

A Senior Resource Specialist can help you:

- Clarify your needs
- Understand your options
- Maneuver the application processes
- Balance care giving with personal needs
- Develop a plan of action

We offer emotional support and information to help you age well in Boulder, or as a local or long-distance caregiver.

Our Resource Specialists have offered individualized consultation and resource referrals since 1982. Call us to learn about and differentiate between the resources available to adults age 60 and over and their families.

**Contact a Resource Specialist
by calling: 303-441-4388 En
Español 303-413-7494**



City of Boulder Senior Services

See our quarterly magazine and website for more information on senior resources and referrals, health, wellness and social programs, workshops and classes, and ongoing activities.

BoulderColorado.gov/seniors

303-441-4388

FAX 303-441-4149



West Senior Center

909 Arapahoe Avenue
Boulder, CO 80302
303-441-3148



East Senior Center

5660 Sioux Drive
Boulder, CO 80303
303-441-4150

Información en Español/bilingüe:303-413-7494

City of Boulder

Senior

Resources

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**Serving Boulder adults
60+ since 1982**

The mission of Boulder Senior Services, which is part of the Department of Human Services, is to foster the engagement and well being of older adults and promote a positive image of aging through community collaboration and excellent services.

HOW CAN WE HELP YOU?

We offer:

- Assessments
- Assistance with applications
- Bilingual assistance
- Caregiver support
- Family meetings
- Home visits
- Limited financial assistance
- Loan closet (pictured below)
- Phone consultations
- Short-term case management



Information and referrals in the following areas:

- Counseling and Mental Health services
- Dementia and Alzheimer's support
- Food assistance
- Fraud and elder abuse
- Help in your home and aging in place
- Housing
- Transportation
- Legal assistance
- Medicare, Medicaid and Social Security
- Rebates and tax assistance
- Support groups
- Volunteer programs

OUR SENIOR CENTERS HOST PROGRAMS INCLUDING:

- AARP Smart Driver Course
- AARP Tax Aid and free tax preparation
- Boulder County Legal Services
- Boulder County Medicare Basics classes
- Boulder County Medicare Part D appointments
- Hearing and other clinics
- Meals on Wheels and Café Classico
- Support Groups · Low-vision · Alzheimer's



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