

Mental & Behavioral Health Services

CHRISTUS MARIAN CENTER 801-468-6856
stjosephvilla.com

Both short-term inpatient and outpatient services.

FAMILY COUNSELING CENTER 801-261-3500
 A non-profit agency for families, couples, and individuals. Fees based on a sliding scale.

IMC 24-HOUR CRISIS LINE 801-408-6226

LAKEVIEW HOSPITAL *Senior Pathways Bountiful* 801-299-2428
 Short-term inpatient behavioral health program.

MASTERS PROGRAM 801-539-7014
 Outpatient treatment for older adults with symptoms of depression and/or anxiety through Valley Mental Health. Dual eligible Medicare/Medicaid and Medicaid accepted.

CRISIS LINE 801-587-3000

NATIONAL ALLIANCE FOR THE MENTALLY ILL (NAMI) 801-323-9900
 Support, education and advocacy for individuals and families affected by mental illness.

SALT LAKE REGIONAL MEDICAL CENTER SENIOR BEHAVIORAL HEALTH UNIT 801-350-4715
 Short-term inpatient behavioral health program.

SILVERADO ASPEN PARK 801-272-8000
 Acute inpatient stays for medication/behavior stabilization for patients with Alzheimer's disease and other dementia. Private pay only.

UNIVERSITY OF UTAH NEUROPSYCHIATRIC INSTITUTE (UNI) 801-583-2500
 Psychiatric and recovery services for geriatric patients within a comprehensive mental health facility.

CRISIS LINE 801-587-3000

VALLEY HORIZONS INDEPENDENT LIVING PROGRAM 888-949-4864
 Housing units for Medicaid-qualified adults 55+ with mental illness. Call Valley Mental Health at the number listed for more information.

Personal Emergency Response Systems (PERS)

JITTERBUG CELL PHONE 866-540-0297
Emergency cell phone. Comes programmed and ready to use.

LIFE LINK 877-837-0779

LIFE STATION 866-665-5279

MEDICAL HOME ALERT 800-800-1297

Podiatry Home Visits

DONALD CALL, DPM *Salt Lake Valley* 801-254-3123

WASATCH PODIATRY *Ogden* 801-430-8406
Susan Agres, DPM mobile.podiatry@gmail.com



Senior Clinics & Geriatricians

ALTA VIEW HOSPITAL SENIOR CLINIC 801-501-2025

INTERMOUNTAIN SENIOR CLINIC *Near TOSH* 801-314-4544

JARED POTTER, MD *Kaysville* 801-543-2221

OGDEN ADULT & SENIOR MEDICINE 801-476-7500

SALT LAKE SENIOR CLINIC - SLRMC 801-350-4602

ST. MARK'S SENIOR HEALTH CENTER 801-268-7766

UNIVERSITY OF UTAH FAINT & FALL CLINIC 801-213-2033

UNIVERSITY OF UTAH GERIATRIC CLINIC *Consultation and evaluation* 801-581-2628

VA GERIATRIC CLINIC 801-582-1565
ext. 2522

House Call Physicians

HOME MD *Salt Lake Valley* 801-910-7660
Edward Shultz, MD 1homemd@gmail.com

HOUSE CALL DOCTORS *Salt Lake Valley* 801-485-5055
Mark Cacciamani, MD
Sees patients in assisted living facilities and group homes.

PHYSICIAN HOME CARE OF UTAH *Salt Lake Valley* 801-944-0095
John R. Deitlein, MD

PHYSICIANS MAKING HOUSE CALLS 801-878-4175
Salt Lake, Davis, and Northern Utah Counties, Milos Jiricko, MD

Utah Family Caregiver Support Programs

Limited in-home respite and support services for family caregivers 18 or older. Care receivers must be 60+ and need assistance with at least 2 activities of daily living or have memory impairment. Caregivers 55+ who care for grandchildren living with them may also be eligible. No financial eligibility or fees are required to participate. Administered through each local Area Agency on Aging (AAA). See page 1 for other counties.

FAMILY CAREGIVER SUPPORT PROGRAM

SALT LAKE COUNTY 385-468-3280

DAVIS COUNTY 801-525-5050

CARE FOR THE CAREGIVER PROGRAM

WEBER/MORGAN COUNTIES 801-625-3866

CAREGIVER SUPPORT PROGRAM

BOX ELDER, CACHE & RICH COUNTIES 435-752-7242

Vision

DIVISION OF SERVICES FOR THE BLIND & VISUALLY IMPAIRED 801-323-4343
usor.utah.gov

EYE SITE OF UTAH *Kaysville* 801-444-9977
Scott M. Allen, OD

MORAN EYE INSTITUTE VIP PROGRAM 801-585-2213
Visually Impaired Important People
 Free 2-hour information/resource orientation

STATE LIBRARY FOR THE BLIND 801-715-6789
 800-662-5540

UTAH LIONS FOUNDATION 801-581-2039
John A. Moran Eye Center utahlionsfoundation.org



BEST OF STATE 2008-2012
 HEALTHINSIGHT QUALITY AWARD
 2006-2011

Adult Day Programs

Specialized activities in a structured environment for adults with cognitive impairment. May provide transportation, sliding scale fee schedule and meals. Find complete state listing at alz.org/utah/.

BRIGHTWORK COTTAGE *Sugarhouse* 801-467-3959

MEMORY LANE CARE CENTER *Farr West* 435-881-2679

NEIGHBORHOOD HOUSE *Cottonwood* 801-277-3264

NEIGHBORHOOD HOUSE *Riverside* 801-363-4593

Adult Protective Services

hsdaas.utah.gov

Protects vulnerable adults 18 and over from unintentional and intentional abuse, neglect and/or exploitation. Reports can be made online.

SALT LAKE COUNTY 801-538-3567

STATEWIDE 800-371-7897

Alzheimer's Disease

ALZHEIMER'S ASSOCIATION UTAH CHAPTER alz.org/utah/communityresourcefinder.org

Support groups, consultation, education and referral, lending library, 3-day adult day program scholarship, emergency respite and the Safe Return Program.

STATEWIDE 800-272-3900

SALT LAKE COUNTY 801-265-1944

24-HOUR HELP LINE 800-272-3900

ALLEN COGNITIVE LEVEL SCREENING (ACLS) 801-747-2100
CaregiverSupportNetwork.com

Validated testing that helps determine safety requirements and positive approaches for people with cognitive impairment. Provides guidelines and training for caregivers. Offered in the home exclusively by Caregiver Support Network, the only licensed agency in Utah specializing in dementia care and ACLS.

Utah SENIOR RESOURCES

UNIVERSITY OF UTAH NEUROLOGY CLINIC CENTER FOR ALZHEIMER'S CARE, IMAGING & RESEARCH (CACIR) 801-587-9952

RESEARCH HOTLINE 801-587-7888
utahmemory.org

Comprehensive diagnosis for new cases of dementia. Must be referred by a primary care physician. Call for research study information.

Area Agencies on Aging (AAA)

hsdaas.utah.gov

Services for adults age 60 and over. Funded by federal, state and local governments. Services include, but are not limited to:

Meals on Wheels	Senior Companion
Senior Centers (Search Online)	The Alternatives Program
Health Insurance Information	Medical Transportation
Home & Community-Based Services	Legal Services

BEAR RIVER AAA *Logan* 435-752-7242

Box Elder, Cache and Rich Counties
 Toll Free 877-772-7242
brag.utah.gov

DAVIS COUNTY *Clearfield* 801-525-5050

daviscountyutah.gov

FIVE-COUNTY AAA
Beaver, Garfield, Iron, Kane and Washington Counties
St. George 435-673-3548
Cedar City 435-586-2975

fivecounty.utah.gov

MOUNTAINLAND DEPT. OF AGING & FAMILY SERVICES *Provo* 801-229-3800
Summit, Utah and Wasatch Counties mountainland.org

SALT LAKE COUNTY AGING 385-468-3210
aging.slco.org
Online Directory 55plusbook.slco.org

TOOELE COUNTY DIVISION OF AGING 435-843-4110
co.tooele.ut.us/aging.htm

WEBER AAA *Ogden* 801-625-3770
Weber and Morgan Counties weberhs.org

For counties not listed above, call:

THE UTAH DIVISION OF AGING AND ADULT SERVICES 877-424-4640

Caregiver Coaching

GOLDENYEARS CONSULTANTS 801-747-2111

Are you a family caregiver with questions about senior care resources? Consider scheduling *Caregiver Coaching*, an individual or family session with a certified geriatric care manager to assist family caregivers with planning and identifying elder care resources. May be a covered benefit under a working caregiver's Employee Assistance Program. Surveys give this program a 100% satisfaction rate.

Caregiver Support Network Home Health & Hospice

CaregiverSupportNetwork.com

SALT LAKE COUNTY 801-747-2100

DAVIS/WEBER/MORGAN COUNTIES 801-547-0060

BOX ELDER/CACHE COUNTIES 435-915-3424

Award-winning, full-service home health, hospice and private duty agency. Specializing in Alzheimer's and dementia care, Allen Cognitive Level Screening, Heart Failure Program, Infrared Light Therapy, Balance and Dizziness Treatment, and Chronic Disease Management. 1 to 24 hour service. Medicare, Medicaid, VA, Commercial Insurance, County Aging Programs and Private Pay.

Community Information/Resources

211 INFORMATION LINE 211
uw.org/211

HEALTH INFORMATION healthinaging.org

UTAH FOOD BANK SERVICES FOR SENIORS 801-887-1275
A non-profit organization assisting seniors and people with disabilities with food assistance.

Department of Veterans Affairs

va.gov

ENROLLMENT OFFICE 801-584-2585
Eligibility & Applications

AID & ATTENDANCE PROGRAM veteranaid.org/program.php
VA pension benefit may be available to wartime veterans and surviving spouses for in-home or nursing home and assisted living costs. Income and asset limits apply.

ONLINE APPLICATIONS vabenefits.vba.va.gov/vonapp

GEORGE E. WAHLEN OGDEN VETERANS HOME 801-334-4300

SALT LAKE VETERANS NURSING HOME 801-584-1900

UTAH DEPT. OF VETERANS AFFAIRS veterans.utah.gov

SALT LAKE CITY REGIONAL OFFICE 800-827-1000

OUTREACH COORDINATOR 801-326-1786
Christopher Scott christopher.scott@va.gov

VA MEDICAL CENTER Salt Lake City 801-582-1565

GERIATRIC RESEARCH EDUCATION & CLINICAL CENTERS (GRECC) 801-584-2522

VA OGDEN OUTPATIENT CLINIC Ogden 801-479-4105

Driving & Transportation

AARP 888-AARP NOW
or 888-227-7669

Driver Safety Program is an 8-hour classroom refresher that teaches the effects of aging on driving and how to make safe adjustments.

COUNTY AGING TRANSPORTATION
Most local Utah Area Agencies on Aging (AAA) offer a transportation program to medical appointments. See page 1 for your local AAA.

FLEX TRANS 801-287-2263
UTA Mobility Program. Transportation for the disabled.

ELIGIBILITY 801-287-2263

SALT LAKE/DAVIS COUNTIES Schedule 801-287-7433

ALL OTHER COUNTIES Schedule 877-882-7272

HARTFORD SAFE DRIVING RESOURCES
thehartford.com/publications-on-aging

THE RIDE Weber County 801-625-3776
Must be age 60 or older in own home or apartment. Hours of operation Monday through Friday, 8:00 am to 3:00 pm. Suggested donation \$2 each way. One week advance notice required.

UNIVERSITY OF UTAH SUGARHOUSE REHAB CLINIC 801-581-2221

Driving evaluation and training

UTAH SAFETY COUNCIL 801-478-7878
Defensive driving course for 55+ utahsafetycouncil.org

VA PROGRAM 801-582-1565
Driving evaluation and training ext. 1577

Elder Law/Estate Planning

ALDER LAW GROUP Salt Lake City and Cache Valley 801-463-2600

ERIC B. BARNES Kaysville 801-544-4494

CALVIN C. CURTIS Salt Lake City
Medicaid Planning Specialist 801-534-4430

PLATT LAW Alpine
Veterans' Benefits Specialist 801-769-1313

UTAH LEGAL SERVICES 801-328-8891

Exercise Programs

University of Utah Rehab & Wellness Clinic

Private pay programs not subject to Medicare outpatient therapy restrictions. Monthly fee. Eligibility evaluation required.

BALANCE DISORDERS, NEUROLOGICAL DISEASES & STROKE PROGRAMS 801-587-9161

DIABETES 801-581-6696

MULTIPLE SCLEROSIS 801-581-8756

Faith-Based Senior Services

JEWISH FAMILY SERVICES 801-746-4334
PROJECT ENCOURAGE jfsutah.org

Serves seniors and families of all faiths. In-home assessments, care management, counseling, fitness classes and socialization programs.

JEWISH COMMUNITY CENTER 801-581-0098
sljcc.org

Non-denominational center provides activities for seniors such as exercise, book reviews, luncheons, daytime excursions and transportation for social activities.

LDS FAMILY SERVICES providentliving.org
Counseling for LDS church members. Go to *LDS Family Services* on the left hand panel of the web site listed above.

LDS HUMANITARIAN CENTER 801-240-5954
humanitariancenter@ldschurch.org

Provides wheelchairs, shower chairs and other adaptive equipment. No religious affiliation required.

Grief & Bereavement Support

CARING CONNECTIONS GRIEF GROUP 801-585-9522
University of Utah College of Nursing — Small fee

OGDEN REGIONAL MEDICAL CENTER LIFE AFTER LOSS Quarterly meeting 801-479-2080

ST. VINCENT DEPAUL CATHOLIC PARISH Salt Lake City 801-278-5404
9 week course offered in Spring/Fall

Health Care Quality Reports

Patient treatment outcome data for health care facilities and agencies published by the Centers for Medicare & Medicaid Services.

HOME HEALTH medicare.gov/homehealthcompare

HOSPITALS hospitalcompare.hhs.gov

SKILLED NURSING FACILITIES medicare.gov/nursinghomecompare

Hearing

DIVISION OF SERVICES FOR THE DEAF & HARD OF HEARING deafservices.utah.gov

SANDERSON COMMUNITY CENTER 801-313-6815
Taylorsville 800-860-4860

Home Repair & Maintenance

ASSIST PROGRAM 801-355-7085

Home repair for people with low income. Deferred payment loans for critical home repair. Assessment and design for home accessibility modifications. For emergency home repair, call Monday through Thursday, 8:00 to 9:00 am or 1:00 to 2:00 pm.

Community Action Programs

ADMINISTRATION 801-359-2444
General information for all available programs. slcap.org

HOME EMERGENCY ASSISTANCE 801-521-6107
Program H.E.A.T.
Assistance paying heating costs for low income households through the Utah Department of Human Services.

Medicaid

health.utah.gov/medicaid

ONLINE APPLICATION & ASSISTANCE utahhelps.utah.gov

UTAH MEDICAID INFORMATION LINE
SALT LAKE COUNTY 801-538-6155
ALL OTHER COUNTIES 800-662-9651

Medicaid Waiver Programs

NEW CHOICES WAIVER health.utah.gov/ltc/nc/nchome.htm
Services designed to help low-income qualified individuals transition out of nursing facilities and re-establish themselves in the community.

THE ALTERNATIVES PROGRAM (TAP)
In-home services for low-income medically frail adults who are at risk for premature placement in nursing homes. Call your local Area Agency on Aging (AAA). See page 1 for contact information.

Medicare

Open enrollment every year from **October 15th through December 7th** to change Medicare Part D Prescription Drug Plans, Med Advantage Plans and/or go to/from Original Medicare.

NATIONAL NUMBER 800-MEDICAR(E)
or 800-633-4227
medicare.gov

Impartial Health Insurance Information

COUNSELING - HIIP
The Health Insurance Information Program (HIIP) is a free service available at every Area Agency on Aging (AAA) to answer Medicare health plan and insurance questions. Contact your local Area Agency on Aging (AAA) for assistance in choosing the most appropriate plan for your needs. See page 1 for contact information.

BENEFITS CHECKUP benefitscheckup.org
Insurance plan comparison sponsored by the National Council on Aging.

Medical Equipment & Assistive Technology

ADAPTIVE EQUIPMENT abledata.com

UTAH ASSISTIVE TECHNOLOGY FOUNDATION 800-524-5152
uatpat.org

Provides education on assistive technology, adaptive equipment, information on funding sources for equipment, referrals, links and resources.

WHEELCHAIR REPAIR 801-463-0044
Alpine Home Medical Equipment

