

Multi-County Programs

Alpine Home Health & Hospice.....	240-8979
Alzheimer's Association	800-864-4404
Center for Independence	249-3783
Center For Mental Health	252-3200
<i>Emergency</i>	252-6220
Delta Montrose Home Health.....	874-2463
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	
<i>Delta</i>	835-8500
<i>Montrose</i>	252-0522
Starkey Hearing Foundation.....	800-593-5646
RSVP	249-9639
VA Clinic (Montrose)	249-7791

Listings with **green** phone numbers are funded by the Area Agency on Aging with federal and state funds.

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Listings in **purple** indicate multi-county services.

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. Income from donations provides an important source of ongoing funds for the services.

NOTE: Not all programs listed in this brochure are funded by the Area Agency on Aging, only those with **green phone numbers**. Please contact other providers directly for their eligibility requirements and costs.

REG10N

**An Alliance of Communities
and Business**

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

Area Agency on Aging

(970) 249-2436

www.region10.net

300 N. Cascade, Montrose, CO 81401

Information & Assistance

REG10N Area Agency on Aging

.....	249-2436
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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Montrose Express Taxi	240-9300
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Ouray County

Neighbor to Neighbor	325-4586
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San Miguel County

All Points Transit	249-0128
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Telluride Taxi	728-6668
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The Area Agency on Aging seeks to assure that a comprehensive array of services provided through a coordinated network will be available to enable older persons in the region to live independently as long as possible.

Nutrition Services

Delta County

Senior CommUnity Meals	835-8028
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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	835-8028
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Ouray County

Neighbor to Neighbor	325-4586
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San Miguel County

Norwood	
Senior CommUnity Meals	835-8028
Telluride	
San Miguel County	728-4411

Adult Day Care Programs

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

Dental Prevention Services

Grand Mesa Dental Prevention.....	874-3801
Healthy Smiles Dental Hygiene Care ..	642-0338

Recreation

Bill Heddles Rec. Center (Delta).....	874-0923
City of Gunnison Parks & Rec.	641-8060
Boomers & Beyond	641-1940
Montrose Rec. District	249-7705
Ouray City Resources Dept.....	325-7065

Family Caregiver Program

Caregiver Solutions	249-0440
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Homemaker & Personal Care

Adult Home Care Services	874-0136
Cimarron Home Care	249-6767
Comfort Keepers	240-4121
Gunnison County Homemakers ...	641-3244
Hinsdale County Homemakers.....	944-0321
Home Health of Western CO.....	240-0139
Human Touch Home Health	874-6901
Ouray County Homemakers	325-4670
PASCO/SW	240-1771
Touch of Care - Delta	874-6115
Montrose	249-6080
Valley Care Provider.....	527-5393

Home Modifications

Access Solutions.....	249-2360
LEAP (low income energy assistance program)	
Delta.....	874-2032
Gunnison	641-3244
Montrose.....	252-5037

County Health/Human Services

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