

**A GUIDE TO SERVICES  
2009**



**Pima Health System-Community Services System**

*A Directory of Aging and Disability Resources in  
Pima County  
(Revised 9/04/09)*

**PIMA HEALTH SYSTEM  
Caregiver Support Program  
3950 S. Country Club Rd., #400  
Tucson, AZ 85714  
Phone: 243-8352  
Web page: [www.phs.pima.gov](http://www.phs.pima.gov)**

For further information on:

**PIMA HEALTH SYSTEM  
CAREGIVER  
SUPPORT PROGRAMS**

**Support Groups**

Carol Anderson-243-8374  
carol.anderson@pima.gov

Mara Levin-243-8378  
mara.levin@pima.gov

**SPANISH LANGUAGE  
INFORMATION & GROUPS**

Sonya Valentin-243-8379  
sonya.valentin@pima.gov

**PROGRAM COORDINATOR  
AND OUTREACH**

Ed Helmbrecht-243-8352  
edward.helmbrecht@pima.gov

**Community Resources**

---

2009 (revised 9/04/09)

## **ASSISTIVE EQUIPMENT & MEDICAL SUPPLIES**

Arizona Relay Service (Phones for hearing impaired).....Set-up: ..800-352-8161	
Voice: 800-842-4681; Teletype: ...800-367-8939	
Arizona Telecommunications Equipment Distribution Prgm.....866-223-3412	
(AzTAP-Resources for assistive technologies)	
Catalina United Methodist Church (free equipment loan).....327-4296	
Community Outreach Program (Hearing Aids).....792-1906	
DIRECT Center for Independence.....624-6452	
Friends In Deed (Green Valley).....625-1150	
LIFELINE Emergency Alert System.....323-1700	
New Spirit Lutheran Church (free equipment loan).....296-2461	
PCOA Program for Family Caregivers.....790-7262	
Pima County Prescription Discount Card.....43-7772	
Safe Return Medic Alert (Wanderer's ID Program).....800-572-8566	
Sun Sounds (Radios and recordings for visually impaired).....296-2400	
Top Dog Training (free dog training for disabled persons).....323-6677	
The Irving Greenfield Tucson Loan Chest.....624-3367	
(Equipment loan on a sliding scale fee)	
World Care (Free Equipment Loan).....514-1588	

## **ADULT DAY CARE**

Casa De Esperanza Adult Day Care (Green Valley).....625-2273	
Handmaker Adult Day Care.....881-2323	

## **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 Counseling (limited service)PHS-Family Caregiver Support...243-8379	
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 crisis line).....323-9373	

## **COUNSELING/MENTAL HEALTH CONTINUED**

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
National Alliance of Mental Illness (NAMI of Southern Az.).....	622-5582
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
Interfaith Community Services.....	297-6049
Money Management Project (PCOA).....	790-7262
Public Fiduciary of Pima County.....	740-5454
Supplemental Security Income.....	800-772-1213

## **FORCLOSURE PREVENTION**

Community Action Agency Hotline.....	243-6688
Don't Borrow Trouble Hotline.....	792-3087
Administration of Resources and Choices.....	623-9383

## **EMERGENCY RENT AND UTILITY ASSISTANCE**

AJO Community Services.....	387-5611
AZ Housing and Prevention Services.....	498-4613
Chicanos Por La Causa.....	882-0018
Community Action Agency.....	243-6700
Interfaith Community Services..(ICS).....	297-6049
Project PPEP.....	622-3553
Primavera Foundation.....	622-8900
Salvation Army.....	323-6080
Tucson Indian Center.....	884-7131
Tucson Urban League.....	791-9522
Utility Repair, Replacement, Deposit Program, Community Action.....	243-6688

## **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

## **FOOD ASSISTANCE - GENERAL CONTINUED**

Ajo Food Bank.....	387-4916
Amado Food Bank.....	398-2479

Green Valley Food Bank.....	625-5252
Marana Community Food Bank.....	628-3001
DES Administration (Food Stamps).....	628-6810
Food Plus for Senior.....	243-7777
Lioque Sr. Center (Pascua Yaqui).....	879-7688

## FOOD ASSISTANCE - Prepared Meals Delivered

Catalina Community Services (Catalina, AZ).....	825-0009
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).....	<b>790-7262</b>
Catholic Social Services (Westside Nutrition)..	624-1562 ( <b>Call PCOA first for</b>
Salvation Army ("Senior Services").....	792-1352 <b>both of these agencies)</b>
St. Nicholas Indian Center (South Tucson).....	879-5537
Mobile Meals for Northwest Tucson (Interfaith Community).....	297-6049

## HOME CARE SERVICES (In-Home Help)

Community Services System Intake (Pima Health System).....	790-7262
Catalina Community Services.....	885-0009
DIRECT Center for Independence (Attendant Program).....	624-6452
Green Valley Assistance (Information; Volunteer in-home helpers)....	625-5966
Interfaith Community Services.....	297-6049
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
Pima County Home Repair & Weatherization Pro. (outside of Tucson)...	243-6696
Tucson Urban League (inside of Tucson city limits) .....	791-9522

## HOSPICE

Carondelet Hospice.....	205-7700
Casa de la Luz Hospice.....	544-9890

## HOSPICE CONTINUED

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
Marshall Home for Men.....	624-5193
Miracle Square.....	624-5860
Pima Council on Aging (information only).....	790-7262
Senior Resource Network (housing and placement info for elderly).....	795-7480
St. Luke’s Home.....	628-1512

## 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
Community Outreach Program for the Deaf (COPD).....	792-1906
DIRECT Center for Independence.....	625-6452
Fall Prevention Project.....	298-3888
Friends in Deed (Green Valley).....	625-1150
Green Valley Assistance Services.....	625-5966
Interfaith Community Services.....	297-6049
<b>Information and Referral Services.....</b>	<b>325-2111</b>
<b>Pima Council on Aging.....</b>	<b>790-7262</b>
Readrunners (Books-by-Mail Services).....	594-5416
Tucson Parish Nurse Network.....	872-6772
TMC-Senior Services.....	324-1960
Veteran’s Affairs Medical Center.....	792-1450
Wise Older Women...(WOW).....	623-3341

## INTERNET RESOURCES

Access America for Seniors.....	<a href="http://www.seniors.gov">www.seniors.gov</a>
AARP.....	<a href="http://www.aarp.org">www.aarp.org</a>

## INTERNET RESOURCES CONTINUED

Arizona Technology Access Program.....	<a href="http://www.nau.edu/ihd/new/aztap">www.nau.edu/ihd/new/aztap</a>
Arizona Links for Aging and Disability Resources.....	<a href="http://www.azlinks.gov">www.azlinks.gov</a>

Administration on Aging.....	www.aoa.gov
Agenet.....	www.agenet.com
Aging With Dignity.....	www.agingwithdignity.org
American Geriatric Society.....	www.americangeriatrics.org
American Health Care Association.....	www.ahca.org
Americans for Better Care of the Dying.....	www.abcd-caring.org
And Thou Shalt Honor.....	www.thoushalthonor.org
Association for conflict resolution.....	<a href="http://www.acnet.org">www.acnet.org</a>
Benefits Check-Up.....	www.benefitscheckup.org
Caring Information.....	www.caring.com
Caregiver Consortium (Local caregiver resources)....	www.arizonacaregivers.org
Caregivers Handbook.....	www.unitedwaytucson.org
Children of Aging Parents.....	<a href="http://www.CAPS4caregivers.org">www.CAPS4caregivers.org</a>
Christopher and Dana Reeves Foundation.....	www.paralysis.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.nfcares.org
National Institute on Aging (“Health Information”).....	www.nia.nih.gov
National Library of Medicine and Institute of Health.....	www.medlineplus.gov
National Organization for Empowering Caregivers .....	www.nofec.org
Partnership for Caring: Voices for the Dying.....	www.partnershipforcaring.org
Pima Council on Aging .....	<a href="http://www.pcoa.org">www.pcoa.org</a>
Pima County Affordable Housing.....	www.PimaCountyHousingSearch.org
Pima Health System . . . . .	<a href="http://www.phs.pima.gov">www.phs.pima.gov</a>
Spinal Cord Injuries Information.....	www.spinal-cord.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.tucsonhearhospital.com
University Medical Center.....	www.azumc.com
Veterans Administration Medical Center.....	www.va.gov/678savaahcs

#### **LEGAL SERVICES**

AZ Center for Disability Law.....	327-9547
Lawyer’s Referral Service.....	623-4625
Legal Clinic at Pima Council on Aging.....	790-7262
Southern Arizona Legal Aid.....	623-9461

#### **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
Cornerstone.....	546-4595
El Pueblo Health Clinic.....	573-0096
El Rio Health Center.....	792-9890
Kindred Hospital Rehab.....	584-4500
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.....	243-2850
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

#### **DENTAL CLINICS (SLIDING FEE SCALE)**

El Rio Santa Cruz Dental Clinics.....	670-3758
Marana Dental Clinic.....	682-4111
St. Elizabeth of Hungary Dental Clinic.....	628-7871
Pima Community College Dental Hygiene Program.....	206-6090

#### **MEDICARE INFORMATION**

Pima Council on Aging.....	546-2011
----------------------------	----------

#### **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

#### **NUTRITIONAL & SOCIALIZATION CENTERS CONTINUED**

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
Ellie Towne/Flowing Wells.....	887-9786
Freedom Recreation Center.....	791-4969
Marana Community Center.....	682-3395
Northwest Neighborhood Center.....	791-3249
Picture Rocks Community Center.....	682-7166
Quincie Douglas Senior Center.....	791-2507
Robles Junction Community Center.....	578-3063

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

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

## **RESPIRE CARE**

Casa de Esperanza Adult Day Care (Green Valley).....	625-2273
Community Services System .....	790-7262
Green Valley Assistance (In-home volunteers).....	625-5966
Handmaker Adult Day Care.....	881-2323
Interfaith Community Services (In-home volunteers).....	297-6049
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
Amputee Support Group St. Mary's.....	873-3661
Aphasia Communication Support Group.....	873-3497
Arthritis Foundation.....	917-7070
Cardiac Support Group.....	624-8935
Caregiver Education & Support Program.....	243-8352
Community Outreach for the Deaf.....	792-1906
Diabetes Support Groups.....	872-6055

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

DIRECT Center for Independence.....	624-6452
Epilepsy Outreach Project.....	326-6690

Fibromyalgia Network.....	290-5508
Friends in Deed (Green Valley—Call for listing of groups).....	625-1150
HealthSouth (Amputee Group, Head Injury Group, COPD Group).....	325-1300
Humane Society Pet Loss Support Group.....	603-8319
International Essential Tremors Foundation.....	886-1838
K.A.R.E. Family Center (Grandparents raising grandchildren).....	323-4476
Life after Loss.....	205-7700
Life after Stroke.....	218-5004
Lupus Foundation of Southern AZ.....	622-9006
Mild Brain Injury Support Group.....	873-5299
MS Support Group.....	797-0405
Muscular Dystrophy Association.....	795-3434
Myasthenia Gravis.....	889-6910
National Alliance for the Mentally Ill (NAMISA).....	622-5582
National Multiple Sclerosis Society.....	747-7472
Ostomy Support Group.....	731-3460
Parkinson’s Caregiver Support Group.....	326-5400
Polio EPIC, Inc.....	750-8608
Pulmonary Support Group.....	873-3910
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.....	324-2840
Seniors Helping Seniors.....	324-1960
Telephone Reassurance – Telecare.....	297-6049
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
Wise Older Women.....(WOW).....	623-3341

## TRANSPORTATION

Arizona Senior Transport.....	573-6221
Catalina Community Services (Volunteer drivers & van service).....	825-0009
Coyote Run (Oro Valley).....	229-4990
Disabled Veterans Transportation Service.....	792-1450-6405
Friends in Deed (Green Valley; volunteer drivers).....	625-4424
Friends in Deed (Green Valley, volunteer van service).....	625-1150
Handi-Car (County).....	881-3391
Interfaith Community Services (Volunteers).....	297-6049
Pima County Rural Transit (rural areas).....	740-6731
Sun Van (Within the city).....	791-5409

## UTILITIES & WEATHERIZATION

Pima County Community Action Agency.....	740-5523
Pima County Repair and Weatherization Pro. (outside city of Tucson)....	243-6696
Project PPEP (County residents only).....	622-3553

TEP Project (Tucson Electric).....623-7711

## **VOLUNTEER CAREGIVER ASSISTANCE**

- Interfaith Community Services—“Caregiving Services”.....297-6049  
*Volunteers from various faith communities provide help at home, caregiver relief, shopping, transportation, friendly visits & telephone checks.*
- Neighbors Care Alliance Program (through Pima Council on Aging)...790-7262  
*Volunteers in various neighborhoods provide help at home for older and disabled adults, including friendly visits, shopping, transportation, etc.*
- 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.

For information regarding senior and disability services and resources please call the Pima Council on Aging (PCOA) Intake Helpline at 790-7262.

This list has been compiled for your use by:

**Pima Health System Caregiver Education and Support Program**

**To report organization or phone number changes please call 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.