

## Multi-County Programs

AARP Driver Safety Program .....	252-4884
Alpine Home Health.....	240-8979
Alzheimer's Association.....	800-864-4404
Center for Independence .....	800-613-2271
Center For Mental Health .....	252-3200
<i>Emergency</i> .....	252-6220
Delta Montrose Home Health.....	874-2463
Hearing Aid Bank.....	527-6290
Hospice	
<i>Delta</i> .....	874-6823
<i>Gunnison</i> .....	641-4254
<i>Montrose</i> .....	240-7734
Legal Aid .....	249-7202
Ombudsman.....	527-7055
Senior CommUnity Care	
Delta.....	835-8500
Montrose .....	252-0522
RSVP .....	249-9639

**NOTE:** Not all the programs listed in this brochure are sponsored by the Area Agency on Aging (AAA). Please call for eligibility requirements and costs.

### National Eldercare Locator

A helpline for locating services nationwide

**1-800-677-1116**

## Eligibility

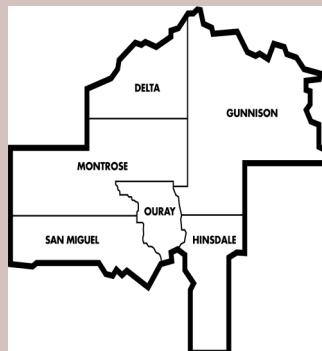
A person must be 60 years of age or older to be eligible for Area Agency on Aging programs funded by the "Older Americans' Act". Some exceptions are made for eligible spouses and individuals with disabilities.

The "Older Americans' Act" mandates that emphasis be placed on locating and serving seniors who are:

- Minority
- Frail / Disabled
- Low Income
- Residents of Rural Areas

There are no fees charged for services and no one is denied because of an inability to pay for services.

Donations are encouraged, and for some services there is a recommended donation amount. Some services have a sliding fee schedule based on income in order to maintain the program and be able to continue providing services. Income from donations provides an important source of ongoing funds for the services.



# REG10N

**An Alliance of Communities  
and Business**

**Serving Delta, Gunnison,  
Hinsdale, Montrose, Ouray &  
San Miguel**

# Area Agency on Aging

**(970) 249-2436**

[www.region10.net](http://www.region10.net)

300 N. Cascade, Montrose, CO 81401

## Information & Assistance

<b>REG10N</b> Area Agency on Aging	249-2436
Delta Senior Resources	712-2295
Gunnison Senior Resources	642-4664
Hinsdale Senior Resources	944-0321
Montrose Senior Resources	252-4889
Ouray Senior Resources	325-4586

## Transportation

### Delta County

All Points Transit	874-7334
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### Gunnison County

Gunnison County Senior Trans.	596-6700
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### Hinsdale County

Hinsdale County Sr. Resources	944-0321
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### Montrose County

All Points Transit	249-0128
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### Ouray County

Neighbor to Neighbor	325-4586
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### San Miguel County

San Miguel County Health & Human Services	728-4411
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## County Health/Human Services

Delta	874-2030
Gunnison	641-3244
Hinsdale	944-0321
Montrose	252-5000
Ouray	626-2299
San Miguel	728-4411

## Nutrition Services

### Delta County

Senior CommUnity Meals	874-7662
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### Gunnison County

Young at Heart	641-2107
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### Hinsdale County

Hinsdale Cty. Sr. Resources	944-0321
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### Montrose County

Senior CommUnity Meals	874-7662
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### Ouray County

Neighbor to Neighbor	325-4586
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### San Miguel County

Norwood	
Senior CommUnity Meals	874-7662
Telluride	
San Miguel County	728-4411

## Dental Prevention Services

Grand Mesa Dental Prevention	874-3801
Gunnison County Dental Prevention	596-0733

## Adult Day Care Programs

Day By Day	874-4195
Homestead at Montrose	252-9359
Sunrise Assisted Living	874-1413

## Family Caregiver Program

Comfort Keepers Caregiver	240-4121
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### Mission

The Area Agency on Aging in **REG10N** seeks to assure that a comprehensive array of services provided through a coordinated network will be available to enable older person in the region to live independently as long as possible.

## Homemaker & Personal Care

### Delta County

Adult Home Care Services	874-0136
Comfort Keepers	240-4121
CTS LLC Serving Communities	874-4794
Human Touch Home Health	874-6901
Premier Senior Services	323-9191
Touch of Care	874-6115
Valley Care Provider	527-5393

### Gunnison County

Gunnison County Homemakers	641-3244
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### Montrose County

Cimarron Home Care	249-6767
Comfort Keepers	240-4121
CTS LLC Serving Communities	874-4794
Human Touch Home Health	874-6901
Premier Senior Services	323-9191
Touch of Care	249-6080
West End Homemakers	864-7319

### Ouray County

Cimarron Home Care	249-6767
CTS LLC Serving Communities	874-4794
Premier Senior Services	323-9191
Ouray County Homemakers	325-4670

### Other Counties

Hinsdale County Homemakers	944-0321
San Miguel Homemakers	864-7319