Key Terms

Caregiving: The act of performing tasks and providing care to support another individual's wellbeing, including personal care, medical care, transportation, financial and legal assistance, companionship, supervision, and other activities of daily living.

Caregiver: Any family member, friend, or neighbor that provides regular support to an individual of any age with any special health care need.

Examples: A parent of a child with autism; an adult caring for their aging parent; a person caring for their spouse with chronic conditions; a grandparent raising grandchildren

Respite: A short break or temporary relief for family caregivers from the responsibilities of caring for an individual of any age with special health care needs.

Examples: Adult day programs, in-home care, summer camps, center-based respite, overnight

Presentation Powerpoint Links

Faith Community Nursing | Night Lights & Children’s Respite | Alzheimer’s and Dementia

Links to Online Tools and Services

Online Resource Finder: A tool from the Colorado Respite Coalition to help identify and locate respite providers, training and education events, online learning tools, and resource agencies.

Navigating Respite in Colorado: A guide from the CRC that provides information on funding sources, being paid as a family caregiver, becoming a respite provider and local resources.

ABCs of Respite Care: A consumer guide from ARCH National Respite Network that describes types of respite, choosing a provider or program, and paying for respite services.

REST Respite Education and Support Tools Training: An evidence-based respite-training program that prepares individuals to provide respite in order to support caregivers.

Voice of Care: An organization dedicated to equipping the Church to nurture people with disabilities and their caregivers by supporting and training church professionals and volunteers.

Respite and the Faith Community: A fact sheet presented by ARCH National Respite network, providing information specific to faith communities and how they can support caregivers.

All Are Welcome – A Faith Community Inclusion Guide: A guide to assist faith leaders in establishing welcoming and comfortable spiritual supports for people with disabilities.
Colorado Respite Coalition
Caregivers and professionals caring for loved ones of all ages and all health care needs, statewide
A program of Easterseals Colorado dedicated to strengthening Colorado’s statewide lifespan respite care resource network for family caregivers and professionals. Serving people care for loved ones of all ages and all special healthcare needs throughout the state. Provides referrals for respite care and other caregiving resources, along with financial assistance, training and education, local coalitions, collaboration efforts, and online resource finder to easily connect to local resources and services.
Faith congregation specific: REST Training, Family Respite Voucher, Navigation Guide
Learn more: www.ColoradoRespiteCoalition.org | 303.233.1666 x225

Aging and Disability Resources for Colorado
Adults with disabilities and older adults, people in Colorado with disabilities
The Aging and Disability Resources for Colorado (ADRC) provide information and referrals on a variety of long-term services and supports available to adults with disabilities and older adults. Options counselors are available to provide personalized and impartial education and decision support regarding local resources for individuals and their caregivers. This statewide services offers regional locations that serve specific areas.
Learn more: Call that ADRC hotline at 1.844.COL.ADRC (1.844.265.2372) or visit the website

Area Agencies on Aging
Individuals 60+ and their families
The Area Agencies on Aging (AAAs) serve individuals 60+ and their families and caregivers through federal funding from the Older Americans Act. There are 16 AAAs in Colorado serving specific regions. AAAs provide services to older adults such as case management, transportation, meal services, caregiver support and in-home services, along with connecting people to various community-based services and supports.
Learn more: Click to find your local Area Agency on Aging

Single Entry Points
Adults with disabilities and children with life limiting illness waiver
Single Entry Points (SEPs) are regional agencies that service individuals receiving certain Medicaid HCBS waivers. SEPs provide waiver application assistance, eligibility and intake assessments, case management, service coordinator, and other supports. SEPs provide the majority of services to individuals on Adult HCBS waivers, but also serve the Children with Life Limiting Illness (CLLI) waivers. There are 24 SEPs in Colorado serving specific regions.
Learn more: https://www.colorado.gov/pacific/hcpf/single-entry-point-agencies
All people in Colorado for a variety of needs

2-1-1 is a national service providing information on available community resources for anyone in need. 2-1-1 can connect callers with information and resources on food assistance, housing and shelter, health services, immigration and legal matters, and many other topics. Local resource specialists support those seeking resources over the phone and through virtual communication, and resources can be accessed through the online database.

Learn more: Call 2-1-1 or visit http://211colorado.communityos.org/cms/home

Benefits Application Assistance

People of all ages and needs in Colorado seeking federal and state benefits

Understanding, applying, receiving and maintaining federal and state benefits can be challenging. There are some organizations in Colorado that can assist individuals and families in applying for certain public assistance programs.

Certified Application Assistance Sites (CAAS): Can assist with applications for medical and other public assistance benefits. Services and fees vary by organization.

Find your local CAAS: https://apps.colorado.gov/apps/maps/hcpf.map

Colorado Program Eligibility and Application Kit (PEAK): An online, statewide self-service portal that allows customers to apply for benefits and manage their account online. Learn more: www.colorado.gov/PEAK

Easterseals Colorado Disability Benefits Services (DBS): Provides application assistance for Social Security disability applications, benefits counseling and employment services.

Learn more: Call 303.233.1666.230 or easterseals.com/co/our-programs/work/disability-benefits-services/

Colorado Crisis Services

People of all ages and needs throughout Colorado, people in crisis and their loved ones

Colorado Crisis Services is available statewide to any individual experiencing any kind of crisis, including relationship problems, anxiety, depression, substance abuse, bullying, family issues, suicidal thoughts, and more. The crisis line is operated 24/7 by trained crisis counselors. There are twelve walk-in clinics around the state.

Learn more: 1.844.493.8255 or https://coloradocrisisservices.org/

United States Department of Veteran Affairs

For Veterans, active military members, and other affiliates of the US Military

The US Department of Veteran Affairs (VA) operates the Veterans Health Administration and the Veterans Benefits Administration. These agencies provide services and supports to veterans, their families and their caregivers. Available services vary by region, location, and other factors.

Learn more: General inquiries to 1.844.MY.VA.311 (1.844.698.2311)

VA Caregiver Support Line: 1.855.260.3274 or caregiver.va.gov/help_landing.asp
County Human Services Departments
For older adults, children and families, kinship, foster and adoptive families, county residents
The Colorado Department of Human Services (CDHS) connects Coloradans to resources and supports for independent living. Services offered by these agencies include resources and supports for children and families, disability services, employment, food and financial assistance, housing assistance, and aging services. County Human Services departments may also offer resources for kinship, foster and adoptive families. Available services vary by county.
Learn more: [https://www.colorado.gov/pacific/cdhs/contact-your-county](https://www.colorado.gov/pacific/cdhs/contact-your-county)

Network of Care
For people of all ages and needs throughout Colorado
Network of Care is an online resource database, available in certain regions of Colorado. The service directory has information on services regarding caregiving, healthy aging, stress, fitness, and more. Local events, resources, support groups, education tools, and local news can also be found within the program.
Available in Denver, Northwest CO, Boulder County, Larimer County, and the Pikes Peak region
Learn more: [http://www.trilogyir.com/](http://www.trilogyir.com/)

Collaborative on Faith and Disabilities
For faith communities and leaders
A national organization that supports people with disabilities, their families, and those who support them by providing national and international leadership in the areas of research, education, service, and dissemination related to disability, religion, and inclusive supports.
Provides resources, webinars, online trainings, and other tools for faith communities.
Learn more: [https://faithanddisability.org/](https://faithanddisability.org/)

Support Groups and Networks
For those caregiving, parents of individuals with special health care needs and/or disabilities

**Parent 2 Parent of Colorado (P2P):** A network of families across Colorado who understand the joys and challenges of parenting children with disabilities and special health care needs. Connecting families to resources, offering encouragement, and providing emotional and informational support. Learn more: [www.p2p-co.org](http://www.p2p-co.org) or 1.877.472.7201

**Family Caregiver Alliance (FCA):** The FCA works to improve the quality of life for family caregivers and the people who receive their care. FCA offers services, education programs, resources, and caregiver connection. Learn more: [https://www.caregiver.org/](https://www.caregiver.org/)

**Caregiver Action Network (CAN):** CAN works to improve the quality of life for millions of Americans who care for loved ones with chronic conditions, disabilities, disease or frailties of old care. CAN provides education, peer support, and resources for family caregivers across the country. Learn more: [https://www.caregiveraction.org/](https://www.caregiveraction.org/)

**The National Alliance for Caregiving (NAC):** The NAC is a non-profit coalition of national organizations focused on advancing family caregiving through research, innovation and advocacy. NAC conducts research, policy analysis, best-practice programs, and increasing public awareness. Learn more: [https://www.caregiving.org/](https://www.caregiving.org/)
Disability and Disease Specific Organizations

- Alzheimer’s Association
- American Cancer Society
- The Arc Colorado
- Autism Society of Colorado
- Brain Injury Alliance of Colorado
- Colorado Deaf Blind Project
- Colorado Health Network
- Easterseals Colorado
- Epilepsy Foundation Colorado
- Huntington’s Disease Society of American Rocky Mountain Chapter
- Lupus Colorado
- MINDSOURCE Brain Injury Network
- Multiple Sclerosis Society - CO and Wyoming
- Muscular Dystrophy Association
- National Alliance on Mental Illness Colorado
- National Organization for Fetal Alcohol Spectrum Disorders Colorado (NOFAS), Illuminate Colorado
- Parkinson Association of the Rockies
- Personal Assistance Services of Colorado (PASCO)
- Rocky Mountain Down Syndrome Association
- Rocky Mountain Multiple Sclerosis Center
- Rocky Mountain Rett Association
- Rocky Mountain Stroke Center
- Spina Bifida Association of Colorado

There are many disability, population and disease specific organizations across Colorado and the nation. Search online for the most appropriate resources for your needs. This list does not include all specific health conditions.