



Touching 
Hearts[®] at home
The heart of home care.

Brought to you by
Touching Hearts at Home

Call Your Local Experts:
(720) 776-9969

Non-Medical In-Home Senior Care

Touching Hearts at Home - Serving the Denver Metro Area

Our mission is to help seniors and people with disabilities enhance their quality of life and remain in their own homes for as long as possible. We do that by providing companionship, personal care services, assistance with daily living activities and homemaking services.

Touching Hearts at Home
2821 South Parker Road, Suite 415
Aurora, Colorado 80014
303-632-8786
<https://www.touchinghearts.com/aurora/>
denvermetro@touchinghearts.com



Senior Care Service area includes:

Denver, Douglas, Adams and Arapahoe Counties, including the cities of Denver, Aurora, Parker and Castle Rock. We provide compassionate care for Seniors and their Families - Specializing in Hospital Recovery and Rehab Care, Dementia Care, Alzheimer's Care, Respite Care, Live-in Care, and assistance with Daily Activities.

Other Services Recommended by Touching Hearts at Home:

Home Health Medicare & Insurance Benefit – Physical Therapy, Occupational Therapy, Speech Therapy, and Nursing Care

Team Select Home Health Care
2025 S. Parker Road, Suite 930
Aurora, CO 80014
720-577-1800
<https://teamselecthh.com/>
Contact: Breanna DiGiorgio
bdigiorgio@teamselecthh.com

Alliant Home Health
12995 Sheridan Blvd, Suite #201
Broomfield, CO 80020
303-424-8000
<http://allianthomehealth.com/>
Contact: Daphne Richards
daphne@allianthomehealth.com

Namaste Home Health Care

6000 E. Evans Ave Suite 2-400

Denver, CO 80222

303-730-3578

<http://namaste-health.com/>

Contact: Stefanie Lynn

Slynn@namaste-health.com

*Hospice & Palliative - Medicare and Insurance Benefit***New Century Hospice - Denver Area**

3801 E. Florida Avenue Suite 640

Denver, CO 80210

303-753-2329

<http://newcentury.curohs.com/locations/co/denver>

Contact: Hayden Weinbrenner

hayden.weinbrenner@newcenturyhospice.com

New Century Hospice – Castle Rock Area

380 Perry Street Unit 210

Castle Rock, CO 80104

303-660-6107

<http://newcentury.curohs.com/locations/co/castlerock>

Contact: Allison Willis

awillis@newcenturyhospice.com

Seasons Hospice

9191 Sheridan Blvd, Suite 103

Westminster, CO 80031

720-504-1309

www.seasons.org

Contact: Laurie Seidle

lseidle@seasons.org

Namaste Hospice & Palliative Care

6000 E. Evans Ave Suite 2-400

Denver, CO 80222

303-730-3578

<http://namaste-health.com/>

Contact: Stefanie Lynn

Slynn@namaste-health.com

Assisted Living, Memory Care and Long-Term Care Communities

Parker Senior Living by Morningstar – Independent, Assisted, Memory Care

11000 S. Dransfeldt Rd

Parker, CO 80134

303-841-1800

<https://www.morningstarseniorliving.com/communities/parker-senior-living/>

Contact: Christina Bakhour

parker.dcr@morningstarseniorliving.com

St Andrew's Village Independent Living, Assisted Living, Long Term Care

13801 E. Yale Avenue

Aurora, CO 80014

303-214-7211

<https://standrewsvillage.watermarkcommunities.com/>

Contact: Kara Gibson for Long Term Skilled Care

Kjgibson@watermarkcommunities.com

303-507-8197

Contact: Heather Keys for Independent Living & Assisted Living

Hlkeys@watermarkcommunities.com

720-202-0063

Legacy Village Castle Pines – Independent, Assisted and Memory Care

535 W. Castle Pines Parkway

Castle Pines, CO 80108

303-663-9800

<https://legacyvillagecastlepines.com/>

Contact: Lisa Bartmann

lisab@wslm.biz

Pine Grove Assisted Living & Memory Care

19160 Cottonwood Drive

Parker, CO 80138

720-773-6707

Contact: Adrienne Evenson

aevenson@pinegrovecrossing.com

Lincoln Meadows Independent Living, Assisted Living, Memory Care

10001 South Oswego Street

Parker, CO 80134

303-790-1910

<https://spectrumretirement.com/lincolnmeadows-senior-living-co-parker/>

Contact: Rebecca Pauly
rpauly@spectrumretirement.com

Balfour Stapleton Assisted Living & Memory Care

2979 Uinta St
Denver, CO 80238
720-787-7800

www.balfourcare.com

Contact: Laura Moreno
lmoreno@balfourcare.com

Brookside Inn Long Term Care

1297 South Perry Street
Castle Rock, CO 80108
303-688-2500

<https://bsisnf.com/>

Contact: Jennifer Mroz
jennifer@bsisnf.com

Rosemark Assisted Living & Memory Care

833 Jersey Street
Denver, CO 80220
303-502-9675

<https://rosemarkmayfairpark.com/>

Contact: Amy Mathias
amathias@rosemarkmayfairpark.com

Short Term Rehabilitation Centers

Center at Lincoln

12230 Lioness Way
Parker, CO 80134
720-214-7777

Centeratlincon.com

Contact: Laurie Meyer
lmeyer@centeratlincoln.com

Center at Lowry

8550 E Lowry Blvd
Denver, CO 80230
303-676-4000

Centeratlowry.com

Contact: Sue Hamind

shamind@centeratlowry.com

St Andrew's Village

13801 E. Yale Avenue

Aurora, CO 80014

303-214-7211

Contact: Kara Gibson for Long Term Skilled Care

Kjgibson@watermarkcommunitites.com

303-507-8197

Brookside Inn

1297 South Perry Street

Castle Rock, CO 80108

303-688-2500

<https://bsisnf.com/>

Contact: Jennifer Mroz

jennifer@bsisnf.com

Aviva at Fitzsimon's

13525 E. 23rd Avenue Aurora, CO 80045

303-344-8282

<https://www.vivage.com/aviva/>

Contact: Isai Villalvazo

ivillalvazo@vivage.com

Senior Community Location and Placement Specialists

Care Patrol

303-668-9152

Contact: Beth Miller, CSA

bethm@carepatrol.com

Transitional Solutions

303-949-6867

Contact: Sue Burris

Transitionalsolutions.sburris@gmail.com

Durable Medical Equipment & Home Modifications

Independently Yours Medical Supplies

11280 S Twenty Mile Rd

Parker, CO 80134

303-840-4444

<https://independentlyyours.org/>

Contact: Doreen Leahy

Accessible Systems

3025 W Jefferson Ave

Englewood, CO 80110

303-693-7787

accessiblemed.com

Contact: Amy Reid

Amy@accessiblemed.com

Geriatric Care Managers & Guardianship Services

ELDEResources

303-717-9577

www.elderresources.com

Contact: Debbie Reinberg

debbie@elderresources.com

Good Shepherd Fund

1660 S. Albion St. Ste 1140

Denver, CO 80222

720-726-3111

<https://www.gsfcare.org/>

Contact: Tina LeMarr

tlemarr@securedalliance.org

Attorney's - Estate Planning, Fiduciary Representation & Probate

Rumler, Tarbox & Lyden Law Corporation

1777 S. Harrison St., Suite 1250

Denver, CO 80210

303-333-7733

www.rumlerlaw.com

Contact: Cyndi L. Lyden, Esq.

CLLyden@rumlerlaw.com

Glatstein & O'Brien LLP

2696 S. Colorado Boulevard, Suite 350

Denver, Colorado 80222

(303) 757-4342

www.denverprobatelaw.com

Contact: Jonathan Culwell

jonathan@denverprobatelaw.com

The Law Office of Sarah Golombek

3900 East Mexico Avenue, Suite 300

Denver, Colorado 80210

720-305-9900

Contact: Sarah Golombek

Sarah@GolombekLaw.com

Fiduciary & Money Management Services

CS Advocare

7500 E. Arapahoe Rd Suite 101

Centennial, CO 80112

303-755-1845

<https://www.csadvocare.com/>

Contact: Kellie Adam

kellie.adam@csadvocare.com

Alzheimer's Resources in Denver

Greater Denver Alzheimer's Association

Serving residents in Adams, Arapahoe, Boulder, Clear Creek, Denver, Douglas, Eagle, Gilpin, Jefferson, and Summit Counties.

For more than 25 years, the Alzheimer's Association of Colorado has led the fight against Alzheimer's disease and related disorders by increasing the understanding of dementia and its impact on family and community, providing information and support for those affected, and promoting the advancement of research.

The Alzheimer's Association of Colorado is the premier source of information and support for the more than 71,000 people living with Alzheimer's in Colorado, their families and caregivers. Through its statewide network of offices, the Alzheimer's Association offers a broad range of programs and services, including a 24-hour Helpline, at no cost to families, and funds advancements in research to prevent, treat and eventually conquer this disease. The Alzheimer's Association advocates for those living with Alzheimer's and their families on related legislative issues, and with health and long-term care providers. Families throughout the state have access to support services through regional offices in Boulder County, Colorado Springs, Denver, Pueblo, Durango, Grand Junction, Fort Collins and Greeley.

MISSION

To eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.

VISION

A world without Alzheimer's disease.

FINANCIAL INFORMATION

The Alzheimer's Association of Colorado is a tax-exempt, 501(c)(3) nonprofit, donor-supported organization. Programs and services are made possible through contributions from individuals, corporations and foundations. The chapter uses more than 75% of all funds raised for programs, services and research efforts.

Area Agency on Aging

Who is eligible to receive services funded by DRCOG?

For programs funded through the Older Americans Act, the only eligibility requirement is that individuals be 60 years of age or older to receive services. However, through the ARCH program, Information & Assistance and Options Counseling Services are provided to anyone 18 and older living with a disability as well as adults age 60 and older. DRCOG targets services to those who are frail, live in rural areas, are minorities and meet the definition of low-income individuals. A low-income single adult is currently (2013) defined by the Federal Government as having an annual income less than \$11,490.

Are there prescription drug assistance programs for seniors?

A number of major pharmaceutical companies participate in a national program to provide prescription assistance to low-income individuals. First, determine the manufacturer of your medication from your pharmacist or physician and then contact Centura LINKS at (720) 321-8850 to see if you qualify for assistance.

How can I find transportation to and from appointments?

The Regional Transportation District (RTD) ([link is external](#)) provides transit service throughout the metropolitan area. RTD also provides door-to-door service through the access-a-Ride program. A resource guide to transit services is now available to older adults and people with disabilities through the Denver Regional Mobility and Access Center (DRMAC). Call 303-480-6733 to request your copy of the Getting There Guide.

I'm confused about the differences between supplemental and long-term care or I have no insurance at this time – who do I call?

Contact the Centura Senior Health Insurance Information Program (SHIP) at (720) 321-8850 or the Colorado Insurance Commissioner at 1-888-696-7213.

Is there anyone who provides income tax preparation assistance to seniors?

Several senior services agencies have sites set up throughout the region from January to April. Contact us at 303-480-6700 to locate the site nearest you. Some sites are walk-in, and others are by appointment only.

Does DRCOG offer seniors assistance with housing?

Housing assistance programs vary in their requirements. Call 303-480-6700. If you are looking for assisted living or nursing homes, DRCOG provides a good nursing home or assisted living facility brochure to assist you in choosing a good nursing home. You may also contact a DRCOG Ombudsman (303-455-1000) for information about specific homes or check the latest nursing home survey from the Colorado Department of Public Health and Environment.

Meals on Wheels

Volunteers of America's Meals on Wheels Program serves Adams, Arapahoe, Clear Creek, Denver, Douglas, Gilpin, Jefferson and Larimer counties. Each meal consists of an entrée and accompaniments such as vegetables, fruits, breads, milk, etc. that are needed to provide at least one-third of the recommended daily nutrients for older adults.

The meals are low in fat and cholesterol and provide the valuable nutrients older adults need without the additional calories. Program services also include nutrition education, information and assistance in accessing other services available to the homebound elderly.

ELIGIBILITY

An individual must be 60 years of age or older and assessed as homebound to receive Meals on Wheels. Other criteria for eligibility apply in specific limited circumstances.

To determine if you or someone you know is eligible for Meals on Wheels in Adams, Arapahoe, Denver, Douglas, Jefferson, Gilpin or Clear Creek County call: **303-294-0111**. If you are in Larimer County call: **970-472-9630** or
E-mail: larimer@voacolorado.org.

CONTRIBUTION REQUESTED

There is no charge for the meals, but individuals who receive Meals on Wheels are asked to contribute what they can afford toward the cost of the meals. However, no one is denied service because of an inability to make a contribution.

Senior Transportation

How can I find transportation to and from appointments?

The Regional Transportation District (RTD) ([link is external](#)) provides transit service throughout the metropolitan area. RTD also provides door-to-door service through the access-a-Ride program. A resource guide to transit services is now available to older adults and people with disabilities through the Denver Regional Mobility and Access Center (DRMAC). Call 303-480-6733 to request your copy of the Getting There Guide.

Long-Term Care Ombudsman

The Long-Term Care Ombudsman Program assists residents of licensed long-term care facilities in protecting their health, safety, welfare and rights.

In Colorado, long-term care ombudsmen are advocates for residents of nursing homes, assisted living residences and similar licensed adult long-term care facilities. They work to resolve individual resident issues and to bring about changes at the local, state and national level to improve long-term care. While most residents receive good care in long-term care facilities, far too many are neglected and others are victims of psychological, physical and other kinds of abuse. Trained ombudsmen, paid and volunteer, regularly visit long-term care facilities, monitor conditions and care, and provide a voice for those unable to speak for themselves.

Each Ombudsman Program throughout the state is required to visit each nursing home in their area at least once per month. Assisted living residences in their area must be visited at least once per quarter. Licensed facilities are required to allow ombudsmen to enter the facility and visit with residents without interference from facility staff. Routine visits involve a general overview of the facility to ensure that common areas are clean, required notices are posted, and meals and activities are being provided as posted, among other requirements.

The Long-Term Care Ombudsman receives complaints from residents, family members and others and, with the resident's consent, investigates the complaints. Complaints range from simple quality of care issues, such as a resident's preferred time for breakfast, to very serious, sometimes life-threatening concerns involving abuse and neglect. When necessary, the ombudsman will work cooperatively with other agencies such as the Colorado Department of Public Health & Environment, local law enforcement and Adult Protective Services to resolve concerns identified during a complaint investigation.

Local ombudsmen can assist prospective residents in locating a facility that best meets their needs.

The ombudsman is able to provide guidance to residents, family members or friends who would like to resolve an issue without ombudsman intervention.

Other services include attending family and resident council meetings at a licensed facility, providing community education, and providing training to facility staff and other professional agencies that work with at-risk adults and residents of long-term care facilities.

Colorado Area Agencies on Aging

Need information for an aging relative or yourself but don't know where to start? DRCOG's Aging and Disability Resource Center has experts in the field of aging and disability. We can provide information, assistance and advocacy over the phone, by email and in person to help you understand your benefits and connect you with local providers for a wide range of services. Some of the topics people call us about include:

- What kind of in-home services are available to help care for your parents, friends or spouse
- Explanation of housing options including independent living, assisted living, nursing facilities and home sharing
- Options for legal assistance
- Help understanding Medicare, Medicaid and Social Security
- Resources when you don't have enough to eat
- Education on end-of-life options and services
- Referrals to disease-specific resources and support groups
- Transportation options

Aging and Disability Resource Center (ADRC)

Information and Assistance

Options Counseling

303-480-6700

Toll-free outside Denver

1(866) 959-3017

Opción disponible en Español

Long-term Care Ombudsman

303-480-6734

Case Management

303-480-6704

Opción disponible en Español

State Health Insurance Assistance Program (SHIP)

303-480-6835

Choice Transitions Options Counseling
303-480-6838

Veteran Directed Care Program
303-480-6755

Elder Refugee Program
303-480-6786

DRCOG Main Office
303-455-1000

Senior Driving Laws

LICENSING REQUIREMENTS

Individuals Over the Age of 65 Colorado residents may hold a Colorado driver's license OR Colorado ID card - not both.

Driver licenses:

- May not renew their driver's license online (C.R.S. 42-2-118 (1.5) (a) (I)).
- May renew their driver's license in an office.
- May renew-by-mail every other renewal cycle (licenses or ID cards that were valid for 10 years are not eligible to renew by mail)

Identification Cards:

First-time applicants or those wishing to step down from a driver's license to an identification card must visit an office.

- Individuals over the age of 60 wishing to obtain an identification card in lieu of a driver's license may do so at no charge (over 60 years old FREE).
- 65 years of age and older: may either visit an office or renew online/by mail every time (ID cards that were valid for 10 years are not eligible to renew online or renew-by-mail)
- You must provide enough documentation to prove your name, date of birth, identity and lawful presence in the United States
- You must provide your Social Security number or show your original, non-laminated Social Security card

- You must provide proof of address. Proof of address is anything that shows your name and current residential address such as vehicle registration, check book, bank statement, utility bill, rent agreement, pay stub, school record, medical record, etc.

Renew Your ID Card:

Reduce your wait time and schedule an appointment online.

You may renew your adult ID card any time prior to the expiration date - you shouldn't wait until it expires.

For additional information please call 303-205-5694.

RE-EXAMINATION

Re-Examination of Driving Skills:

Why do I have to take a re-exam when my license hasn't expired yet?

There are several reasons that the State may require you to come in and take a re-examination. When you have two accidents on your record within three years of each other, we will ask you to take a re-examination. You may also be asked to take a re-examination if a family member or doctor feels, for medical reasons, you should take a re-examination. A law enforcement officer may also file an incident report requesting that you take a re-examination.

Colorado Medicaid Program

Health First Colorado (Colorado's Medicaid Program) is public health insurance for Coloradans who qualify. Health First Colorado is funded jointly by a federal-state partnership and is administered by the Department of Health Care Policy & Financing.

Who Qualifies?

The Affordable Care Act provides a simplified method for calculating income eligibility for Health First Colorado and Child Health Plan Plus (CHP+) based on what is called Modified Adjusted Gross Income (MAGI). The MAGI rules apply to eligibility determinations for CHP+ and most Health First Colorado programs, except for those programs for individuals over 65 years old and/or for people who have a disability. The use of MAGI standardizes income eligibility rules across all states.

What Does Health First Colorado Cost?

You might have to pay a small co-pay to receive some services, unless you fall into one of the categories below. Co-pays vary depending on the service.

What Information Do I Need When Applying for Health First Colorado?

- The name, address and contact information of each person applying;
- Social Security numbers of each member of your household seeking medical assistance (or document numbers for lawfully present individuals);
- The birth dates of each person applying;
- Employer information for each member of your household;
- Income information for each member of your household (for example, wage and tax statements such as pay stubs or W2 forms);
- Information about any other income you receive;
- Information and policy numbers for health insurance plans currently covering members of your household; and
- Citizenship and identity documentation

If you are applying for Health First Colorado programs for individuals over the age of 65 or for individuals with disabilities, you might also be asked to provide additional information including:

Whether you have a medical condition that has seriously limited your ability to do daily activities for at least a year

Whether you need help with daily activities, such as dressing, eating, and bathing
Any health care coverage received through Medicare

Unearned income, such as Social Security Administration (SSA) or Supplemental Security Income (SSI) payments and pensions

You might be asked to provide more information if we are unable to verify what you told us through our electronic data sources.

How to Apply

There are several ways you can apply:

Online at [Colorado.gov/PEAK](https://colorado.gov/PEAK) -- this is the fastest way to apply

In person at your local county office or an Application Assistance Site

By phone at 1-800-221-3943 / State Relay: 711