

Aging and Disability Resource Centers

Info: The place where older adults (60+) and people with disabilities (18+) can get help accessing long-term services and support to remain independent in the community. The ADRC helps people make informed decisions about their care. These are not income based programs. It is a single point of entry for access to support programs and benefits. They often offer online networks of care, which lists options for resources in a variety of categories.

Find yours: 1-844-265-2372

Area Agency on Aging (AAA)

Info: Area Agencies on Aging connect older adults, families and community agencies to available services. Anyone, regardless of age, may contact their local AAA for information on services and resources available in the community for individuals 60 and over. They often have meal services, family support, and transportation available. There are no income requirements for eligibility.

Find yours: https://drive.google.com/file/d/0B9eaXW7_92zSNkZEOG5hcmRQRjQ/view

Community Centered Board (CCB)

Info: Connecting families to resources for children with special health care needs under the age of 18. Provide case management services to assist a person in accessing necessary services and supports to meet their needs. Services include intake, eligibility determination, service plan development, arrangement for services, delivery of services, support coordination, monitoring, safeguards, and discharge from services. These programs are essential to explore when reviewing children's waiver and Medicaid benefit information.

Find yours: <https://www.colorado.gov/pacific/hcpf/community-centered-boards>

United Way 211

Info: A free and confidential services that helps people across the US find the local resources you need, 24 hours a day, seven days a week. A help center that you can call into for referrals, request information online, or search the online database. With services from food and housing to school supplies, disaster recovery to medical needs, 2-1-1 can get you connected to the local resources you need.

Find yours: Call 2-1-1 or www.211.org

Regional Respite Coalitions

Info: Regional Respite Coalitions were established to have local participation from the respite stakeholders to address unique needs for specific areas of Colorado, and through collaboration, creating a statewide effort. Regional Respite Coalitions are volunteer-led to host their own programs (including meetings or outreach) and report to the Colorado Respite Coalition, housed at Easter Seals Colorado. Local community partners and family caregivers are encouraged to attend to share their voice at the respite table in Colorado.

Find yours: <http://coloradospitcoalition.org/local-efforts/index.php>

Other beneficial organizations: Disability-specific, such as the Alzheimer's Association or the Autism Society. Local city and county recreation departments often offer therapeutic or adaptive sports to include all people. Senior centers offer socialization and often have meal programs available, whether congregate meals or home delivered. Employment services are available to help your loved one obtain work and gain an income, while caregivers get a respite break. Faith communities often offer support groups or a volunteer base to support members of their congregation with special health care needs. Movie theaters, museums and other community recreation and culture often have sensory friendly program dates available.

If you have questions, concerns, or want to get connected to resources in your area, please contact the CRC and we can explore the options available to you. Call 303-233-1666 or visit www.coloradospitecoalition.org for more information.