



Resource Guide for Caregivers

CONTENTS

SUGGESTED NEXT STEPS	3
EMERGENCY CARE ALTERNATIVES	4
TRANSPORTATION	5
LOCAL HOME CARE SERVICES	6
ADULT DAY PROGRAMS	7
LOW-COST ACTIVITIES FOR PERSONS WITH DEMENTIA	8
AGENCIES FOR SENIOR PLACEMENT	9
DEMENTIA CAREGIVING EDUCATION AND SUPPORT RESOURCES	10
CAREGIVER SELF-CARE	11
CAREGIVING EDUCATION VIDEOS	12

SUGGESTED NEXT STEPS:

- _____

- _____

- _____

- _____

EMERGENCY CARE ALTERNATIVES

Dispatch Health



This service sends a medical team equipped with all the tools necessary to provide advanced medical care in your home. They treat a wide range of common to complex injuries and illnesses that are urgent, but not life or limb threatening. Billing is typically through your insurance like an urgent care, but they come to your home.

Tel: 888-908-0553

dispatchhealth.com/



TRANSPORTATION

VIA

**Tel: 303-444-3043 (to set up account)
AND 303-447-9639 to set up trip
(8-4:30pm Monday-Friday)**

A free service (donations are welcome) for transportation to medical appointments as well as other errands. Call at least 7 days prior to appointment.

DRCOG Transportation Voucher Program



From/To: Adams, Arapahoe, Broomfield, Denver, Douglas, and Jefferson Counties Service

For: 60+

Cost: No Cost – Accepts voluntary contributions

Hours: Rides available 7 days a week depending on choice of provider.

Vouchers can be requested Monday-Friday 8:00am-5:00pm.

Pre-Schedule: Three business days in advance

Telephone: 303-480-6700

Website: drcog.org

Information: Vouchers for personal and medical trips, RTD fixed routed and Access-a-ride tickets.

RTD Access-a-Ride



From/To: Denver Metro

Service For: ADA Certified only

Cost: Fares start @ \$5 one-way

Hours: Corresponds to fixed-route hours and days

Pre-Schedule: 1-5 Business days. No same day trips.

Telephone: 303-299-2960

Website: rtd-denver.com/services/access-a-ride

Information: Requires ADA certification prior to riding. Contact RTD for ADA certification requirements.

RTD Flex Ride



From/To: 24 Metro service areas - some fixed routes

Service For: General Public

Cost: Fares start at \$3. Discount rates available based on income age or disability. Prequalification may be required.

Hours: Varies

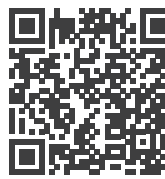
Pre-Schedule: Minimum 10 min.

Telephone: 303-299-6000

Website: rtd-denver.com/services/flexride

Information: Trips are within service areas only. First come first serve space available

RTD Access-a-Cab (Upon space availability)



From/To:

Denver Metro Service

For: 6+, ADA Certified Only

Cost: \$2 upfront: RTD pays next \$12. Rider Pays remaining fare.

Hours: 24/7; Monday-Friday 6:00am-9:00pm scheduling

Pre-Schedule: Same day

Telephone: 303-244-1388

Website: rtd-denver.com/services/access-a-ride/customer-guide

Information: Requires ADA certification prior to riding. Contact RTD for ADA certification requirements at 303-299-2960.

LOCAL HOME CARE SERVICES

DECIDE ON THE TYPE OF SERVICE NEEDED

- **Companion Services:** help with supervision, errands, fun activities, and visiting
- **Personal Care Services:** help with dressing, toileting, bathing, eating, exercising, and other personal care
- **Homemaker Services:** help with cooking, housecleaning, laundry, and grocery shopping
- **Skilled Care or Health Management:** usually ordered by a physician and provided by a licensed health care professional: medications, injections, wound care, and speech, occupational, or physical therapy

HOME CARE AGENCIES

All State Home Health

945 W Kenyon Ave Ste 200
Englewood, CO 80110

Tel: 303-761-1314

Salus Homecare

3600 S Yosemite Ste 320
Denver, CO 80237

Tel: 303-770-2050

Home Instead Senior Care

6191 West 44th Ave
Wheat Ridge, CO 80033

Tel: 303-463-1900

Brightstar Healthcare

14334 East Evans Avenue
Aurora, CO 80014

Tel: 720-432-8918

ADULT DAY PROGRAMS

Senior Resource Center – SRC



Seniors' Resource Center offers broad based community education along with information; select senior services, legal referral, transportation, employment resources and adult day care.

3227 Chase St., Denver CO 80212

Tel: 303-238-8151

srcaging.org

Live Well Colorado Adult Day Services



Live Well Colorado Adult Day Services offers programming flexibility whether all day or just a few hours a day. This adult day program offers a wide variety of activities, has on-site nursing staff, and offers transportation pick-up and drop-off services. Live Well Colorado accepts Medicaid insurance and is contracted with Veterans Affairs for free or low-cost services for service veterans.

1200 S. Abilene St., Unit C, Aurora CO 80112

Tel: 303-200-5050

LiveWellColoradoADS.com



LOW-COST ACTIVITIES FOR PERSONS WITH DEMENTIA

Denver Botanic Gardens



Denver Botanic Gardens offers an opportunity for participants in early stages of dementia to enjoy hands-on garden related activities. Working in partnership with the Colorado chapter of the SPARK! Alzheimer's Association, the program integrates the participants' multiple senses to inspire creativity and engagement.

Events are free. Registration required.

1007 York St. Denver, CO 80206

Tel: 720-865-3500

botanicgardens.org/programs/spark

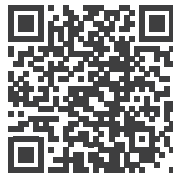
Memory Café at Denver Public Library

The Memory Café is offered by the Denver Public Library for people experiencing memory loss, along with their friends, family, and caregivers. Providing a fun, social, and safe place, The Memory Cafe starts with a program (like music, art and other enriching activities), followed by socializing over coffee and treats. Formal care or supervision not provided.

Denver Public Library

Tel: 720-865-1123 (Amy Delpo)

Opening Minds through Art (OMA)



Opening Minds through Art (OMA) is an art-making program for people with Alzheimer's disease and other forms of neurocognitive disorders. The program provides opportunities for creativity and social engagement for people with dementia.

Multiple Locations

Tel: 513-529-2914

scrippsoma.org/oma-sites/oma-site-listing/



AGENCIES FOR SENIOR PLACEMENT

These agencies help patients and caregivers to find a community that offers independent living, assisted living, memory care, or skilled nursing home.

CAUTION: Some of these services are free and can be helpful, but some patients have reported spam calls and feeling pressured to decide. Since these services are not obligated to act with your best interest in mind, always do your own research before deciding.

A Place for Mom



Tel: (877) 311-6099
aplaceformom.com

All About Seniors

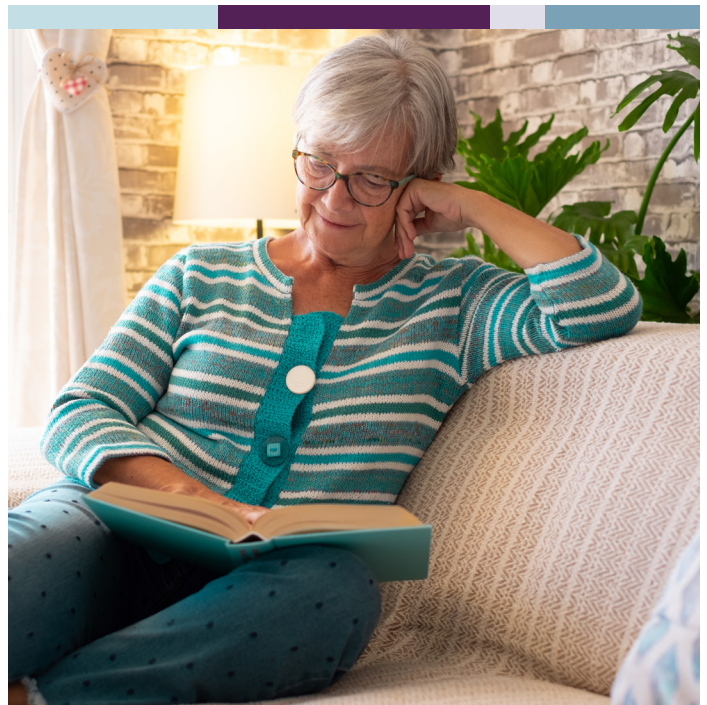


Tel: (720) 755-7308
allaboutsensorsinc.net

Care Patrol



Tel: (303) 679-4935
carepatrol.com



DEMENTIA CAREGIVING EDUCATION AND SUPPORT RESOURCES

DRCOG – Area Agency on Aging



Designated Area Agency on Aging (AAA) for the eight-county region, the Denver Regional Council of Government plans and provides comprehensive services

to address the needs of the region's population of older adults and people living with disabilities. We are responsible for the establishment of a comprehensive, coordinated system of community-based supportive and nutrition services, like care management, for the Denver region's older adults.

Tel: 303-455-1000

drcog.org/programs/area-agency-aging

Colorado Chapter of the Alzheimer's Association



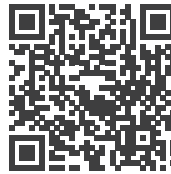
Local classes, trainings, consultation, and programming with trained professionals. The Alzheimer's Association leads the way to end Alzheimer's and all

other dementia – by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support

Tel: 800-272-3900 (contact for services and 24/7 caregiver support hotline)

alz.org/co/helping_you

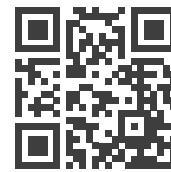
Colorado specific resources



Resources for the Colorado community (provide care, meals, housing, and dental care)

coloradocareplanning.org/colorado-community-resources/

The Alzheimer's Association



24-hour help line for people and family members that are experiencing the effects of dementia. Provides education, support, information, referrals and care inquiries.

Tel: 800-272-3900

alz.org

National Institute of Aging



Information about how to live with dementia, counseling for caregivers and family members, clinical trials and other resources.

alzheimers.gov

NIA Caring for patients with Alzheimer



Learn how to respond to changes in communication and behavior, provide everyday care, and get help when needed.

nia.nih.gov/health/alzheimers/caregiving

CAREGIVER SELF-CARE

Find Support Groups



[alz.org/apps/we_can_help/
support_groups.asp](https://alz.org/apps/we_can_help/support_groups.asp)

El Centro de las Familias



El Centro de las Familias is a multicultural clinic that provides bilingual (Spanish and English) mental health services to adults, youth, children, and families in the Latino/x and Hispanic community.

1405 N. Federal Blvd., Denver, CO 80204

Tel: 303-504-1900

wellpower.org/el-centro-de-las-familias-spanish/

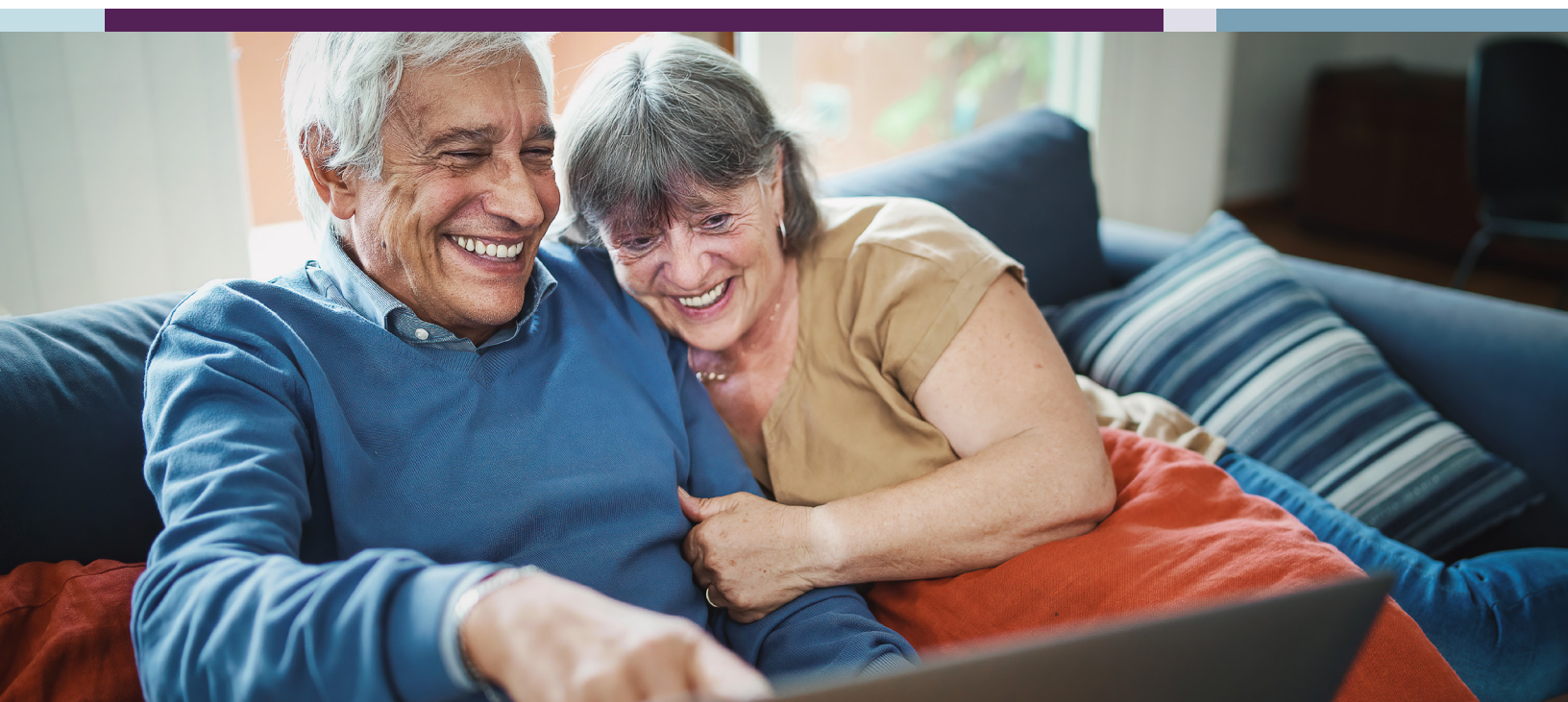
Servicios de la Raza



The mission of Servicios de La Raza is to build and cultivate a thriving Latino community in Colorado. They promote multiple events and provide mental health services.

Tel: (303) 458-5851

serviciosdelaraza.org/



CAREGIVING EDUCATION VIDEOS

Global Brain Health Institute "Conversando con los Cuidadores" a video series



youtube.com/watch?v=rexHdp5gIMw&list=PLgdobFpNy7LWQ2YWrc1RBx0KboivR76BB

Family Caregiver Alliance Canal de YouTube (Alianza de Cuidadores Familiares)



youtube.com/user/CAREGIVERdotORG

UCLA Caregiver Education



dementia.uclahealth.org/caregiver-education

Cuidando al cuidador (Caring for the caregiver) from Hospital Clínic de Barcelona



youtube.com/playlist?list=PL6JHr3EeRES4FJPytpLpkBgbGmqHxQjib

Patients and caregivers series (Una serie para los pacientes y cuidadores)



youtube.com/@Pacientesycuidadores

