



# Community Connections

Free and low cost supportive services to make the caregiver's life easier.

Samantha Collier, SSW  
Geri Lehnardt, SSW

Supportive  
services are  
good...

Free and  
low-cost services  
are even better.

So many  
options. You  
just need to  
know where to  
look!

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# Area Agencies on Aging

Local **Area Agencies on Aging** (called AAAs)

- Designated to cover geographic regions of the state of **Utah**
- Provide a comprehensive array of services
- Advocate for the needs of seniors residing in their **areas**.

To find your AAA:

[daas.utah.gov](http://daas.utah.gov)

[N4a.org](http://N4a.org)



# MAG

Mountainland Association of  
Governments

Utah,

Wasatch

& Summit

Counties

801-229-3804

## Services available:

Information and referral

Meals on Wheels

Senior Center meals

In-home services

Weatherization

HEAT (utility payment assistance)

Medicare Counseling

Long-term care ombudsman

Caregiver programs

Dementia education and support

Education on aging related topics

And much more!

**Assistance is available in Spanish.**

**801-229-3800**

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# Area Agency on Aging - Spanish

- Servicios de MAG para la vejez y la familia - ofrece ayuda con nutrición - MOW y Centro para Mayores
- Nuestros Programas en el Hogar - Medicaid y financiado por el estado - Para ayuda en el Hogar
- Consejería de Medicare - SHIP - Un lugar neutral para obtener información sobre seguros
- Apoyo para Cuidadores - Darle un descanso a los cuidadores - Educación
- Climatización (Weatherization)- el programa de HEAT
- Defensor del pueblo de cuidados a largo plazo (Long-term care ombudsman) - Abogar por las personas mayores que residen en una instalación/Centro de cuidado.

Para obtener más información,  
comuníquese con nosotros en:

801-229-3804

[www.mountainland.org](http://www.mountainland.org)

# Nutrition

Meals on Wheels (60+, homebound, \$3 suggested donation)

Senior Centers

Community Food Box - MAG partner

<https://www.utahfoodbank.org/ufb-food-box-program>



# Information and Referral

- MAG Senior Help Guide
- [https://mountainland.org/resource\\_categories/index](https://mountainland.org/resource_categories/index)
- Call 801-229-3804



# In-home case management

Caregiver program

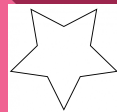
Alternatives and IIIB

Veteran's Directed

Medicaid Aging Waiver

Medicaid New Choices Waiver (multiple case management agencies)

Thrive in Place



# Utilities and Home Weatherization

**HEAT** - The HEAT program assists eligible individuals and families pay their power and gas bills year-round.

- You may be eligible if you have lost your job or have reduced income due to COVID-19. Please call 801-229-3855 for questions.
- Crisis services for shut-off notices.

**Weatherization Assistance Program** - The Weatherization Assistance Program (WAP) helps low-income individuals and families reduce their energy bills by making their homes more energy efficient.

- For any questions, call 801-229-3850.
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# Caregiver Support & Dementia Resources

Support groups

Conference

Training and Education (more on that later!)

Music and Memory

Caregiver newsletter

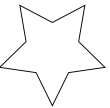
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# Medicare Counseling - SHIP



- The State Health Insurance Assistance Program (SHIP) offers one-on-one counseling to people with Medicare and their families.
- This service is free of charge.
- Counseling is provided between 9 a.m. - 2 p.m. Monday through Thursday. Please call 801-229-3819 to make an appointment or call toll free at 1-800-541-7735.
- Medicare Open Enrollment is October 15 to December 7.

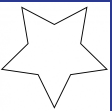


# Long-term care ombudsman

An Ombudsman can:

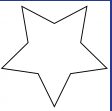
- Be an objective advocate.
- Provide education related to residents' rights, abuse prevention, and other related topics.
- Help resolve problems within the long-term care facility.
- Provide community resources.
- Provide support to residents while dealing with concerns they may have about their care and quality of life.

To report a complaint in Utah, Wasatch and Summit County, call 801-229-3809



# Beyond the AAA

(And some extra AAA resources too)



# Education & Training

Dealing with Dementia - MAG

Stressbusting for Caregivers - MAG

Medicare 101 - MAG

Elder Quest at UVU

- Fees \$40-\$50 per year go to scholarship fund, cover as many classes as you want to ttak
- No age limit
- Past classes include book club, economics, current events, countries of the world, Shakespeare and current events
- [www.uvu.edu/communityed/elder](http://www.uvu.edu/communityed/elder)
- 385-9483



# Education and Training (continued)

## Alzheimer's Association

- Alz.org online resources
- 24/7 helpline - 800.272.3900



Utah, Summit and Wasatch County Health Depts. -- availability may be changed due to Covid 19

- Stepping Up
- Living Well
- Diabetes Education

IHC Live Well Center in Provo & Park City (classes about \$175)

- Mindfulness
- Brain health
- Nutrition
- Exercise

# Connections via Music

## Music & Memory

- Connects seniors with dementia or other chronic illnesses to the world around them through their favorite music using personalized playlists.
  - Alive Inside

MAG & Jewish Family Services



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**Gleeful Choir** - Jewish Family Services (Summit County)



# Centers for Independent Living

Provide tools, resources and supports to integrate people with disabilities fully into their communities.

## Resources

## Classes

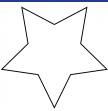
## Equipment loan banks

### Utah and Wasatch Counties

- Ability First  
[ability1sutah.org](http://ability1sutah.org)

### Summit County

- Utah Independent Living Center  
[uilc.org](http://uilc.org)



# Veteran's Administration Caregiver Services

1-855-260-3274

For both Veterans acting as  
caregivers and those who care for  
Veterans



# Other accessibility resources

Ability Found - requires professional referral

Utah Assistive Technology Program

[uatpat.org](http://uatpat.org)

Division of Services for the Blind and Visually Impaired

- Accessibility consultations
- Library for the blind (audio books and large print books/magazines)

Utah Division of Services for the Deaf and Hard of Hearing

- Communication classes for family members
- Classes on living with hearing loss
- Personal consultants



# Dental Services

Dental Lifeline Network

Salt Lake Donated Dental Services

UVU Dental School

Medicaid now offers dental services



# Transportation

## Utah Valley Rides

- \$2 donation suggested
- 65+
- Provo, Orem, Pleasant Grove and American Fork

Logisticare - Medicaid medical transportation

UTA paratransit



# Emotional Support/Companionship/Mental Health

Senior Companions (Utah and Wasatch Counties) (801) 851-7767

Friendly Callers (MAG) 801-229-3810

Wasatch Behavioral Health (Medicaid)

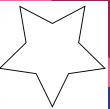
U of U Grief Support Groups (Wednesdays in November) [emily.donaldson@nurs.utah.edu](mailto:emily.donaldson@nurs.utah.edu)

IHC Covid Emotional Response Hotline 833-442-2211 10 am - 10 pm daily

Utah Strong - Covid emotional support 385-386-2289 or email [UtahStrong@utah.gov](mailto:UtahStrong@utah.gov)

University of Utah Neuropsych Institute (UNI) - Park City --accept Medicaid

Christian Center - Summit County



# Grandfamilies

*Services are provided through Grandfamilies First Classes, Children's groups, and Friend 2 Friend meeting.*

- *Crisis intervention*
- *Adult educational support groups*
- *Children's support groups*
- *Links to community resources*
- *Drug and alcohol prevention services for children*



**801-326-4409**

**<https://cssutah.org/services/kinship-care/>**



# Nutrition/Housing/Financial Support

Food and Care Coalition in Provo

Christian Center in Park City

Tabatha's Pantry - Utah County

Christian Center in Park City

Community Action - Utah and Wasatch Counties

Jewish Family Services

LDS Bishop's Storehouse



# Don't forget natural supports



Friends

Family

Church



Need to  
discuss  
specific needs?  
Call us at  
801-229-3804

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