303-297-0408



For-Profit Business

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

US Nationwide Program

Does Not Serve Entire County



Accepts Medicare and/or Medicaid

Grants May Be Available

NOTES	

STATE HEALTH INSURANCE ASSISTANCE LOCAL HELP FOR PEOPLE WITH MEDICARE



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



of Douglas County chores, yard work, grocery shopping, companionship visits, phone calls, *areas and availability are based on volunteer availability

transportation, and access to other services

Service examples; meal delivery, light home

Join our Volunteer Family

Provide trips to doctors appointments

- Deliver hot meals
- 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!





Age with Independence!

303-814-4300



104 FOURTH STREET, CASTLE ROCK, CO 80104 www.AgingResourcesDougCo.org