

Resources for Older Adults



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Healthcare & Wellness

Jefferson County Human Services

- www.jeffco.us/794/Aging-Adult
- Phone: 303-271-1388.
- Services: Assistance with Adult Protection, Aid to the Blind, Aid to the Needy and Disabled, Case Management Agency, Home Care, Long Term Care, Vocational Rehab.

Jefferson County Public Health

- www.jeffco.us/858/Public-Health
- Phone: 303-232-6301.
- Services: [Clinic Services](#) including immunizations for older adults, [Birth and Death Certificates](#), Points West Syringe Services, Nure Home Visitation Programs and others.

Jefferson Center

- www.jcmh.org
- Phone: 303-425-0300.
- Services: Mental health support, counseling, wellness programs, and suicide prevention resources for older adults.

Benefits in Action

- www.benefitsinaction.org
- Phone: 720-221-8354.
- Services: Assistance with Medicare, Medicaid, SNAP and other benefit programs to support financial stability and healthcare access.

Social Connection & Volunteer Opportunities

Spark the Change Colorado

- www.sparkthechangecolorado.org
- Phone: 303-282-1234.
- Services: Volunteer opportunities, mental wellness support and programs engaging older adults in meaningful service.

LinkAges Connects

- www.linkagesconnects.org
- Phone: 303-422-2133.
- Services: Intergenerational programs helping combat social isolation and strengthen community ties.

A Little Help

- www.alittlehelp.org
- Phone: 720-242-9032.
- Services: Volunteer-based support to help older adults age in place, including friendly visits, transportation and yard work.

Community & Recreation Centers

Apex Park and Recreation District

- www.apexprd.org
- Phone: 303-424-2739.
- Services: Fitness programs, social activities and wellness classes for older adults in Jefferson County.

Community & Recreation Centers, cont.

Lakewood Recreation Centers

- www.lakewood.org/Recreation
- Phone: 303-987-7800.
- Services: Senior fitness, art classes and social programs available at multiple locations.

Wheat Ridge Active Adult Center

- www.rootedinfun.com/active-adult-center
- Phone: 303-205-7500.
- Services: Social events, group fitness, wellness resources and educational classes for older adults.

Legal & Caregiver Support

Colorado Legal Services - Senior Law Project

- www.coloradolegalservices.org
- Phone: 303-837-1313.
- Services: Free legal aid for seniors regarding housing, benefits, wills and elder abuse.

Aging and Disability Resource Center (ADRC) - Jefferson County

- www.drmac-co.org
- Phone: 303-480-6700.
- Services: Information and referral services for older adults and caregivers.

Colorado Respite Coalition

- www.coloradospitcoalition.org
- Phone: 303-233-1666.
- Services: Support and resources for family caregivers, including respite care funding.

Senior Advocacy & Support Services

Porchlight Family Justice Center

- www.porchlightfjc.org/
- Phone: 720-853-8850.
- Services: Legal, emotional and critical supportive services for survivors of domestic violence, sexual assault, child abuse, abuse of at-risk individuals, elder abuse and human trafficking

Seniors Resource Center (SRC)

- www.srcaging.org
- Phone: 303-238-8151.
- Services: Dementia care, in-home care, caregiver support, and case management.

The Jefferson County Council on Aging

- www.jeffco.us/aging
- Phone: 303-271-4251.
- Services: Advocacy, educational workshops and networking for older adults and caregivers.

TRIAD (Jefferson County Sheriff's Office)

- www.jeffco.us/sheriff
- Phone: 303-271-0211.
- Services: Crime prevention education, fraud protection and senior safety programs.

Food Assistance

Meals on Wheels (Jefferson County)

- www.voacolorado.org/services/meals-on-wheels/
- Phone: 303-297-0408 and select 1 for the Meals on Wheels program.
- Services: Home-delivered meals for older adults with limited mobility.

Community Table Food Bank

- www.cotable.org
- Phone: 303-424-6685.
- Services: Food assistance programs for low-income seniors.

Food Assistance, cont.

Kaizen Food Rescue

- www.kaizenfoodrescue.org
- Phone: 720-295-8817
- Services: Provides fresh food to communities in need, reducing food waste and improving food access.

Hunger Free Colorado

- www.hungerfreecolorado.org
- Phone: 855-855-4626
- Services: Connects individuals to food resources, including SNAP (food stamps), food pantries, and meal programs.

Housing & Financial Assistance

Housing Authorities (Jefferson County & Local Cities)

- www.jcha.org
- Phone: 303-422-8600.
- Services: Affordable housing, and senior housing programs.

Colorado Property Tax Exemption for Seniors

- www.colorado.gov (Search "Senior Property Tax Exemption")
- Phone: 303-866-2371.
- Services: Tax relief for qualifying seniors who own their home.

Transportation Services

Transdev Health Solutions

- www.transdevhealthsolutions.com/colorado/
- Phone: (303) 398-2155.
- Services: Non-emergency medical transportation (NEMT) for eligible individuals, including Medicaid recipients, providing safe and reliable transport to healthcare appointments.

Transportation Services, cont.

Transdev Health Solutions

- www.transdevhealthsolutions.com/colorado/
- Phone: (303) 398-2155.
- Services: Non-emergency medical transportation (NEMT) for eligible individuals, including Medicaid recipients, providing safe and reliable transport to healthcare appointments.

Via Mobility Services

- www.viacolorado.org
- Phone: 303-447-2848.
- Services: Free or low-cost rides for older adults and individuals with disabilities.

RTD Access-a-Ride

- www.rtd-denver.com
- Phone: 303-299-2960.
- Services: Door-to-door public transit service for seniors and disabled individuals.

Resource Databases

Find Help

- <https://www.findhelp.org/>
- Services: Food assistance, help paying bills, transportation and other free or reduced cost programs searchable by zip code.

211 Colorado

- www.211colorado.org
- Services: Groceries, Clothing Bank, Housing and Mortgage assistance, help paying bills and many other resources (text, call, online)