

Community Resources for Seniors



Brought to you by
SENIOR SOLUTIONS, INC.
“Solutions for Independent Living”
◆◆◆◆
Serving Ada County



◆ 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.....	376-7298
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	1-800-273-8255

◆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
El-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)

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
Adderson Healthcare of Idaho (medical supplies).....631-1844
ATS Wheelchair & Medical (retail sales & rentals).....672-1500
Brownfield’s Prosthetics342-4659
Easter Seal Society (equipment loan program).....378-9924
Hands of Hope Northwest (equipment loan program).....461-1473
Humphrey’s Diabetes Center331-1155
Idaho Center for Assistive Technology.....377-8070
Knights of Columbus (equipment loan program)..... 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 Support.....381-2760
 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
 Above & Beyond Home Health468-9504
 Absolute Home Health Care454-5655
 Addus Health Care.....342-1222
 Advanced Home Health321-7896
 Assisting Angels Home Care 344-7979 / 466-0733
 Assisting Hands442-8588
 At Home Care376-5515
 BrightStar Lifecare338-7878
 Care at Home.....642-1838
 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
 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
 Right at Home288-2200
 River of Life249-1816
Senior Solutions (PCA referral)345-7777
 St. Alphonsus Home Health367-3040
 St. Luke’s Home Care381-2138
 Synergy HomeCare906-3725
 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 Better Way Home322-4663
Align Hospice639-1122
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-AD 336-5353
Idaho Legal Aid Services 345-0106
Idaho Volunteer Lawyers Program..... 334-4510
Idaho State Bar 334-4500
Legal Aid Hotline 345-0106 or 1-866-345-0106

◆MEALS (SUBSIDIZED) FOR SENIORS

Boise Senior Activities Center **345-9921**
Eagle Senior Center..... 939-0475
El-Ada Community Action Agency—Commodities 377-0700
Garden City Senior Center..... 336-8122
Kuna Senior Center 922-9714
MEALS-ON-WHEELS (home delivered) 908-4990
Meridian Senior Center 888-5555
Star Senior Center 286-7943

◆MEALS DELIVERED (NOT SUBSIDIZED)

Home Style Direct 1-866-735-0921
Meals-on-Wheels (for those who do not qualify for subsidized) 908-4990
QuickMeals (restaurant delivery) 447-8383

◆MENTAL / EMOTIONAL HEALTH

National Alliance for the Mentally Ill—Boise 376-4304
Catholic Charities of Idaho 345-6031
Family Wellness Center / Lutheran Social Services..... 323-0996
Intermountain Hospital 377-8400
Mental Health / Mobile Crisis, Region IV, Health & Welfare 334-0808
Ministry to the Aged 323-8023
Mountain States Group 336-5533
SunHealth Behavioral Health Care 327-0504
Suicide Hot Line 1-800-564-2120

◆NURSING HOMES

Boise Samaritan Village 343-7726
Hillcrest Rehabilitation & Care Center 345-4464
Boise Samaritan Village 343-7726
Hillcrest Rehabilitation & Care Center 345-4464

Nursing Homes continued on page 7

◆NURSING HOMES (continued from page 6)

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 Solutions345-7777
Eye Care Helpline 1-800-222-3937
Idaho CareLine211

◆REHABILITATION SERVICES

Addiction Recovery Center (St. Alphonsus).....367-3553
Idaho Elks Rehabilitation Hospital.....489-4444
Mountain Land Rehabilitation—Boise422-9826
Mountain Land Rehabilitation—Meridian887-6757
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

◆SENIOR CENTERS

Boise Senior Activities Center.....345-9921
Eagle Senior Center.....939-0475
Garden City Senior Center.....336-8122
Kuna Senior Center922-9714
Meridian Senior Center888-5555
Star Senior Center286-7943

◆SOCIAL SECURITY

General Social Security Information..... 1-800-772-1213
Boise Social Security Office321-2900

◆SUPPORT GROUPS

AARP Grief Support..... 1-866-797-2277
AIDS Hotline 1-800-342-2437
Al-Anon344-1661
Alcoholics Anonymous (AA) Hotline.....344-6611
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’s381-1200

Support Groups continued on page 8

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

Depression Support Group	375-6277
Epilepsy League of Idaho Foundation	344-4340
Grandparents As Parents (GAP)	323-7538, 284-8964, 898-4020
.....	www.idahograndparentsasparents.org
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)	345-7433
At Your Service	378-1466
Commuteride	345-7665
Door to Door	344-9228
Eggers Transportation	283-7442
Medicaid Transportation	1-800-296-0509
Northwest Transportation	377-1045
Scrip Subsidized Taxi Vouchers (for disabled), Senior Solutions ..	345-7777
Treasure Valley Metro	465-6411
Valley Ride	345-7433

◆ **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

◆ **VOLUNTEERS & VOLUNTEER OPPORTUNITIES**

Boise Senior Activities Center	345-9921
Senior Solutions	345-7777
Friends in Action	333-1363
Love INC	377-3529
Retired & Senior Volunteer Program (RSVP)	345-4357

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