

# 2018 Guide to Services

*A Directory of Aging and Disability  
Resources in Pima County*

Revised 1/2018



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# Pima County Resources

## Activities and Education Opportunities for Older Adults

Adventure Bus at Handmaker’s (Early dementia) .....	(520) 547-6007
Call PCOA for a complete list of activities and clubs.....	(520) 790-7262
City of Tucson Parks and Recreation Centers.....	(520) 791-4873
Elder Circles for LGBTQI Elders (Discussion Groups).....	(520) 323-1708
Elder Circles without Walls (for the homebound).....	(520) 323-1708
Green Valley Recreation.....	(520) 625-3440
Interfaith Community Services (ICS).....	(520) 297-6049
Love Thy Neighbor Ministries.....	(520) 742-5548
Oro Valley Parks and Recreation.....	(520) 229-5050
Osher Lifelong Learning Institute.....	(520) 626-9039
Pima Community College.....	(520) 206-4500
Pima Council on Aging’s Healthy Living Program .....	(520) 305-3410
Pima County Community Centers.....	(520) 724-5000
Pima County Public Library Bookmobile.....	(520) 594-5415
Pima County Public Library.....	(520) 791-4010
Savvy Seniors Stretching and Strengthening.....	(520) 296-6149
The Aging Mastery Program.....	(520) 305-3409
The Drawing Studio OATS Program .....	(520) 620-0947
The Learning Curve .....	(520) 777-5817
TMC Senior Services .....	(520) 324-1960
Tucson Adult Learning Adventures (TALA).....	(520) 344-9213

## Adult Day Care

Casa Community Services (Green Valley) .....	(520) 393-6835
Home Health Companion Services (Call PCOA for list).....	(520) 790-7262
Posada Life Adult Day Services (Casa Community Services).....	(520) 393-6835
Regency Senior Club .....	(520) 290-1940
SandRuby Community Program (A Handmaker Program).....	(520) 547-6036
Senior Moments Adult Day Care (Vail) .....	(520) 561-0448

## ALS Resources

ALS Association—Arizona .....	(602) 297-3800
ALS Support Groups – Peter Hughes.....	(520) 404-7762

## Alzheimer’s and Related Dementias

Alzheimer’s Association Helpline (24/7) .....	(800) 272-3900
Alzheimer’s Association Tucson Office .....	(520) 322-6601
Clinical Trials .....	(800) 272-3900
PCOA Caregiver Specialists (Caregiver Resources).....	(520) 790-7262
Support Groups .....	See listing under <b>“SUPPORT GROUPS”</b>

**Neuropsychological Evaluations**

- Behavioral Neuroscience and Alzheimer’s Clinic..... (520) 694-8888
- David Hermosillo-Romo Ph.D..... (520) 690-6443
- Neuropsychology, LTD ..... (520) 352-9955
- Southern Arizona Neuropsychology Associates ..... (520) 329-8298
- Vita Medica Institute ..... (520) 638-5757

**Locating Devices for Wanderers**

- Desert Tracker GPS ..... (520) 838-1130
- Great Call® Splash with 5Star (Jitterbug) ..... (800) 650-5921
- Medic Alert®..... (888) 572-8566

**Alzheimer’s and Dementia Support Groups**

- Support Group—Brookdale Oro Valley..... (520) 322-6601
- Support Group—Civano Business Center Board Room ..... (520) 322-6601
- Support Group—Continental Reserve Urgent Care..... (520) 322-6601
- Support Group—Grace Health and Healing..... (520) 322-6601
- Support Group—Green Valley Community Church ..... (520) 322-6601
- Support Group—LGBTQ ..... (520) 322-6601
- Support Group—Lutheran Church (Green Valley) ..... (520) 322-6601
- Support Group—Northwest Oro Valley Hospital..... (520) 322-6601
- Support Group—Oro Valley Public Library..... (520) 322-6601
- Support Group—Our Savior’s Lutheran Church ..... (520) 322-6601
- Support Group—Pima Council on Aging ..... (520) 322-6601
- Support Group—Rancho Sahuarita Clubhouse..... (520) 322-6601
- Support Group—Rancho Vistoso Community Center ..... (520) 322-6601
- Support Group—Sam Lena South Tucson Library ..... (520) 322-6601
- Support Group—Santa Catalina Villas..... (520) 322-6601
- Support Group—TMC Senior Services..... (520) 322-6601
- Support Group—Valley Presbyterian (Green Valley) ..... (520) 322-6601
- Support Group—Veteran’s Hospital ..... (520) 322-6601
- Support Group—Voyager RV Resort (Jan–Mar) ..... (520) 322-6601

**Amputee Resources**

- Amputee Coalition ..... (888) 267-5669

**Support Groups**

- Amputee Support Group..... (520) 873-3881

**Appliances—Low Cost**

- Community Action Agency (stoves, refrigerators)..... (520) 724-2667
- HabiStore Home Improvement Center ..... (520) 889-7200
- Re-Store, TMM Family Services, Inc..... (520) 326-1936
- Thrift Stores (Call PCOA for list) ..... (520) 790-7262

**Arizona Long Term Care System (ALTCS)**

- ALTCS Facilities (Call PCOA for lists) ..... (520) 790-7262
- ALTCS Questions (Call PCOA)..... (520) 790-7262
- ALTCS Workshops (Call PCOA for information) ..... (520) 790-7262

Arizona Long Term Care System (ALTCS) ..... (520) 205-8600

## **Arthritis Resources**

Arthritis Foundation—Arizona ..... (602) 212-9900

Tucson Arthritis Support League ..... (520) 205-1597

## **Assisted Living Facilities and Adult Care Homes**

Call PCOA for lists ..... (520) 790-7262

Complaints ..... (520) 628-6965

PCOA Long-Term Care Ombudsmen (Advocacy) ..... (520) 904-2903

## **Assisted Living—Low-Income**

Marshall Home for Men ..... (520) 624-5193

St. Luke's Home ..... (520) 628-1512

## **Assistive Equipment & Medical Supplies**

Able-One Mobility Services (Scooters/Wheelchairs) ..... (520) 887-3201

Allied Medcor Services ..... (520) 296-5925

Apria Healthcare ..... (520) 295-5980

Arizona Superior Medical Program (Medical Monitoring) ... (520) 747-7403

DIRECT Center for Independence (Disabled clients only) ... (520) 624-6452

Friends In Deed (Green Valley) ..... (520) 625-1150

Guardian Medical Monitoring ..... (520) 310-3701

Handi-Dog ..... (520) 326-3412

Home Adaptation Specialists (Call PCOA for list) ..... (520) 790-7262

Home Medical Equipment (JFCS) ..... (520) 795-0300

Interfaith Community Services (DME loans) ..... (520) 297-6049 ext. 223

Lockboxes for Fire Dept., Access (Call PCOA for list) ..... (520) 790-7262

Med One Healthcare ..... (520) 300-6434

Medical Equipment of America ..... (520) 325-3340

Med-Tech ..... (520) 290-0337

Metro Med (Central Tucson) ..... (520) 468-6811

New Spirit Lutheran Church (Medical Equipment Loans) .. (520) 296-2461

Preferred HomeCare ..... (520) 888-4002

Rising Medical ..... (520) 886-7700

Salvation Army (Main Store) ..... (520) 624-1741

Sizewise Rentals (Bariatric items available) ..... (520) 670-0079

Southern Arizona Lifeline Systems ..... (520) 465-4111

World Care ..... (520) 514-1588

## **Cancer Resources**

American Cancer Society (Tucson Office) ..... (520) 321-7989

American Cancer Society ..... (800) 227-2345

Arizona Oncology Foundation (East Tucson) ..... (520) 324-2840

Arizona Oncology Foundation (Northwest Tucson) ..... (520) 877-9038

Banner UMC Cancer Center (Support Groups) ..... (520) 624-2873

Cancer Matters ..... [www.cancermatters.com](http://www.cancermatters.com)

- Cleaning for a Reason (Housekeeping Help) .. [www.cleaningforareason.org](http://www.cleaningforareason.org)
- Road to Recovery (Rides to doctor appointments) ..... (520) 321-7989
- 24/7 Support & questions ..... 1-800-227-2345
- Susan G. Komen Southern Arizona (Breast cancer)..... (520) 319-0155

## Caregiver Resources

- Be a Resilient Caregiver (Handbook) ..... [www.caregiverconsortium.org](http://www.caregiverconsortium.org)
- Call Pima Council on Aging ..... (520) 790-7262
- Caregiver Consortium (local resources) ..... [www.caregiverconsortium.org](http://www.caregiverconsortium.org)
- Caring Information ..... [www.caring.com](http://www.caring.com)
- Empowering Caregivers ..... [www.care-givers.com](http://www.care-givers.com)
- Family Caregiver Alliance ..... [www.caregiver.org](http://www.caregiver.org)
- National Family Caregivers Association..... [www.caregiveraction.org](http://www.caregiveraction.org)

## Caregiver Support Groups

- Caregiver Support—Central Tucson ..... (520) 609-1271
- Caregiver Support—East Tucson ..... (520) 609-1271
- Caregiver Support—Green Valley ..... (520) 609-1271
- Caregiver Support—North Tucson ..... (520) 609-1271
- Caregiver Support—Oro Valley ..... (520) 609-1271
- Caregiver Support—Southwest Tucson ..... (520) 609-1271

## Caregiver Training Programs *(for employment)*

- Care Giver Training Institute ..... (520) 325-4870
- Pima Community College..... (520) 206-4500

## Caregiver Training Program *(for family caregivers)*

- Luminaria Home Care ..... (520) 488-7340

## Case Management

### For low-income disabled adults and seniors 60+

- Community Services System (call for screening)..... (520) 790-7262
- Southern Arizona AIDS Foundation—all ages (SAAF) ..... (520) 628-7223
- Valley Assistance (Green Valley and surrounding area) ..... (520) 625-5966

### Private Pay—Open to all

- Alternatives In Home Care ..... (520) 327-3384
- Arizona Care Advocates ..... (520) 302-8962
- Care Coordinators, Inc. .... (520) 325-8881
- Caring Cooperatives ..... (520) 631-0961
- Catalina In-Home Services..... (520) 327-6351
- Eldercare Research and Consulting ..... (520) 297-9161
- Jewish Family & Children’s Services..... (520) 795-0300
- Marik, LLC ..... (520) 795-8286
- Organizing Helpers ..... (520) 327-8586
- Patient Care Advocates ..... (520) 546-4141

## Computer Classes

Interfaith Community Services .....	(520) 297-6049
Pima Community College.....	(520) 206-4500
Pima County Public Library .....	(520) 791-4010
Tucson Adult Learning Adventures (Mobile devices) .....	(520) 795-1584
Free Online Computer Classes.....	<a href="http://digitallearn.org">http://digitallearn.org</a>

## COPD Resources

American Lung Association .....	(800) 586-4872
COPD Foundation: COPD Information Line.....	(866) 316-2673

## Counseling/Mental Health

Cenpatico/NurseWise Crisis Line (24 hour help) .....	(866) 495-6735
MHC Behavioral Health Services.....	(520) 682-1091
Casa Community Services (Green Valley) .....	(520) 393-6839
Catholic Community Services .....	(520) 623-0344
CODAC Behavioral Health .....	(520) 327-4505
Community Partners, Inc. ....	(520) 901-4800
COPE Behavioral Services .....	(520) 205-4732
Depression and Bipolar Support Alliance .....	(520) 300-8507
Eldercare Mediation (Our Family Services).....	(520) 323-1708
HOPE Warm Line (Mental Illness or Addiction) .....	(520) 770-9909
Jewish Family and Children's Services .....	(520) 795-0300
KARE (for grandparents raising grandchildren) .....	(520) 323-4476
La Frontera (Behavioral Health) .....	(520) 884-9920
National Alliance on Mental Illness (NAMI of S. AZ) .....	(520) 622-5582
Our Family Services .....	(520) 323-1708
Palo Verde Behavioral Health.....	(520) 322-2888
University of Phoenix Counseling Skills Center .....	(520) 239-5315
Veteran's Crisis Line.....	(800) 273-8255

## Domestic Violence Resources

Administration of Resources and Choices .....	(520) 623-9383
Emerge Center Against Domestic Abuse .....	(888) 428-0101
Family Law Free Legal Help .....	(520) 724-8456
Southern Arizona Legal Aid, Inc.....	(520) 623-9461

## Geriatric Psychiatrists

Adult Psychiatry Clinic (Campbell).....	(520) 626-7664
Adult Psychiatry Clinic (Ajo Way).....	(520) 874-7523
Aleph Center .....	(520) 885-5558
Behavioral Health Pavilion.....	(520) 874-7500
Community Partners Care Coordination .....	(520) 901-4800
Dr. Bennett Blum (Elder abuse, financial exploitation).....	(520) 750-8868
Dr. Irene Kitzman.....	(520) 203-8500
Dr. Dennis Westin and Dr. Marshall Jones .....	(520) 795-0309
Vita Medica Institute .....	(520) 638-5757



### **Geropsychiatric Facilities**

Behavioral Health Pavilion.....	(520) 874-7500
Cornerstone Behavioral Health.....	(520) 222-8268
Oro Valley Hospital Senior Behavioral Health .....	(520) 901-6250
St. Mary's Bridges Geropsychiatric Program .....	(520) 872-4353
TMC Geropsychiatric Program at Handmaker's.....	(520) 324-3929

### **Dental Clinics—Reduced Fee**

El Rio Dental Clinics .....	(520) 670-3909
Desert Senita Medical Center (Ajo).....	(520) 387-4500
Marana Dental Clinic .....	(520) 616-6200
St. Elizabeth Dental Clinic.....	(520) 770-8529
Urgent Care Dental (Extractions and dentures).....	(520) 322-5008

### **Dental Complaints**

Arizona State Board of Dental Examiners .....	(602) 242-1492
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### **Dental Referrals**

Arizona Dental Association .....	(800) 866-2732
Dental Referral .....	(877) 771-5509

### **Donated Plans**

American Dental Plan .....	(602) 265-6677
Ameriplan USA .....	(800) 647-8421
Delta Dental of Arizona .....	(800) 352-6132
DentalPlans.com .....	(888) 632-5353

### **Donated Dental Services**

Arizona Dental Foundation .....	(480) 344-5777
Dentistry from the Heart .....	(727) 849-2002
Donated Dental Services (DDS) .....	(480) 850-1474
Veterans Dental Services .....	(520) 629 1842

### **Low-Cost Cleaning & X-Rays**

Pima Community College Hygiene School & Lab Tech Pro ..	(520) 206-6090
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### **Mobile Dentistry**

Dr. Sharad Pandhi .....	(520) 293-2166
Mobile Dentistry of Arizona .....	(480) 313-3310

### **Denture Clinics**

Affordable Dentures .....	(520) 375-9626
Hugh Keefee, DDS .....	(520) 917-7638
Urgent Care Dental.....	(520) 322-5008

## Diabetes Self-Management

Banner UMC Diabetes Prevention & Education.....	(520) 874-6477
Carondelet Diabetes Care .....	(520) 872-6055
PCOA Diabetes Self-Management Program.....	(520) 305-3410
TMC Diabetes Education & Support .....	(520) 324-1960
TMC Journey for Control.....	(520) 324-1960

## Disability Resources

Aging and Disability Resource Center .....	<a href="http://www.azlinks.gov">www.azlinks.gov</a>
DIRECT Center for Independence .....	(520) 624-6452

## Emergency Alert Systems

Arizona Superior Medical Program (Medical Monitoring)....	(520) 747-7403
Desert Tracker.....	(520) 838-1130
GreatCall® Splash with 5Star (Jitterbug) .....	(800) 650-5921
Guardian Medical Monitoring .....	(330) 310-3701
Southern Arizona Lifeline Systems.....	(520) 465-4111
Safe Return Program (through the Alzheimer’s Assoc.) .....	(520) 322-6601

## Employment

Arizona @ Work (Rio Nuevo Service Center).....	(520) 724-7650
Arizona @ Work (Kino Service Center) .....	(520) 724-2646
Arizona @ Work (Kino Veterans Workforce Center) .....	(520) 724-2646
Arizona @ Work (DES North).....	(520) 638-2270
Arizona @ Work (DES South) .....	(520) 638-2350
Arizona @ Work (DES East ) .....	(520) 872-9095

[www.azjobconnection.gov](http://www.azjobconnection.gov)

[www.arizonaatwork.com](http://www.arizonaatwork.com)

Back to Work 50+ (Pima Community College) .....	(855) 850-2525
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## The Pima County Public Library

**Offers FREE Computer Assisted Job Help that can help you to:**

- Write resumes & Cover Letters
  - Perform online job searches
  - Improve basic computer skills
  - Fill out online applications
- Available at these branch libraries:

Eckstrom Columbus .....	(520) 594-5285
Martha Cooper .....	(520) 594-5315
Quincie Douglas Community Literacy Center.....	(520) 594-5335
El Rio .....	(520) 594-5245
Miller Golf Links.....	(520) 594-5355
Valencia .....	(520) 594-5390
Mission .....	(520) 594-5325

Wheeler Taft Abbett Sr. ....	(520) 594-5200
Geasa-Marana.....	(520) 594-5255
Murphy-Wilmot .....	(520) 594-5445
Woods Memorial.....	(520) 594-5445
Joel D. Valdez Main Library .....	(520) 594-5500
Nanini .....	(520) 594-5365

## **Employment for Women in Transition**

**Eagles Wings of Grace** is a local, faith-based non-profit agency that helps women who are leaving abusive relationships or are in recovery find and maintain employment so they can become financially self-sustaining.

### **They provide:**

- Career planning and job seeking skills
- Counseling and mentorships
- Professional attire
- Financial management classes
- Computer training

**To receive help, clients must receive a written a referral from one of the agencies below**

Pima County One Stop / Pima College.....	(520) 724-7700
Fred Acosta Job Corp .....	(520) 792-3015
Gospel Rescue Mission .....	(520) 740-1501
The Miracle Center .....	(520) 790-0532
Wings of Hope Re-Entry Program.....	(520) 406-6345
Interfaith Community Services .....	(520) 297-6049

## **End of Life**

Advance Directives .....	(520) 546-2018
Funeral Consumers Alliance.....	(520) 721-0230
Grief Support Groups (Call PCOA for list) .....	(520) 790-7262
Hospice .....	See listing under <b>“HOSPICE”</b>

### **Body and Organ Donation**

Banner UMC Willed Body Program .....	(520) 626-6083
Biogift .....	(866) 670-1799
Donor Network of Arizona.....	(800) 943-6667
Science Care .....	(800) 417-3747
Southwest Institute for Bio-Advancement .....	(800) 723-3031
United Network for Organ Sharing (UNOS).....	(888) 894-6361

## **Financial Assistance**

Benefits Check-Up.....	<a href="http://www.benefitscheckup.org">www.benefitscheckup.org</a>
PCOA Budgeting Assistance (Call PCOA for eligibility) .....	(520) 790-7262
Western States Pension Assistance Project (Counseling) ...	(866) 413-4911

### **Fiduciaries and Representative Payees**

Arizona Care Advocates .....	(520) 302-8962
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Arizona Fiduciary Services.....	(520) 820-4757
Care Coordinators .....	(520) 325-8881
Caring Cooperatives .....	(520) 631-0961
Eldercare Research and Consulting.....	(520) 297-9161
Organizing Helpers .....	(520) 327-8586
Personal Support Services .....	(520) 615-0360
Pima County Public Fiduciary .....	(520) 724-5454
Sterling Case Management and Fiduciaries .....	(520) 428-5080
VA Fiduciary Services.....	(800) 827-1000
Zimmerman’s Personal Agents.....	(520) 531-9051

**Foreclosure Prevention Help**

Administration of Resources and Choices .....	(520) 623-9383
Chicanos Por La Causa.....	(520) 882-0018
Don’t Borrow Trouble .....	(520) 792-3087
Pio Decimo Center .....	(520) 622-2801
Tucson Urban League.....	(520) 791-9522
Pima County Housing Center (Foreclosure Counseling).....	(520) 620 1987

**Rent and Mortgage Assistance**

*Help is limited to one time per year*

ARC (Mortgage Assistance Programs).....	(520) 623-9383
Chicanos Por La Causa.....	(520) 882-0018
Interfaith Community Services (Eastside).....	(520) 731-3076
Interfaith Community Services (Northside).....	(520) 297-6049
Pima County Community Action Agency .....	(520) 724-2667
Primavera Foundation .....	(520) 395-6420
Project PPEP.....	(520) 622-3553
Salvation Army.....	(520) 792-1111
St. Vincent de Paul.....	(520) 628-7837
Tucson Urban League (within Tucson city limits only).....	(520) 791-9522
Valley Assistance Services (Green Valley/Sahuarita).....	(520) 625-5966

**Utility Assistance**

Arivaca Coordinating Council (Arivaca, Sasabe, Amado)....	(520) 398-2771
Interfaith Community Services (Eastside).....	(520) 731-3076
Interfaith Community Services (Northside).....	(520) 297-6049
International Sonoran Desert Alliance (Ajo only) .....	(520) 387-3570
Picture Rocks Community Center .....	(520) 682-7166
Pima County Community Action Agency .....	(520) 724-2667
Portable Practical Educational Preparation.....	(520) 622-3553
Salvation Army (Green Valley only) .....	(520) 625-3888
Salvation Army.....	(520) 792-1111
St. Vincent de Paul.....	(520) 825-8288
Tucson Urban League (within Tucson city limits only).....	(520) 791-9522

## **General Food Assistance**

Ajo Food Bank (1st Thursdays) .....	(520) 882-3298
Community Food Bank.....	(520) 622-0525
Food Pantries (Call PCOA for list).....	(520) 790-7262
Food Plus for Seniors (Community Food Bank.) .....	(520) 449-8356
Green Valley and Sahuarita Food Bank .....	(520) 625-5252
IMPACT of Southern Arizona (Catalina area) .....	(520) 825-0009
Marana Community Food Bank.....	(520) 682-3001

## **Meals and Socialization**

Ajo Community Center .....	(520) 387-6641
Archer Center.....	(520) 791-4353
Armory Park Senior Center.....	(520) 791-4865
Casa Community Center .....	(520) 393-6814
Donna Liggins Center .....	(520) 791-3247
Eastside El Dorado.....	(520) 546-2257
El Pueblo Regional Center .....	(520) 791-5155
El Rio Center .....	(520) 791-4683
Ellie Towne/Flowing Wells.....	(520) 887-9786
Freedom Park Center.....	(520) 791-4969
Las Comadritas at the House of Neighborly Service.....	(520) 623-0100
Picture Rocks Community Center .....	(520) 682-7166
Quincie Douglas Center.....	(520) 791-2607
Robles Ranch Community Center .....	(520) 822-4408
William Clements Center .....	(520) 791-5787

## **Home Delivered Meals**

A Culinary Affair—Personal Chef Service .....	(520) 797-2689
Catholic Social Services: Westside Meals .....	(520) 624-1562
Delicious Deliveries (restaurant deliveries).....	(520) 620-6600
Groceries 2 Your Door & More .....	(520) 288-9310
Honey Do Delivers .....	(520) 333-7595
IMPACT of Southern Arizona (Catalina).....	(520) 825-0009
Interfaith Community Services (northwest area).....	(520) 297-6049
Lutheran Social Services: Eastside Meals.....	(520) 514-7642 ext. 204
Lutheran Social Services: Shopping service.....	(520) 514-7642 ext. 204
Magic Kitchen .....	(877) 516-2442
Meals by the Week.....	(520) 741-9020
Mobile Meals (special diet meals; no age restriction).....	(520) 622-1600
Mom's Meals .....	(877) 508-6667
Pima Meals on Wheels (through PCOA).....	(520) 790-7262
Safeway Grocery Delivery (online ordering only).....	<a href="http://www.safeway.com">www.safeway.com</a>
Schwan's.....	(888) 724-9267
Send a Meal .....	(800) 549-2120
Skarsgard Farms (Fresh produce).....	(520) 681-4060

## **Government Representatives**

Call PCOA for a complete list with contact information ..... (520) 790-7262

## **Grandparent Resources**

Department of Corrections Family Liaison ..... (866) 333-2039  
Guardianship (Call KARE Family Center) ..... (520) 323-4476  
Immunizations (Pima County Health Dept.) ..... (520) 724-7770  
KARE Family Center ..... (520) 323-4476

## **Green Valley Social Service Agencies**

Call PCOA for a complete Green Valley Resource list ..... (520) 790-7262  
Community Connect by La Posada ..... (520) 393-6700  
Friends In Deed ..... (520) 625-1150  
PCOA Community Office (Mondays only) ..... (520) 625-1150 ext. 108  
Salvation Army ..... (520) 625-3888  
Telephone Reassurance (Green Valley) ..... (520) 351-6744  
Valley Assistance Services, Inc. .... (520) 625-5966

## **Grief and Loss Support Groups**

Call PCOA for a complete list ..... (520) 790-7262

## **Health and Exercise**

A Matter of Balance ..... (520) 305-3410  
Aquatic Programs ..... (520) 791-5643  
Enhance Fitness ..... (520) 305-3410  
Healthy Living with Chronic Conditions ..... (520) 305-3410  
Healthy Living with Chronic Pain ..... (520) 305-3410  
Healthy Living with Diabetes ..... (520) 305-3410  
Savvy Seniors Stretching and Strengthening ..... (520) 296-6149  
SilverSneakers® ..... (866) 584-7389

## **Hearing Loss Resources**

Adult Loss of Hearing Association (ALOHA) ..... (520) 795-9887  
Arizona Commission for the Deaf/Hard of Hearing ..... (800) 352-8161  
Arizona Relay Service (711) ..... (866) 259-1768  
Audient Alliance (Hearing Aid Financial Assistance) ..... (866) 956-5400  
Caption Call Phone ..... (877) 557-2227  
Community Outreach Program for the Deaf (COPD) ..... (520) 792-1906  
HEAR NOW Program ..... (800) 328-8602  
iCanConnect ..... (520) 792-1906  
UofA Adult Hearing Clinic ..... (520) 621-7070  
UofA Living with Hearing Loss Support Groups ..... (520) 621-7070

## **Heart Disease**

American Heart Association (Tucson) ..... (520) 917-7520

## Hoarding Resources

### General Hoarding Contacts

City of Tucson Code Enforcement .....	(520) 791-5843
Oro Valley Code Enforcement .....	(520) 229-4821
Sahuarita Code Enforcement.....	(520) 822-8892
Tucson Fire Department Prevention Unit .....	(520) 791-4014
Tucson Police Department.....	(520) 791-4444

### Hoarding Clean Up

1-800-GOT-JUNK? .....	(520) 465-4395
Abracadabra Restoration .....	(520) 323-3261
Caring Transitions of Southern Arizona .....	(520) 262-1495
Quality Restoration .....	(520) 322-5326
Tracy's Dynamic Cleaning .....	(520) 721-4288

### Animal Hoarding Resources

88-Crime Anonymous Tip Line .....	(520) 882-7463
Animal Cruelty Taskforce .....	(520) 547-0260
Humane Society .....	(520) 327-6088
Pima County Animal Care Center .....	(520) 724-5900

### Counseling and Support Groups

Buried in Treasures (Support Group).....	(520) 305-3429
Catholic Community Services .....	(520) 623-0344
Children of Hoarders Support.....	<a href="http://www.childrenofhoarders.com">www.childrenofhoarders.com</a>
Clutterers' Anonymous .....	<a href="http://www.clutterersanonymous.net">www.clutterersanonymous.net</a>
CODAC Behavioral Health Services.....	(520) 327-4505
COPE Community Services.....	(520) 792-3293
Dr. Patricia Volkerts .....	(520) 325-2723
Hoarding Behavior Support Group.....	(520) 305 3403
La Frontera Center, Inc. ....	(520) 838-3804
Online Hoarding Support Group.....	<a href="http://hoardingcleanup.com">http://hoardingcleanup.com</a>
Our Family Services .....	(520) 323-1708
Pasadera Behavioral Health.....	(520) 617-0043

## Home Care Services *(In-Home Help)*

Community Services System (call for screening).....	(520) 790-7262
Private Pay Home Health Agencies (call PCOA for list) .....	(520) 790-7262

### Hospital and Rehab Discharge Help

Catalina In-Home Services.....	(520) 327-6351
Home Instead .....	(520) 770-9943

### Medical House Calls

Ascension In-Home Medical Care.....	(520) 577-1136
At Home Medical Care, LLC .....	(520) 940-1119
Dr. Paul Warner (Podiatry only) .....	(520) 321-9898

Dr. Raymond Bock (Podiatry only) .....	(520) 881-2882
Pinnacle Health (Homebound Patients Only) .....	(520) 433-4964
Providers Direct.....	(520) 722-2400
Southwest Geriatrics .....	(520) 314-3412
Urgent Medical Services (Green Valley) .....	(520) 428-0550

**Mobile Hair Care**

FresHair Salon and Mobile Service.....	(520) 906-8742
Hunters Barbershop.....	(520) 620-1683
Jan Cox.....	(520) 561-3522

**Veterinary In-Home Services**

Cactus Creek Mobile Vet Service.....	(520) 405-3071
Home at Last (Pet hospice and euthanasia).....	(520) 308-4580
Homeward Bound Vet Services .....	(520) 668-1238
Ken Cohn, DVM .....	(520) 471-1106
St. Francis Veterinary Group.....	(520) 271-7660

**Home Repair and Adaptation**

Ajo Works Job Training Program (Ajo, AZ).....	(520) 387-3570
Chicanos Por La Causa (Roof replacements).....	(520) 882-0018
City of Tucson Housing and Community Development .....	(520) 791-4636
Community Home Repair Projects of Arizona .....	(520) 745-2055
DIRECT Center for Independence (Disability Adaptation) ..	(520) 624-6452
Habitat for Humanity .....	(520) 326-1217
Independent Contractors (Call PCOA for list) .....	(520) 790-7262
Jewish Elder Access .....	(520) 404-4596
Pima Council on Aging (Home owners 60+) .....	(520) 790-7262
Pima County Community Development.....	(520) 724-3789
Town of Marana (Marana only) .....	(520) 382-1926
TMM Family Services.....	(520) 322-9557
Tucson Urban League.....	(520) 791-9522
Utility Repair, Replacement, and Deposit Program .....	(520) 724-2667

**Hospice**

Agape Hospice .....	(520) 207-5817
Amedisys.....	(520) 205-7700
Assurance .....	(520) 333-0333
Carondelet Hospice.....	(520) 205-7700
Casa de la Luz.....	(520) 544-9890
Emblem Hospice.....	(520) 297-1460
Desert Harmony Hospice .....	(520) 284-9334
Gentiva Hospice .....	(520) 577-0270
Harmony Hospice .....	(520) 284-9334
Heartland Hospice .....	(520) 325-2790
Hospice Family Care.....	(520) 790-9299
Soreo Hospice.....	(520) 547-7000
Soulistic Hospice .....	(520) 398-2333
TMC Hospice .....	(520) 324-2438



Valor Hospice Care ..... (520) 615-3996

## **Hospitals and Acute Care Hospitals**

Banner University Medical Center South ..... (520) 874-2000  
Banner University of Arizona Medical Center ..... (520) 694-0111  
Cornerstone Hospital of Southeast Arizona ..... (520) 546-4595  
HealthSouth Rehabilitation Hospital of Southern AZ..... (520) 742-2800  
HealthSouth Rehabilitation Institute of Tucson..... (520) 322-4405  
Heart and Vascular Institute (Carondelet Health Network) (520) 696-2328  
Kindred Hospital ..... (520) 584-4500  
Northwest Medical Center..... (520) 742-9000  
Oro Valley Hospital..... (520) 901-3500  
Southern Arizona VA Medical Center ..... (520) 792-1450  
St. Joseph’s Hospital (Carondelet Health Network)..... (520) 873-3000  
St. Mary’s Hospital (Carondelet Health Network) ..... (520) 873-3000  
Tucson Medical Center ..... (520) 327-5461

## **Housing**

Active Adult Communities (Call PCOA for list)..... (520) 790-7262  
Adult Care Homes (Call PCOA for listings) ..... (520) 790-7262  
Assisted Living Facilities (Call PCOA for list) ..... (520) 790-7262  
Assisted Living Referral Agencies (Call PCOA for list) ..... (520) 790-7262  
City of Tucson Public Housing ..... (520) 791-4742  
Mobile Home Parks (Call PCOA for list) ..... (520) 790-7262  
Rental Housing Search ..... [www.pimacountyhousingsearch.org](http://www.pimacountyhousingsearch.org)  
Retirement Housing (Call PCOA for list) ..... (520) 790-7262  
Subsidized and Low-income Housing (Call PCOA for list) .. (520) 790-7262  
Transitional Housing (Old Pueblo Community Services) .... (520) 546-0122

### **Moving Organizers**

Caring Transitions..... (520) 262-1495  
New Beginnings..... (520) 777-3830

## **Incontinence**

### **Support and Resources**

Incontinence Resource Center ..... [www.incontinencesupport.info](http://www.incontinencesupport.info)  
National Association for Continence..... [www.nafc.org](http://www.nafc.org)  
The Simon Foundation for Continence..... (800) 237-4666

### **Incontinence Briefs for Low-income adults age 60 and over**

Call Pima Council on Aging ..... (520) 790-7262

### **Incontinence Briefs for Low-income adults under age 60**

Pima County Health Department—Catalina Office ..... (520) 825-9299  
Pima County Health Department—East Office ..... (520) 724-9650  
Pima County Health Department—Green Valley Office ..... (520) 648-1626  
Pima County Health Department—North Office..... (520) 724-2850  
Pima County Health Department—South Office ..... (520) 724-5300

## **LGBTQ Resources for Older Adults**

Alzheimer’s Association LGBTQ Caregiver Support Group.	(520) 322-6601
Elder Circles for LGBTQI Elders (Discussion Groups).....	(520) 323-1708
Parents, Families & Friends of Lesbians & Gays (PFLAG) ..	(520) 360-3795
Pima Council on Aging (Caregiver Support Groups).....	(520) 790-7262
Pima Council on Aging (Project Visibility).....	(520) 790-7262
SAAF Anti-Violence Project (Crisis Intervention).....	(520) 624-0348
Southern Arizona AIDS Foundation (SAAF).....	(520) 628-7223
Southern Arizona Gender Alliance (SAGA) .....	(520) 477-7096
Southern Arizona Senior Pride (SASP).....	(520) 312-8923
Tucson Interfaith HIV/AIDS Network (TIHAN).....	(520) 299-6647

## **Legal Services**

AZ Center for Disability Law .....	(520) 327-9547
Bankruptcy Court Self-Help Line .....	(866) 553-0893
Family Law Free Legal Help .....	(520) 724-8456
Lawyers Referral Service .....	(520) 623-4625
Legal Document Preparers (Call PCOA) for list .....	(520) 790-7262
Notaries (Call PCOA for list) .....	(520) 790-7262
Pima Council on Aging NAELA Clinic (Elder Law issues) ...	(520) 790-7262
Southern Arizona Legal Aid .....	(520) 623-9461

## **Medical Clinics—Low Cost**

Call PCOA for list .....	(520) 790-7262
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## **Medicare Information**

Pima Council on Aging—SHIP.....	(520) 546-2011
Medicare .....	(800) 633-2273

## **Nursing Homes and Acute Rehab Hospitals**

Arizona State Veteran Home .....	(520) 638-2150
Avalon Southwest Health and Rehabilitation .....	(520) 294-0005
Brookdale Santa Catalina .....	(520) 742-6242
Casas Adobes Post-Acute Care & Rehab .....	(520) 297-8311
Catalina Post-Acute and Rehabilitation.....	(520) 795-9574
Copper Health Oro Valley .....	(520) 825-4669
Cornerstone Hospital of Southeast Arizona .....	(520) 546-4595
Devon Gables Healthcare Center .....	(520) 296-6181
Foothills Rehabilitation Center .....	(520) 733-8700
Handmaker Jewish Services for the Aging.....	(520) 881-2323
Haven Health of Tucson.....	(520) 299-7088
HealthSouth Rehabilitation Hospital of Southern Arizona .	(520) 742-2800
HealthSouth Rehabilitation Institute of Tucson.....	(520) 325-1300
Kindred Hospital—Tucson .....	(520) 584-4500
La Cañada Care Center .....	(520) 797-1191
Life Care Center of Tucson.....	(520) 575-0900
Mountain View Care Center .....	(520) 797-2600

Northwest Medical Center.....	(520) 742-9000
Nursing Home Complaints (AZ Dept. of Health).....	(602) 364-2690
Nursing Home Ratings.....	<a href="http://www.medicare.gov">www.medicare.gov</a>
Oro Valley Hospital.....	(520) 901-3500
Park Avenue Healthcare and Rehabilitation .....	(520) 882-6151
Pueblo Springs Rehabilitation Center.....	(520) 296-2306
Sabino Canyon Care Center.....	(520) 722-5515
Santa Rita Nursing and Rehabilitation Center .....	(520) 625-0178
Santa Rosa Care Center .....	(520) 795-1610
Sonora at Spondido .....	(520) 878-2600
The Forum at Tucson .....	(520) 325-4800
Villa Campana.....	(520) 731-8500
Villa Maria Care Center .....	(520) 323-9351

## Ostomy Resources

Ostomy Guide .....	<a href="http://www.ostomyguide.com">www.ostomyguide.com</a>
United Ostomy Associations of America, Inc. ....	(800) 826-0826

## Parkinson’s Disease Resources

American Parkinson’s Disease Association.....	(800) 223-2732
American Parkinson’s Disease Association—Arizona .....	(520) 326-5400
Banner Health Meds Connection .....	(866) 995-6432
Melvin Weinstein Parkinson’s Foundation.....	(757) 313-9729
Movement Disorder Clinic (Banner UMC South).....	(520) 694-8888
National Parkinson Foundation .....	(800) 473-4363
National Parkinson Foundation—Arizona.....	(602) 618-7478
Parkinson & Movement Disorder Alliance .....	(800) 256-0966
Parkinson Wellness Recovery (PWR GYM exercise) .....	(520) 591-5821
Watermark at Home (In-home LSVT therapies) .....	(520) 886-4400

## Post Polio Syndrome

Polio Epic, Inc. (Support Group) .....	(520) 750-8608
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## Prescription Medication Help

Needy Meds ( <a href="http://www.needymeds.com">www.needymeds.com</a> ) .....	(800) 503-6897
Rx Assist .....	<a href="http://www.rxassist.org">www.rxassist.org</a>
Rx Hope .....	<a href="http://www.rxhope.com">www.rxhope.com</a>

## Protective Services *(Abuse and neglect)*

Adult Protective Services .....	(877) 767-2385
Elder Shelter (Emergency Placement for Older Adults) .....	(520) 339-2801

## Renal (Kidney) Failure

American Kidney Fund .....	(800) 638-8299
Coalition for the Supportive Care of Kidney Patients .....	(804) 320-0004
Home Dialysis Central .....	(608) 833-8033
National Kidney Foundation Patient Hotline .....	(855) 653-2273

## **Respite**

Arizona Respite Locator (AZ Caregiver Coalition) .....	(888) 737-7494
Casa Community Services (Green Valley) .....	(520) 625-2273
Handmaker's SandRuby Community Programs.....	(520) 547-6036
Home Health Agencies (call PCOA for list) .....	(520) 792-7262
Interfaith Community Services (in-home volunteers) .....	(520) 297-6049
Lifespan Respite Vouchers (AZ Caregiver Coalition).....	(888) 737-7494
PCOA Respite Program (Call for screening).....	(520) 790-7262
Regency Senior Club .....	(520) 290-1940
Senior Moments Adult Day Care (Vail) .....	(520) 561-0448
VA Medical Center (Facility Respite Program).....	Call your VA PCP

## **Social Security Information**

Social Security Administration.....	(866) 331-7693
Social Security Attorneys (call PCOA for list) .....	(520) 790-7262

## **Stroke and Aphasia Resources**

Aphasia Center of Tucson.....	(520) 398-6834
AZ Relay Speech to Speech Phone Service.....	(800) 842-6520
Banner UMC Clinic for Adult Communication Disorders...	(520) 621-7070

### **Stroke Support Groups**

Mild Brain Injury Support—St. Joseph's Hospital .....	(520) 873-5229
Stroke and Brain Injury Support—HealthSouth.....	(520) 544-5260
Stroke Support—Green Valley .....	(520) 626-2901
Stroke Support—HealthSouth .....	(520) 322-4422
Stroke Support—St. Joseph's Hospital.....	(520) 218-5004
Stroke Support—St. Joseph's Hospital (Aphasia) .....	(520) 873-5229
Stroke Support—St. Joseph's Hospital (for caregivers) .....	(520) 218-5004
Stroke Support—TMC.....	(520) 324-1960

## **Taxes**

### **Federal and State Income Tax forms**

AARP (Provides help all year) .....	(520) 571-9884
Arizona Department of Revenue.....	(602) 255-3381
IRS.....	(800) 829-1040

### **Property Tax Exemptions, Refunds, and Freezes**

Call PCOA for information and help .....	(520) 790-7262
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## **Transportation**

Ajo Transit Service.....	(520) 387-6559
Arizona Community Transit, LLC.....	(520) 834-0546
Arizona Medical Transit.....	(520) 792-0944
Arizona Senior Transport.....	(520) 573-6221
Copper Star Transportation.....	(520) 312-0411
DAV Transport Network for Veterans.....	(520) 792-1450 ext. 1-6565
Envoy America.....	(888) 375-5558
Friends In Deed (Green Valley and surrounding area).....	(520) 625-4424
Interfaith Community Services.....	(520) 297-6049 x 223
Medical Transport Company (MTC).....	(520) 999-8900
Neighbors Care Alliance.....	(520) 790-7262
Road to Recovery (for cancer patients).....	(520) 694-0826
Rural Transportation (Sun Shuttle).....	(520) 792-9222
Sun Shuttle Dial-a-Ride (formally Handicar).....	(520) 792-9222
Sun Shuttle Dial-a-Ride (Green Valley/Sahuarita).....	(520) 792-9222
Sun Shuttle Dial-a-Ride (Oro Valley/Catalina).....	(520) 229-4990
Sun Tran.....	(520) 792-9222
Sun Van.....	(520) 798-1000

### **Driving Assessments**

Driving to Independence.....	(520) 219-0550
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### **Driving Classes**

AAA Arizona.....	(520) 258-0505
AARP.....	(800) 350-7025

## **Utility Discounts**

Assurance Wireless (Free Cell Phones and minutes).....	(888) 898-4888
Q-Link Wireless (Free Cell Phones and minutes).....	(855) 754-6543
Safelink Wireless® (Free Cell Phones and minutes).....	(800) 723-3546
Southwest Gas.....	(877) 860-6020
Telephone Assistance Program (Century Link).....	(800) 244-1111
Trash Discount (City of Tucson only).....	(520) 791-3171
Tucson Electric Power (TEP).....	(520) 623-7711
Tucson Water Zanjero Program.....	(520) 791-3242

## **Veterans Resources**

Arizona Department of Veterans Services.....	(520) 207-4960
Old Pueblo Community Services.....	(520) 546-0122
Veterans Crisis Line.....	(800) 273-8255

## **Vision Resources**

American Foundation for the Blind .....	(800) 232-5463
Braille and Talking Book Library (AZ only) .....	(800) 255-5578
Desert Low Vision Services .....	(520) 881-3439
EyeCare America's Senior EyeCare Program .....	(877) 887-6327
Foundation for Fighting Blindness.....	(800) 683-5555
iCanConnect .....	(520) 792-1906
Lions Sight and Hearing Foundation.....	(800) 246-9771
National Federation of the Blind in Arizona.....	(520) 733-5670
New Eyes for the Needy (Call PCOA).....	(520) 790-7262
SAAVI.....	(520) 795-1331
Sun Sounds .....	(520) 296-2400
Tucson Society of the Blind .....	(520) 886-1913
Tucson Vision Rehab, LLC.....	(520) 303-5689

## **Volunteer Opportunities**

Eastside Neighbors (East Tucson) .....	(520) 245-4729
IMPACT of Southern Arizona (Catalina).....	(520) 825-0009
Greater Vail Community Resources .....	(520) 222-4966
Interfaith Community Services .....	(520) 297-6049
Valley Assistance Services (Green Valley) .....	(520) 625-5966
Pima Council on Aging Volunteer Program.....	(520) 546-2002
TMC Senior Services.....	(520) 324-1960
United Way of Tucson and Southern AZ .....	(520) 881-3300

**For more information regarding senior services and resources, please call the Pima Council on Aging Help Line: (520) 790-7262 or email [help@pcoa.org](mailto:help@pcoa.org).**

**This guide attempts to list the most commonly requested services, but it is not all-inclusive. The information listed is updated periodically and may not be current. Pima Council on Aging assumes no responsibility by providing this information. This guide is a community service and not an endorsement of any organization listed.**



Pima Council on Aging  
8467 E. Broadway Blvd., Tucson, AZ 85710  
[www.pcoa.org](http://www.pcoa.org)  
Help Line: (520) 790-7262 or [help@pcoa.org](mailto:help@pcoa.org)

