

Community Resources

2007 (revised 10/15/07)

ASSISTIVE EQUIPMENT & MEDICAL SUPPLIES

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

ADULT DAY CARE

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

CASE MANAGEMENT (For older and disabled with economic need)

Catholic Social Services (Ajo).....	520-387-5639
Catholic Social Services (Tucson).....	623-0344
Green Valley Assistance Services, Inc.	625-5966
Jewish Family and Children's Services	795-0300
Marana Health Center (Marana).....	682-4111
Our Family Services	323-1708
Pima Health System--Community Services System.....	790-7262
Southern Arizona AIDS Foundation	628-7223

COUNSELING/MENTAL HEALTH

Caregiver Education and Support Program.....	243-8352
Casa de Esperanza (Green Valley 24-hour crisis line)	625-2273
Catalina Community Services (Catalina, AZ).....	825-0009
Catholic Social Services.....	623-0344
C.O.D.A.C. Behavioral Health Services.....	327-4505
Community Partnership of Southern AZ	325-4268
COPE Behavioral Services.....	792-3293
El Rio Health Clinic.....	792-9890
FIRST (Interfaith support & telephone crisis line).....	918-4673
Help-on-Call (24-hour telephone crisis line).....	323-9373
Jewish Family and Children's Service.....	795-0300
K.A.R.E. Family Center (for persons caring for the <i>children</i> of others)..	323-4476
La Frontera (for AHCCCS clients).....	884-9920

Marana Health Center	682-4111
Our Family Services	323-1708
Person-to-Person (Peer counseling/telephone support for age 50+).....	324-2273
Southern AZ Mental Health Center (Free 24-hour walk-in clinic).....	622-6000

EMERGENCY PREVENTION SERVICES

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

FINANCIAL ASSISTANCE

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

FOOD ASSISTANCE - General

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

FOOD ASSISTANCE - Prepared Meals Delivered

Catalina Community Services (Catalina, AZ).....	825-0009
Catholic Social Services (Westside Nutrition).....	624-1562
Mobile Meals (special diet ; no age requirement).....	622-1600
Mobile Meals--Northwest (through Interfaith Comm. Services).....	297-6049
Pascua Center (Old Pascua Village)	882-7688
Pima Meals on Wheels--PCOA (regular diet).....	790-7262
Salvation Army ("Senior Services").....	792-1352
St. Nicholas Indian Center (South Tucson)	879-5537

HOME CARE SERVICES (In-Home Help)

Community Services System (Pima Health System).....	790-7262
DIRECT Center for Independence (Attendant Program)	624-6452
Green Valley Assistance (Information; Volunteer in-home helpers)	625-5966
Jewish Family & Children's Service (Homemaker Program)	795-0300
Lutheran Social Ministries Home-based Services.....	748-2300

“My House Program” of L.I.F.E. (Formerly Easter Seals).....	745-5222
Our Family Services (Shopping)	323-1708
Pima Council on Aging (information only)	790-7262
St. Elizabeth of Hungary Clinic	628-7871
Southern Arizona AIDS Foundation.....	628-7223

HOME REPAIR & ADAPTATION

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

HOSPICE

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

HOUSING

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

INFORMATION/REFERRAL/ADVOCACY

AARP (American Association for Retired Persons).....	571-9884
ARC (Association for Retarded Citizens)	570-1295
AZ Early Intervention Program (for children with Devel. Disabilities)...	519-1677
AZ Center for Disability Law	327-9547
Caregiver Education & Support Program.....	243-8352
Casa de Esperanza (Green Valley).....	625-2273
Catalina Community Services (Catalina, AZ)	825-0009
DIRECT Center for Independence.....	625-6452

Friends in Deed (Green Valley).....	625-1150
Green Valley Assistance Services	625-5966
Information and Referral Services.....	325-2111
Pima Council on Aging.....	790-7262
TMC-Senior Services.....	324-1960

INTERNET RESOURCES

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

LOCAL HOSPITAL WEBSITES:

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

LEGAL SERVICES

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

MEDICAL SERVICES & HOSPITALS

Ajo Desert Senita Community Health Center (Ajo, AZ).....	(520) 387-5651
Armory Park Health Clinic.....	791-4865
AZ Health Care Cost Containment System (AHCCCS).....	205-8600
AZ Long Term Care System (ALTCS)	205-8600
Behavioral Neuroscience & Alzheimer's Clinic (UMC--Neurology)....	626-6524
El Pueblo Health Clinic	573-0096
El Rio Health Center.....	792-9890
Marana Health Center.....	682-4111
Memory Disorders Clinic (UMC--Neuropsychology).....	626-2357
Northwest Medical Center	742-9000
Northwest Medical Center--Oro Valley.....	818-2000
Pima County Public Health Nursing (Administration).....	740-8611
South Clinic.....	889-9543
North Clinic.....	293-4620
East Clinic.....	298-3888
Green Valley Clinic.....	648-1626
St. Elizabeth of Hungary Clinic.....	628-7871
St. Joseph's Hospital.....	873-3000
St. Mary's Hospital.....	872-3000
Santa Catalina Health Center (Catalina, AZ).....	825-6763
Tucson Medical Center.....	327-5461
Tucson Heart Hospital.....	696-2328
University of AZ Mobile Health Clinic.....	626-2267
University Medical Center (UMC).....	694-0111
University Physicians Hospital at Kino.....	874-2000
Veterans Administration Medical Center.....	792-1450

MEDICARE INFORMATION

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

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

NUTRITION & SOCIALIZATION CENTERS

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

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

PROTECTIVE SERVICES (ABUSE/NEGLECT)

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

RESPITE CARE

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

SOCIAL SECURITY INFORMATION

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

SUPPORT GROUPS & SERVICES (HEALTH RELATED)

ALS Association	444-0712
Alzheimer's Association.....	322-6601
Alzheimer's & Related Dementias Project of TMC.....	324-1960
American Cancer Society	321-7989
American Diabetes Association.....	795-3711
American Heart Association.....	795-1403
American Lung Association	323-1812
American Parkinson Disease Association	326-5400
Arthritis Foundation.....	917-7070
Caregiver Education & Support Program.....	243-8352
Community Outreach for the Deaf	792-1906
DIRECT Center for Independence.....	624-6452
Friends in Deed (Green Valley—Call for listing of groups)	625-1150
HealthSouth (Amputee Group, Head Injury Group, COPD Group).....	325-1300
K.A.R.E. Family Center (Grandparents raising grandchildren).....	323-4476
Lupus Foundation of Southern AZ.....	622-9006
Mission Ostomy Club.....	731-3460
Muscular Dystrophy Association.....	795-3434
National Alliance for the Mentally Ill (NAMISA).....	622-5582

National Multiple Sclerosis Society.....	747-7472
Polio EPIC, Inc.....	750-8608
RROADD (Older adults w/ developmental disabilities)	519-1515 x 1018
Southern Arizona AIDS Foundation.....	628-7223
Southern AZ Assoc. for the Visually Impaired (formerly “TAB”).....	795-1331
Stroke Club (at HealthSouth).....	325-1300 x 4045
Sunstone Cancer Support Foundation.....	749-1928
Tu Nidito (Grief support for children and families).....	322-9155
TMC Healthy Living Connections.....	324-1960
Wingspan (Gay Lesbian Bisexual & Transgender Community Center).....	624-1779

TRANSPORTATION

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

UTILITIES & WEATHERIZATION

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

VOLUNTEER CAREGIVER ASSISTANCE

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

VOLUNTEER OPPORTUNITIES

Casa de Esperanza (Green Valley)	625-2273
Catalina Community Services (Catalina, AZ)	825-0009
Our Family Services--Senior Companions	323-1708
Green Valley Assistance Services.....	625-5966
Interfaith Community Services.....	297-6049
Northwest Medical Center “Senior Friends”	469-8537
PCOA “Ambassadors” & Retired Senior Volunteer Program (RSVP)...	790-7262
Tucson Medical Center Volunteers.....	327-5461
Volunteer Center of Tucson.....	881-3300

PLEASE NOTE:

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

This list has been compiled for your use by
Pima Health System Caregiver Education and Support Program
(243-8352)

While this guide attempts to list the most commonly requested services, it is not all-inclusive.
It is updated as often as possible, but information may change without notice.

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