

Community Resources for Seniors



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SENIOR SOLUTIONS, INC.
"Solutions for Independent Living"
 ♦♦♦♦
 Serving Ada County



National Association of
 Professional Geriatric Care Managers

◆ AGENCIES ON AGING

Senior Solutions **345-7777**
 Canyon County Organization on Aging (CCOA) 459-0063
 Eldercare Locator 1-800-677-1116
 Idaho Commission on Aging 334-3833
 SW Idaho Area 3 Agency on Aging 322-7033 or 1-800-859-0324

◆ ADVOCACY

American Association of Retired Persons (AARP) ... 1-866-295-7284
 The ARC 343-5583
 Attorney General (Idaho) Consumer Protection 334-2424
 Better Business Bureau 342-4649 or 1-800-218-1001
 El Ada Community Action Agency 377-0700
 Idaho Commission on Aging 334-3833
 Living Independence Network Corp. (LINC) 336-3335
 Mental Health/Mobile Crisis, Region IV, Health & Welfare. 334-0808
 Ombudsman/Sage Community Resources 322-7033
Senior Solutions **345-7777**

SENIOR SOLUTIONS
 3010 West State Street ♦ Suite 120 ♦ Boise ID 83703
 345-7777 ❖ www.seniorsolutions.bz



◆ADULT DAY CARE / RESPITE

Ashley Manor Care Center.....	377-4929
Beehive Shelter Homes	888-2288
Emerson House	377-3177
Hisway Adult Day Center	860-7124/369-6467
SarahCare.....	375-2273
Regent at Willow Park.....	373-1234

◆DRUG DELIVERY SERVICE

Lemp’s Pharmacy	342-5691
Shopko Pharmacy.....	323-6777

◆EMPLOYMENT / TRAINING

Experience Works	429-8077
Foster Grandparents (must meet income eligibility)	336-5533 Ext. 231

◆EMERGENCY NUMBERS

Fire / Police / Paramedics	911
Ada County Sheriff (non-emergency).....	377-6790
Adult Protection.....	322-7033 Ext. 1
Boise Police (non-emergency)	377-6790
Canyon County Sheriff (non-emergency).....	454-7531
Domestic Violence Hotline (WCA)	343-7025
Idaho State Police.....	846-7500
Mental Health Emergency.....	334-0808
Suicide Hotline	1-800-564-2120

◆FINANCIAL RESOURCES / ASSISTANCE

Ada County Indigent Services.....	287-7960
American Credit Foundation	1-800-259-0601
Assistance League of Boise.....	377-4327
Boise City Housing Rehabilitation	384-4158
Circuit Breaker Program (property tax reduction—Ada County)	334-7750
Debt Reduction Services.....	378-0200
EI-Ada Energy Assistance.....	322-1242
Health & Welfare	334-6700
Jesse Tree (emergency rental & mortgage assistance)	383-9486
Project Share for Energy Assistance.....	343-3571
Supplemental Security Income (SSI)	321-2900 or 1-800-772-1213
Tax Preparation (free).....	1-800-926-2588 or 211
Veterans’ Services	334-1245

◆HAIR & NAILS (IN-HOME)

Bed Head Home Hair Care Service939-6221
Mobile Hair Care (Michelle).....343-7388
Mobile Manicurist (Julie)853-5002

◆HEALTH CARE / ASSESSMENTS / SCREENINGS

Central District Health Department / Cardiac Risk Profile375-5211
Foot Clinic—Humphrey’s Diabetes Center.....331-1155
Extended Care Unit—V.A. Hospital422-1360
Garden City Community Clinic—Medical / Dental384-5200
ISU Family Dentistry (sliding fee scale).....331-0182
Terry Reilly Health / Dental Services—Boise Clinic 344-3512 / 336-8801

◆HEALTH CARE / MEDICAL EQUIPMENT

Ada Vision Center (eye care products)342-8995
ATS Wheelchair & Medical (retail sales & rentals)672-1500
Brownfield’s Prosthetics342-4659
Easter Seal Society (equipment loan program).....378-9924
Humphrey’s Diabetes Center331-1155
Idaho Center for Assistive Technology.....377-8070
Knights of Columbus (medical equipment loans) 362-3710 / 888-3782
LINC Medical Equipment336-3335
MedNow Medical Supply.....424-0966
Muscular Dystrophy Association327-0107
Norco Medical344-0299
Praxair Health Care Services (respiratory).....376-3800
Talking Book Services (Idaho Commission for Libraries).....334-2150

◆HEALTH EDUCATION & INFORMATION

Alzheimer’s Association 1-800-272-3900
American Cancer Society.....343-4609
American Diabetes Association342-2774
American Heart Association384-5066
American Lung Association.....345-5864
Arthritis Foundation..... 1-800-444-4993
Better Breathers Club.....336-2373
Central District Health Department375-5211
Council for the Deaf & Hard of Hearing.....334-0879
Epilepsy League of Idaho Foundation.....344-4340
Humphrey’s Diabetes Center331-1155
Idaho Commission for the Blind & Visually Impaired.....334-3220
Idaho Elk’s Rehabilitation Hospital.....489-4444

Health Education & Information continued on Page 4

◆HEALTH EDUCATION & INFORMATION (continued from page 3)

Medicaid/Adult Services, Region IV334-6700
Mountain States Tumor Institute (MSTI) Patient & Family Support381-2760
Parkinson's Disease Information & Referral Center367-6570
St. Alphonsus Resource Center367-7264
St. Luke's Call Center381-1200
St. Luke's Women'sLife.....381-3033

◆HOME HEALTH AGENCIES / IN-HOME HELP

A Better Care888-6232
A Better Life322-5556
A Caring Hand342-3013
A Full Life Agency342-1222
Above & Beyond Home Health468-9504
Absolute Home Health Care454-5655
Advanced Home Health321-7896
Assisting Angels Home Care 344-7979 / 466-0733
Assisting Hands442-8588
At Home Care376-5515
Critical Care Infusion Systems322-8868
First Choice Home Care.....322-7061
Guardian Home Health461-1600
Havenwood Home Care of Boise327-1011
Home Instead.....888-9962
Homewatch Caregivers..... 350-7269 / 863-9148
Horizon Home Health.....888-7877
Idaho Home Health & Hospice887-6633
Legacy Home Health.....888-3669
Life's Doors Home Care Solutions344-9228
Living Independent Network Corp. (LINC)336-3335
Multi Care Home Health.....887-7719
Progressive Nursing Services336-9898
Senior Solutions (PCA referral)345-7777
St. Alphonsus Home Health367-3040
St. Luke's Home Care381-2138
TLC Home Health853-5050
Touchmark Home Health884-3308

◆HOME MAINTENANCE

Boise City Rehab384-4158
El-Ada Weatherization377-0764
Neighborhood Housing Services, including 'Paint-the-Town'343-4065

◆**HOSPICE**

A Promise of Hope377-4673
Boise Memorial Hospice938-4100
Guardian Hospice461-1600
Harrison’s Hope947-6800
Heart ‘n Home452-2663
Hearts for Hospice389-2276
Horizon Home Health Hospice884-5051
Idaho Home Health & Hospice887-6633
Legacy Hospice895-8686
Life’s Doors Hospice344-6500
St. Alphonsus Hospice367-2121
St. Luke’s Hospice381-2721
Treasure Valley Hospice467-7423
XL Hospice..... 888-6200 / 365-6303

◆**HOSPITALS**

HealthSouth Treasure Valley Hospital373-5000
Idaho Elks Rehabilitation Hospital.....489-4444
Intermountain Hospital377-8400
Mercy Medical Center—Nampa463-5000
Mountain States Tumor Institute (MSTI)381-2711
St. Alphonsus Meridian Medical Center—Meridian367-8500
St. Alphonsus Regional Medical Center—Boise367-2121
St. Luke’s Meridian Medical Center—Meridian706-5000
St. Luke’s Regional Medical Center—Boise.....381-2222
SunHealth Behavioral Health Care327-0504
Veterans Affairs Medical Center422-1000

◆**HOUSING**

Senior Solutions Housing Counseling & Placement345-7777
Senior Solutions also has a 36-page housing booklet that lists
subsidized housing, apartments, retirement living, assisted living &
residential care facilities, mobile home parks, and nursing homes.
Boise City/Ada County Housing Authority (subsidized housing)345-4907
Elder Transitions Referral Service376-8686
A Place for Mom Referral.....344-1375
Neighborhood Housing Services.....343-4065

◆**INSURANCE INFORMATION / ASSISTANCE**

Idaho Department of Insurance (SHIBA)..... 334-4250 or 1-800-247-4422
Medicare 1-800-633-4227
Social Security Benefit Claims 1-800-772-1213

◆LEGAL SERVICES

Boise Senior Activities Center (volunteer attorney 4 times/month)345-9921
CO-AD336-5353
Idaho Legal Aid Services345-0106
Idaho Volunteer Lawyers Program.....334-4510
Idaho State Bar334-4500
Legal Aid Hotline 345-0106 or 1-866-345-0106

◆MEALS (SUBSIDIZED) FOR SENIORS

Boise Senior Activities Center345-9921
Eagle Senior Center.....939-0475
El-Ada Community Action Agency—Commodities377-0700
Garden City Senior Center.....336-8122
Kuna Senior Center922-9714
MEALS-ON-WHEELS (home delivered)322-7033
Meridian Senior Center888-5555
Star Senior Center286-7943

◆MEALS DELIVERED (NOT SUBSIDIZED)

Home Style Direct 1-866-735-0921
Meals-on-Wheels (for those who do not qualify for subsidized)322-7033
QuickMeals (restaurant delivery)447-8383

◆MENTAL / EMOTIONAL HEALTH

National Alliance for the Mentally Ill—Boise.....376-4304
Catholic Charities of Idaho345-6031
Family Wellness Center / Lutheran Social Services.....323-0996
Intermountain Hospital377-8400
Mental Health / Mobile Crisis, Region IV, Health & Welfare.....334-0808
Ministry to the Aged323-8023
Mountain States Group336-5533
SunHealth Behavioral Health Care327-0504
Suicide Hot Line 1-800-564-2120

◆NURSING HOMES

Boise Samaritan Village343-7726
Hillcrest Rehabilitation & Care Center.....345-4464
Idaho State Veterans Home.....334-5000
Capital Care Center375-3700
Life Care Center of Boise.....376-5273
Life Care Center of Treasure Valley.....377-1900
Marquis Care at Shaw Mountain.....343-7717
Valley View322-0311
Sun Bridge Rehabilitation & Living Center—Meridian.....888-7049

◆ REFERRAL & INFORMATION AGENCIES

Senior Solutions **345-7777**
Eye Care Helpline 1-800-222-3937
Idaho CareLine 211

◆ REHABILITATION SERVICES

Addiction Recovery Center (St. Alphonsus) 367-3553
Idaho Elks Rehabilitation Hospital 489-4444
Mountain Land Rehabilitation—Boise 422-9826
Mountain Land Rehabilitation—Meridian 887-6757
St. Alphonsus Rehabilitation Services 367-3315
St. Luke's/Idaho Elks Rehabilitation Services—Boise 489-4040
St. Luke's/Idaho Elks Rehabilitation Services—Meridian 706-5775

◆ RETIREMENT CENTERS

Chateau de Boise 322-7277
Good Samaritan Home 343-6051
Heatherwood Retirement 345-2150
Heritage Retirement 376-4191
Hillcrest Retirement 345-4460
Valley View Retirement 322-0311

◆ SENIOR CENTERS

Boise Senior Activities Center 345-9921
Eagle Senior Center 939-0475
Garden City Senior Center 336-8122
Kuna Senior Center 922-9714
Meridian Senior Center 888-5555
Star Senior Center 286-7943

◆ SOCIAL SECURITY

General Social Security Information 1-800-772-1213
Boise Social Security Office 321-2900

◆ SUPPORT GROUPS

AARP Grief Support 1-866-797-2277
AIDS Hotline 1-800-342-2437
Al-Anon 344-1661
Alcoholics Anonymous (AA) Hotline 344-6611
Alzheimer's Association 384-1788
American Cancer Society (Reach to Recovery) 343-4609
American Diabetes Association of Idaho 342-2774
Better Breathers Club 424-0249
Cardiac Support Group, St. Luke's 381-1200
Depression Support Group 375-6277

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◆ **SUPPORT GROUPS (continued from page 7)**

Epilepsy League of Idaho Foundation	344-4340
Grandparents As Parents (GAP)	334-3833
Grief Support/Bereavement Center	895-8686
Humphrey's Diabetes Center	331-1155
Mountain States Tumor Institute (MSTI) Support Groups.....	381-2760
Breast Cancer Support, Cancer Support, Grief Support, Patient & Family Support	
Muscular Dystrophy Association	327-0107
National Alliance for the Mentally Ill	376-4304
National Federation of the Blind of Idaho.....	343-2382
Parkinson's Disease Information & Referral Center.....	367-6570

◆ **TRANSPORTATION**

AARP Driver Safety <u>Class</u>	375-7518
Access (for disabled)	345-1234
At Your Service.....	378-1466
Commuteride	345-7665
Door to Door	344-9228
Medicaid Transportation	1-800-296-0509
Molinru Transportation	463-2960
Northwest Transportation	377-1045
Scrip Subsidized Taxi Vouchers (for disabled), Senior Solutions ..	345-7777
Treasure Valley Metro	465-6411
Valley Ride	336-1010

◆ **TELEPHONE REASSURANCE / HOME CHECK-UP**

ECHO Telephone Reassurance, Senior Solutions.....	345-7777
Lifeline, St. Luke's.....	381-4797
Norco	344-0299
Response Link.....	401-0005 or 1-800-784-5091

◆ **VOLUNTEER OPPORTUNITIES**

Boise Senior Activities Center.....	345-9921
Senior Solutions	345-7777
Friends in Action	333-1363
Retired & Senior Volunteer Program (RSVP)	345-4357
United Way Volunteer Center	336-1070

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