

# Aging Services

## Aging Services, Salt Lake County

<b>Address:</b>	2001 South State, S1500 Salt Lake City, Utah 84190	<b>Website:</b>	www.slcoagingservices.org
<b>Phone:</b>	(801) 468-2480	<b>Hours:</b>	M- F 8:00 am – 5:00 pm
<b>Fax:</b>	(801) 468-2852	<b>Languages:</b>	English; translation services available for many languages

**Description of Services:** Provides information about all services that can help people over 60. Information includes. Medicare, In-homes Services, Meals on Wheels, Transportation, Caregiver Support, Senior Centers, Health Screenings and Many others. Great place to start if you have any questions or need to be linked to services.

### **Programs:**

#### Alternatives Program

Tel. (801) 468-2858

Email: kpolcha@slco.org

Provides in-home services to medically frail adults who are at-risk of entering a nursing home. The program's goal is to help keep frail adults in their homes by providing and coordinating a variety of services. The client's needs are assessed by a social worker and a nurse who develop a care plan to address those needs. The program contracts with private organizations to provide a wide variety of services such as home health aides, homemaking, and emergency response systems.

#### Chore Services Program

Tel. (801) 887-1275

Services include lawn cutting, snow shoveling and yard clean-ups. This service is available county-wide and is targeted at frailer seniors who are no longer able to maintain their own yards and sidewalks and have no other resources available to help them.

#### Health Insurance Information Program

Tel. (801) 468-2416

The program helps individuals understand Medicare, Medicaid, and Medigap benefits by spending the necessary time reviewing and explaining regulations and coverage. All help is given in the strictest confidence and is free of charge.

#### Healthy Aging Program

Tel. (801) 468-2473

E-mail: dlobato@slco.org

The wellness promotion component provides classes that promote lifestyle changes that can help you improve your health and lead a more active lifestyle. Some of the class topics include nutrition, stress management, memory, infectious diseases, chronic diseases, and English for Speakers of Other Languages. The health screening component provides clinics that screen you for commonly occurring health problems in older adults. Referrals are made to a physician if potential problems are detected or suspected. The program offers a variety of screening services including blood pressure checks, hearing tests, physical exams, osteoporosis, medication evaluations, diabetes screening, cancer screening, podiatry examinations, influenza and pneumonia immunizations, and other related services.

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## Senior Citizen Law Center

Tel. (801) 328-8891

Salt Lake County Aging Services contracts with Utah Legal Services' Senior Citizen Law Center for legal assistance to seniors 60 years of age and older who live in Salt Lake County. Assistance is provided in the areas of health, housing, public benefits and entitlements, family, and consumer issues. The Senior Law Project sponsored by Utah Legal Services utilizes volunteer attorneys to provide assistance with problems involving wills and estates.

## Meals on Wheels (The Nutrition Program)

Tel. (801) 468-2452

Email: [mconrad@slco.org](mailto:mconrad@slco.org)

The Nutrition Program (Meals on Wheels) delivers hot noon meals to frail and isolated older adults six days a week. The meals are provided to seniors age 60 and older who are homebound, physically or mentally unable to prepare their own meals, and are without family or other resources to help with meal preparation.

## Outreach Program

Tel. (801) 468-2483

Email: [phebertson@slco.org](mailto:phebertson@slco.org)

The Outreach Program responds to calls for information and assistance from the elderly, their family members and the public and provides information on services and programs available to older adults in Salt Lake County. Staff can contact you on the telephone or visit with you in-person to discuss your problems, the help you need, and then connect you with programs and agencies who can help with these problems. Staff also follow up on these referrals to insure that you are receiving the help that you need. If you have a low income, staff can help you complete forms for various rebate and utility assistance programs.

## Senior Center Programs and Midday Meal

Tel. (801) 468-2764

Email: [dturner@slco.org](mailto:dturner@slco.org)

Adults over 60 who are looking for an exciting place to explore new options and opportunities will find many answers at a local Senior Center. A Center is a place for people to gather with other active, mature adults and explore educational offerings, fitness, and undiscovered talents in the arts, crafts and other hobbies. A nutritious noon day meal is served for a small suggested donation. Once a week, an alternative salad meal is also available. Reservations at least 24 hours in advance are required for lunch.

## Senior Employment Program

Tel. (801) 468-2785

E-mail: [ckuhn@slco.org](mailto:ckuhn@slco.org)

A free service which matches workers ages 55 and older with employers offering part-time and full-time employment. These workers include mid-life career changers, early retirees, first time workers, and displaced workers.

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## Transportation Program

Tel. (801) 468-2497

Email: [nfunes@slco.org](mailto:nfunes@slco.org)

Provides door-to-door transportation for seniors 60+ years to essential services such as medical appointments, prescription pick-ups and visiting institutionalized family members. Eligibility screening is done over the telephone; our office number is 468-2464. Rides are provided between 8:00 a.m. and 4:15 p.m., Monday, Tuesday, Wednesday, and Friday; and on Thursday between 9:30 a.m. - 4:15 p.m. Rides can be scheduled up to one week in advance. Our office sends out monthly donation statements; a one dollar donation is suggested for each trip.

## Neighborhood House Association

<b>Address:</b>	Child Center: 1050 West 500 South Salt Lake City, Utah Riverside Adult Day Center: 1100 West 423 South Salt Lake City, Utah	<b>Website:</b>	<a href="http://www.neighborhoodhouseonline.org">www.neighborhoodhouseonline.org</a>
<b>Phone:</b>	Child Center: (801) 363-4589 Riverside Adult Day Center: (801)363-4593	<b>Email:</b>	<a href="mailto:jacobbrace@qwest.net">jacobbrace@qwest.net</a>
<b>Fax:</b>	(801) 363-4591	<b>Hours:</b>	M- F 6:30 a.m. – 5:30 p.m.
		<b>Languages:</b>	English, Spanish

**Description of Services:** Provides day programs for frail and disabled adults. Fee based on ability to pay.

## Utah Food Bank Services for Seniors

<b>Address:</b>	1025 South 700 West Salt Lake City, Utah 84105	<b>Website:</b>	<a href="http://www.utahfoodbank.org">www.utahfoodbank.org</a>
<b>Phone:</b>	(801) 887-1275	<b>Email:</b>	<a href="mailto:lornak@utahfoodbank.org">lornak@utahfoodbank.org</a>
		<b>Hours:</b>	M- F 8:30 a.m. – 5:00 p.m.
		<b>Languages:</b>	English

**Description of Services:** Offers services to the elderly and disabled, including food to shut-ins; minor home repairs to keep homes warm, safe and accessible; access to free prescription programs; medical services (eyeglasses and dentures); assistance with yard maintenance; an independent living center; and volunteer services providing additional skill, time and attention.

Utilizes professional handymen and volunteers to make critical minor home repairs, free of charge to senior citizens and persons with disabilities who qualify. Services include the maintenance and/or repair of electrical fixtures, switches and outlets, leaky plumbing fixtures and clogged drains, the seasonal maintenance of furnaces and swamp coolers, installing grab bars, smoke detectors, security door locks, and more. Must be 60 years or older with low fixed income to qualify.