Resources for 'Yard Help'

Limited to service areas:

Limited to resources with:

Old Ft Lowell Live-At-Home Program

P.O. Box 14633
Tucson, AZ 85732-4633

Phone: (520) 275-6757

Description: Old Fort Lowell Live-At-Home is a part of The Neighbors Care Alliance (NCA). NCA is a network of neighborhood volunteer programs with a shared mission of helping older adults thrive safely in their homes for as long as possible. The programs serve specific geographic areas; each is independently organized. Pima Council on Aging serves as the program administrator and provides tools to build infrastructure, volunteer training, opportunities for networking and access to community resources, and mileage reimbursement. Volunteers support older adults through various services, including transportation to medical appointments and shopping, running errands, meal delivery, phone calls and visits, lighthouse and yard work, and caregiver respite. Neighbors connecting to neighbors reduces the social isolation many older adults face while helping to meet everyday needs.

The NCA welcomes all interested volunteers and neighborhood programs to the network. Through participation in the Alliance, your neighborhood program will build a vast network of resources and support building a safety net for older adults.

Serving older adults and individuals with disabilities who reside within the Old Fort Lowell Neighborhood boundaries encompasses the area of Swan Road to the Pantano Wash and the Rillito River to Glenn Road.

Services offered:
Transportation
Errands
Friendly Visit
Friendly Phone Call
Caregiver Relief
Light Yard Work

Costs: FREE to our clients

Interfaith Community Services

Phone: (520) 297-6049

Description: Interfaith Community Services is part of The Neighbors Care Alliance (NCA). NCA is a network of neighborhood volunteer programs with a shared mission of helping older adults thrive safely in their homes for as long as possible. The programs serve specific geographic areas; each is independently organized. Pima Council on Aging serves as the program administrator and provides tools to build infrastructure, volunteer training, opportunities for networking and access to community resources,

and mileage reimbursement. Volunteers support older adults through various services, including transportation to medical appointments and shopping, errands, meal delivery, phone calls and visits, lighthouse and yard work, and caregiver respite. Neighbors connecting to neighbors reduces the social isolation many older adults face while helping to meet everyday needs.

The NCA welcomes all interested volunteers and neighborhood programs to the network. Through participation in the Alliance, your neighborhood program will build a vast network of resources and support building a safety net for older adults.

You are serving older adults and people with disabilities in 28 zip code areas of Pima County. Please visit the ICS website to determine if your neighborhood is included.

Services offered:
Transportation
Errands
Friendly Visit
Friendly Phone Call
Caregiver Relief
Light Yard Work
Light Home Maintenance

Lend A Hand Senior Assistance, Inc.

P.O. Box 41323
Tucson, AZ 85717-1323

Phone: (520) 248-6882

Description: Lend A Hand is part of The Neighbors Care Alliance (NCA). NCA is a network of neighborhood volunteer programs with a shared mission of helping older adults thrive safely in their homes for as long as possible. The programs serve specific geographic areas; each is independently organized. Pima Council on Aging serves as the program administrator and provides tools to build infrastructure, volunteer training, opportunities for networking and access to community resources, and mileage reimbursement. Volunteers support older adults through various services, including transportation to medical appointments and shopping, errands, meal delivery, phone calls and visits, lighthouse and yard work, and caregiver respite. Neighbors connecting to neighbors reduce the social isolation many older adults face while helping to meet everyday needs.

The NCA welcomes all interested volunteers and neighborhood programs to the network. Through participation in the Alliance, your neighborhood program will build a vast network of resources and support building a safety net for older adults.

We serve older adults in Campus Farm, Limberlost, RillitoBend, Mountain View, Richland Heights East, Richland Heights West, Winterhaven, Hedrick Acres, Mountain/1st, Samos, Campbell/Grant, and Jefferson Park Neighborhoods.

Services offered:
Transportation
Errands
Friendly Visit
Friendly Phone Call
Light Yard Work
Light Home Maintenance
Monthly Luncheon
Produce Delivery

Ajo Works Job Training Program

38 N. Plaza St.
Ajo, AZ 85321

Phone: (520) 387-3570

Description: Ajo Works provides minor home repairs to low-income homeowners in the Ajo area. Services include grab bar and ramp installation, more simple maintenance and repair, minor electrical repairs, painting and drywall, minor plumbing repairs, weatherization, and yard work—eligibility requirements.

Costs: Income Qualify

Interfaith Community Services

2820 W. Ina Rd.
Tucson, AZ 85741

Phone: (520) 297-6049 ext: 4225

Description: ICS provides volunteers to assist low-income participants with minor home repair and yard work, dependent on volunteer availability and zip code. Homeowners must supply materials. Call for more information and service-area restrictions.

Southwest Gas

Tucson, AZ

Phone: (877) 860-6020

Description: Southwest Gas offers a utility assistance program for qualified customers. The program includes a discounted monthly basic service charge and a 30% reduction on the first 150 therms per month from Nov. 1st–Apr., 30th. Eligibility is based on income and other factors. Call or visit the website for further information and to schedule an appointment. If you need help with the application process, you can call PCOA's helpline at (520) 790-7573 Ext 7262 for assistance.

Iskashitaa Refugee Network

3736 E. 2nd St.
Tucson, AZ 85716

Phone: (520) 440-0100

Description: Iskashitaa Refugee Network is part of The Neighbors Care Alliance (NCA). NCA is a network of neighborhood volunteer programs with a shared mission of helping older adults thrive safely in their homes for as long as possible. The programs serve specific geographic areas; each is independently organized. Pima Council on Aging serves as the program administrator and provides tools to build infrastructure, volunteer training, opportunities for networking and access to community resources, and mileage reimbursement. Volunteers support older adults through various services, including transportation to medical appointments and shopping, running errands, meal delivery, phone calls and visits, lighthouse and yard work, and caregiver respite. Neighbors connecting to neighbors reduce the social isolation many older adults face while helping to meet everyday needs.

The NCA welcomes all interested volunteers and neighborhood programs to the network. Through participation in the Alliance, your neighborhood program will build a vast network of resources and support building a safety net for older adults.

We are providing support to older adult refugees throughout Pima County. Harvesting and gleaning unwanted produce and distributing it to community partners and residents.

Services offered:
Transportation
Errands
Friendly Visit
Friendly Phone Call
Gleaning and Harvesting of produce
Food Distribution

IMPACT of Southern Arizona

3535 E. Hawser St.
Tucson, AZ 85739

Phone: (520) 825-0009

Description: IMPACT of Southern Arizona is part of The Neighbors Care Alliance (NCA). NCA is a network of neighborhood volunteer programs with a shared mission of helping older adults thrive safely in their homes for as long as possible. The programs serve specific geographic areas; each is independently organized. Pima Council on Aging serves as the program administrator and provides tools to build infrastructure, volunteer training, opportunities for networking and access to community resources, and mileage reimbursement. Volunteers support older adults

through various services, such as phone calls and visits, lighthouse and yard work, and caregiver respite. Neighbors connecting to neighbors reduce the social isolation many older adults face while helping to meet everyday needs.

The NCA welcomes all interested volunteers and neighborhood programs to the network. Through participation in the Alliance, your neighborhood program will build a vast network of resources and support building a safety net for older adults.

Serving older adults with meal delivery and transportation residing in northwest Pima County, including Oro Valley, Marana, and Catalina.

Services offered:
Errands
Meal Preparation
Caregiver Relief

Costs: Free

29th Street Community Assistance Network

85732-2954

Phone: (520) 406-6959

Description: The Neighbors Care Alliance (NCA) is a network of neighborhood volunteer programs with a shared mission of helping older adults thrive safely in their homes for as long as possible. The programs serve specific geographic areas, and each is independently organized. Pima Council on Aging serves as the program administrator and provides tools to build infrastructure, volunteer training, opportunities for networking, access to community resources, and mileage reimbursement. Volunteers support older adults through various services, including transportation to medical appointments and shopping, errands, meal delivery, phone calls and visits, lighthouse and yard work, and caregiver respite. Neighbors connecting to neighbors reduces the social isolation many older adults face while helping to meet everyday needs.

The NCA welcomes all interested volunteers and neighborhood programs to the network. Your neighborhood program will build a vast network of resources and support through participation in the Neighbors Care Alliance, building a safety net for older adults.
We serve older adults (55+) and adults with disabilities living within the boundaries of 22nd Street, Golf Links Road, Country Club Road, and Craycroft Road.
Services offered:
Transportation
Errands
Friendly Visit
Friendly Phone Call

Eastside Neighbors Volunteer Program

8302 E. Broadway Blvd.
Tucson, AZ 85710

Phone: (520) 245-4729

Description: We are a non-profit that provides transportation to clients that live within our service boundaries and are 60 years or older. The vehicle is for Medical Appointments, Grocery Shopping, and Banking. We will also Grocery Shop for clients. Clients must agree to an in-home interview and be ambulatory to qualify for Transportation Services."

International Sonoran Desert Alliance

38 N. Plaza St.
Ajo, AZ 85321

Phone: (520) 387-3570

Description: Ajo Works provides minor home repairs to low-income homeowners in the Ajo area. Services include grab bar and ramp installation, more simple maintenance and repair, minor electrical repairs, painting and drywall, minor plumbing repairs, weatherization, and yard work—eligibility requirements.

Costs: Please call for details.

Greater Vail Community Resources

Phone: (520) 879-1240

Description: Resources in Vail – Greater Vial Community Resources is a part of The Neighbors Care Alliance (NCA). NCA is a network of neighborhood volunteer programs with a shared mission of helping older adults thrive safely in their homes for as long as possible. The programs serve specific geographic areas; each is independently organized. Pima Council on Aging serves as the program administrator and provides tools to build infrastructure, volunteer training, opportunities for networking and access to community resources, and mileage reimbursement. Volunteers support older adults through various services, including transportation to medical appointments and shopping, running errands, meal delivery, phone calls and visits, lighthouse and yard work, and caregiver respite. Neighbors connecting to neighbors reduces the social isolation many older adults face while helping to meet everyday needs.

The NCA welcomes all interested volunteers and neighborhood programs to the network. Through participation in the Alliance, your neighborhood program will build a vast network of resources and support building a safety net for older adults.

Serving older adults who reside in the area that makes up the Vail School District. Irvington Road on the north, South Wilmot on the west, Pima County border on the east.

Service offered:
Transportation
Food delivery
Errands

Please visit the website for detailed information on services

1-800-GOT-JUNK

1245 W. Giaconda Way,
Tucson, AZ 85704

Phone: (800) 468-5865

Description: 1-800-GOT-JUNK is a full-service junk removal company that offers removal services for homes and businesses: removing old furniture, appliances, electronics, tires, construction debris, yard waste, and more.

How our service works:
Schedule your appointment online or by calling 1-800-468-5865.
Our truck team will contact you 15-30 minutes before your scheduled appointment window to let you know when we'll arrive.
We'll take a look at the items you want to be removed and give you an all-inclusive price.
We'll remove your items, sweep up the area, and collect payment once we're done.

Costs: Please call for details.

Bertha and the Babes Estate Sales

10358 E. Loveless Gardner Ln.
Tucson, AZ 85747

Phone: (520) 400-4208

Description: We specialize in liquating homes' contents, including items in the yard, garage, and sheds. Our current platform is online auctions, which have proven to realize more profit for our clients than in-person sales. The first step in hiring us is to call or email us to set up an introductory appointment at the location where the items to be sold are located. We have been in business for sixteen years and have a triple AAA rating with the BBB. We are passionate about helping seniors transition and do all we can to relocate as stress-free as possible.

Costs: We charge 40% of the gross of the sale for our services. Our clients receive a check for 60% of the gross of the sale. We pay for all costs, advertising, credit card fees, sit up costs, and

appraisals if needed. There is no out of pocket charge to our clients and no hidden charges.

Tucson Estates Neighbors Helping Neighbors

5486 W. Flying Circle St.
Tucson, AZ 85713

Phone: (520) 360-9578

Description: We provide services to registered Clients to allow them to remain in their homes independently, safely, and with dignity for a little longer. We provide transportation, social activities, friendly visits & phone calls, light maintenance & housekeeping, pet services, moving assistance, financial assistance, and end-of-life preparedness.

Costs: All services are FREE to registered clients and registered volunteers.
We are 100% supported by tax-deductible donations.
We provide limited financial support to low-income participants as needed and approved by our Board of Directors.

Corona Cares - (NCA)

494 W. Chatfield St.
Vail, AZ 85641

Phone: (520) 395-9327

Description: Corona Cares is part of The Neighbors Care Alliance (NCA).
We serve older adults in Corona de Tucson Fire District on Houghton Road between Dawn Road on the north, Camino Aurelia on the south, Wentworth Road on the east, and Ocotillo View Road on the west.

Services offered:
Transportation (Must be registered in transportation program. To register, email coronacares@cox.net to receive and complete a program application).
Errands
Friendly Visit
Friendly Phone Call
Caregiver Relief

Park West - Neighbors Helping Neighbors

3003 W. Broadway
Tucson, AZ 85745

Phone: (520) 360-957

Description: Neighbors Helping Neighbors - Park West Neighbors Helping Neighbors is a part of The Neighbors Care Alliance (NCA). NCA is a network of neighborhood volunteer programs with a shared mission of helping older adults thrive safely in their homes for as long as possible. The programs serve specific geographic areas; each is independently organized. Pima Council on Aging serves as the program administrator and provides tools to build infrastructure, volunteer training, opportunities for networking and access to community resources, and mileage reimbursement. Volunteers support older adults through various services, including transportation to medical appointments and shopping, running errands, meal delivery, phone calls and visits, lighthouse and yard work, and caregiver respite. Neighbors connecting to neighbors reduces the social isolation many older adults face while helping to meet everyday needs.

The NCA welcomes all interested volunteers and neighborhood programs to the network. Through participation in the Alliance, your neighborhood program will build a vast network of resources and support building a safety net for older adults.

Serving older adults and people with disabilities who live in the Park West Mobile Home Community

Services offered:
Transportation (Please call the phone number provided to request transportation assistance: 520-360-9578).

Errands
Friendly Visit
Friendly Phone Call
Caregiver Relief

Junction Connection (Robles Junction)

Phone: (520) 429-7843

Description: Junction Connection (Robles Junction) is part of The Neighbors Care Alliance (NCA). NCA is a network of neighborhood volunteer programs with a shared mission of helping older adults thrive safely in their homes for as long as possible. The programs serve specific geographic areas; each is independently organized. Pima Council on Aging serves as the program administrator and provides tools to build infrastructure, volunteer training, opportunities for networking and access to community resources, and mileage reimbursement. Volunteers support older adults through various services, including transportation to medical appointments and shopping, errands, meal delivery, phone calls and visits, lighthouse and yard work, and caregiver respite. Neighbors connecting to neighbors reduces the social isolation many older adults face while helping to meet everyday needs.

The NCA welcomes all interested volunteers and neighborhood programs to the network. Through participation in the Alliance, your neighborhood program will build a vast network of resources and support building a safety net for older adults.

We serve older adults, primarily with transportation, residing at Robles Junction between Milewide Road, Britten Ranch Road, and Coleman Road to Kinney Road.

Services offered:
Transportation
Errands
Friendly Visit
Friendly Phone Call

Pima Council on Aging (PCOA)

8467 E. Broadway Blvd.
Tucson, AZ 85710

Phone: (520) 305-3409

Description: PCOA provides healthy living classes and workshops for individuals aged 55 and over. These include Enhance Fitness and A Matter of Balance, both evidence-based fall prevention programs. Other workshops include Healthy Living with Ongoing Health Conditions, Healthy Living with Chronic Pain, and Healthy Living with Diabetes. Another program, the Aging Mastery Program (AMP), is a comprehensive approach to aging well.

Enhance Fitness is a one-hour exercise class held three times a week at various times and community locations. The class focus on increasing your strength, endurance, balance, and flexibility. A certified fitness instructor leads it.

The A Matter of Balance® is a workshop designed to reduce the fear of falling and help participants learn to view falls as controllable, set goals for increasing
activity, and make changes to reduce fall risks at home. It includes eight two-hour sessions for 10-15 participants and is led by trained coaches.

The Healthy Living with Ongoing Health Conditions workshop (Chronic Disease Self-Management Program) is an evidence-based program developed by Stanford University. It has been shown to improve the health and well-being of adults with different chronic conditions. The workshop meets 2 ½ hours per week for six weeks and is a Peer-led (non-healthcare professional) self-management workshop. It promotes empowerment by teaching behavior management, is not disease-specific, and is excellent for people with a single or multiple chronic health conditions and caregivers. It addresses topics such as Problem-solving, Relaxation techniques, Nutritious eating,

Improving communication with physicians, family, and friends, and more. Participants receive a copy of the Living a Healthy Life with Chronic Conditions book.

Healthy Living with Chronic Pain workshop is a high-level evidence-based program for people with persistent pain. Developed at Stanford University, the workshop sessions meet for 2-1/2 hours once a week for six consecutive weeks. This community-based program is very interactive, where mutual support and success build participants' confidence in managing their pain and maintaining active and fulfilling lives. Facilitated by two trained Leaders in a small group setting (10-15 people), the program delves into mental, physical, and emotional well-being topics. Gain knowledge, share your experience, practice new skills, and help others while helping yourself. Participants receive a copy of the Living a Healthy Life with Chronic Pain book.

Healthy Living with Diabetes (Diabetes Self-Management Program) is a 6-week group program for people with type 2 diabetes. Stanford University developed the program to help you manage your diabetes symptoms, tiredness, pain, and emotional issues, by helping you learn skills to manage your diabetes day to day better. It covers various topics, including menu planning, balancing meals and physical activity, etc. Participants receive a copy of the book Living a Healthy with Chronic Conditions book.

The Aging Mastery Program is a comprehensive approach to aging well. The program combines classes with expert speakers, group discussion, and goal setting to help you gain new skills and helpful resources to help you age well. The session is for ten weeks and meets on the same day of the week at the same time. The program fee includes curriculum books and supplies for each participant.

Costs: Enhance Fitness is $36 per month per person. The workshops A Matter of Balance, Healthy Living with Ongoing Health Conditions, Healthy Living with Chronic Pain, and Healthy Living with Diabetes are $30 per person. The Aging Mastery Program (AMP) is $89 per person by a specific date; after that, it is $99 per person. Please see more information on the Aging Mastery Program (AMP) cost on our website at https://pcoa.org/ways-we-help/aging-mastery.html/.

Pima Council on Aging (PCOA)

8467 E. Broadway Blvd
Tucson, AZ 85710

Phone: (520) 790-7262

Description: The Personal Budgeting Assistance Program at PCOA pairs trained volunteers with people who need assistance with budgeting, writing checks, and organizing bills. Services are provided in-home.

Costs: No Cost

Administration of Resources and Choices (ARC)

1625 N Alvernon Way Ste 101
Tucson, AZ 85712

Phones: (520) 623-9383, (520) 339-2801 Crisis Line

Description: ARC's skilled professional case managers help older adults escape abusive and life-threatening situations. We employ the generosity of Tucson area adult care homeowners to help provide safe temporary housing, acquire immediate medical care, and transition to long-term housing– all free of charge. Funding is provided by the US Department of Justice, the Arizona Department of Public Safety, and Pima County.

Our services include:
Professional Crisis Intervention and Support services for people over 50 or for individuals with disabilities experiencing abuse or neglect
Professional Case Management Services and help navigate the justice system and acquire appropriate legal and social services.

Obtaining remote orders of protection
Safety Planning and help locating accessible long-term housing.

Costs: No fees apply to this program

Adult Care Hunters, LLC

P.O. Box 69398
Oro Valley, AZ 85737

Phone: (520) 665-1233

Description: A senior living referral service helps narrow down the best options for folks looking for Memory Care, Licensed Assisted living Homes, Assisted Living Centers, Independent Living, or In home care. We provide an evaluation to help determine which type of living situation fits your individual needs, mindful of the budget and area you prefer. We run the state inspection reports and provide you with questions to ask and checklists to help guide you through the process. We are well versed with ALTCS and LTC insurance and have resources for folks needing full-service movers, case managers, in-home care, etc.
With over 25 years of experience, we are still mindful that this may be the first time you have to place a loved one. We hold your hand and give you moral support along with our wealth of knowledge to assist you through the process. Give us a call; we are here to help!

Costs: No Cost to the clients, the one-time fee is paid by the communities and can not be charged to the client

Pima Council on Aging (PCOA)

8467 E. Broadway Blvd
Tucson, AZ 85710

Phone: (520) 790-7262

Description: We help and advocate for people aged 60 and older with a wide range of issues. We help negotiate landlord/tenant disputes. We can help access financial assistance resources and consumer issues such as unfair sales practices and unsatisfactory service. Services offered include one-on-one counseling or advice, contacting creditors or other entities on your behalf, assisting you in filling out forms, helping with benefits screening, and much more. Services are available by phone or appointment at either PCOA's facilities.

Costs: Most services provided at no cost.

Philips Lifeline - Southern Arizona Lifeline

Phone: (855) 681-5351

Description: Philips Lifeline provides a medical alert service to keep older adults in their homes longer while giving family/friends peace of mind. Our easy-to-use medical alert systems let you summon any type of help whenever you need it, any time of day or night – even if you can’t speak*. All you need to do is press your help button, worn as a wristband or pendant, and a Trained Care Specialist will make sure you quickly get the help you need.

Costs: Call for details

DES Division of Aging and Adult Services

1789 W. Jefferson St.
Phoenix, AZ 85007

Phone: (602) 542-4446

Description: The Arizona Department of Economic Security (DES) makes Arizona stronger by helping all residents reach their potential through diverse programs that provide support and services to achieve and maintain self-sufficiency. In partnership with non-profit organizations, as well as state and federal partners, DES offers vital support to residents, including by providing access to food and healthcare, as well as providing job training, enforcing child support orders, assistance with rent, along with guidance accessing unemployment insurance and evaluating reports

of abuse, neglect, and abuse of vulnerable citizens ages 18 and older.
The DES Division of Aging and Adult Services (DAAS) assists at-risk Arizonans with meeting basic needs so they can live safely, with dignity and independence. DAAS delivers Services and programs that reach diverse residents, from homeless youths to older adults and those ages 18 and older with disabilities. Adult Protective Services (APS), part of DAAS, accepts and reviews abuse, neglect, and exploitation claims for vulnerable adults. Its caseworkers take calls and report online, 24 hours a day, and collaborate with law enforcement officials, the courts, and community-based service providers to facilitate services and help protect at-risk adults ages 18 and older. Community Service Programs (CSP) expand the safety net for vulnerable and at-risk individuals and families by assisting survivors of domestic violence, those experiencing homelessness and food insecurity, and refugees seeking help settling in Arizona, among other outreach.
Whether you need help or want to be considered for employment with DES, we look forward to working with you to create a better future for everyone in the state. You can find DES office locations and learn more about its many programs and services here https://des.az.gov.
DES Office Locator: https://azdes-community.secure.force.com/EOL/

Bogutz & Gordon, P.C.

3503 N. Campbell Ave., Ste. 101
Tucson, AZ 85719

Phones: (520) 321-9700, (800) 688-2568

Description: Our firm advises families at all levels of wealth regarding passing whatever they cherish to the next generation and beyond. Likewise, we help clients assert their rights concerning estates and trusts and advocate for them in many different roles. For example, we guide executors in their duties and challenges. We help clients resolve disputes over wills and other estate matters.
The firm's structure remains unusual among law firms. In the planning arena, we help clients with traditional estate planning needs, creating wills, trusts, powers of attorney, and planning regarding benefits and taxes.
The firm also serves as a "fiduciary." A "fiduciary" is typically a person in a position of trust who is legally empowered to make decisions for others. In our case, the firm collectively serves clients as trustees, agents under a power of attorney, guardians, conservators, and personal representatives, making decisions in their best interests when they cannot or carrying out their final wishes.
The firm is well-suited to advise and assist clients facing the realities of aging or disabilities or recovering from injuries resulting from accidents or medical malpractice.

Arizona Suicide Prevention Coalition (AZSPC)

P.O. Box 10745
Phoenix, AZ 85064

Phone: (602) 248-8337

Description: The Arizona Suicide Prevention Coalition (AZSPC) provides education and awareness of suicide prevention. Resources are available for individuals, families, and friends to help see signs and obtaining help.

Interfaith Community Services

2820 W. Ina Rd.
Tucson, AZ 85741

Phone: (520) 297-6049 ext: 4223

Description: Honoring Our Lives programming prepares people of all life stages and cultures transitioning through life stages and their departure from this life.
Advance care planning is a way to help ensure that your values in life and wishes for care will be honored through your life if you are ever unable to speak for yourself. Interfaith Community Services (ICS) offers FREE workshops to help

people begin, continue or revise their advance care planning.

Costs: No Cost

Taxpayer Advocate Service (TAS)

4041 N. Central Ave. MS-1005
Phoenix, AZ 85012

Phone: (602) 636-9500

Description: The Taxpayer Advocate Service (TAS) is an independent organization within the IRS. We're here to ensure that every taxpayer is treated fairly and that you know and understand your rights. Our advocates can help if you have tax problems that you can't resolve on your own.

Ronald Zack Law, PLC

4400 E. Broadway Blvd., Ste 307
Tucson, AZ 85711

Phone: (520) 999-3738

Description: Ronald Zack is a Tucson Estate Planning and Elder Law attorney who can help design an estate plan that will achieve your objectives, including providing for yourself in the event of your disability and your loved ones after you are gone. A carefully prepared estate plan can assure the transfer of your non-financial wealth and your financial assets. In addition to wills, trusts, powers of attorney, and other planning documents, he can help with any actions in Probate Court – guardianships, emergency guardianships, conservatorships, and probate administration.

Pathways Paralegal and Mediation

1830 E. Broadway Blvd. #124-253
Tucson, AZ 85719

Phone: (520) 203-7763

Description: $35.00 half-hour down-to-earth consults for affairs less than 1 million in value by an experienced paralegal, in-home signings, complete support in conducting legal matters from another state or country for relatives and friends of elderly or deceased residents of Arizona, Guardianships/Conservatorships, Wills, Trusts. Deeds, Probate, Power of Attorney, Administrative Support for End of Life Paperwork, Divorce, Real Property Splits, and Trusts. Fees are all paid upfront—a minimum service fee of $35 for refunds.
We prioritize cost efficiency by using email and video chats. Customers who don't use email must pay a $35 surcharge for paper communications. We strive to only have face-to-face meetings, if necessary, for notarizations (signings), for example. We often work with family members who are technologically capable to works with clients. The Pima County Superior Court Law Library has Spanish translation services available to the public. We are happy to meet there to help with self-help paperwork and a translator. We would keep our time while the meeting occurs with the translator at the courthouse and bill at $120/hr. Travel charges are free.

Costs: Please call for pricing details

Arizona Division of Problem Gambling

100 N. 15th Ave. Ste 202
Phoenix, AZ 85007

Phone: (602) 542-8998

Description: We subsidize treatment services for individuals struggling with problem gambling and persons affected by a problem gambler.
Contracted Treatment Providers (Counselors) can be found here:
https://problemgambling.az.gov/treatment-counseling/treatment-providers
Offer a 24/7 Helpline number for help and information on Problem Gambling. Call: 1800NEXTSTEP (1-800-639-8783) or Text NEXTSTEP to 53342
Problem Gambling Educational presentations are available to organizations, community members, etc., and can be tailored to your needs.

Costs: All services are subsidized. Co-pays may

be applied for Treatment based on individual financial analysis.

Esperanza en Escalante

3700 S. Calle Polar
Tucson, AZ 85730

Phone: (520) 571-8294

Description: Esperanza en Escalante provides transitional and permanent supportive housing to veterans and veteran families. We also provide, in addition to housing, case management services, crisis intervention, help with employment, help with applications for benefits, and transportation for appointments to medical, dental, and other appointments and grocery runs. Transitional housing admittance must be pre-approved by the homeless program at the local VA located in Bldg. 90. Permanent supportive housing is managed by our property management company, Gorman and Co. You can contact Gorman and Co. at (520) 347-4500.

Costs: If a client has income, we request payment of program fees, usually 30% of income with a cap of $350/month.

Parkinson Wellness Recovery

4343 N. Oracle Rd., #173
Tucson, AZ 85705

Phone: (520) 591-5346

Description: Parkinson Wellness Recovery (PWR!) is a health and wellness facility providing physical rehabilitation, group fitness classes, and educational support for people with Parkinson's disease and their care partners. We also offer virtual exercise programs for those that cannot come to the PWR! Gym in Tucson. At PWR!, your care is overseen by experts in Parkinson's and is tailored to help you maximize your function so that you can continue doing what you want. PWR! is also a national leader in developing Parkinson-specific therapy and exercise programs. Health professionals can inquire about how to receive training to help those with Parkinson's disease.

Costs: Call for pricing details.

TMC Hospice at Home & Peppi's House

2715 N. Wyatt Dr.
Tucson, AZ 85712

Phones: (520) 324-2438, (520) 324-5770 Peppi's House

Description: TMC Hospice is a local nonprofit accredited by the Joint Commission, certified by Medicare, and is a Level III partner of We Honor Veterans. TMC Hospice cares for people with a life-limiting illness after the patient, physician, and family have decided that medical care to cure the underlying disease is no longer the best path. Hospice involves a team-oriented approach to expert medical care, pain management, and emotional and spiritual support that fits patients' needs and wishes. At the center of hospice and palliative care is the belief that each of us has the right to die pain-free and with dignity and that our families will receive the support they need to allow us to do so.

Peppi's House, a 16-bed home for TMC Hospice, is located on the northwest part of the Tucson Medical Center campus. While most hospice care is delivered in the home setting, inpatient care is used for respite care when a patient's caregiver needs a rest or a short-term stay to help manage pain or symptoms that cannot be effectively managed at home. Our mission is to help those with life-limiting illnesses walk their life path and receive compassion, dignity, and love.

Right at Home of Southern Arizona

210 W. Continental Rd, Sute 224
Green Valley, AZ 85622

Phone: (520) 777-4159

Description: Right at Home exists to be your

guide to successfully living at Home. Our mission is to improve the quality of life for those we serve. Aging, disability, illness, or injury can make a living at Home daunting. We believe no one should face the long list of complex decisions and unforeseen changes alone. We are the experts in living at Home, providing care and coaching, and having the experience to help navigate every step.
Call us today for a FREE in-home assessment to help with a customized plan of care to meet your specific needs.
LET'S START TALKING ABOUT LIVING!
-Companionship (Medication Reminders, Meals, Shopping, Transportation, Housekeeping)
-Personal Care (Hygiene, Toileting, Dressing, Grooming, Transfers, Ambulation)
-Cognitive Support

Costs: Please call for pricing information. No minimum required

Cleaning for a Reason

Lewisville, TX 75056

Phone: (877) 337-3348

Description: Cleaning for a Reason is a program to help cancer patients find two free cleanings in their communities. Cancer patients needing help with cleanings can apply with our program at http://www.cleaningforareason.org. Professional cleaning services offer two free cleanings to any patient in their community. Any cancer patient with any cancer can use it. Men, women, and children are eligible to apply. Cancer patients in hospice are eligible to apply. Cleaning for a Reason will search on behalf of patients who used to find openings with cleaning services. This program is nationwide and also in Canadian territories.

Costs: Free house cleaning for cancer patients

Pima County Community Land Trust (PCCLT)

17 N. Linda Ave.
Tucson, AZ 85745-2960

Phone: (520) 603-0587 ext: 121

Description: The Pima County Community Land Trust (PCCLT) is a nonprofit, community-based organization committed to developing permanently affordable housing, promoting community revitalization, and providing programs and services that help low-income families achieve, preserve, and sustain housing.
*Housing Counseling:
PCCLT empowers families long-term through programs that provide pre-purchase, homeowner, mortgage, and rental default counseling; Homebuyer financial education; referrals, resources, and relationship building.
*Sale/Resale of Homes:
PCCLT builds, sells, and helps homeowners resell their homes under the Community Land Trust model to households who earn between 50-80% AMI. PCCLT retains title to the land under the affordable house and enters into a 99-year ground lease, allowing the program to recycle the Public subsidies for the benefit of future homeowners.
*Affordable Rentals:
PCCLT has 31 affordable rental units
*Monetary Assistance:
PCCLT has access to funds to help homebuyers with Down Payment Assistance AND Homeowners with Mortgage Default Financial Assistance.

Costs: No Charge
Optional $70 for online/self paced homebuyer education class.

Amada Senior Care Tucson

7070 N Oracle Rd Ste 120
Tucson, AZ 85704

Phone: (520) 222-8262

Description: Amada Senior Care provides in-home care for older adults and guides families through the many older adult housing options available for assisted living. We also help older

adults understand, file, and manage long-term care insurance claims and help veterans understand financial options for funding care.

Speech Solutions - North

1639 E Prince Rd
Tucson, AZ 85705

Phone: (520) 261-3306

Description: Speech Solutions is a private speech therapy clinic in Tucson, Arizona. We specialize in helping adults with trouble speaking, thinking, or swallowing. Our patients include those with Parkinson's, strokes, Alzheimer's, brain injuries, and more. We provide one-on-one therapy in the office or virtually with skilled, compassionate therapists who teach you compensation techniques and rehabilitation exercises. We assess how safely you swallow, teach strengthening exercises, and provide counseling on food textures and consistencies to keep you safe while eating. We do offer instrumental evaluation of swallowing. Our cognition program supports memory skills, lengthening your attention and sharpening your focus. Our voice sessions focus on determining the cause of vocal problems and offering personalized techniques and therapy to strengthen your voice. We offer free phone consultations with a speech therapist. Call us today to see how we can help.

Costs: We accept Medicare insurance, Alignment, and Blue Cross Blue Shield plans, which often means there is no out-of-pocket cost for patients. Our direct pay rates are $180 per hour, subject to change

Speech Solutions - East

2220 N. Camino Principal, Ste D
Tucson, AZ 85715

Phone: (520) 261-3306

Description: Speech Solutions is a private speech therapy clinic in Tucson, Arizona. We specialize in helping adults with trouble speaking, thinking, or swallowing. Our patients include those with Parkinson's, strokes, Alzheimer's, brain injuries, and more. We provide one-on-one therapy in the office or virtually with skilled, compassionate therapists who teach you compensation techniques and rehabilitation exercises. We assess how safely you swallow, teach strengthening exercises, and provide counseling on food textures and consistencies to keep you safe while eating. We do offer instrumental evaluation of swallowing. Our cognition program supports memory skills, lengthening your attention and sharpening your focus. Our voice sessions focus on determining the cause of vocal problems and offering personalized techniques and therapy to strengthen your voice. We offer free phone consultations with a speech therapist. Call us today to see how we can help.

Costs: We accept Medicare insurance, Alignment, and Blue Cross Blue Shield plans, which often means there is no out-of-pocket cost for patients. Our direct pay rates are $180 per hour, subject to change

Crossroads End of Life Services

Phone: (520) 365-7721

Description: Hi, my name is Jess, and I’m an End of Life Doula. Have you heard of an EOL Doula (or death doula)? That’s ok; I’m here to educate and empower those near end of life or just doing advanced preparation.
I guide those that are dying through the process. Together we work through issues you may want to be resolved before passing, things you may be afraid to discuss with anyone else and work on lessening the fear of dying. We also can design and work on a legacy project, something you’d like your loved ones to have, to remember you by. We will also plan your vigil (the atmosphere you want and the rules your loved ones need to honor while you’re passing.) I will be there with you every step of the way to ensure your vigil plan is adhered to and guide you and your loved ones through active dying. After your passing, I

will connect with loved ones to ensure they are experiencing a healthy grieving process.
Nobody should die alone and afraid. I am here to help empower you through death. Studies show that those who use an End of Life Doula experience less pain and have an easier death than those who don't have a doula.
I would love to talk with you to discuss how I can help you in more detail. Remember, you don't have to go through this alone.

Costs: Please call for pricing details.

Pima County Community Land Trust Financial and Credit Counseling

17 N. Linda Ave
Tucson, AZ 85701

Phone: (520) 603-0587

Description: PCCLT financial coaches provide expertise and guidance to you as you set and work towards your financial goals. We will help you assess your financial situation and make a realistic plan for progress. Once we have drafted an action plan with you, we will provide you with ongoing support, encouragement, and accountability. We will also provide you with the tools you need to make informed decisions along the way.
Financial coaching goals:
• Increased goal attainment
• Better money management skills
• Improved savings, lower debt levels, and better credit scores
• More financial confidence
• Increased financial well-being
Credit Counseling
PCCLT offers confidential, low-cost credit counseling. Our specially trained counselors help you understand your credit rating and make a plan to improve your credit score and credit-worthiness.
We provide your credit scores and a Tri-Merge credit report—an easy-to-read report from Equifax, Experian, and Transunion—that combines information about all of your credit accounts in one place.
The cost for your credit report and credit analysis is $30.50.

Costs: The cost for your credit report and credit analysis is $30.50

Manifest Joy Counseling, PLLC

1661 N. Swan Rd. Suite 112
Tucson, AZ 85712

Phone: (520) 885-1033

Description: Manifest Joy Counseling, PLLC provides psychotherapy services to individuals, couples, and families in a wide range of circumstances and family structures. Our therapists have specific expertise in working with older and LGBTQ+ people. Whether you are looking for help with depression and anxiety, grief and loss, life transitions, PTSD, marriage/family struggles, stress management, and growing older, we can help. We are skilled in many therapeutic approaches, including but not limited to: family systems, motivational interviewing, cognitive-behavioral therapy (CBT), and much more. Groups and workshops are offered periodically; fees vary. Current group offerings are found on our website.

Costs: We do not accept Medicare/Medicaid/AHCCCS. We do accept Blue Cross/Blue Shield, United/Optum, and HSA. We can provide Superbills. We also accept private pay clients. Rates are $125/50 mins for individuals and $175/50 mins for couples. No sliding scale.

Mobility Plus

9140 N. Silverbell Rd., Ste 120
Marana, AZ 85743

Phone: (520) 225-0415

Description: Mobility Plus offers scooters, ramps, lifts, and more for your mobility needs, including sales, rental, repair, and installation.

We're here to help people with mobility challenges and those recovering from injury, illness, or surgery.

Products include Pride mobility scooters, Golden mobility scooters, EV Rider mobility scooters, Pride power wheelchairs, Harmar vehicle lifts, Harmar stairlifts, Merits stairlifts, Pride lift chairs, Golden lift chairs, Harmar Vehicle lifts, Stander walkers, Stander rollators, Nova wheelchairs, Med-Mizer hospital beds, EZ Access ramps, etc.

We also have many fall-prevention products from Stander and HealthCraft, including bed rails, security poles, grab bars, etc.

Mobility Plus is Veteran and LGBTQ-owned and operated. We proudly serve the needs of veterans and the LGBTQ community.

Costs: Rental costs subject to change:
Scooters from $29.99/day $149.99/week $299.99/month
Power Wheelchairs from $39.99/day $199.99/week $399.99/month
Manual Wheelchairs from $14.99/day $39.99/week $79.99/month
Knee Scooter $14.99/day $44.99/week $119.99/month
Walkers/Rollators from $14.99/day $24.99/week $44.99/month
Ramps from $14.99/day $44.99/week $119.99/month
Lift Chairs $24.99/day $99.99/week $249.99/month
Stair Lifts $299.99/month plus $499.99 delivery, installation, and removal (3 mo. min.)
Hospital Beds $499.99/1st month including delivery $299.99/add'l mos. (1 mo. min.)

Mobility Plus

10861 N. Mavinee Dr., Ste 155
Oro Valley, AZ 85737

Phone: (520) 225-0415

Description: Mobility Plus offers scooters, ramps, lifts, and more for your mobility needs, including sales, rental, repair, and installation. We're here to help people with mobility challenges and those recovering from injury, illness, or surgery.

Products include Pride mobility scooters, Golden mobility scooters, EV Rider mobility scooters, Pride power wheelchairs, Harmar vehicle lifts, Harmar stairlifts, Merits stairlifts, Pride lift chairs, Golden lift chairs, Harmar Vehicle lifts, Stander walkers, Stander rollators, Nova wheelchairs, Med-Mizer hospital beds, EZ Access ramps, etc.

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Ramps from $14.99/day $44.99/week $119.99/month
Lift Chairs $24.99/day $99.99/week $249.99/month
Stair Lifts $299.99/month plus $499.99 delivery, installation, and removal (3 mo. min.)
Hospital Beds $499.99/1st month including delivery $299.99/add'l mos. (1 mo. min.)

A Senior Journey

P.O. Box 89995
Tucson, AZ 85742

Phone: (520) 870-0962

Description: We offer a Free service to help locate a suitable Independent or Assisted living center, adult care home, or memory care center. We look at the client's needs, wants, location, and budget to determine the places we will tour. We strive to show the right places that fit that criterion. We only use licensed communities, homes, and those in good standing with the Department of Health Services. We have been assisting clients and their families for over 16 years. We would consider it an honor to help you or your loved one on this Journey. We are here for you!

Costs: We work within client's budgets, providing it is reasonable.
Independent starting at $1575 on up
Assisted living $2300 on up
Memory Care communities $4500 on up

Humane Society of Southern Arizona

635 W. Roger Rd.
Tucson, AZ 85705

Phone: (520) 327-6088

Description: The Humane Society of Southern Arizona has saved over 1 million pets since 1944. We take in pets from all over Southern Arizona, assisting smaller shelters by taking in hard-to-place pets and pets with serious medical needs – pets who might not otherwise have a chance at life. We heal their bodies and hearts and help them find loving homes forever. We believe in the power of community. Please find out how we can help you at our website: http://www.hssaz.org. Services provided are low-cost spay/neuter, vaccinations, microchipping, adoption, intake, education, and more.
Unlike many national animal welfare organizations, the Humane Society of Southern Arizona is in your community — providing care for animals in need 365 days a year. We are not a government agency and are not affiliated with any national humane societies. We rely on neighbors like you to enable us to do our needed work.

Arizona@Work

316 W. Fort Lowell Rd.
Tucson, AZ 85705

Phone: (520) 638-2230

Description: Arizaon@Work is an employment resource center that can help you find the right job by posting your resume on the statewide job database and providing career guidance—matching you with job opportunities and preparing you with customized training and education. We host hiring events to connect with employers and get assistance with specialized services for veterans and disabled job seekers. To find a workforce center near you, please visit our website, click on contact us for a list of locations.

Fleming & Curti, PLC

1745 E. River Rd., Ste 101
Tucson, AZ 85718

Phone: (520) 622-0400

Description: Elder law attorneys strongly emphasize estate planning, trust (and special needs trust) administration; guardianship and conservatorship; and long-term care planning licensed private fiduciary.

Costs: Please see our fee schedule online at https://elder-law.com/office-fees/

Interfaith Community Services

8701 E. Old Spanish Tr.
Tucson, AZ 85710

Phone: (520) 297-6049 ext: 3

Description: ICS offers emergency utility assistance through the Low-Income Home Energy Assistance Program (LIHEAP). This program can pay for the current or past month’s utility bills. You may only receive assistance once per year. Requests for emergency financial assistance can now be made through phone requests at (520) 297-6049 or at

www.icstucson.org under the GET HELP tab. Requests are taken until appointment slots are filled.

Interfaith Community Services

101 W. Irvington Rd., Unit 2A
Tucson, AZ 85714

Phone: (520) 297-6049 ext: 3

Description: ICS offers emergency utility assistance through the Low-Income Home Energy Assistance Program (LIHEAP). This program can pay for the current or past month’s utility bills. You may only receive assistance once per year. Requests for emergency financial assistance can now be made through phone requests at (520) 297-6049 or at www.icstucson.org under the GET HELP tab. Requests are taken until appointment slots are filled.

Interfaith Community Services

2820 W. Ina Rd.
Tucson, AZ 85741

Phone: (520) 297-6049

Description: Through the United Way of Tucson, ICS provides free tax preparation for individuals and families with low to moderate incomes. In addition to this free tax preparation assistance, participants receive help to determine their eligibility for the Earned Income Tax Credit and ensure they get the full tax refund for which they qualify. • VITA is currently being offered by appointment only on Wednesday evenings and Saturdays. For more information on hours and locations, please visit the United Ways website.

Interfaith Community Services

8701 E. Old Spanish Tr.
Tucson, AZ 85710

Phone: (520) 731-3106

Description: ICS provides free job search assistance. Workforce Development Centers are open to help job seekers by appointment only to ensure our staff, volunteers, and visitors' health and safety. To schedule a consultation, please call or visit our website to request an appointment.

Medicare.gov

Phones: (800) 633-4227, (877) 486-2048. TTY

Description: Medicare.gov is the official U.S. Government Site for Medicare. At Medicare.gov, you can sign up for Medicare or change your plans. It provides information and resources on your medicare costs, what Medicare covers, drug coverage (part D), supplements & other insurance, links to claims & appeals: information to manage your health, forms, help, and other resources. For more information, please visit our website.

Pima County Bar Association

177 N Church Ave, Suite #101
Tucson, AZ 85701

Phone: (520) 623-8258

Description: Pima County Bar Association can provide contact and information about getting legal help in Pima County, including finding an attorney and legal forms for various legal issues, including a free 30-minute consult with an attorney for Family Law issues.

Rx Hope

Description: RxHope provides a helping hand to people in need of obtaining critical medications that they would typically have trouble affording. We act as your advocate in making the patient assistance program journey more comfortable and faster by supplying vital information and help. For more information, please visit our website.

St. Vincent de Paul of Southern Arizona - Thrift Store

829 S. 6th Ave.
Tucson, AZ 85701

Phone: (520) 628-7837

Description: St. Vincent de Paul provides help with rent and utility assistance, food assistance and clothing, furniture, mattresses, and appliances. For a list of St. Vincent de Paul's thrift stores and locations, please visit our website or call our administrative office.

U.S. Department of Veterans Affairs (VA)

Phone: (800) 698-2411

Description: The purpose of the Department of Veterans Affairs (VA) fiduciary program is to ensure VA benefit payments made to a fiduciary on behalf of a beneficiary are
used for the well-being of the recipient and the beneficiary's dependents.
Our mission is to protect Veterans and beneficiaries who are unable to manage their financial affairs.

Envoy America

Phone: (888) 375-5558

Description: Envoy America provides door-to-door, 24/7, non-emergency transportation in Tucson. They provide round-trip transportation to church, shopping, medical appointments, and any local destination. They will help with shopping and wait at medical appointments. They can provide multiple stops per ride. Ambulatory only.

Aging Successfully in Diverse Communities

500 N. 3rd St.
Phoenix, AZ 85004

Phone: (844) 418-5538

Description: Aging Successfully is affiliated with the Center for Innovation in Healthy and Resilient Aging at the Edson College (ASU), directed by Dr. David Coon.
Our programs and research studies are designed to help older adults and their caregivers reduce their stress and plan for the future. Participation is open to the United States residents, and the programs are offered via telephone and Zoom. We offer groups in English and Spanish.
Ongoing projects include:
-- Early-Stage Partners in Care (EPIC) - for persons with early-stage memory loss and their care partners
-- EPIC Living Alone - for persons with early-stage memory loss who live alone
-- CarePRO - for family and friend caregivers of older adults with progressive memory loss
-- CarePRO DS/IDD - for family and friend caregivers of older adults with Down syndrome or Intellectual and Developmental Disabilities (DS-IDD) who have developed memory problems as they age.
For more information and assistance please call or visit our website.
Zoom-based programs, open to U.S. residents.

Costs: All programs are free. Research participants receive payments or gift cards as a "thank you" for their time.

Money Management International

2401 W. Peoria Ave., Ste 120
Phoenix, AZ 85029

Phone: (602) 246-4520

Description: Money Management International provides credit counseling, debt management plans, foreclosure counseling, homebuyer counseling, credit report reviews, reverse mortgage counseling, bankruptcy counseling, and representative payee services to consumers struggling with debt, budgeting, housing, and student loan concerns. Services are available by phone, online, and face-to-face. Counseling is available by telephone 24/7, so no matter where you live or what time of day it may be, when you're ready to speak with a counselor, we're here to help - 866-550-8004.

Veterans Aid & Attendance (A&A)

1717 W. Orangewood Ave., Ste G

Orange, CA 92868

Phone: (866) 584-7191

Description: The Department of Veteran Affairs offers a unique benefit to war-era veterans, and their surviving spouses called Aid and Attendance.
Aid and Attendance is a tax-free benefit designed to provide financial assistance to help cover the cost of long-term care in the home, in an assisted living facility, or a nursing home. This Benefit is for those veterans and surviving spouses who require the regular attendance of another person or caregiver in at least two daily activities of living, such as bathing, dressing, eating, toileting, and transferring.

Grace Hearing Center

2919 E. Broadway Blvd., Ste 110
Tucson, AZ 85716

Phone: (520) 468-9976

Description: Grace Hearing Center provides the Gift of Hearing to the under-served and under-insured men, women, and children in the greater Tucson area. We work closely with primary care physicians and treat individuals from newborns to seniors. We fit donated hearing aids and provide testing on a sliding fee schedule that also incorporates our "Giving Circle" of volunteer hours to local nonprofits in place of monetary means to help our community.

Costs: Sliding fee schedule along with volunteer hour requests to Southern Arizona nonprofits

Interfaith Community Services

2820 W. Ina Rd
Tucson, AZ 85741

Phone: (520) 526-9320

Description: ICS provides free job search assistance. Workforce Development Centers are open to help job seekers by appointment only to ensure our staff, volunteers, and visitors' health and safety. To schedule a consultation, please call or visit our website to request an appointment.

Indigent Interment Services

2825 E. District St.
Tucson, AZ 85714

Phone: (520) 724-8600

Description: Indigent Interment Services
The County may provide interment services for circumstances in which the next of kin are found to be financially unable to pay for arrangements or in which the decedent is unclaimed or abandoned. If you are the legal next of kin and you believe you are unable to pay for arrangements, the Indigent Interment Program (IIP) Coordinator at the Pima County Office of the Medical Examiner will explore the available alternatives with you to ensure a proper and dignified disposition.

Financial Assistance with Services
One option is to apply for assistance through the Pima County Indigent Interment Program. To determine if you are eligible for assistance through this program, you must fully complete the application for assistance and return it to the Program Coordinator as soon as possible. You will also need to provide financial information and documentation to process your request for assistance. The assistance application, application instructions, and list of required documentation can be downloaded below.

Financial assistance application link: https://webcms.pima.gov/UserFiles/Servers/Server_6/File/Government/Medical%20Examiner/IIP-Application.pdf

NeedyMeds

50 Whittemore St.
Gloucester, MA 01930

Phone: (978) 281-6666

Description: NeedyMeds is a national non-profit information resource that educates and

empowers those seeking affordable healthcare.

Western States Pension Assistance Project

501 12th St.
Sacramento, CA 95814

Phone: (866) 413-4911

Description: The Western States Pension Assistance Project is a pension counseling project that provides services free of charge to individuals of all ages and income levels who live or have worked in California, Arizona, Nevada, or Hawaii.

Our knowledgeable pension team can help you understand your retirement plan rights and claim your earned benefits, regardless of the type of company or retirement benefit involved. They also assist with tracking down benefits from previous employers; working through the claims and appeals process; helping you understand your rights as a former or surviving spouse; correcting pension benefit calculations, and addressing overpayment demands.

Organizing Helpers Inc.

P.O. Box 42352
Tucson, AZ 85733

Phone: (520) 327-8586

Description: Organizing Helpers provides Case Management, 24/7 assistance with Contracted Clients.
Fiduciary services: Guardianships, Conservatorships, Power of Attorney, Trustee and Estate Representation
Accounting and Bill Paying services for both home and business
We advocate for our clients with medical and legal professionals, social workers, financial advisors, bankers, insurance companies, and more.
They have been working hard to help people maximize their independence while preserving their assets since 1985.

Costs: Private Pay

Widows/Widowers Support Group

207 N Maguire Ave #118
Tucson, AZ 85710

Phone: (520) 884-4570

Description: Widows/Widowers Support Group is for individuals who have lost a spouse. Support is given through talking and listening to others about our experiences. This is a way to process grief and encourage members to talk when ready.

We are not professionals giving advice, nor are we a 12-step program. We share what we have experienced, how we have dealt with those experiences, and where we are in the grieving process. We offer each other support and help each other rebuild our lives.

We provide groups all over Tucson, please call or visit our website for group times and locations near you.

Costs: There is a $15.00 annual membership fee.

Pima County Law Library and Resource Center

110 W. Congress St., Rm. 256
Tucson, AZ 85701

Phone: (520) 724-8456

Description: The Pima County Law Library and Resource Center provide legal information and self-service legal forms by phone, email, website, and office.

Medicine Assistance Tool (MAT)

Phone: (571) 350-8643

Description: Medicine Assistance Tool (MAT) is a search engine designed to help patients, caregivers, and health care providers learn more

about the resources available through the various biopharmaceutical industry programs. MAT is not its patient assistance program but rather a search engine for many patient assistance resources that the biopharmaceutical industry offers.

Funeral Consumers Alliance of Arizona

4625 E. Broadway Blvd., #219
Tucson, AZ 85711

Phone: (520) 721-0230

Description: **Funeral Consumers Alliance of Arizona is conducting business as usual, but the office is not open to visitors.**

The Funeral Consumers Alliance of Arizona is a nonprofit, trusted, objective source of information to help you navigate end-of-life arrangements. We educate and advocate for the rights of families to make informed choices that reflect their values and preferences.

Going Home with Care

3950 S Camino del Heroe
Green Valley, AZ 85614

Phone: (520) 625-5966

Description: Going Home with Care is a partnership between Valley Assistance Services and Green Valley/Santa Cruz Hospital. It provides care transitions from hospital to home at discharge with specific diagnoses to help ensure recovery and discharge follow-through. Our VAS RN includes home visits to assess each client's health for care needs, providing clients have needed medications and knowledge of drugs used to reduce readmissions.

Costs: No cost for this program.

MAP (Map-A-Plan)

3950 S Camino del Heroe
Green Valley, AZ 85614

Phone: (520) 625-5966

Description: Valley Assistance Services' MAP (MAP-a-Plan) program offers money for rent and utilities to prevent evictions and homelessness. This program includes required attendance for 6 hours of budgeting classes, savings, and benefits information and resources, including online SNAP (food stamps) application assistance. Arizona Self-Help program is available to all clients.

Costs: No cost for this program.

Volunteer Income Tax Assistance (VITA)

330 N. Commerce Park Loop., Ste. 200
Tucson, AZ 85745

Phone: (520) 333-5810

Description: The United Way of Tucson and Southern Arizona provides a VITA program that assists low-income older adults in preparing their taxes. Available options include in-person appointments, drop-off appointments, and fully online services. Visit the website or call (520) 333-5810 for more information.

Alzheimer's Association

2990 N. Swan Rd., Ste 147
Tucson, AZ 85712

Phone: (800) 272-3900

Description: The Alzheimer's Association offers various free programs, services, and resources to help cope with all aspects of dementia and its progression, including Support Groups, Education, Early Stage programs, Safety Services, and a 24/7 Helpline (800) 272-3900.

Costs: Programs and services are provided free of charge.

Valor Health Services

2990 N. Campbell Ave., Ste 230
Tucson, AZ 85719

Phone: (520) 777-7725

Description: Valor Health Services provides

home-based primary care to residents of assisted living facilities, independent living facilities, and adult care homes. Valor also does in-home palliative care. Valor works with Medicare and most health plans. Our primary care providers see patients in their residences and use mobile electronic health records. Like lab and x-ray, many mobile partners can help coordinate care in the homes.

VA Lesbian, Gay, Bisexual and Transgender Veteran Care

3601 S. 6th Ave
Tucson, AZ 85723

Phones: (520) 792-1450 ext: 5904, (800) 273-8255 Crisis Line, Press 1

Description: The Department of Veterans Affairs (VHA) is committed to providing quality care to all Veterans inclusive of lesbian, gay, bisexual, transgender, and queer/questioning (LGBTQ+) Veterans. Excellent care has no boundaries. Southern Arizona VA Health Care System seeks to promote the health, welfare, and dignity of LGBTQ+ Veterans and their families. We are committed to making sensitive and high-quality health care accessible. Our employees are prepared to provide personalized, patient-centered care in a safe, affirming, and welcoming environment.
Every VA facility has a local LGBTQ+ Veteran Care Coordinator (VCC) who can connect you with services and help you navigate specialized resources.

Veterans Crisis Line

Phone: (800) 273-8255 ext: 1

Description: The Veterans Crisis Line is a free, confidential resource available to any Veteran, even if they are not enrolled in VA health care or registered with VA. Care does not end when the conversation is over. The Veterans Crisis Line can connect Veterans to their local suicide prevention coordinators (SPC), who follow up to coordinate care. If you are in immediate danger, please call 911.

For immediate help in dealing with a personal crisis, please call. To chat, go online to VeteransCrisisLine.net/Chat, or text 838255. Veterans Crisis Line responders are trained to listen and offer support to Veterans in crisis and their loved ones.

KARE Family Center

220 E. Speedway Blvd.
Tucson, AZ 85705

Phone: (520) 382.5584

Description: Casey Family Programs is a partner agency in the Kinship and Adoption Resource and Education (KARE) Family Center, opening in Tucson in 1983. Our office is co-located at the center with Arizona's Children Association. The KARE Family Center provides specialized case management and other services to relatives and non-relatives caring for youth and clinical case management for youth and families who need help attaining or maintaining permanency and for young adults transitioning from foster care. We are part of Casey Family Programs' Child and Family Services team, which operates field offices in California, Idaho, Texas, and Washington, all focused on the urgent and relentless pursuit of securing lifelong, permanent family connections for every child.

Hospice Education and Legal Partnership, Inc. (H.E.L.P.)

PO Box 13485
Tucson, AZ 85732

Phone: (520) 355-3356

Description: H.E.L.P. provides free and reduced-fee legal care to those with a terminal illness. We understand legal issues can directly impact health and quality of life for everyone involved with a terminal illness. We provide legal care to those who usually may not have access to legal

care.

We assist with public benefits such as if you are having difficulties with Social Security Disability, Medicare, or issues with A.L.T.C.S.

Legal Planning, we can help establish health care directives, guardianships, wills, or powers of attorney.

Housing, if you are facing an eviction or foreclosure due to terminal illness or your caretakers.

If you are having trouble with your health insurance carrier, insurance coverage, or long or short-term disability.

Employment, if you are being denied or limited on your rights to FMLA? Are you facing ADA/MHRA discrimination? Our attorneys can provide the legal support you need.

Financial, has your illness brought you or supported person creditor issues, or are you now facing bankruptcy? We can provide legal support for your financial crisis.

For more information, please call or visit our website.

Costs: Free and reduced-fee

Gloria's Assisted Living, LLC.

3340 S. Watson Dr.
Tucson, AZ 85730

Phones: (520) 298-1195, (520) 465-2869

Description: Gloria's Assisted Living, LLC. is a ten-bed assisted living home that offers help with dressing, bathing, eating, and toileting (ADLs) without intensive medical and nursing care. If a resident may need hospice, the resident may stay here and get all the care required—three meals a day, exercise activities, brain activities, etc. Respite is provided upon availability; please call for more details.

Costs: Please call for pricing details.
Accepts ALTCS - Mercy Care and Banner United Health

Friends In Deed

301 W. Camino Casa Verde
Green Valley, AZ 85614

Phone: (520) 625-1150

Description: Friends In Deed aims to ensure, through the work and generosity of its volunteers and donors, that people in Green Valley Community have access to transportation, temporary loans of medical equipment, and physical space for meetings, activities, and socialization, all without cost, to help them maintain their independence as well as their physical and mental health.

Easterseals Blake Foundation

7750 E. Broadway Blvd., Suite A100
Tucson, AZ 85710

Phone: (520) 327-1529 ext: 7032

Description: Easterseals Blake Foundation provides:

Adult Day Services
Pima & Graham Counties
(520) 622-3933
Day programs for adults with intellectual and physical disabilities. We utilize a person-centered approach, emphasizing independent living skills and implementing therapy plans and social/leisure activities to foster community involvement. Members are given ongoing training and support to encourage independence.

Behavioral Health Services
Cochise, Gila, Graham, Greenlee, La Paz, Pima, Pinal, Santa Cruz & Yuma counties.
844-546-3068
Individual & Family Counseling for Family Members of All Ages

Evidence-based counseling is offered to children, families, and adults. All services are designed to meet the individual and family's needs, ensuring that members receive quality care. Trained clinicians focus on strengths to support members and families through life transitions, behavioral concerns, and behavioral health and substance abuse challenge Play-based therapy is utilized for young children.
Aviva Children's Services offers behavioral health services to children currently in foster care.

Family Support Programs
Aviva Children's Services
Pima County (520) 327-6779
Community, Outreach, Resource, and Education program: CORE.
A short-term program focuses on assisting foster families in connecting with services and resources in the community. CORE also provides in-home support and guidance on navigating the Department of Child Safety, behavioral health, and educational systems. The CORE is child and family-focused to help stabilize the child and family unit.
Residential Services
Community-Based Residential Homes
Pima, Cochise, Graham & Santa Cruz Counties (520) 792-2636
Nineteen community-based, licensed group, residential homes for adults and children with moderate to severe intellectual and physical disabilities throughout the Tucson area where adults and children (ages 12 to 80) receive individualized person-centered support and treatment strategies to ensure each person served can live, work and play in their community. Designed by the member and their team, service plans are developed based on the needs and desires of the member and their family/guardian when appropriate. Services include habilitation, room and board, and transportation. Supervision and support by trained direct support professionals are available 24 hours a day, seven days a week.

Transportation Services
Pima, Graham, Greenlee, Cochise, and Santa Cruz counties (520) 327-1529
Door-to-door transportation to maintain consistent access to community services, day programs, employment, medical and service appointments, educational and recreational activities, and social engagements for individuals with intellectual and physical disabilities.

Older Adults and low-income individuals who require accessible transportation can also access transportation services.

Costs: AHCCCS only

University of Arizona - Hearing Clinic

1131 E. 2nd St.
Tucson, AZ 85721

Phone: (520) 621-7070

Description: University of Arizona - Hearing Clinic provides hearing tests, hearing aid dispensing, cochlear implant candidacy, cochlear implant mapping, tinnitus evaluation, counseling

Costs: YOUR COSTS:
Our Professional Fee: These fees are standard and are the same no matter your choice of hearing aid:
One hearing aid - $600
Two hearing aids - $1000
Cost of the Hearing Device: You will be charged the manufacturer’s invoice price of the hearing aid, plus an amount to cover shipping and processing. This cost ranges from approximately $450 to $2100 per hearing aid, depending on selected devices.

Marshall Home for Men

3314 S. 16th Ave.
Tucson, AZ 85713

Phone: (520) 624-5193

Description: The Marshall Home for Men is a

52-room non-profit, state-licensed personal care facility for older adult men with limited means. We maintain a safe, home-like atmosphere while providing care and assistance for those who need extra help. Three meals a day are provided.

Costs: We try to do a sliding scale for those that don't make too much and show proof of income. It was $1000-$2350. for a total price is $1600 semi-private and $2350 private. We do except ALTCS

Habitat for Humanity Tucson

3501 N. Mountain Ave.
Tucson, AZ 85719

Phone: (520) 326-1217

Description: Habitat helps low-income homeowners, veterans, seniors, and families restore and maintain their homes. Habitat will partner with homeowners to alleviate critical health and safety issues and complete needed home improvement projects. Habitat works with eligible, hardworking families to help them realize the dream of owning their own home. We believe building equity is an essential step in building strength, stability, and self-reliance for generations to come.

Arizona@Work and DES

2797 E. Ajo Way
Tucson, AZ 85713-6223

Phone: (833) 762-8196

Description: ARIZONA@WORK and DES provide no-cost employment services that job seekers can access from home as they safely prepare to return to Arizona's workforce. DES offers virtual appointments for employment services, including resume, interview, and job search assistance online at workappointment.azdes.gov or calling 1-833-762-8196.
Job seekers can acquire new skills with ARIZONA@WORK's no-cost guidance to help job seekers return to the workforce stronger. The Return Stronger Upskilling website(link is external) provides job seekers the tools to elevate existing skills, obtain new certifications for their next job and connect with local career counselors to map their goals. Job seekers can explore online training tools(external link) and attend workforce readiness workshops and hiring events online or in person. A complete list of upcoming events can be found on the events page of our website.

Additionally, DES reinstated the Reemployment Services and Eligibility Assessment (RESEA) program, which assists UI claimants in overcoming barriers to employment.

Stroke Resource Center of Southern Arizona

Tucson, AZ 85712

Phone: (520) 488-5009

Description: Members of our organization personally help stroke survivors and their caregivers connect to the community resources they need as they learn to live with stroke. We provide support groups for stroke survivors and their caregivers (via Zoom and in-person as health regulations permit) and offer in-person day retreats and other activities throughout the year (as health regulations allow). Private consultations on what to expect after a stroke are provided. Information about our services can be found on our website or by contacting us by email or phone.

Costs: No Cost

Arizona Coalition for Military Families

2929 N. Central Ave., Ste 1550
Phoenix, AZ 85012

Phone: (602) 753-8802

Description: You can reach the Be Connected team at http://www.BeConnectedAZ.org or 1-866-4AZ-VETS (429-8387).

Be Connected site.
If you need assistance with a job or career search, you can reach the Career Navigation team at careernav@arizonacoalition.org.
Please stay safe and let us know how we can help and support you and your community during this time.

Department of Veteran Affairs (VA)

Tucson, AZ 85716

Phone: (800) 827-1000

Description: Veteran Benefits Assistance-- Find out what benefits you as a veteran are entitled to, and make sure you are taking advantage of them with this program's help. Please visit our website for more information.

Costs: Telephone assistance service

Cancer Care

275 7th Ave., 22nd Fl.
New York, NY 10001

Phone: (800) 813-4673

Description: Cancer Care provides case management, counseling, education support, and financial and co-payment assistance. We offer limited financial services for cancer-related costs and co-pays, and our professional oncology social workers can help you find additional resources.

University Medicine Endocrinology and Diabetes Clinic

3838 N. Campbell Rd., Bldg. 2 - 3rd floor, clinic G
Tucson, AZ 85719

Phones: (520) 694-8888, (833) 252-5535 Customer Care

Description: Banner's Endocrinology clinic can help to manage and treat many complications and illnesses that can arise from diabetes and metabolism-related ailments. For more information or to find a location near you, visit our website.

Harmony Hospice

1200 N. El Dorado Pl Ste B-200
Tucson, AZ 85715

Phone: (520) 284-9334

Description: Harmony Hospice offers educational seminars to the community at NO cost. We invite community leaders and educators to share their knowledge on various subjects such as Falls, Safety and Proper Body Mechanics, Diabetes Self-Management, Power of Positivity, and more.

Harmony Hospice also provides volunteer opportunities. As a Volunteer, you not only offer companionship to a client in need, but you provide moral support and help with activities that will enrich their (and your) lives. You may enjoy reading together, watching tv, working on a craft project, having a conversation, and assisting with respite care.
Please let us know if you possess a unique talent or skill and have time to share it with our patients and their families. We would be delighted to have you on board.

Southwest Fair Housing Council

5425 E. Broadway Blvd. #297
Tucson, AZ 85711

Phone: (520) 798-1568

Description: Our vision is to eliminate all forms of illegal discrimination related to housing. We do this through education (free classes) and enforcement. We offer free help to everyone who is experiencing unlawful housing discrimination. SWFHC advocates for and facilitates the enforcement of the Federal and State Fair Housing Acts and the Non-discriminatory Ordinances of different Arizonan municipalities. Free, remote classes are offered online so everyone can learn about their rights and responsibilities in fair housing. Can I have my

emotional support animal, a monkey, in my apartment? Can they have a policy stating we don't rent to felons? These and many more get answered in our free online, real-time classes.

Costs: 0 Free We are a grant-funded organization

Eden Home Health

1661 N. Swan., Ste 208
Tucson, AZ 85715

Phone: (520) 335-6118

Description: Home health, Hospice, and Home Care Services. Providing RN/PT/OT/MSW/ST services to those in need in the greater Tucson and Vail areas. Eden Home Health helps with the follow-up on physician's orders so that you can recover in your home safely with the care you deserve. Eden Hospice provides end-of-life care to the patient and family with an Interdisciplinary Team comprised of an RN, Medical Director, Chaplain, Social Worker, and Certified Nursing Assistant, as well as volunteers and those you may need to help your loved one. Home Care services are provided at cost to the client. This service can give in-home light cleaning, assistance with doctor's appointments and grocery shopping, companionship services, and much more.

Costs: Home Health and Hospice are provided through a referral from a physician and are covered mainly by individual insurance. Insurance plans may vary regarding required co-pays and coverage.

Tucson Vet Center

2525 E. Broadway Blvd.
Tucson, AZ 85716

Phones: (520) 882-0333, (602) 535-1215 Make Appointment, (877) 927-8387 Call Center

Description: We offer confidential help for Veterans, service members, and their families at no cost in a non-medical setting. Our services include counseling for needs such as depression, post-traumatic stress disorder (PTSD), and the psychological effects of military sexual trauma (MST). We can also connect you with more support in VA and your community.

We're currently open for limited in-person service and screening all visitors for symptoms due to COVID-19. For individual and group counseling, we recommend using our telehealth services. If you need to speak with someone confidentially, please call us 24/7 at 877-927-8387.

Martha Cooper Library

1377 N. Catalina Ave.
Tucson, AZ 85712

Phones: (520) 594-5315, (520) 594-4010 Info Line

Description: NOTE: Martha Cooper Library will be closed from November 20, 2022, through Spring 2024 for a significant renovation. While it is completed, the book drop will be closed, and materials can be returned to any other library. Outdoor WiFi will not be available, and food distribution services will be paused.
The Pima County Public Library provides access to free resources for everyone! We offer books, movies, seeds, digital resources, computer use, wireless internet, job search help, and programs for all age levels. Our mission is to transform lives by educating, inspiring, and connecting people.

Costs: Color/B&W Copies & Print Jobs: 10 cents per side of the page (a two-sided copy is 20 cents), Faxing: $1.00 per page

Dewhirst-Catalina Library

15631 N Oracle Rd. #199
Catalina, AZ 85739

Phones: (520) 594-5240, (520) 791-4010 Info Line

Description: The Pima County Public Library provides access to free resources for everyone! We offer books, movies, seeds, digital resources,

computer use, wireless internet, and programs for all age levels. The library also provides various resources for people seeking employment, including current listings of job fairs and job postings, access to software for creating and updating resumes, and job help workshops in person and virtually. Contact your local library or go to www.library.pima.gov for more details. Our mission is to transform lives by educating, inspiring, and connecting people.

Costs: Color/B&W Copies & Print Jobs: 10 cents per side of the page (a two-sided copy is 20 cents). Faxing: $1.00 per page

Dusenberry-River Library

5605 E. River Rd., Ste. 105
Tucson, AZ 85750

Phones: (520) 594-5345, (520) 791-4010 Info Line

Description: The Pima County Public Library provides access to free resources for everyone! We offer books, movies, seeds, digital resources, computer use, wireless internet, and programs for all age levels. The library also provides various resources for people seeking employment, including current listings of job fairs and job postings, access to software for creating and updating resumes, and job help workshops in person and virtually. Contact your local library or go to www.library.pima.gov for more details. Our mission is to transform lives by educating, inspiring, and connecting people.

Costs: Color/B&W Copies & Print Jobs: 10 cents per side of the page (a two-sided copy is 20 cents), Faxing: $1.00 per page

Eckstrom-Columbus Library

4350 E. 22nd St.
Tucson, AZ 85711

Phones: (520) 594-5285, (520) 594-4010 Info Line

Description: The Pima County Public Library provides access to free resources for everyone! We offer books, movies, seeds, digital resources, computer use, wireless internet, and programs for all age levels. The library also provides various resources for people seeking employment, including current listings of job fairs and job postings, access to software for creating and updating resumes, and job help workshops in person and virtually. Contact your local library or go to www.library.pima.gov for more details. Our mission is to transform lives by educating, inspiring, and connecting people.

Costs: Color/B&W Copies & Print Jobs: 10 cents per side of the page (a two-sided copy is 20 cents), Faxing: $1.00 per page

Flowing Wells Library

1730 W. Wetmore Rd.
Tucson, AZ 85705

Phones: (520) 594-5225, (520) 791-4010 Info Line

Description: The Pima County Public Library provides access to free resources for everyone! We offer books, movies, seeds, digital resources, computer use, wireless internet, and programs for all age levels. The library also provides various resources for people seeking employment, including current listings of job fairs and job postings, access to software for creating and updating resumes, and job help workshops in person and virtually. Contact your local library or go to www.library.pima.gov for more details. Our mission is to transform lives by educating, inspiring, and connecting people.

Costs: Color/B&W Copies & Print Jobs: 10 cents per side of the page (a two-sided copy is 20 cents), Faxing: $1.00 per page

Himmel Park Library

1035 N. Treat Ave.
Tucson, AZ 85716

Phones: (520) 594-5305, (520) 594-4010 info line

Description: The Pima County Public Library provides access to free resources for everyone! We offer books, movies, seeds, digital resources, computer use, wireless internet, and programs for all age levels. The library also provides various resources for people seeking employment, including current listings of job fairs and job postings, access to software for creating and updating resumes, and job help workshops in person and virtually. Contact your local library or go to www.library.pima.gov for more details. Our mission is to transform lives by educating, inspiring, and connecting people.

Costs: Color/B&W Copies & Print Jobs: 10 cents per side of the page (a two-sided copy is 20 cents), Faxing: $1.00 per page

Joel D Valdez Main Library

101 N. Stone Ave
Tucson, AZ 85701

Phones: (520) 594-5500, (520) 791-4010 Info Line

Description: The Pima County Public Library provides access to free resources for everyone! We offer books, movies, seeds, digital resources, computer use, wireless internet, and programs for all age levels. The library also provides various resources for people seeking employment, including current listings of job fairs and job postings, access to software for creating and updating resumes, and job help workshops in person and virtually. Contact your local library or go to www.library.pima.gov for more details. Our mission is to transform lives by educating, inspiring, and connecting people.

Costs: Color/B&W Copies & Print Jobs: 10 cents per side of the page (a two-sided copy is 20 cents), Faxing: $1.00 per page

Kirk-Bear Canyon Library

8959 E. Tanque Verde Rd.
Tucson, AZ 85749

Phones: (520) 594-5275, (520) 594-4010 Info Line

Description: The Pima County Public Library provides access to free resources for everyone! We offer books, movies, seeds, digital resources, computer use, wireless internet, and programs for all age levels. The library also provides various resources for people seeking employment, including current listings of job fairs and job postings, access to software for creating and updating resumes, and job help workshops in person and virtually. Contact your local library or go to www.library.pima.gov for more details. Our mission is to transform lives by educating, inspiring, and connecting people.

Costs: Color/B&W Copies & Print Jobs: 10 cents per side of the page (a two-sided copy is 20 cents), Faxing: $1.00 per page

Miller-Golf Links Library

9640 E Golf Links Road
Tucson, AZ 85730

Phones: (520) 594-5355, (520) 594-4010 Info Line

Description: The Pima County Public Library provides access to free resources for everyone! We offer books, movies, seeds, digital resources, computer use, wireless internet, and programs for all age levels. The library also provides various resources for people seeking employment, including current listings of job fairs and job postings, access to software for creating and updating resumes, and job help workshops in person and virtually. Contact your local library or go to www.library.pima.gov for more details. Our mission is to transform lives by educating, inspiring, and connecting people.

Costs: Color/B&W Copies & Print Jobs: 10 cents per side of the page (a two-sided copy is 20 cents), Faxing: $1.00 per page

Nanini Library

7300 N. Shannon Rd.
Tucson, AZ 85741

Phones: (520) 594-5365, (520) 594-4010 Info Line

Description: The Pima County Public Library provides access to free resources for everyone! We offer books, movies, seeds, digital resources, computer use, wireless internet, and programs for all age levels. The library also provides various resources for people seeking employment, including current listings of job fairs and job postings, access to software for creating and updating resumes, and job help workshops in person and virtually. Contact your local library or go to www.library.pima.gov for more details. Our mission is to transform lives by educating, inspiring, and connecting people.

Costs: Color/B&W Copies & Print Jobs: 10 cents per side of the page (a two-sided copy is 20 cents), Faxing: $1.00 per page

Oro Valley Public Library

1305 W. Naranja Dr.
Oro Valley, AZ 85737

Phones: (520) 594-5580, (520) 594-4010 Info Line

Description: The Pima County Public Library provides access to free resources for everyone! We offer books, movies, seeds, digital resources, computer use, wireless internet, and programs for all age levels. The library also provides various resources for people seeking employment, including current listings of job fairs and job postings, access to software for creating and updating resumes, and job help workshops in person and virtually. Contact your local library or go to www.library.pima.gov for more details. Our mission is to transform lives by educating, inspiring, and connecting people.

Costs: Color/B&W Copies & Print Jobs: 10 cents per side of the page (a two-sided copy is 20 cents), Faxing: $1.00 per page

Quincie Douglas Library

1585 E. 36th St.
Tucson, AZ 85713

Phones: (520) 594-5335, (520) 791-4010 Info Line

Description: The Pima County Public Library provides access to free resources for everyone! We offer books, movies, seeds, digital resources, computer use, wireless internet, and programs for all age levels. The library also provides various resources for people seeking employment, including current listings of job fairs and job postings, access to software for creating and updating resumes, and job help workshops in person and virtually. Contact your local library or go to www.library.pima.gov for more details. Our mission is to transform lives by educating, inspiring, and connecting people.

Costs: Copies & Print Jobs: 10 cents / per side of the page (color or black and white)
Faxing: $1.00 / page

Richard Elias-Mission Library

3770 S. Mission Rd.
Tucson, AZ 85713

Phones: (520) 594-5325, (520) 594-4010 Info Line

Description: The Pima County Public Library provides access to free resources for everyone! We offer books, movies, seeds, digital resources, computer use, wireless internet, and programs for all age levels. The library also provides various resources for people seeking employment, including current listings of job fairs and job postings, access to software for creating and updating resumes, and job help workshops in person and virtually. Contact your local library or go to www.library.pima.gov for more details. Our mission is to transform lives by educating, inspiring, and connecting people.

Costs: Copies & Print Jobs: 10 cents / per side of the page (color or black and white)
Faxing: $1.00 / page

Sahuarita Library

670 Sahuarita Rd. W
Sahuarita, AZ 85629

Phones: (520) 594-5490, (520) 594-4010 Info Line

Description: The Pima County Public Library provides access to free resources for everyone! We offer books, movies, seeds, digital resources, computer use, wireless internet, and programs for all age levels. The library also provides various resources for people seeking employment, including current listings of job fairs and job postings, access to software for creating and updating resumes, and job help workshops in person and virtually. Contact your local library or go to www.library.pima.gov for more details. Our mission is to transform lives by educating, inspiring, and connecting people.

Costs: Color/B&W Copies & Print Jobs: 10 cents per side of the page (a two-sided copy is 20 cents), Faxing: $1.00 per page

Santa Rosa Library

1075 S. 10th Ave.
Tucson, AZ 85701

Phones: (520) 594-5260, (520) 594-4010 Info Line

Description: The Pima County Public Library provides access to free resources for everyone! We offer books, movies, seeds, digital resources, computer use, wireless internet, and programs for all age levels. The library also provides various resources for people seeking employment, including current listings of job fairs and job postings, access to software for creating and updating resumes, and job help workshops in person and virtually. Contact your local library or go to www.library.pima.gov for more details. Our mission is to transform lives by educating, inspiring, and connecting people.

Costs: Copies & Print Jobs: 10 cents / per side of the page (color or black and white)
Faxing: $1.00 / page

Valencia Library

202 W. Valencia Rd.
Tucson, AZ 85706

Phones: (520) 594-5390, (520) 594-4010 Info Line

Description: The Pima County Public Library provides access to free resources for everyone! We offer books, movies, seeds, digital resources, computer use, wireless internet, and programs for all age levels. The library also provides various resources for people seeking employment, including current listings of job fairs and job postings, access to software for creating and updating resumes, and job help workshops in person and virtually. Contact your local library or go to www.library.pima.gov for more details. Our mission is to transform lives by educating, inspiring, and connecting people.

Costs: Color/B&W Copies & Print Jobs: 10 cents per side of the page (a two-sided copy is 20 cents), Faxing: $1.00 per page

W. Anne Gibson-Esmond Station Library

10931 E. Mary Ann Cleveland Way
Tucson, AZ 85747

Phones: (520) 594-5460, (520) 791-4010 Info Line

Description: The Pima County Public Library provides access to free resources for everyone! We offer books, movies, seeds, digital resources, computer use, wireless internet, and programs for all age levels. The library also provides various resources for people seeking employment, including current listings of job fairs and job postings, access to software for creating and updating resumes, and job help workshops in person and virtually. Contact your local library or go to www.library.pima.gov for more details. Our mission is to transform lives by educating, inspiring, and connecting people.

Costs: Copies & Print Jobs: 10 cents / per side of

the page (color or black and white)
Faxing: $1.00 / page

Woods Memorial Library

3455 N. First Ave.
Tucson, AZ 85719

Phones: (520) 594-5445, (520) 594-4010 Info Line

Description: The Pima County Public Library provides access to free resources for everyone! We offer books, movies, seeds, digital resources, computer use, wireless internet, and programs for all age levels. The library also provides various resources for people seeking employment, including current listings of job fairs and job postings, access to software for creating and updating resumes, and job help workshops in person and virtually. Contact your local library or go to www.library.pima.gov for more details. Our mission is to transform lives by educating, inspiring, and connecting people.

Costs: Copies & Print Jobs: 10 cents / per side of the page (color or black and white)
Faxing: $1.00 / page

Golden Goose Thrift Shop

15970 N. Oracle Rd.
Tucson, AZ 85739

Phone: (520) 825-9101

Description: We are serving our community through sales of donated merchandise. 100% of our profits are donated to help feed, clothe, and educate local children, seniors, and families in need.

Fairmount Assisted Living & Memory Care

6161 E. Fairmount St.
Tucson, AZ 85712

Phone: (520) 344-8890 ext: 1

Description: Our integrative care approach blends our residents' desires for home with their need for more supportive care. We do this by providing beautiful, stimulating surroundings, creating a home-like atmosphere that nurtures health and well-being, and is mindful of each person's unique physical, mental, spiritual, and social nature. We are a 40-bed community with an adjoining ten-bed home to help create an easier transition for our residents moving in from home.

Costs: Semi-private: $4800
Private: $5500
Deluxe Private: $8000
ALTCS L–Mercy Care

Pima Council on Aging (PCOA)

600 S. Country Club RD
Tucson, AZ 85716

Phone: (520) 305-3453

Description: Senior Companion volunteers aged 55 and older help homebound and isolated older adults continue living independently by providing companionship, transportation, and caregiver respite. For more information on our Senior Companion Program, please visit our website.

ProMedica Hospice- Tucson

3112 N. Swan Rd.
Tucson, AZ 85712

Phone: (520) 325-2790

Description: At ProMedica Hospice, a non-profit hospice, we believe wholeheartedly in the power of the individual, the importance of relationships, and the value of respect and dignity to everyone at every stage of life. Our goal is to create a positive difference every day, make a personal connection, and create memorable moments that will enrich your life. We provide care wherever you call home: in your house, the skilled nursing center assisted or independent living facility. Our caregivers help create individualized care plans, set personal goals, and manage pain and symptoms. Every patient is different, with different challenges, different needs, and different

family and friends. So the care we give each patient is other. Contact us anytime, 24 hours a day, seven days a week.

Costs: 100% covered under Medicare and most insurances.

Interfaith Community Services

2820 W. Ina Rd.
Tucson, AZ 85741

Phone: (520) 297-6049 ext: 3

Description: ICS offers emergency utility assistance through the Low-Income Home Energy Assistance Program (LIHEAP). This program can pay for the current or past month's utility bills. You may only receive assistance once per year. Requests for emergency financial assistance can now be made through phone requests at (520) 297-6049 or at www.icstucson.org under the GET HELP tab. Requests are taken until appointment slots are filled.

SMC Counseling & Social Work, LLC

815 W. Via Rancho Sahuarita #239
Sahuarita, AZ 85629

Phone: (520) 262-2170

Description: I offer compassion, understanding, and a kind and direct approach to ensure each minute we meet is valuable to your well-being. I have a client-centered approach, as therapy is different for everyone, whether you need a couple of sessions or more. I have extensive experience restructuring thoughts, grief, and loss, lessening anxiety and depression, or processing trauma. I will provide the correct therapeutic modality to obtain newfound satisfaction and peace. Serving 23 years in the military, I understand the challenges military/family members may face. I have extensive volunteer experience helping victims and understanding how trauma affects the soul. My wide range of life experiences will help support you with the complications life may present at this moment.

Costs: Individual Therapy rates are 50.00 - 100.00 per session
Couples Therapy rates 100.00 - 120.00 per session
The sliding Fee is available
Insurance Accepted - Blue Cross/Blue Shield
Telehealth/Face to Face Sessions available

Southern Arizona AIDS Foundation (SAAF)

375 S. Euclid Ave.
Tucson, AZ 85719

Phones: (520) 628-7223, (520) 260-1800 Crisis Line, (800) 771-9054 (Toll free)

Description: Testing for HIV, HEP C, and STIs. Care services for people living with HIV include psychosocial, meal delivery, case management, housing, and pet food services. Syringe Access Program for anyone needing to exchange used needles for new ones; this includes needles used for diabetes care. Our new clinic, SAAF Health, offers primary care for anyone at no cost. Our Anti-Violence program provides help to anyone in the LGBTQ+ community that finds themselves in a dangerous relationship. Buyer's Club is open to anyone needing to purchase vitamins and other wellness items at a discount.

Costs: All Case Management services are free. Housing services vary and may require clients to contribute 30% of their Gross Income towards rent.

International Rescue Committee

1011 N. Craycroft Rd., Ste 404
Tucson, AZ 85711

Phone: (602) 651-4458

Description: Responding to the world's worst humanitarian crises, the International Rescue Committee's (IRC) mission is to help people whose lives and livelihoods are shattered by conflict and disaster to survive, recover and gain

control of their future. In Tucson, the IRC provides essential resettlement programs and services, including access to necessities, economic empowerment and employment, social services, health and wellness, immigration legal services, education, and advocacy.

Costs: IRC services are free to IRC clients. We also offer immigration services on a sliding scale when capacity allows.

Arizona's Children's Association

3716 E. Columbia St.
Tucson, AZ 85714

Phones: (800) 944-7611, (520) 549-3733

Description: Kinship Support Services help kinship caregivers provide care, access services for children residing in their homes, and maintain family stability. Through kinship navigation, caregivers receive direct or referral assistance to provide a safe home environment. Caregivers receive professional support services and are encouraged to utilize informal support, including friends, neighbors, other kinship caregivers, and community organizations. Kinship Support Services collaborate with the caregiver and, when appropriate, with parents and other family members. Caregivers are guided in obtaining the necessary training and certification to care for the children in their homes. They are also informed of permanency options that include adoption, guardianship, or subsidized guardianship and are connected to resources that can assist them with these legal custody alternatives. The Kinship Support Services support concurrent planning and will support the permanency planning efforts of DCS. Kinship Support Services are not responsible for disclosing permanency options to other parties to the case or assessing for or facilitating reunification efforts, as developing and documenting the permanency plan is the role of DCS. Furthermore, Kinship Support Services is not responsible for counseling parents about relinquishment and alternative permanency options. The primary focus of the Kinship Support Services is to support kinship caregivers as they navigate the child welfare system.

Costs: No cost for Arizona Kinship Support Services.

MedCure

Phone: (866) 560-2525

Description: Body donation significantly impacts medical research, development, and education advancements every day. MedCure acts as a bridge between whole-body donors and the medical professionals who rely on those donations to help shape the future of medicine. Together, these donors and medical professionals impact the future of medicine. Please visit our website for more information on Veteran Benefits and Body Donation.

Costs: Call for details.

Deena Hitzke Counseling

1145 North Craycroft, Ste., 101
Tucson, AZ 85716

Phone: (520) 882-9000

Description: Dr. Hitzke provides narrative and interpersonal therapy to help people manage anxiety, depression, trauma, codependency, and grief, utilizing the principles of counseling for empowerment, self-determination theory, narrative identity work, and reminiscence and life review therapy. All services are available on a sliding fee scale. This is a supervised private practice. It is owned and managed by a master's level, non-independent licensee, under Board approved clinical supervision, under A.A.C. R4-211. The Board approved Clinical Supervisor of this Practice is:
Janet Lee O'Conner, EdS, LISAC, L.P.C.
520-360-0007
janetloconnereds@gmail.com

Costs: $40.00 - $75 for a 50-minute session. $60-$125 for 1.5 HR Intakes/Intensive Sessions. Free Consultations. Free quarterly workshops for

established patients.

Griiffin's Trauma Scene Cleanup LLC

11711 S Agua Verde Rd
Vail, AZ 85641

Phone: (520) 444-4999

Description: Griifin's Trauma Scene Cleanup LLC provides cleanup of biohazard, hoarder properties, and clandestine drug labs. We work with homeowners to help them determine what to do with the items they have surrounded themselves with, keep, discard, donate, recycle, etc. Whatever is necessary to make their environment safe.

Costs: Variable depending upon ability to pay.

Homicide Survivors Inc.

5049 E. Broadway Blvd. #151
Tucson, AZ 85711

Phone: (520) 207-5012

Description: Homicide Survivors, Inc. is on a mission to help meet the crisis and long-term needs of families of murder victims through support, advocacy, and assistance.

Costs: Free

Life and Work Connections

888 N. Euclid, Suite 113
Tucson, AZ 85721

Phone: (520) 621-9870

Description: Life and Work Connections provides free, confidential wellness assistance to the staff and faculty of the University of Arizona. The dependent care specialist at Life and Work Connections assists our university caregivers of adults and elders through consultations and individualized care plans unique to comprehensive challenges. Care plans include navigation of resources, such as support and diagnosis-specific aid. Dependent care specialist services help employees, and their loved ones uphold legal, financial, and end-of-life wishes in caregiving plans. Dependent care services are offered to students and benefits-eligible staff and faculty.
Life and Work Connections offers various services to address wellness and work-life balance. This includes mental health support, physical health, nutrition, and legal and financial services. Services include individual consultations, workshops, training sessions, and articles on various health and well-being topics.

Costs: No cost for services to eligible staff, faculty, and students.

The Gratitude Crew

7440 N. Oracle Rd., Bldg. 5B
Tucson, AZ 85704

Phone: (520) 201-8227

Description: We bring the spirit of gratitude to the community in the form of gratitude groups. We train teen volunteers to help facilitate the groups and travel to organizations. We are currently focused on the elderly, independent and assisted living residences, and organizations that involve the aging population. Our mission is to combat the negativity in the community and in our own minds by taking a moment to express gratitude.

Costs: We are a free service. We do take donations.

Pima Council on Aging (PCOA)

600 S. County Club Rd
Tucson, AZ 85716

Phone: (520) 546-2011

Description: PCOA is the designated State Health Insurance Assistance Program (SHIP) for Pima County that provides unbiased, no-cost direct assistance with Medicare for Pima County Medicare-eligible individuals. Our staff and volunteers are highly trained and certified to help

Medicare beneficiaries, their families, and caregivers with information about Medicare Advantage, Medicare Prescription Drug coverage, Medigap plans, explaining how supplemental insurance options work with Medicare, fraud concerns, Medicare billing issues, and much more. As a State Health Insurance Assistance Program, PCOA does not sell nor endorse any Medicare plans.

Costs: No Cost

TMC for Seniors Advance Care Planning

2695 N. Craycroft Road
Tucson, AZ 85712

Phone: (520) 324-1960

Description: Do you know what kind of medical care you would receive if you couldn't speak for yourself because of a vehicle accident, stroke, or unexpected surgery? If it matters to you, join us to learn why advance-care planning is so important for you and all your family members. Make sure you are the one making these decisions by choosing a health care power of attorney and completing advance directives. Please don't put it off any longer. At TMC, we want YOUR health care to always be in YOUR control. To help you make these important decisions, we provide:
- Lectures on advance care planning
-Please call to make an appointment with an ACP volunteer

Costs: The cost for advance care planning is free.

Pima County Public Fiduciary Office

32 N. Stone Ave., 4th Fl.
Tucson, AZ 85701

Phone: (520) 724-5454

Description: The Public Fiduciary serves as court-appointed Guardian, Conservator, or Estate Administrator for decedent estates when no one else is willing or able to help (A.R.S 14-5602). Referrals are made through our online referral form or by calling 520-724-5454 to request referral information.

Costs: Please call for pricing details.

Sterling Case Management & Fiduciaries of Arizona, LLC

7493 N. Oracle Rd., Ste. 105
Tucson, AZ 85704

Phone: (520) 420-5080

Description: Fiduciary Services, Guardian and Conservatorship, Medical and Financial POA, Personal Representative, and Trustee. We offer Case Management to families needing support and assistance caring for their loved ones. We act as trustees for special needs trusts for disabled adults. Sterling also is contracted with the VA to serve as Federal Payee for veterans. We offer transportation services.

Costs: Fee for service by the hour. We offer a complimentary discovery session where you can learn about Sterling Case Management and Fiduciaries of Arizona see and what we have to offer. We frequently develop a plan and assistance at no charge.

The Aging Mastery Program (AMP)

600 S. Country Club Rd.
Tucson, AZ 85716

Phone: (520) 790-7573 ext: 1800

Description: The Aging Mastery Program® offers a comprehensive approach to aging well. The program combines classes with expert speakers, group discussions, and goal setting to help older adults gain new skills to make small, meaningful life changes. PCOA offers the program under license with the National Council on Aging (NCOA), which developed the curriculum to provide a roadmap for aging. The Aging Mastery Program® offers ten sessions

that explore the following:
• Navigating Longer Lives
• Exercise and You
• Sleep
• Healthy Eating and Hydration
• Financial Fitness
• Advance Planning
• Healthy Relationships
• Medication Management
• Fall Prevention
The Aging Mastery Program (AMP) will offer the fall 10-week session beginning Tuesday, September 12, 2023, from 1:30 – 3:00 pm. The classes will be in-person at The Katie Dusenberry Healthy Aging Center, 600 Country Club Rd. Class dates are Sept. 12, 19, 26, Oct. 3, 10, 17, 24, 31, 2023. The early Bird Registration fee is $89 per person if registered and paid by Tues., August 29, 2023. After August 29, the cost is $99 per person. Registration and Fee (payable in advance) by Tuesday, August 29, 2023. (No refunds after Tues., August 29, 2023.

Costs: The early Bird Registration fee is $89 per person if registered and paid by Tues., August 29, 2023. After August 29, the cost is $99 per person. Registration and Fee (payable in advance) by Tuesday, August 29, 2023. (No refunds after Tues., August 29, 2023.

Tucson Ostomy Support Group

P.O. Box 41454
Tucson, AZ 85717-1454

Phone: (520) 206-0268

Description: The Ostomy Support Group of Tucson provides current or future ostomates and their caregiver(s) education through meetings, newsletters, and emotional support. The purposes of the OSG-TAZ are to: 1) assist in the rehabilitation of persons who have or will have ostomy surgery; 2) assist all ostomates needing help, including pre-operative and post-operative visits by trained visitors; 3) provide reassurance and emotional support to the ostomate’s family; and 4) provide a better understanding of ostomies.

Rio Rico Medical & Fire District

822 Pendleton Dr.
Rio Rico, AZ 85648

Phone: (520) 281-8421 ext: 7554

Description: The Rio Rico Medical & Fire District's primary function is to serve emergency services to our customers within the Rio Rico Medical & Fire District and the Nogales Suburban Fire District boundaries. Additionally, we offer interfacility transport services on patient transfers from the hospital and clinic facilities within the Nogales and Rio Rico area to alternate destinations for higher medical services not provided in Santa Cruz County. Alternate care options are treatment and referral services for certain medical conditions and telemedicine options for stable patients who need guidance through an online medical physician for treatment or care options. Community Health Paramedicine (CHP) services are offered to residents of our community who need are in need of education and resources available to help with their chronic health conditions. Appointments are required for CHP services; please call the main number to set up an appointment.

Costs: No charge for Community Health Paramedicine visits
911 Services, Interfacility, Treat & Refer, Telemedicine charges:
Base Ambulance rate: $1174.42
per mile rate: $15.29
Note* Ambulance rate charges are billed to insurance providers. Patients pay insurance co-pays and deductibles as per their insurance carrier.

Arizona Complete Behavioral Health Crisis Line

Phone: (844)534-4673

Description: Crisis services are available to anyone in the community. Insurance or

enrollment does not matter. Crisis services may include screenings, assessments, counseling, medication stabilization, and supportive services to help prevent a future crisis.

Are you or someone you know experiencing a behavioral health crisis?
Call the statewide crisis line. It is available 24 hours a day, 7 days a week.

Crisis services are available to any Arizona resident, even if you do not have health insurance coverage.

The single statewide crisis line number is:
1(844)534-4673 or 1(844)534-HOPE
988 will also route to the Statewide Crisis Line based on area code.

National Suicide Prevention Lifeline
1-800-273-TALK (8255)
1-888-628-9454 (Spanish)
Veterans Crisis Hotline
1-800-273-TALK (8255) and Press 1
or Text message to 838255
Crisis Text Line
Text HOME to 741741
Text NATIVE or INDIGENOUS to 741741 for Indigenous text line
Teen Lifeline
1-800-248-TEEN (8336)
The Trevor Project
1-866-488-7386
(Youth who identify as LGBTQIA+)
Safe Call Now
206-459-3020
(Support for First Responders)

BeeHive Homes of Marana

6180 W. Mamie Kai Dr.
Marana, AZ 85743

Phone: (520) 226-4091

Description: Beehive Homes is a 20-unit Assisted Living and Dementia Care facility. Our home has 15 Suites with large friendly living rooms, an open-air kitchen and dining room, private Suites, and shared rooms. Our home provides residents with comfortable settings without the overwhelming long hallways, elevators, and confusing layout.
Beehive Home's Assisted Living and Memory Care services are designed for residents who need assistance with essential daily activities. We are proud to offer all-inclusive rates based on the resident's needs. Devoted certified caregivers are available 24 hours a day / seven days a week, to help with bathing, dressing, medications, meals, laundry, housekeeping, and additional activities for daily living services.

Costs: ALTC Contract: Mercy Care
Private pay please call for pricing details.

National Center for Lesbian Rights (NCLR)

Phone: (415) 392-6257

Description: NCLR runs a Legal Helpline for the community. We provide legal resources and information to help protect your legal rights, including contact information for LGBTQ-friendly attorneys. We do not provide legal representation or legal advice through the helpline.

Job Connection Centers

1940 E. Silverlake , Ste 405
Tucson, AZ 85713

Phone: (520) 623-5174

Description: All Five Job Connection Centers offer computers with internet, phones, fax machines, copiers, and printers at no cost. The centers are staffed with on-site Career Development Specialists who can provide guidance and assistance in basic computer skills, employment, education, and community support.

Customers at the Job Connection Centers can:

Create email accounts
Get assistance on resumes and cover letters

Review the job postings/referral board
Search and apply to jobs online
Seek guidance in interview preparation, Career exploration, as well as
Learn about training/other opportunities and resources available in Southern Arizona.
Help with new hire paperwork.

To Schedule an appointment or find a location near you, visit our website.

YWCA Southern Arizona

525 N. Bonita Ave
Tucson, AZ 85745

Phone: (520) 884-7810 ext: 100

Description: YWCA offers wellness, leadership, and career development programs for women and families in Southern Arizona. Our Women's Business Center supports anyone who wants to start or strengthen a business. Our Women's Counseling Network connects women who may not have insurance to free long-term counseling. Our Latina Leadership Institute offers programs like divorce recovery & Folklorico that help women heal in the community. Your Sister's Closet and Project Period provide free professional clothing, accessories, and menstrual products. And our Economic Advancement programs include GED and ESL classes, career coaching, childcare, and tuition assistance for technical training.

Costs: Some Women's Business Center classes have a $10 registration fee, but most of our services are provided at no cost.

Amy Farrell Matheson

1745 E. River Rd., Ste 101
Tucson, AZ 85718

Phone: (520) 622-0400

Description: Amy Farrell Matheson is an attorney who counsels clients and prepares estate planning documents. She assists clients with trust administration, probate, and other elder law services.

Costs: The fee schedule is available at http://www.elder-law.com

Elderhealth PLLC

1846 E. Innovation Park Dr.
Oro Valley, AZ 85755

Phone: (520) 829-9987

Description: From advanced care planning to home-based primary care, we are here to help. ElderHealth PLLC is a medical practice providing in-home care to people with or without cognitive impairment. Our mission is to support families, improve quality of life, and keep people at home as long as possible. We work with families and caregivers to find ways to deal with behavioral issues without using risky medications. Our team includes an MD board-certified geriatrician, a Nurse Practitioner with extensive work with older adults, a Nurse Practitioner certified in palliative care with extensive research in alternative therapies for behavioral problems, and a Social Worker certified in palliative care and committed to helping families keep their loved one in the home. Our team also includes a certified music therapist, an art guide, and a Registered Nurse to add additional support. Our primary care services are available with a paid annual membership. Our unique advanced care planning services are offered via telehealth and are generally covered by Medicare without a co-pay. Advanced care planning services are available without a membership.

Costs: We accept traditional Medicare and several private insurances and advantage plans. We are a membership model; our unique, supportive, and robust services cost an additional $3500/year.

Step up to Justice

320 N. Commerce Park Lp., Ste. 100
Tucson, AZ 85745

Phone: (520) 276-3398

Description: Step Up to Justice is a pro bono law center. We provide free civil legal services for low-income residents of Pima County. For more information, please visit our website.

Costs: All services provided by Step Up to Justice are free to residents of Pima County who are financially and asset eligible.

Arizona Bankruptcy Court & Volunteer Attorneys

38 S. Scott Ave., Ste. 100
Tucson, AZ 85701

Phones: (520) 202-7500, (800) 556-9230

Description: Volunteer attorneys will consult with individuals for 20–30 minutes without charge concerning their bankruptcy situation. The volunteer attorneys are available by appointment only. Court staff cannot provide legal advice.

Kinghorn Law / Financial

3573 E. Sunrise Dr., Ste. 209
Tucson, AZ 85718

Phone: (520) 529-4000

Description: At Kinghorn Law | Financial, our passion is to empower individuals and families to achieve peace by educating, coaching, and serving with love and compassion. We help our clients make important decisions and take action to ensure their loved ones are protected if they are incapacitated or when they pass. Our attorneys and team have earned an outstanding reputation for their expertise, compassion, and desire to “take care” of their clients.
Kinghorn Law | Financial offers comprehensive estate planning, elder law, business succession and formation, and investor coaching services. We assist clients as they plan for potential incapacity and death; represent clients in probate or trust administration; guide new and seasoned business owners in business formation and succession planning; and coach investors on finding and living their true purpose for money. In addition, Kinghorn Law | Financial is recognized as a leader and innovator in helping clients qualify for Medicaid or Veterans Affairs benefits, protecting assets from creditors and other predators.

Costs: It varies depending on the services provided. Attorneys offer a complimentary consultation to anyone seeking assistance. After reviewing their situation and needs, an attorney may quote a price for services offered.

All About Services LLC

PO Box 35111
Tucson, AZ 85740

Phone: (520) 990-6464

Description: All About Services LLC provides Lifestyle Concierge Services to older adults needing assistance in many areas of their life.

I will assist in downsizing your home by finding and hiring a moving company and help with packing, unpacking, and organizing your belongings. Provide estate logistics and mobile notary.

I provide long and short-term house and pet sitting, assist in shopping and running errands, and provide administrative, research, and proofreading services.

At All About Services LLC, we care about our clients and will provide end-of-life compassion care for you, your loved ones, and your pets.

Serving Tucson and surrounding areas, Pet sitting is limited to a 3-mile radius of Oracle and Orange Grove.

*** Hands on caregiving and house cleaning not offered.***

Costs: Rates vary based on the type of service, duration, complexity, variables, drive time and distance, etc. Estimates may be provided by phone but may require an on-sight visit to assure the logistics and details of the project.

988 Suicide & Crisis Lifeline

Phone: 988

Description: If you or someone you know needs support now, call or text 988 or chat at 988Lifeline.org. 988 connects you with a trained crisis counselor who can help.

Arizona Department of Veterans' Services

555 E. Ajo Way
Tucson, AZ 85713

Phone: (800) 827-1000

Description: The Arizona Department of Veterans' Services provides direct services to Veterans. The Veterans Benefits Offices help Veterans connect with their VA Benefits. There are two skilled nursing veteran home facilities, one in Phoenix and the other in Tucson, to provide short and long-term care.
Three Veterans' Memorial Cemeteries are Sierra Vista, Marana, and Camp Navajo (near Flagstaff). The Arizona Department of Veterans' Services provides critical, state-wide coordination and technical assistance. As well as serving the public and private sectors experiencing homelessness and building community capacity to address veteran employment and higher education.

Parkinson's Disease Nutrition

Phone: (520) 270-3836

Description: Nutrition consults, meal delivery services, resources, meal plans, cooking classes, presentations, caregiving, and home help.

Costs: Prices vary depending on the individual. Please call for pricing details.

Emergency Eviction Legal Services Program (EELS)

Phone: (520) 724-3357

Description: If you are facing an eviction and have received a notice from your landlord, We may be able to help. You may be entitled to Free legal services. Pima County's Emergency Eviction Legal Services Program (EELS can ensure you know your rights and be your advocate.

Who Is Eligible?
Navigation services are available to all tenants or landlords involved in eviction cases in Pima County. If you are a tenant and your income is below 80% of the area median income, you also qualify for access to an attorney for free.

Costs: Eligibility Requirements.

Drexel Heights Community Center

5220 S. San Joaquin Ave.
Tucson, AZ 85746

Phone: (520) 883-4228

Description: Drexel Heights Community Center provides games for older adults.
Tuesday and Thursday
10 a.m. to noon

Come join us at the Drexel Heights Community Center for board games, such as Mahjongg, Scrabble, Yahtzee, Rummy Cube, cards, and more.

Enhance Fitness Class
Monday, Wednesday, and Friday
11:45 a.m. to 12:45 p.m.
Age 55+
Cost $32

Registration is now open.
Call for more information. Register on the Pima County Natural Resources, Parks and Recreation website.

Enhance Fitness is an evidence-based program with years of research backing it, which means it is specifically proven to improve strength and balance, increase flexibility, boost activity levels, improve mood, and help prevent falls.

Enhance Fitness is developed specifically for older adults, with exercises focusing on four key areas important to your health and fitness. Stretching and flexibility, low-impact aerobics, strength training, and balance. You can join us no matter what your level of fitness is now, and we offer seated and standing exercise options.

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Miracles Life Care LLC

2828 N. Country Club Rd.
Tucson, AZ 85716

Phone: (520) 261-2273

Description: Home Health Care and Caregiving Services from 4 to 24 hour coverage 7 days per week.
Including but not limited to ADL's, meal prep, grocery store transportation/assistance, doctor appointments, social outings, medication management/reminders, home exercise and mobility activities, light housekeeping, help facilitate hobbies and social activities.

Costs: Competitive Industry Rates, 3 Hour minimum, no hidden fees, no evaluation fees, no mileage fees, no add-on fees for additional services and no additional fees for multiple members of the household.

Gentle Hearts Homecare LLC

9542 E. Creek St
Tucson, AZ 85730

Phone: (520) 405-3585

Description: We offer compassionate in-home care and assistance with daily activities(grooming, dressing, eating, etc.). We personalize each client's specific needs, including meal preparation, light housekeeping, help managing bills, appointments, and mobility. We are licensed, certified, and vaccinated.

Costs: Our fee's range from $27-$34 an hour depending on specific needs of each client.

Homewatch CareGivers

514 E. Whitehouse Canyon Rd., Ste, #100
Green Valley, AZ 85704

Phone: (520) 297-9349

Description: Homewatch CareGivers" goal is to help older adults stay in their homes as long as possible by providing respite care, personal grooming, medication reminders, transportation, housekeeping, meal prep, and respect for Dementia, Alzheimer's, and Parkinson's. For more information, call or visit the website.

Costs: 1 Hour Service $65.00
2 Hour Service $42.00
3 or more hours of Service $33.00
1 Hour Nurse Visit $85.00
All services include transportation with an added mileage charge of .68 a mile if we use our vehicle.

American Parkinson Disease Association (APDA)

Phones: (800) 223-2732, (800) 223-2732

Description: The American Parkinson's Disease Association (APDA) is the largest grassroots network dedicated to fighting Parkinson's disease (PD) and works tirelessly to help the approximately one million with PD in the United States live life to the fullest in the face of this chronic neurological disorder. Founded in 1961, APDA has raised and invested over $252 million to provide outstanding patient services and educational programs, elevate public awareness about the disease, and support research designed to unlock the mysteries of PD and ultimately end this disease.

Costs: Free

Pima Council on Aging (PCOA)

8467 E. Broadway Blvd.
Tucson, AZ 85710

Phone: (520) 790-7262

Description: End-of-Life Planning
Having conversations with family, health care professionals, and close friends are important for planning your end-of-life care. Organizations like PCOA can help you begin those conversations and give you reliable information on filling out your advanced directives. In addition, these plans allow you to have the care and treatment you would want if you no longer can make the decisions on your own. The sub-categories here will assist you in this process. The Arizona Advance Directive Registry is hosted and maintained by a healthcare organization called Health Current/Contexture. As a result, a person’s end-of-life care plans are accessible by participating healthcare professionals as part of their electronic health record.

Costs: No Cost.

Caviglia-Arivaca Library

17050 W. Arivaca Rd.
Arivaca, AZ 85601

Phones: (520) 594-5235, (520) 791-4010 Info Line

Description: The Pima County Public Library provides access to free resources for everyone! We offer books, movies, seeds, digital resources, computer use, wireless internet, and programs for all age levels. The library also provides various resources for people seeking employment, including current listings of job fairs and job postings, access to software for creating and updating resumes, and job help workshops in person and virtually. Contact your local library or go to http://www.library.pima.gov for more details. Our mission is to transform lives by educating, inspiring, and connecting people.

Costs: Color/B&W Copies & Print Jobs: 10 cents per side of the page (a two-sided copy is 20 cents), Faxing: $1.00 per page

El Rio Library

1390 W. Speedway Blvd.
Tucson, AZ 85745

Phones: (520) 594-5245, (520) 791-4010 Info Line

Description: The Pima County Public Library provides access to free resources for everyone! We offer books, movies, seeds, digital resources, computer use, wireless internet, and programs for all age levels. The library also provides various resources for people seeking employment, including current listings of job fairs and job postings, access to software for creating and updating resumes, and job help workshops in person and virtually. Contact your local library or go to http://www.library.pima.gov for more details. Our mission is to transform lives by educating, inspiring, and connecting people.

Costs: Color/B&W Copies & Print Jobs: 10 cents per side of the page (a two-sided copy is 20 cents), Faxing: $1.00 per page

Frank De La Cruz-El Pueblo Library

101 W. Irvington Rd.
Tucson, AZ 85714

Phones: (520) 594-5250, (520) 791-4010 Info Line

Description: The Pima County Public Library provides access to free resources for everyone! We offer books, movies, seeds, digital resources, computer use, wireless internet, and programs for all age levels. The library also provides various resources for people seeking employment, including current listings of job fairs and job postings, access to software for creating and updating resumes, and job help workshops in person and virtually. Contact your local library or go to http://www.library.pima.gov for more details. Our mission is to transform lives by educating, inspiring, and connecting people.

Costs: Color/B&W Copies & Print Jobs: 10 cents per side of the page (a two-sided copy is 20 cents), Faxing: $1.00 per page

Joyner-Green Valley Library

601 N. La Canada Dr.
Green Valley, AZ 85614

Phones: (520) 594-5295, (520) 594-4010 Info Line

Description: The Pima County Public Library provides access to free resources for everyone! We offer books, movies, seeds, digital resources, computer use, wireless internet, and programs for all age levels. The library also provides various resources for people seeking employment, including current listings of job fairs and job postings, access to software for creating and updating resumes, and job help workshops in person and virtually. Contact your local library or go to http://www.library.pima.gov for more details. Our mission is to transform lives by educating, inspiring, and connecting people.

Costs: Color/B&W Copies & Print Jobs: 10 cents per side of the page (a two-sided copy is 20 cents), Faxing: $1.00 per page

Murphy-Wilmot Library

530 N. Wilmot Rd.
Tucson, AZ 85711

Phones: (520) 594-5420, (520) 594-4010 Info Line

Description: The Pima County Public Library provides access to free resources for everyone! We offer books, movies, seeds, digital resources, computer use, wireless internet, and programs for all age levels. The library also provides various resources for people seeking employment, including current listings of job fairs and job postings, access to software for creating and updating resumes, and job help workshops in person and virtually. Contact your local library or go to http://www.library.pima.gov for more details. Our mission is to transform lives by educating, inspiring, and connecting people.

Costs: Color/B&W Copies & Print Jobs: 10 cents per side of the page (a two-sided copy is 20 cents), Faxing: $1.00 per page

Salazar-Ajo Library

15 Plaza St., Ste. 179
Ajo, AZ 85321

Phones: (520) 387-6075, (520) 594-4010 Info Line

Description: The Pima County Public Library provides access to free resources for everyone! We offer books, movies, seeds, digital resources, computer use, wireless internet, and programs for all age levels. The library also provides various resources for people seeking employment, including current listings of job fairs and job postings, access to software for creating and updating resumes, and job help workshops in person and virtually. Contact your local library or go to http://www.library.pima.gov for more details. Our mission is to transform lives by educating, inspiring, and connecting people.

Costs: Color/B&W Copies & Print Jobs: 10 cents per side of the page (a two-sided copy is 20

cents), Faxing: $1.00 per page

Sam Lena-South Tucson Library

1607 S. 6th Ave.
Tucson, AZ 85713

Phones: (520) 594-5265, (520) 594-4010 Info Line

Description: The Pima County Public Library provides access to free resources for everyone! We offer books, movies, seeds, digital resources, computer use, wireless internet, and programs for all age levels. The library also provides various resources for people seeking employment, including current listings of job fairs and job postings, access to software for creating and updating resumes, and job help workshops in person and virtually. Contact your local library or go to http://www.library.pima.gov for more details. Our mission is to transform lives by educating, inspiring, and connecting people.

Costs: Copies & Print Jobs: 10 cents / per side of the page (color or black and white)
Faxing: $1.00 / page

The Conversation Project

53 State St., 18th Fl.
Boston, MA 02109

Phone: (617) 301-4800

Description: The Conversation Project® is a public engagement initiative of the Institute for Healthcare Improvement (IHI). Our goal is simple and transformative: to help everyone talk about their wishes for care through the end of life to be understood and respected.

Southwest Library

6855 S. Mark Rd.
Tucson, AZ 85757

Phones: (520) 594-5270, (520) 594-4010 Info Line

Description: The Pima County Public Library provides access to free resources for everyone! We offer books, movies, seeds, digital resources, computer use, wireless internet, and programs for all age levels. The library also provides various resources for people seeking employment, including current listings of job fairs and job postings, access to software for creating and updating resumes, and job help workshops in person and virtually. Contact your local library or go to http://www.library.pima.gov for more details. Our mission is to transform lives by educating, inspiring, and connecting people.

Costs: Copies & Print Jobs: 10 cents / per side of the page (color or black and white)
Faxing: $1.00 / page

Wheeler Taft Abbett Sr Library

7800 N. Schisler Dr.
Tucson, AZ 85743

Phones: (520) 594-5200, (520) 594-4010 Info Line

Description: The Pima County Public Library provides access to free resources for everyone! We offer books, movies, seeds, digital resources, computer use, wireless internet, and programs for all age levels. The library also provides various resources for people seeking employment, including current listings of job fairs and job postings, access to software for creating and updating resumes, and job help workshops in person and virtually. Contact your local library or go to http://www.library.pima.gov for more details. Our mission is to transform lives by educating, inspiring, and connecting people.

Costs: Color/B&W Copies & Print Jobs: 10 cents per side of the page (a two-sided copy is 20 cents), Faxing: $1.00 per page

QUILT Modest Means Program

Phone: (520) 623-4625

Description: A community service program sponsored by the Pima County Bar Association is designed to help those who earn too much to qualify for free legal services but not enough to

afford standard legal fees. Legal areas served are DUI, general civil litigation, landlord/tenant, divorce (with or without children), foreclosures, and guardianship. Client eligibility guidelines and the attorney fee schedule can be viewed at www.pimacountybar.org (click on QUILT), or call the Lawyer Referral Service to determine whether or not you qualify.

Costs: $30.00 Application Fee.

Inspirations of River Centre

5665 East River Rd.
Tucson, AZ 85750

Phone: (520) 462-4338

Description: Inspirations of River Centre is an assisted living community that provides everything from planned activities to social events, 24/7 help. Our amenities include 2-bedroom apartments, rooms wired with cable, we have arts and crafts areas, a bistro dining area, a book discussion club, common areas with TVs, a cooking club, and more.

Inspiration of River Centre also provides short-term stays. Short-term stays give you the option to explore our community before deciding to move in or respite care for caregivers.

Costs: Please call for pricing details.

Senior Housing Net

Phone: (855) 999-4938

Description: Need help finding or choosing a local assisted living community, in-home care agency, or other senior care provider? Talk to one of our Family Advisors toll-free

La Santuaria Art Therapy Studio

270 S. Stone Ave
Tucson, AZ 85701

Phone: (520) 665-8891

Description: Art Therapist with over 20 years of experience working will older adults living with dementia. In-Home or downtown studio appointments are available. Art Therapy can help us see ourselves differently, most importantly, acknowledging positive attributes when experiencing an unprecedented loss with few experiences supporting the essential sense of identity. Art-making engages complex mental processes that regulate emotional distress, validate physical experiences, and speak volumes through the symbols we make. The metaphor expressed in the artwork validates knowledge. As such, it can reach into the core of our being and assure the individual they are loved and cared for, esteemed and valued, and belong to a community.

Costs: In-Home Appointments – Some clients prefer to have art therapy brought to them in their homes. Private In-Home appointments save travel time, disruption from changing environments, and reduce stress. Please call us to discuss if In-Home Appointments are right for you.
Art Supplies Provided – We will bring all the supplies needed for our session, and the art you create is yours to keep with no additional fees. This commitment is included in our standard fee of $150 for a 90-minute appointment.

Americare Home Care

11811 N. Tatum Blvd
Phoenix, AZ 85024

Phone: (520) 261-0094

Description: Home care services include but are not limited to personal care, transportation, assistance with transfers, meal prep, light housekeeping, help with showering and toileting, and medication reminders.

Costs: Please call for pricing details.

BrightStar Care Tucson/ Sierra Vista

4811 E. Grant Rd., Ste. 255
Tucson, AZ 85712

Phone: (520) 901-6587

Description: At BrightStar Care of Tucson/Sierra Vista, we believe that caring is more than just a job– it's a way of life. That's why our caregivers mean so much more to the people, families, and organizations they serve. BrightStar Care nurses, therapists, CNAs, and caregivers deliver professional and compassionate care in the comfort and familiarity of home. We are proud to provide a range of home care services to meet your loved one's unique needs. From companionship, bathing, and hygiene assistance to in-home infusions and medication management, our professional care staff is available 24/7 to help when you need it most.

Costs: Tucson Area:
CG/CNA Shifts 4hr or more $35/hr
CG/CNA Shifts Less than 4 hrs $400/shift (flat-rate)
Couple Care 4hrs or more $52.50/hr
RN/LPN Visit $125/Visit
PT/OT/ST Visit $150/Visit
COVID Care depends on staff availability; there is an increased rate
Sierra Vista Area:
CG/CNA Shifts 2hrs to 11hrs $35/hr
CG/CNA Shifts scheduled with 12hrs/wk or more $33/hr
CG/CNA Shifts less than 2 hrs $200/ shift (flat-rate)
Couple Care 4hrs or more $52.50/ hr
RN/LPN Visit $125/Visit
PT/OT/ST Visit $150/Visit
COVID Care depends on staff availability; there is an increased rate

Patient Care Advocates

2223 E. Speedway Blvd.
Tucson, AZ 85719

Phone: (520) 546-4141

Description: Patient Care Advocates, LLC provides clinically trained Certified Nursing Assistants and Certified Caregivers to assist you with your caregiving needs. We help you with bathing, dressing, cooking, housekeeping, exercises, outings, and other fun activities.

Southern Arizona Placement Agency

4865 E. 18th St
Tucson, AZ 85711

Phone: (520) 345-0297

Description: Older Adult Care referral services to help you locate an appropriate and affordable assisted-living community or home for yourself or a loved one. We work with many resources in the Tucson community, including but not limited to VA benefits, Arizona Long-Term Care, in-home care, hospice, and in-home health.

Costs: No cost to the client or their family. Our services are paid for by the assisted living homes and communities in the community.

Cottages of Tucson

619 W. Chula Vista Rd.
Tucson, AZ 85704

Phone: (520) 606-5850

Description: One of the most difficult decisions a family can face is how to help a loved one with Alzheimer's or other memory loss problems. The Cottages of Tucson, a memory care community, combines the best features of adult family homes and professional, compassionate assisted living communities. Here, you will find an intimate environment where residents receive individual attention from a professionally managed, highly trained, and compassionate staff, available 24 hours a day and seven days a week.

Our Memory Care Community offers four small, cozy cottages, each with only twenty residents. This design concept allows us to give your loved one the personal attention they deserve in a familiar, intimate, calm, and safe environment. Each cottage is self-contained with a kitchen, dining room, laundry, living room area with fireplace, and private resident rooms.

Costs: Please call for pricing details.

Arizona Care Advocates, PC

1645 W. Valencia Rd., Ste. 109-403
Tucson, AZ 85746

Phone: (520) 302-8962

Description: Geriatric Care management includes Assessments, Plan of Care, helping with resources for caregivers, therapists, and other providers, Advocating at Physician Appointments, Communicating with Physicians, family, and other service providers, Managing medications, Advocating in the hospital setting, Home Visits to check on any change in status and Health Care Power of Attorney services.

Costs: $120.00 an hour, billed in 1/10th (or 6 minute) increments. Cost of opening a case and performing an Assessment vary.

Placita Senior Advisors

333 N Wilmot #340
Tucson, AZ 85711

Phone: (520) 221-2083

Description: We provide placement services within the community for older adults. We help facilitate between the care homes and the facilities to ensure a smooth transition. We coordinate with families to ensure the right fit is found for their loved ones.

Costs: There is no charge to the families for our services. We are paid for our services by the communities themselves.

Tucson Life Care

3849 E. Broadway., #266
Tucson, AZ 85716

Phone: (520) 305-4454

Description: We are the one call to make to sort out what services you need. We provide consultation, assessment, advocacy, and private care management for older adults and disabled individuals. We develop a care plan and coordinate all kinds of services from home care, home health, physicians including those who make house calls, mobile lab and X-rays, mobile dentists, hospices, elder law attorneys, real estate agents, placement specialists, pet care, housekeepers, and home maintenance and many other services. We assist with discharge planning for a smooth transition between hospitals or facilities and home or assisted living. We arrange all kinds of services for our clients wherever they are and monitor them to ensure quality care. We are the boots on the ground for out-of-town families and support local family members caring for their loved ones. We assist older adults in remaining as independent as possible with a safety net for urgent matters. We're available to assist with temporary snowbird support, hospital discharge support, or move stabilization, or we'll stay with you for as long as you and can help plan for the end of life care. 24-hour on-call for established clients.
Campbell office location by appointment only.

Costs: Please call for current hourly rates. We bill on the 10th of the hour and only bill when we do something.

Arizona Baptist Children's Services and Family Ministries

2411 E. Fort Lowell Rd.
Tucson, AZ 85712

Phone: (800) 678-0648

Description: Arizona Baptist Children's Services and Family Ministries provide different prenatal and adult care services. We can help with food, clothing, and hygiene items. Other benefits include providing faith-based counseling and assisting with SNAP applications. SNAP applications are scheduled by appointment only. For more information on our resources and where to go, please visit our website at abcs.org to find a location for the services you are seeking.

Mobility Plus

245 S. Plumer Ave., Ste 2
Tucson, AZ 85745

Phone: (520) 225-0415

Description: Mobility Plus offers scooters, ramps, lifts, and more for your mobility needs, including sales, rental, repair, and installation. We're here to help people with mobility challenges and those recovering from injury, illness, or surgery.

Products includes Pride mobility scooters, Golden mobility scooters, EV Rider mobility scooters, Pride power wheelchairs, Harmar vehicle lifts, Harmar stairlifts, Merits stairlifts, Pride lift chairs, Golden lift chairs, Harmar Vehicle lifts, Stander walkers, Stander rollators, Nova wheelchairs, Med-Mizer hospital beds, EZ Access ramps, etc.

We also have many fall prevention products from Stander and HealthCraft, including bed rails, security poles, grab bars, etc.

Mobility Plus Tucson is Veteran and LGBTQ-owned and operated. We proudly serve the needs of veterans and the LGBTQ community.

Costs: Rental costs subject to change:
Scooters from $29.99/day $149.99/week $299.99/month
Power Wheelchairs from $39.99/day $199.99/week $399.99/month
Manual Wheelchairs from $14.99/day $39.99/week $79.99/month
Knee Scooter $14.99/day $44.99/week $119.99/month
Walkers/Rollators from $14.99/day $24.99/week $44.99/month
Ramps from $14.99/day $44.99/week $119.99/month
Lift Chairs $24.99/day $99.99/week $249.99/month
Stair Lifts $299.99/month plus $499.99 delivery, installation, and removal (3 mo. min.)
Hospital Beds $499.99/1st month including delivery $299.99/add'l mos. (1 mo. min.)

Osher Lifelong Learning Institute at the University of Arizona (OLLI-UA)

4485 N 1st Ave
Tucson, AZ 85719

Phone: (520) 626-9039

Description: For 30+ years, OLLI-UA has served as a life-enriching healthy aging education program for adults 50+. OLLI-UA is a community of learners filled with curious minds passionate about knowledge. OLLI-UA members bring their own life experiences to the classroom making for a very engaging and enthusiastic learning setting. At its essence, it’s learning just for the joy of it with no tests or grades.
OLLI-UA is a member-run, community-based learning environment that offers a diverse repertoire of 400+ intellectually stimulating, noncredit courses and educational activities each year, along with significant volunteer engagement and leadership opportunities. We also offer social activities like dining out events, field trips, and more.
OLLI-UA also serves as an amazingly effective health and wellness program in disguise, keeping members engaged intellectually and active socially. OLLI-UA creates new friends with similar interests and a passion for life and learning. Our schedule often provides a welcome respite from personal issues like caring for a loved one or recovering from loss.
OLLI-UA has two campus locations serving Tucson and Green Valley / Sahuarita, and an extensive online program. We offer classes during the Fall, Spring, and Summer and help 1,100+ members each year experience the Joy of Learning with no tests or grades.

Costs: Price varies by membership type - currently ranges from $150 to $425 for unlimited class offerings. We also offer partial and full fee assistance.

Tucson Notary Pro LLC

Tucson, AZ

Phone: (520) 373-7715

Description: I do a lot of general notary work. I go to people at home or in hospitals or nursing homes. Sometimes they have serious health problems and can't sign or can't speak or they have expired ID. There are solutions to any type of signing problem as long as the signer can communicate to me in some way that they know what they are signing and are signing voluntarily. Documents common in general notary work are estate documents such as wills, trusts, power of attorneys, and living wills, or they may have banking, pension, deed, authorizations, affidavits and other documents.

I am also a certified loan signing agent (real estate documents) with over 1000 loan signings. For loan signings I show you how to fill out the documents, answer questions about the purpose of the document, and make sure it's all filled out correctly. I can also ship the documents for you.

Costs: For general notary work each notarial act is $10. Arizona notarial acts are acknowledgment, jurat, oath and copy certification. If you come to me there is no other charge. If I go to you there is a travel fee depending on distance. Loan signings include other services and are priced as a package. If there is other work such as arranging for one or two witnesses, shipping documents, recording documents, printing or scanning copies, etc. there is an extra charge depending on what needs to be done, the distance, and the time involved. Call and tell me what you need done and I will be glad to help you.

Canyon View by Platinum Care

1331 E. Sobre Lomas
Tucson, AZ 85718

Phone: (520) 393-9952

Description: Canyon View by Platinum Care Homes is an assisted living facility that provides three levels of care, help with all activities of daily living, nutritious fresh meals, medication management and activities, with private rooms and beautiful common areas. Platinum Care Homes strives to deliver an exceptional lifestyle and home environment for our residents by employing the best certified caregivers, providing a robust wellness program, and offering our services in a comfortable home so that residents get the care and individual attention they need and deserve. Come see why small communities offering tailored care are preferred over large impersonal facilities. Owned by medical professionals with integrity and experience.

Costs: Private rooms start at $4800 monthly

Telecare Services

601 N La Canada Dr
Green Valley, AZ 85614

Phone: (520) 351-6744

Description: TeleCare Service offers a free daily phone call to Green Valley residents who live alone. Our TeleCare team places calls between 7:30 a.m. and 9:00 a.m., 365 days a year. If a resident does not answer after several attempts, the SAV Supervisor dispatches a SAV Patrol to check on the person. Thankfully, in most cases, the person is fine, but if they cannot be contacted at their home, SAV patrol members enlist the help of Pima County Sheriff’s deputies who take over efforts to contact the resident. For more information, or to enroll in the program, please call the TeleCare answering system at (520) 351-6706 to leave a message. Your call will be returned within 24 hours.

Costs: Free

PCOA assumes no responsibility by providing this information. This list is a community service and not an endorsement of any organization listed. Though PCOA does their best to ensure accuracy of the information provided, some information may not be up to date. For more help please call our helpline at (520) 790-7262.