

# Community Resources

2007

Provided by: Pima Health System Caregiver Education & Support Program

## **ASSISTIVE EQUIPMENT & MEDICAL SUPPLIES**

Arizona Relay Service (Phones for hearing impaired).....Set-up: 800-352-8161 Voice: 800-842-4681; Teletype: 800-367-8939	
Catalina United Methodist Church (free equipment loan).....	327-4296
DIRECT Center for Independence.....	624-6452
Friends In Deed (Green Valley).....	625-1150
LIFELINE Emergency Alert System.....	323-1700
Masonic Loan Chest (free equipment loan).....	744-4146
PCOA Program for Family Caregivers.....	790-7262
Sun Sounds (Radios and recordings for visually impaired).....	296-2400
Top Dog Training (free dog training for disabled persons).....	323-6677
Tucson Loan Chest (equipment loan on sliding-fee scale).....	624-3367

## **ADULT DAY CARE**

Casa De Esperanza Adult Day Care (Green Valley) .....	625-2273
Handmaker Adult Day Care.....	881-2323
Daybreak Adult Day Care--Central/East .....	325-1114

## **CASE MANAGEMENT SERVICES**

Catholic Social Services (Ajo).....	520-387-5639
Catholic Social Services (Tucson).....	623-0344
Green Valley Assistance Services, Inc. ....	625-5966
Jewish Family and Children's Services .....	795-0300
Marana Health Center (Marana).....	682-4111
Our Family Services .....	327-4583
Pima Health System--Community Services System.....	790-7262
Southern Arizona AIDS Foundation .....	628-7223

## **COUNSELING/MENTAL HEALTH**

Caregiver Education and Support Program.....	243-8376 or 243-8377
Casa de Esperanza (Green Valley 24-hour crisis line) .....	625-2273
Catalina Community Services (Catalina, AZ).....	825-0009
Catholic Social Services.....	623-0344
C.O.D.A.C. Behavioral Health Services.....	327-4505
Community Partnership of Southern AZ .....	325-4268
COPE Behavioral Services.....	792-3293
El Rio Health Clinic.....	792-9890
FIRST (Interfaith support & telephone crisis line).....	918-4673
Generations--Palo Verde Hospital (Inpatient psych. for older adults)....	324-3425
Help-on-Call (24-hour telephone crisis line) .....	323-9373
Jewish Family and Children's Service.....	795-0300

K.A.R.E. Family Center (for persons caring for the <i>children</i> of others).....	323-4476
La Frontera (for AHCCCS clients).....	884-9920
Marana Health Center.....	682-4111
Our Family Services .....	327-4583
Person-to-Person (Peer counseling/telephone support for age 50+).....	324-2273
Southern AZ Mental Health Center (Free 24-hour walk-in clinic).....	622-6000

## EMERGENCY PREVENTION SERVICES

AZ Poison & Drug Information Center .....	626-6016
Lifeline Program .....	323-1700
Safe Return Program--Alzheimer's Association (ID Bracelet).....	322-6601

## FINANCIAL ASSISTANCE

Consumer Credit Counseling Services .....	800-308-2227
DES Administration (Federal Assistance Program) .....	628-6810
Green Valley Assistance (short-term financial & food assistance) .....	625-5966
Money Management Project (PCOA).....	790-7262
Project PPEP (assistance with rent and utility bills).....	622-3553
Public Fiduciary of Pima County.....	740-5454
Supplemental Security Income.....	800-772-1213
Tucson Urban League (assistance with rent and utility bills).....	791-9522

## FOOD ASSISTANCE - General

Casa De Esperanza (Green Valley) .....	625-2273
Catalina Community Services (Catalina, AZ) .....	825-0009
Community Food Bank (Emergency Food Boxes; Senior Brown Bag Program; Value Food Purchase Program).....	622-0525
DES Administration (Food Stamps) .....	628-6810
Food Plus for Seniors.....	623-3383
Lioque Sr. Center (Pascua Yaqui) .....	879-7688

## FOOD ASSISTANCE - Prepared Meals (Delivered)

Catalina Community Services (Catalina, AZ).....	825-0009
Catholic Social Services (Westside Nutrition).....	624-1562
Mobile Meals ( <b>special diet</b> ; no age requirement).....	622-1600
Pascua Center (Old Pascua Village) .....	882-7688
Pima Meals on Wheels--PCOA (regular diet).....	790-7262
Salvation Army ("Senior Services").....	792-1352
St. Nicholas Indian Center (South Tucson) .....	879-5537

## HOME CARE SERVICES (In-Home Help)

Community Services System (Pima Health System).....	790-7262
DIRECT Center for Independence (Attendant Program) .....	624-6452
Green Valley Assistance (Information; Volunteer in-home helpers) .....	625-5966
Jewish Family & Children's Service (Homemaker Program) .....	795-0300

Lutheran Social Ministries Home-based Services.....	748-2300
“My House Program” of L.I.F.E. (Formerly Easter Seals).....	745-5222
Our Family Services (Shopping) .....	327-4583
Pima Council on Aging (information only).....	790-7262
St. Elizabeth of Hungary Clinic.....	628-7871
Southern Arizona AIDS Foundation.....	628-7223

## HOME REPAIR & ADAPTATION

City of Tucson Community Services Department.....	791-4171
Community Home Repair Projects of AZ .....	745-2055
DIRECT Center for Independence.....	624-6452
Independent Living Rehabilitation Services (DES).....	629-0225
Interfaith Community Services .....	297-6049
Pima Council on Aging.....	790-7262
Tucson Urban League.....	791-9522

## HOSPICE

Carondelet Hospice.....	205-7700
Casa de la Luz Hospice.....	544-9890
Evercare Hospice.....	407-8006
Heartland Hospice.....	325-2790
Hospice Family Care.....	790-9299
Odyssey Health Care .....	577-0270
TMC Hospice.....	324-2438
Valor Hospice .....	615-3996
Veteran’s Administration Hospice Services.....	792-1450 x 5316
VistaCare Hospice.....	318-0700

## HOUSING

Chicanos Por La Causa (Low-cost housing list).....	882-0018
DIRECT Center for Independence.....	624-6452
Housing Authority (City of Tucson—Section 8)) .....	791-4616
Housing Dept. (City of South Tucson) .....	623-8481
HUD (Federal Program) .....	670-6237
Information & Referral Services (Low-cost housing list).....	881-1794
Pima Council on Aging (information only).....	790-7262
Senior Resource Network (housing and placement info for elderly).....	795-7480

## INFORMATION/REFERRAL/ADVOCACY

AARP (American Association for Retired Persons).....	800-424-3410
ARC (Association for Retarded Citizens) .....	570-1295
AZ Early Intervention Program (for children with Devel. Disabilities)...519-1677	
AZ Center for Disability Law .....	327-9547
Caregiver Education & Support Program .....	243-8376 or 243-8377
Casa de Esperanza (Green Valley).....	625-2273
Catalina Community Services (Catalina, AZ) .....	825-0009

DIRECT Center for Independence.....	625-6452
Friends in Deed (Green Valley).....	625-1150
Green Valley Assistance Services .....	625-5966
Information & Referral Service .....	881-1794
Pima Council on Aging.....	790-7262

## INTERNET RESOURCES

Access America for Seniors.....	www.seniors.gov
AARP.....	www.aarp.org
Administration on Aging .....	www.aoa.gov
Agenet.....	www.agenet.com
Aging With Dignity .....	www.agingwithdignity.org
American Geriatric Society.....	www.americangeriatrics.org
Americans for Better Care of the Dying.....	www.abcd-caring.org
And Thou Shalt Honor.....	www.thoushalthonor.org
Benefits Check-Up.....	www.benefitscheckup.org
Caregiver Consortium (Local caregiver resources).....	www.arizonacaregivers.org
Caregivers Handbook .....	www.acsu.buffalo.edu/%7edrstall/hndbk0.html
Children of Aging Parents .....	www.CAPS4caregivers.org
Elderweb .....	www.elderweb.com
Empowering Caregivers.....	www.care-givers.com
Family Caregiver Alliance.....	www.caregiver.org
Geriatric Times .....	www.medinfosource.com
Information & Referral Services, Inc.....	www.azinfo.org
Last Acts Campaign .....	www.lastacts.org
National Academy on an Aging Society .....	www.agingociety.org
National Family Caregivers Association .....	www.nfcacares.org
National Institute on Aging (“Health Information”).....	www.nia.nih.gov
National Organization for Empowering Caregivers .....	www.nofec.org
Partnership for Caring: Voices for the Dying.....	www.partnershipforcaring.org
Pima Council on Aging .....	www.pcoa.org
Social Security Administration.....	www.ssa.gov

### LOCAL HOSPITAL WEBSITES:

Carondelet (St. Joseph’s and St. Mary’s).....	www.carondelet.org
El Dorado Hospital.....	www.eldoradohospital.com
Northwest Medical Center.....	www.northwestmedicalcenter.com
Tucson Medical Center.....	www.tmcaz.com
Tucson Heart Hospital.....	www.tucsonhearthispital.com
University Medical Center.....	www.azumc.com
Veterans Administration Medical Center.....	www.va.gov/678savahcs

## LEGAL SERVICES

AZ Center for Disability Law.....	327-9547
Elder Law Hotline.....	623-5137
Lawyer’s Referral Service.....	623-4625
Legal Clinic at Pima Council on Aging.....	790-7262
Southern Arizona Legal Aid.....	623-9465

## MEDICAL SERVICES & HOSPITALS

Ajo Desert Senita Community Health Center (Ajo, AZ).....	(520) 387-5651
Armory Park Health Clinic.....	791-4865
AZ Health Care Cost Containment System (AHCCCS).....	205-8600
AZ Long Term Care System (ALTCS) .....	205-8600
Behavioral Neuroscience & Alzheimer's Clinic (UMC--Neurology)....	626-6524
El Dorado Hospital .....	886-6361
El Pueblo Health Clinic .....	573-0096
El Rio Health Center.....	792-9890
Marana Health Center.....	682-4111
Memory Disorders Clinic (UMC--Neuropsychology).....	626-2357
Northwest Medical Center .....	742-9000
Northwest Medical Center--Oro Valley.....	818-2000
Pima County Public Health Nursing (Administration).....	740-8611
South Clinic.....	889-9543
North Clinic.....	293-4620
East Clinic.....	298-3888
Green Valley Clinic.....	648-1626
St. Elizabeth of Hungary Clinic.....	628-7871
St. Joseph's Hospital.....	873-3000
St. Mary's Hospital.....	872-3000
Santa Catalina Health Center (Catalina, AZ).....	825-6763
Tucson Medical Center.....	327-5461
Tucson Heart Hospital.....	696-2328
University of AZ Mobile Health Clinic.....	626-2267
University Medical Center (UMC).....	694-0111
University Physicians Hospital at Kino.....	294-4471
Veterans Administration Medical Center.....	792-1450

## MEDICARE INFORMATION

Pima Council on Aging.....	546-2011
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## NURSING HOME & ASSISTED LIVING FACILITIES

AZ Dept. of Health Services (Facility lists; information; complaints)...	628-6965
AZ Long Term Care System.....	205-8600
Pima Council on Aging (information).....	790-7262

## NUTRITION & SOCIALIZATION CENTERS

Ajo Community Center.....	520-387-5040
Arivaca Community Center.....	520-398-3010
Archer Center.....	791-4355
Armory Park Senior Center .....	791-4865
Casa Community Center (Green Valley).....	399-2136
Catalina Community Services (Catalina, AZ).....	825-0009
Eastside Senior Center .....	296-4816
El Pueblo Neighborhood Center .....	889-0928
El Rio Neighborhood Center .....	624-5313

Marana Community Center.....	682-3395
Northwest Neighborhood Center .....	791-3249
Picture Rocks Community Center.....	682-7166
Quincie Douglas Senior Center .....	791-2507
Richey Senior Center .....	795-9671
Robles Junction Community Center.....	578-3063

## **PROTECTIVE SERVICES (ABUSE/NEGLECT)**

Adult Protective Services (to make a report of abuse or neglect).....	877-767-2385
Elder Shelter (Emergency Placement for Older Adults).....	566-1919
Later Life Domestic Violence Services (Free Counseling).....	327-2665

## **RESPIRE CARE**

Casa de Esperanza Adult Day Care (Green Valley).....	625-2273
Community Services System (For in-home or facility respite).....	790-7262
Green Valley Assistance (In-home volunteers).....	625-5966
Handmaker Adult Day Care.....	881-2323
Interfaith Community Services (In-home volunteers).....	297-6049
Daybreak Adult Day Care (Central/East) .....	327-1114
Project PPEP (Day Program for Developmentally Disabled Adults).....	622-3553
VA Medical Center (Facility Respite Program).....	792-1450

## **SOCIAL SECURITY INFORMATION**

DIRECT Center for Independence.....	624-6452
Social Security Administration.....	800-772-1213

## **SUPPORT GROUPS & SERVICES (HEALTH RELATED)**

ALS Association .....	882-8009
Alzheimer's Association.....	322-6601
American Cancer Society .....	321-7989
American Diabetes Association.....	795-3711
American Heart Association .....	795-1403
American Lung Association .....	323-1812
American Parkinson Disease Association .....	326-5400
Arthritis Foundation.....	917-7070
Caregiver Education & Support Program.....	243-8376 or 243-8377
Community Outreach for the Deaf .....	792-1906
DIRECT Center for Independence.....	624-6452
Friends in Deed (Green Valley—Call for listing of groups) .....	625-1150
HealthSouth (Amputee Group, Head Injury Group, COPD Group).....	325-1300
K.A.R.E. Family Center (Grandparents raising grandchildren).....	323-4476
Lupus Foundation of Southern AZ.....	622-9006
Mission Ostomy Club.....	731-3460
Multiple Sclerosis Support Foundation of Pima County .....	622-7236
Muscular Dystrophy Association.....	795-3434
National Alliance for the Mentally Ill (NAMISA).....	622-5582
National Multiple Sclerosis Society.....	747-7472

Polio EPIC, Inc.....	750-8608
RROADD (Older adults w/ developmental disabilities) .....	519-1515 x 1018
Southern Arizona AIDS Foundation.....	628-7223
Southern AZ Assoc. for the Visually Impaired (formerly “TAB”).....	795-1331
Stroke Club (at HealthSouth).....	325-1300 x 4045
Sunstone Cancer Support Foundation.....	749-1928
Tu Nidito (Grief support for children and families).....	322-9155
Wingspan (Gay Lesbian Bisexual & Transgender Community Center).....	624-1779

## TRANSPORTATION

Arizona Senior Transport.....	573-6221
Catalina Community Services (Volunteer drivers & van service).....	825-0009
Coyote Run (Oro Valley).....	229-4990
Friends in Deed (Green Valley; volunteer drivers & van service) .....	625-1150
Handi-Car (County) .....	881-3391
Interfaith Community Services (Volunteers).....	297-6049
Van Tran (Within the city).....	791-5409

## UTILITIES & WEATHERIZATION

Pima County Community Action Agency.....	740-5523
Project PPEP (County residents only) .....	622-3553
TEP Project (Tucson Electric) .....	623-7711

## VOLUNTEER CAREGIVER ASSISTANCE

Interfaith Community Services—“Caregiving Services” .....	297-6049
<i>Volunteers from various faith communities provide help at home, caregiver relief, shopping, transportation, friendly visits &amp; telephone checks.</i>	
Neighbors Care Alliance Program (through Pima Council on Aging)...	790-7262
<i>Volunteers in various neighborhoods provide help at home for older and disabled adults, including friendly visits, shopping, transportation, etc.</i>	
Catalina Community Services (serving Catalina, AZ).....	825-0009
Green Valley Assistance Services.....	625-5966

## VOLUNTEER OPPORTUNITIES

Casa de Esperanza (Green Valley) .....	625-2273
Catalina Community Services (Catalina, AZ) .....	825-0009
El Dorado Hospital Volunteers.....	886-6361
Family Counseling Agency--Senior Companions .....	327-4583
Green Valley Assistance Services.....	625-5966
Interfaith Community Services .....	297-6049
Northwest Medical Center “Senior Friends” .....	469-8537
PCOA “Ambassadors” & Retired Senior Volunteer Program (RSVP)...	790-7262
Tucson Medical Center Volunteers.....	327-5461
Volunteer Center of Tucson.....	881-3300

**PLEASE NOTE:**

These resources are available on a non-emergency basis only.  
In case of an emergency, please call 911.

This list has been compiled for your use by  
**Pima Health System Caregiver Education and Support Program**  
**(243-8376 or 243-8377).**

While this guide attempts to list the most commonly requested services, it is not all-inclusive. It is updated as often as possible, but information may change without notice. Please check the phone book or call Information & Referral Services at 881-1794 for additional information.

The use of references and information from this list does not constitute an endorsement from Pima Health System, Pima Council on Aging, or The Caregiver Consortium.