Caregiving may be one of the most important roles you will ever take on in your life. You may have become a caregiver suddenly or perhaps your role has evolved over time. No matter where you are in the continuum of caregiving—starting to plan, helping to coordinate a big move, or taking care of a family member in your home—having resources at your fingertips will make the process easier.

With many organizations offering different types of help and services, it can be a challenge to sort out the specific type of help or services best suited for your needs. AARP developed this resource guide with you—the caregiver—in mind as a starting point to help you find the services and supports you need throughout your caregiving journey.

We hope this resource guide can assist you in the following ways:

> **Help you get the type of assistance you need.** This directory lists many government and nonprofit resources, which you can access both in-person and online.

> **Help you connect with others.** You’ll discover, if you have not already, that you’re a part of a community of caregivers and caregiver supporters. You are truly not alone.

> **Help take care of yourself.** This is vitally important but something that many caregivers often overlook. The act of caregiving can take a physical and mental toll on the caregiver. So, it’s important that you make self-care a top priority.
Tips to Find Services and Supports

Here are a few pointers to keep in mind as you begin to look for resources and support.

Ask for help.
Friends and family will often ask you if there is anything that they can do to help. Use your network and ask others to help you look for resources and information in your area.

If possible, use the Internet.
The Internet is an easy and quick way to get information. Because information can vary, it is important not to rely on one site alone. Also, make sure the sponsoring organization is a reputable and reliable source of information.

Talk to a real person.
Many phone numbers will lead to voicemail. It's important to leave a message, but don't wait for someone to call you back. Keep in mind that some services have backlogs of calls to return. Keep calling back until you connect with someone who can help you. Usually a second request receives prompt attention.

Write down your questions in advance.
Before you call, write down specific questions and try to be as concrete and detailed as possible.

Keep track of your conversations.
Keep a notebook of who you talked to. Write down names, phone numbers, and notes from each call. You never know when you will need the information down the road.

No one person or organization has all the answers.
The person you get on the phone or the website you visit may have expertise in certain areas, but not in others. It is always smart to be prepared with other resources and organizations that can help.

Use your creativity.
Create your own personal resource network. This could include contacting community-based agencies to find out what kinds of support services are available in your area. Consider asking friends or other caregivers what resources they found to be useful.

Many services are local.
Services can vary widely from state to state and region to region. Make sure you look for resources that provide services where you live.
COLORADO RESOURCES

Many of the organizations in your state can help provide you with the big picture of what is going on in the community. State organizations can refer you to local organizations that provide resources and services in your local community.

The ALS Association Rocky Mountain Chapter

The Rocky Mountain Chapter supports people living with ALS and their loved ones through services and education in Colorado, Wyoming and Utah.

http://webco.alsa.org/site/PageServer?pagename=CO_homepage

American Cancer Society in Colorado

The American Cancer Society in Colorado offers everything from local fundraising events to cancer support programs. You can find what you need to fuel the fight against cancer and get patient support.

www.cancer.org/about-us/local/colorado.html

Alzheimer’s Association: Colorado Chapter

The Alzheimer’s Association Colorado Chapter is a source of information and support for Coloradans living with dementia and their families and caregivers. They offer a broad range of free programs and services.

www.alz.org/co

Rocky Mountain Stroke Center

Rocky Mountain Stroke Center’s mission is to provide information, rehabilitation, and support to stroke survivors and their families in Colorado.

www.strokecolorado.org

Larimer Area Agency on Aging

The Larimer Area Agency on Aging advocates, plans, coordinates and delivers services for older adults, adults living with disabilities, and caregivers so they may experience a quality of life characterized by empowerment, dignity, health and independence.

www.larimer.org/humanservices/aging/ooa

Pikes Peak Area Agency on Aging

The Pikes Peak Area Agency on Aging offers a wide variety of services for older adults (60 and over) and their caretakers. Their goal is to help older people live independently in their own homes.

www.ppacg.org/aging/senior-info/

Pueblo Area Agency on Aging

Pueblo Area Agency on Aging provides coordinated, comprehensive services that assists older adults in maintaining independence, health, and personal well-being.

https://county.pueblo.org/human-services/adult-programs

Mesa County Area Agency on Aging

The Mesa County Area Agency on Aging provides assistance for older adults and caregivers concerned with the well-being and independence of an older adult.

https://humanservices.mesacounty.us/adult-services/area-agency-on-aging/
Denver Regional Council of Governments (DRCOG)
DRCOG is a planning organization where local governments collaborate to establish guidelines, set policy and allocate funding in the areas of:
• Transportation and Personal Mobility
• Growth and Development
• Aging and Disability Resources
https://drcog.org/programs/area-agency-aging

Long-Term Care Ombudsman
The Long-Term Care Ombudsman Program assists residents of licensed long-term care facilities in protecting their health, safety, welfare and rights.
www.colorado.gov/pacific/cdhs/long-term-care-ombudsman
You may also contact your local Area Agency on Aging and ask to speak with a long-term care ombudsman.

Department on Aging and Disabilities
The Department on Aging and Disabilities designs and manages resources for older adults and persons with disabilities and caregivers. This state agency can provide an overview of aging and caregiver services in the state.
www.colorado.gov/pacific/cdhs/aging-and-disability-resources-colorado

Colorado Respite Coalition
All Colorado family caregivers have access to quality respite care resources through a sustainable network that promotes collaboration and innovation across the lifespan, disability and health spectrums
www.coloradorespitecoalition.org/index.php

Heartlight Center
HeartLight Center provides affordable education programs for professional and volunteer caregivers in the community who are working with those who are grieving.
www.heartlightcenter.org/

Adult Protective Services
Provides education about and investigates allegations of elder abuse and neglect. Forms of abuse include physical, sexual abuse, financial exploitation and emotional and verbal abuse.
www.coloradoaps.com/about-adult-protective-services.html
Adult Protective Services Phone Numbers:

Legal Services Program
Colorado Legal Services provides access to quality, civil legal services in the pursuit of justice for low-income persons and vulnerable populations.
www.coloradolegalservices.org/

Health Insurance Marketplace
Connect for Health Colorado Colorado’s Official Health Insurance Marketplace
https://connectforhealthco.com/

Center for Improving Value In Healthcare (CIVHC)
CIVHC serves those striving for a better health care system for all.
www.civhc.org/

Prescription Assistance Program - Colorado Drug Card
Colorado Drug Card is a free prescription assistance program available to everyone living in Colorado. The program was launched to help the uninsured
and underinsured of Colorado gain access to medications at their local pharmacies.

www.ColoradoDrugCard.com

State Health Insurance Program (SHIP)
Provides one-on-one counseling and assistance to people with Medicare and their families. The agency can help with obtaining benefits, filing claims and understanding health care options.

www.colorado.gov/pacific/dora/ship-locations

State Medicaid Office Health First Colorado
Medicaid is a joint federal and state health care program for people with low income and limited resources. Through the Medicaid Waiver program, older adults who are eligible for nursing home payments can receive medical and support services that enable them to continue living at home. Waiver services prevent or delay nursing home admission.

www.colorado.gov/pacific/hcpf/colorado-medicaid

Supplemental Nutrition Assistance Program (SNAP)
SNAP, formerly known as Food Stamps, provides monthly nutritional assistance to people who have low income and limited assets to pay for food. SNAP also provides nutritional education.

www.colorado.gov/pacific/cdhs/supplemental-nutrition-assistance-program-snap

Senior Housing
Senior Housing Options
Senior Housing Options is a nonprofit organization dedicated to providing caring, supportive services and quality affordable housing for older adults in Colorado.

https://seniorhousingoptions.org/

Brothers Redevelopment, Inc.
Brothers Redevelopment Inc. provides affordable, safe and accessible housing solutions for Colorado’s low-income, elderly and disabled residents.

https://brothersredevelopment.org/

Colorado Housing Connects
There are several types of housing available for seniors and those with a disability. Some housing options are determined by income, while others are determined by a person’s daily care needs.

http://coloradohousingconnects.org/housing.html

Sunshine Home Share Program
The Sunshine Home Share program uses a matching process to promote safety and compatibility while supporting a mutually beneficial relationship between the Home Provider and the Home Seeker.

www.sunshinehomeshare.org/

A Little Help
A Little Help offers older adults the ability to age well in their homes by connecting them to an important resource plentiful in every community: good neighbors.

https://www.alittlehelp.org/

Low Income Home Energy Assistance Program
Low Income Home Energy Assistance Program (LIHEAP) is a Federally-funded program that helps low-income households with their home energy bills.

www.benefits.gov/benefit/1541
NATIONAL RESOURCES

The national resources below provide valuable information and can connect you to programs and services in your state and local community.

Alzheimer’s Association
Information and support for people with Alzheimer’s disease and their caregivers. Operates a 24/7 helpline and care navigator tools.
www.alz.org | 1-800-272-3900

Alzheimers.gov
A free federal information resource about Alzheimer’s disease and related dementias.
www.alzheimers.gov

ARCH Respite Network
The ARCH National Respite Network includes the National Respite Locator, a service to help caregivers and professionals locate respite services in their community.
www.archrespite.org

Caregiver Action Network
Information, educational materials, and support for family caregivers.
www.caregiveraction.org

Eldercare Locator
A public service of the U.S. Administration on Aging that connects caregivers to local services and resources for older adults.
www.eldercare.gov
1-800-677-1116

Family Caregiver Alliance
Tools and resources for family caregivers, including the Family Care Navigator, a state-by-state list of services and assistance.
www.caregiver.org
1-800-445-8106

Medicare
Provides information about the Medicare program and how to find Medicare plans and providers. Caregivers will also find a tool on the website to compare home health care agencies and nursing homes.
www.medicare.gov
1-800-633-4227

National Academy of Elder Law Attorneys
A professional association of attorneys who specialize in legal services for older adults and people with special needs. Find a database of elder law attorneys by state.
www.naela.org

The National Clearinghouse for Long-Term Care Information
Information and tools to help plan for future long-term care needs.
www.aging.gov

Social Security Administration
Information on retirement and disability benefits, including how to sign up for Social Security.
www.ssa.gov | 1-800-772-1213

Veterans Administration
Provides supports and services for families caring for veterans. Connects caregivers with local caregiver supports programs for veterans.
www.caregiver.va.gov
855-260-3274

AARP RESOURCES FOR CAREGIVERS

AARP Caregiving Resource Center
One-stop shop for tips, tools and resources to use while caring for a loved one.
www.aarp.org/caregiving
For Spanish visit
www.aarp.org/cuidar

AARP Caregiving Support Line
Connects you directly with an information specialist who can talk with you about services and support available in your community.
1-877-333-5885
For Spanish call 1-888-971-2013
Monday-Friday, 7:00 a.m.–11:00 p.m., EST

Advance Directive Forms
Free, downloadable state-specific advance directive forms and instructions.
www.aarp.org/advancedirectives

AARP Caregiving App
Helps you manage your to-do list, calendar of appointments and support scheduling.
You can download it at
www.aarp.org/caregivingapp
AARP Rx App
Helps you manage your loved one’s medications. You can also use it to help manage your own medications.
You can download it at www.aarp.org/rxapp

I Heart Caregivers
An initiative to recognize family caregivers by providing them a place to share their stories and learn how they can help improve caregiver support in their state.
www.aarp.org/iheartcaregivers

Living Longer, Living Smarter
An educational series that helps caregivers and older adults create a plan for their future.
www.aarp.org/decide

AARP Benefits Quick Link
Find public benefits that can help you pay for food, medicine, health care, utilities and more by using AARP Foundation’s Benefits QuickLINK tools.
www.aarp.org/quicklink