



UTAH CAREGIVER RESOURCE GUIDE

AARP® Real Possibilities in

Utah

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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. It is 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.

"It really took a toll on our mental health and emotions. I would encourage other caregivers to reach out and take advantage of the resources and support that is available in their community."

—J of South Jordan



LOCAL RESOURCES

Utah's Division of Aging and Adult Services administers a wide variety of home- and community-based services for Utah residents age 60 and older, primarily delivered through a network of 12 area agencies on aging (AAA) that cover all geographic areas of the state. Their goal is to provide services that allow older people to remain independent. The AAAs are local government entities that provide services, advocacy, support and assistance to older people and their caregivers. Contact the AAA in your county for information on nutrition, support groups, respite care, and consultations, among other services. The contact information for the 12 AAAs in Utah is listed below:

Bear River AAA

170 N. Main Street
Logan, UT 84321
435-752-7242 or 877-772-7242
brag.utah.gov
Counties: Box Elder, Cache, Rich

Davis County Bureau of Health Promotion and Senior Services

22 S. State Street
Clearfield, UT 84015
801-525-5050
www.co.davis.ut.us
County: Davis

Five County AAA

1070 West 1600 South
St. George, UT 84770
435-673-3548
fcaog.state.ut.us
Counties: Beaver, Garfield, Iron, Kane, Washington

Mountainland Department of Aging and Family Services

586 East 800 North
Orem, UT 84097
801-229-3800
mountainland.org
Counties: Summit, Utah, Wasatch

Salt Lake County Aging Services

2001 S. State Street
Salt Lake City, UT 84114
385-468-3200
aging.slco.org
County: Salt Lake

San Juan County AAA

117 S. Main Street
Monticello, UT 84535
435-587-3225
sanjuancounty.org
County: San Juan

Six County AAA

250 N. Main Street
Richfield, UT 84701
435-893-0700
Sixcounty.com
Counties: Juab, Millard, Piute, Sanpete, Sevier, Wayne

Southeastern Utah Association of Local Governments

375 S. Carbon Avenue
Price, UT 84501
435-637-4268
seualg.utah.gov
Counties: Carbon, Emery, Grand

Tooele County Division of Aging and Adult Services

47 S. Main Street
Tooele, UT 84074
435-277-2440
co.tooele.ut.us
County: Tooele

Uintah Basin AAA

330 East 100 South
Roosevelt, UT 84066
435-722-4518
ubaog.org
Counties: Daggett, Duchesne

Council on Aging/ Golden Age Center

330 S. Aggie Boulevard
Vernal, UT 84078
435-789-2169
uintahgoldenage.org
County: Uintah

Weber/Morgan Senior Services

237 26th Street
Ogden, UT 84401
801-625-3770
weberhs.org
Counties: Morgan, Weber

UTAH RESOURCES

Utah 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. For Salt Lake County, call **801-538-3567**. All other counties call **1-800-371-7897**.

195 North 1950 West
Salt Lake City, UT 84116
daas.utah.gov

Division of Services for People with 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.

195 North 1950 West
Salt Lake City, UT 84116
801-538-4717 or 844-275-3773
dspd.utah.gov

HealthCare.gov

The health insurance marketplace helps guide Americans as they shop and compare health plans available in the state.

For help, go to takecareutah.org or call **211**.

Utah HEAT Program

Provides financial assistance for residents who are unable to pay utility bills. Weatherization resources also may be available. Administered through the Utah Division of Housing and Community Development.

Call 1-866-205-4357 for information.

Utah Legal Services

Offers free or low-cost legal services for older adults. Provides legal advice, information and assistance with non-criminal problems.

205 North 400 West
Salt Lake City, UT 84105
1-800-662-4245
andjusticeforall.org/uls

Utah Long-Term Care Ombudsman

Long-term care ombudsmen are advocates for residents of nursing homes, board and care homes and assisted living facilities.

Ombudsmen provide information about how to find a facility and what to do to get quality care. They are trained to resolve problems and can assist you with complaints.

195 North 1950 West
Salt Lake City, UT 84116
801-538-3910
daas.utah.gov/long-term-care-ombudsman

RxConnect Utah

This program helps low-income elders and disabled residents pay for their prescription medications. This may include help paying drug plan premiums and/or other drug costs. Administered by the Utah Department of Health.

Cannon Health Building
288 North 1460 West
Salt Lake City, UT 84116
1-866-221-0265
health.utah.gov/rxconnectutah



Utah Coalition for Caregiver Support

Improves the quality of life for caregivers and their recipients through advocacy, information, support and access to resources.

Find out more at utahcares.org

Utah State Health Insurance Information Program

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.

1-800-541-7735

daas.utah.gov/senior-services

Utah Department of Health–Medicaid

Medicaid is a joint federal and state health care program for people with low income and limited resources insufficient to pay for health care. 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.

1-800-662-9651

medicaid.utah.gov

Utah SNAP (Supplemental Nutrition Assistance Program)

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.

In Salt Lake County, call 801-526-0950 or toll-free 1-866-435-7414
jobs.utah.gov/customereducation/services/foodstamps

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.longtermcare.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



6975 Union Park Center, Suite 320
Midvale, UT 84047
1-866-448-3616
aarp.org/ut

 facebook.com/aarput

 [twitter.com/aarput.](https://twitter.com/aarput)