

Aging Well

**In Jefferson
County, Colorado**

Caregiving & Supportive Services



Caregiving & Supportive Services

Acknowledgements

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Introduction

The availability of affordable supportive services for both seniors and their caregivers is critical to the creation and maintenance of age-friendly communities. Services such as support groups for caregivers, low-cost or free repairs to an elder's home, and adult day centers add an element to the community that will become increasingly important as the number of older people grows throughout Jefferson County. The report be-

low offered by the Aging Well Caregiving & Supportive Services Workgroup provides an overview of the key trends, resources, strengths, assets, gaps and ideas for future priorities.

Short-term and long-term strategic plans will follow the report and were developed in the second year of the project. ♦

Process

The Caregiving & Supportive Services Workgroup met from October of 2008 through June of 2010 to develop this report. Over several sessions, the group discussed the nature of its topic, and decided upon the most relevant areas to examine in further detail. Supportive Services could be a limitless topic, so after much discussion the workgroup compared an extensive list of supportive services to the topics covered by the other Aging Well workgroups. With a focus on the caregiver's needs, and what supportive services were not captured by the other workgroups, discussions led to the identification of the following subtopics, as the most crucial elements to the success of the caregiver.

1. Home Maintenance and Repair
2. Care Management
3. Adult Day Centers
4. Respite Facility Care, in Assisted Living Facility or Nursing Home
5. Non-Medical In-Home Care, including In-Home Respite Care
6. Support Groups and Counseling for Caregivers
7. Working Caregiver Issues
8. Electronic Monitoring and Personal Emergency Response Systems

We want to enhance the quality of life for both older residents, as well as for those who care for them.

Aside from the subtopic, Working Caregiver Issues, all the subtopics span

the population of caregivers at large. Working Caregiver Issues was added because the workgroup felt there was a significant platform in place for future work in supporting a large population of caregivers.

Subtopics were assigned to members of the workgroup who had expertise in that area. All workgroup members had been employed in agencies providing caregiving or supportive services for several years. Discussions took place throughout the course of the group meetings, and

both gaps and trends for each of the subtopics were discussed with the whole group.

Toward the end of the first year, the group gained an intern through a retraining program with Jefferson County Workforce. He conducted telephone calls and emails, and did Internet research on some of the subtopics. Those within the workgroup who covered Respite Facility Care, Care Managers, Adult Day Centers, and Support Groups and Counseling for Caregivers, utilized the intern to varying extents. The designated expert covering the workgroup subtopic, and the group (as a whole) discussed the data to be collected by the intern. A set of data needs was agreed upon by the group, for the intern to cover in talking with each identified source. In some cases, Internet research was also done by the intern. Questions were also posed to the Jefferson County Council on Aging, to identify gaps and needs from another perspective, and to solicit creative ideas (See Appendix B).

In the subtopics of Home Maintenance and Repair, In-Home Care, and Respite Facility Care, the experts who were designated conducted the research themselves. They did Internet research, conducted information sharing sessions with the whole of the workgroup, and called known community resources to ascertain a prescribed data set. Those data sources appear in the spreadsheets attached (See Appendices D, E, F, G, and H).

In the case of Electronic Monitoring and Personal Emergency Response Systems, service availability for Jefferson County residents was already known by the group. Minimal research was needed, and that data was easily compiled.

Sources of information consisted of Internet search sites, agency/organization websites, other known resource databases in the community (e.g. Jefferson County Human Services Resource Directories, DRCOG/Area Agency on Aging Directory, State Provider lists, etc.), known contacts within the field, newsletters, and direct providers

themselves (telephone calls or email communications). The Care Manager data set was pulled from The National Association of Care Managers registry. There are some care managers who are not registered, as there is no licensure or registration requirement in Colorado. To capture unregistered care managers, data was also pulled from The Senior's Blue Book Resource Directory (See Appendix C).

In placing telephone calls or emails, attempts were made to ensure the person who was being asked to provide information was knowledgeable on the service provided. For example, the contact person for most nursing facilities was the Admissions Coordinator, though on occasion, someone in the Social Work Department or Billing Department provided the needed information.

The core lists of providers for non-medical in-home care agencies, adult day centers, assisted living facilities, and nursing facilities came from state databases

(See Appendices E, G, H, and I). Their lists were sufficient to represent the vast majority of providers in Jefferson County. As a result, there may be some un-registered, private-pay agencies or facilities that were not represented in these data sets. The number of providers that may not have been represented is not believed to be significant in determining potential gaps.

There also may have been some care management providers that were not members of the national association, and did not advertise in The Senior's Blue Book Directory. They would not have been included in the data set for care managers (See Appendix C). The number of care managers that could have been missed, as a result, is considered insignificant in determining potential gaps.

Terms and definitions used in this report can be found in Appendix A. ♦

Trends

With respect to all the subtopics, there has been a trend to greater accessibility to resources, inextricably tied to greater communication of available resources in the community. This has primarily been attributed to the wide-spread adoption of the Internet and computers. The trends the workgroup identified are listed below, by subtopic:

Home maintenance and repair

Agencies have been moving away from assistance with snow removal. The only active snow removal program that reaches Jefferson County is the faith-based Love INC, Littleton (which is geographically limited to the area below 285/Hampden Ave. in the metro area). Volunteers of America no longer serves Jefferson County with this program, citing a decreased need due to a mild 2008/2009 winter.

Organizations including the faith based community periodically offer minor home maintenance and yard work usually in the spring and fall. Seniors who have needs in these areas at other times, often have to wait. A more coordinated effort for the entire county is needed in order to meet the needs of seniors in the areas of snow removal, yard work, and tree limb removal.

Care management

Trends in the care management arena identified by the committee include:

1. Gradual, but slow development in public awareness of care management as a service that helps individuals remain in the community longer, and gives family caregivers education and support.

2. Development of a home and community-based service continuum for older adults, so that if they can no longer live at home without assistance, a nursing home is not the only option.

3. Increased family caregiver stress on those assisting older adults -- trying to balance those tasks with other responsibilities in their lives.

4. Social work professionals have increased, however, there are relatively few social work professionals choosing geriatric care/caregiver support as their area of specialty.



5. Increased numbers of elder orphans (older adults who desire to remain in their communities, but have limited support systems, no 'informal' care manager, and have outlived their natural supports). There are often fewer available family caregivers as a result of smaller families, and more family members living at a distance.

6. Need for more professionals (whether called care managers, case managers, or care navigators) serving in this area will only increase, given the desire of many older adults to remain living in their homes and communities, and the need they will have for navigating numerous systems of care. It is expected that frail/elderly populations will continue to grow in the decades ahead. It is assumed that no other cohesive form of service coordination will come into place that will otherwise serve these needs.

7. As the delivery of care management services becomes more efficient, resources will become better publicized, systems will become better integrated to encompass all available resources, and expenditures for care management will become more easily justifiable through attained assets and services resulting from care management intervention.

Adult day centers

Most Adult Day Center programs have expanded their hours to accommodate working caregivers. There has been an increase in the number of day programs that serve a specific culture (e.g., Russian) or diagnostic population (e.g., developmentally disabled).



Although the number of seniors has increased, the number of day center programs has not increased proportionately. This may be due to an increase in assisted living residences, serving people that would otherwise have been at adult day programs.

The uncertainty of funding sources will be a challenge in the next few years. If Medicaid funding is cut or drastically reduced, it is possible that some adult day programs will close. Medicaid funding usually does not cover the entire cost of a day of adult care programming. However, adequate Medicaid reimbursement levels are a critical component of successful adult day care center budgeting.

The availability and cost of assisted living residences and nursing homes will also influence the use and need of adult day programs in the future. If assisted living residential placements become less available to the private pay market, it is suspected that there will be an increase in the demand for adult day services.

Respite facility care

There is an increase in the elderly population, as well as an increase in adult parents caring for adult children with disabilities. As a result, there is an increased need for respite care.

There will be an increase in adult children caring for their parents. Many of these adult children work and have families of their own, which fuels the need for affordable, accessible respite care.

Non-medical, in-home care

Professional caregivers are struggling because of inadequate pay, no health insurance, and scheduling issues. When a client has a doctor or hair appointment, the expected hours and subsequent pay are lost if the client cancels a scheduled visit with the professional caregiver. Clients and families of clients needing care want care on an as needed basis and this presents problems for caregivers who are trying to use caregiving as their primary source of income. Many agencies lose quality caregivers to other professions due to this problem.

Being a non-medical in-home care agency owner herself, workgroup member, Rosemarie Romano, testifies to the workings of her own agency, and other agency owners with whom she has informally spoken. Agencies continue to struggle to break even, financially. The State Medicaid System has begun to recognize this problem. Unless the public stands behind the need for greater funding, the ability of clients to obtain quality caregivers will continue to be strained.

Some states, like California, have mandates that all professional caregivers are fingerprinted and have criminal background checks to be included on the registry of providers.

Support groups and counseling for caregivers

Organizations such as The Multiple Sclerosis Society and The Alzheimer's Association have started offering low or no cost programs for the caregiving public, including education, support groups, and counseling.

The demands on caregivers—both those caregivers who care for elderly parents, spouses or siblings, as well as caregivers who care for their adult children with disabilities—have grown significantly. According to government projections, the group of people over the age of 85 is one of the fastest growing populations.

Elderly parents have taken on more responsibility caring for adult children with developmental disabilities because of long waiting lists for needed services.

The professionals in this workgroup have observed more utilization of emotionally supportive services, with succession of generations from the Boomers to Generation X.

With the current economic downturn, it is anticipated that caregivers will be asked to take on more responsibility from now on because state and federal resources will be stretched.

Working caregiver issues

Employers have begun to recognize the need to support natural caregivers (people who have family members needing care). Employers are beginning to recognize eldercare needs. These needs were not recognized decades ago, indicating some progression of attention to this need.

Electronic monitoring and personal emergency response systems

Personal emergency response systems, medication monitors, and wander protection systems appear to be mainstream, reliable, and affordable. Growth in the ability to bring more and a greater variety of services into the home, due to new technologies will impact home safety and medical care in a positive way.

All subtopics

Access to available sources of assistance will become easier to find via the Internet. Resource identification may become too dependent on the Internet, while many current older adults are not computer literate/connected. However, aging Baby Boomers and their adult children are increasingly likely to be Internet users.

The need for nursing home beds may be shrinking as resources have increased, allow-

With the current economic downturn, it is anticipated that caregivers will be asked to take on more responsibility...

ing people to remain in the community who would otherwise have been institutionalized. Many people are enrolled in nursing home diversion programs like Medicaid's Home and Community Based Services (HCBS). Enrollment numbers in HCBS continue to grow in Jefferson County.

The below services will need to be expanded due to the trends highlighted above:

- Affordable facility and in-home respite.
- Higher Medicaid reimbursements for professional caregivers, to expand the number of quality caregivers.
- Volunteer-based sliding scale home maintenance services for snow removal, yard work, and tree limb removal.
- Single information source to help caregivers find the resources they need.
- Emotional support and counseling for informal caregivers.
- Numbers of care managers offering their services. ◆

Strengths and Assets

Many resources already exist in Jefferson County to assist older adults and their caregivers (See Appendices C-I).

Home maintenance and repair

For Home Maintenance and Repair, there are sufficient resources to address accessibility modifications and minor home repairs, weatherization, and major repairs (See Appendix D).

Care management

Private Care Managers service all of Jefferson County (See Appendix C), as do electronic monitoring companies.

Adult day centers

There are nine adult day programs listed on The Colorado Department of Public Health and Environment's website as certified to receive HCBS – EBD (Elderly, Blind and Disabled) funds through the Medicaid waiver program. Two of those are specifically for young adults with developmental disabilities. Two are located in Evergreen. Six of these programs are located between Colfax and 54th Ave. There are multiple Adult Day Centers for persons with Developmental Disabilities (See Appendix I).

Respite facility care

There are many facilities currently providing respite care for Jefferson County residents (See Appendices G and H).

Non-medical, in-home care

For In-Home Care, Jefferson County has HCBS-Certified Agencies that provide non-skilled personal care and homemaker services, private pay agencies for companionship and unskilled care, private agencies that provide skilled and unskilled care, and private individuals who provide in-home care (See Appendix E).

Support groups and counseling for caregivers

Some diagnosis-specific caregiver support groups exist in Jefferson County. Other support groups for caregivers are located in the Denver metro area, but Jefferson County residents need to find a way to get there. Internet-based resources (e.g., on-line support group discussions, etc.) can be accessed from anywhere (See Appendix F).

All subtopics

Across each of the subtopics, Jefferson County could be said to be on "par," or typical, based on knowledge of resources in other communities. The one exception is the growth of partnerships between Jefferson County and the faith-based community. Relationships between Jefferson County and the faith-based community have led to an increase in service and attention from volunteers in the community. Volunteers reach out to provide seasonal gifts to isolated members of the community, home repair, transportation, companionship, and assistance with various other needs.

The recommendations put forth by this workgroup are mostly focused on new opportunities that can be created in Jefferson County. Existing strengths that can be built upon include the existence of an Aging and Adult Services Program Internet website, and the county's shining area – partnerships with faith-based communities. ♦



Gaps

The Caregiving & Supportive Services Workgroup identified the following gaps in Jefferson County as a result of its research at the time this report was compiled:

Home maintenance and repair

1. More affordable snow removal, yard work, and tree limb removal is needed.
2. Consolidated advice is lacking for reputable, private pay home maintenance and repair providers. This might best manifest in a directory, or links to directories that are known to list reputable service providers. It could be available on the Aging and Adult Services website, and it could also be printed or orally communicated by anyone with access to the Internet.
3. There are waiting lists for yard work and grant funded in-home care (e.g. Older Americans Act Title III Programs via Volunteers of America or Seniors' Resource Center). Waitlist lengths are dependent on which organizations step forward to help. Duration of wait varies, but is typically several weeks or months.
4. There are waitlists at Seniors' Resource Center's RSVP Program, Rebuilding Together, and Sunpower. Time of wait varies, but home maintenance and repair (including weatherization) services are usually received within a reasonable amount of time, depending on available volunteers.

Care management

1. Affordable care management is needed to assist older people and caregivers with follow-through in accessing and obtaining available resources in the community. This might include assistance with tasks such as making telephone calls, filling out applications, and developing a natural support network.
2. Education and awareness of care management services and how these services can benefit older adult families is lacking.

Adult day centers

1. There is inadequate availability of Adult Day Centers in the southern end of the county and in the foothill areas.
2. Because of funding shortages, the Developmental Disabilities Resource Center (DDRC) programs are not open on Fridays, which presents a problem for working caregivers of adults with developmental disabilities.

Respite facility care

1. There is a need for more affordable private pay respite in facilities, including having a set number of beds designated for this. While many facilities offer respite, most of the time it is based on bed availability and many facilities would prefer a minimum length of stay that exceeds the duration of the actual need.
2. There is a lack of education with regard to how both facility- and home-based respite can benefit family members.

Non-medical, in-home care

1. The county needs more affordable in-home care (primarily homemakers) for people who do not meet functional and/or financial eligibility criteria for HCBS Medicaid programs, or people who are waiting for HCBS Medicaid to be processed. While this population is often served through Volunteers of America or Seniors' Resource Center, waitlists can be extensive and needs can be urgent.
2. There is no Jefferson County-based registry listing professional caregivers, their skills, and what they charge. Such a registry should include only those who have been fingerprinted and have clear criminal background checks.

There is a need for more affordable private pay respite in facilities...

Support groups and counseling for caregivers

There is a lack of caregiver support groups and counseling for the general population (i.e., non-diagnosis-specific support services).

All subtopics

1. There are fewer services in "outlying" areas such as those in the south part of the county and foothills (See Appendices J.1 to J.3) for older adults and their caregivers. This is due, in part, to fewer residents living in those areas. People living in the county's outlying areas often need to travel further to receive services. Greater travel distances also require agencies to find and pay staff to travel to these outlying areas to serve clients.
2. Education/Awareness of available resources to citizens, employers, and professionals involved with care needs to be increased.

3. There are some sources of assistance that are available only when volunteers are available. With yard work, for example, groups (e.g., church missions, scout troops, etc.) volunteer periodically to assist.

The Caregiving & Supportive Services Workgroup identified the following at the time this report was compiled:

There are waiting lists for People with Developmental Disabilities (DD) needing 24 hour supervision and residential community care. Individuals can wait on the list for many years depending on funding levels of the

State-run HCBS DD Program. According to DDRC's internal statistics, in July 2009, there were more than 2800 individuals of all ages with developmental disabilities in Jefferson County. About 1100 were children. About 80 people served by DDRC were over the age of 60. About 750 adults were waiting for services at that time.

Service demands for all subtopics discussed above are expected to increase significantly with the anticipated increase in the elderly population. ♦

Report Wrap-Up

This report has described the existing resources for caregivers of elders in Jefferson County. Given known and expected trends, the county's many strengths and assets were reviewed. This report, in closing, now offers the following suggestions to address the gaps and unmet needs being experienced by those who care for older residents.

1. One entity, agency, or county employee should be designated as "Resource Coordinator(s)" who will be responsible for coordinating knowledge regarding senior and caregiver services across the county.

The functions of the proposed Resource Coordinator(s) could include:

- Understand and use Internet resources extensively to assist residents with accessing community resources and services.
- Provide face-to-face information, referral and assistance, when needed.
- Partner with staff of DRCOG's telephone and web-based information and referral service.
- Provide short-term care management for those who need it.
- Coordinate a volunteer force to provide client follow-up (e.g., assisting with completing applications, ensuring needed calls are placed).
- Promote and support natural caregiving systems.

2. Free and low-cost community and employer-based educational forums, brown-bags, and support groups should be offered to caregivers. Topics could include:

- Home maintenance and repair
- Care management
- Advance directives
- Family dynamics/mental health issues
- Creating a network of support, and
- Funding sources in the community (e.g., HCBS

Medicaid, Older Americans Act Title III Programs, Meals on Wheels/Angelheart, long-term care insurance, Benefits Check-Up, etc.).

3. Carry out a public/caregiver awareness campaign jointly with multiple organizations within the community.

4. Expand the existing Jefferson County website by adding information for caregivers in addition to what is already there for citizens, including:

- Listings or links to listings where people can find reputable agency and individual caregivers
- Respite providers
- Home maintenance and repair organizations
- Care managers
- Electronic monitoring companies, and
- Caregiver support groups and counseling.

5. Increase availability of affordable and/or no-cost supportive yard services (yard/snow/trees). This could be accomplished by:

- Targeting specific grant funds to help those with these kinds of unmet needs.
- Including sliding scale payments for such services, and
- Expanding partnerships with the faith-based community for these services.

6. Seek grant funds for affordable or no-cost in-home care and respite care, possibly in partnership with the Woodward Respite Fund, and offering sliding scale payments when appropriate.

If implemented, the above suggestions made by the Jefferson County Aging Well Caregiving & Supportive Services Workgroup will undoubtedly enhance quality of life for both older residents, as well as for those who care for them. It is in this spirit that they are offered. ♦

Appendices

Appendix A: Terms and Definitions Used in Report

Adult Day Centers

Adult day centers provide an opportunity for the family caregiver to have a place where their loved one can go while the caregiver is working or taking a break to run errands or get some rest. Participants in the adult day center program may be seniors or adults with disabilities who cannot stay home alone. The programs are usually open Monday-Friday and offer a wide variety of activities which provide social and physical stimulation. The programs usually offer breakfast, lunch and an afternoon snack. Funding sources include private payment, VA benefits, Community Centered Boards, Medicaid through the HCBS waiver, and scholarships. Programs accepting Medicaid are surveyed by the State Health Department on an annual basis.

Care Management

Care management can be done on an intensive, broad, or less intensive, specific basis. A professional assists an individual with issues such as, but not limited to: referral and information, filling out forms/applications, advocacy, counseling, and education. Someone who does care management is a care manager, also referred to as a care navigator or case manager with some variations as to exact responsibilities.

Caregiving

The act of providing care, either medical or non-medically based. For purposes of this report, caregiving is done on a non-medical, in-home basis (see non-medical, in-home care).

Community Centered Boards (CCBs)

Private, non-profit organizations designated in Colorado statute as the single entry point into the long-term service and support system for persons with developmental disabilities (DD) in a county or region. CCBs are responsible for intake, eligibility determination, service plan development, arrangement for services, delivery of services (either directly and/or through purchase), and monitoring, etc.

DDRC

Developmental Disabilities Resource Center is the Community Centered Board for Jefferson County, Colorado.

DRCOG

Denver Regional Council of Governments is the Area Agency on Aging receiving federal and state funding to be dispersed to help meet the needs of seniors. These funds are distributed to eight counties in the metro area which includes Jefferson County.

Electronic Monitoring and Personal Emergency Response Systems

Electronic systems designed to monitor or assist the individual with needs, while the caregiver is away. The most common applications of monitoring technology involve emergency responder notification and reminders of medication doses that are due.

HCBS

Home and Community Based Services is a system of services, designed to keep an individual independent, in the community, to avoid institutionalization (most often, a nursing home). The pay source for the program is Medicaid, and people must qualify both functionally and financially.

HCBS DD

Home and Community Based Services for the Developmentally Disabled is a Medicaid waiver program in Colorado. Services available through this program include residential rehabilitation, supported employment, day habilitation (facility based and non-facility based), transportation, specialized medical equipment and supplies, behavioral services, and dental and vision services. Community Centered Boards (CCBs) provide these HCBS DD services.

HCBS – EBD

Home and Community Based Services, Elderly, Blind and Disabled Program. This is the most common of all the HCBS programs, and it targets the frail and elderly for service provision.

Home Maintenance and Repair

Services that enable a client to remain independent in their home. This includes, but is not limited to: snow removal, tree limb removal, yard work (leaves, shrubs, gutters, etc.), roof repair, heating and cooling system maintenance and repair, painting/staining, and accessibility modifications.

Informal Caregivers

Persons who provide support to an individual who is elderly or disabled such as family and friends who are part of the individual's natural (typically unpaid) support system.

Non-Medical In-Home Care

Services that often supplement or lead up to the level of care provided by home healthcare agencies when a patient requires more than stand by or partial assistance. Non-medical home care includes: 1) personal care (bathing, toileting, feeding, getting in and out of bed or chairs, moving around and using the bathroom, continence care, assistance with ambulation, feeding, preparing special diets and reminding someone to take medications), 2) homemaking (household chores, cooking, laundry, light housekeeping and assistance with everyday activities, companionship, shopping, errands, and incidental transportation). Non-medical home care includes in-home care services serving seniors and individuals with disabilities. It can also include sitting services and in-home respite services. Non-medical in-home care is also sometimes referred to as unskilled care.

Private Pay Care Manager

A care manager who is paid by sources other than government-based insurance (e.g. Medicare, Medicaid).

Professional Caregivers

Caregivers who are involved due to government or private programs or service intervention. Professional caregivers are paid to provide care to individuals in need.

Registry of Providers

A list of providers who have been screened under set criteria to establish public credibility.

Respite Facility Care

Care received in a facility (nursing home or assisted living) with the intention of providing a break (respite) for the individual's caregiver.

Service Provider

A person or agency that provides a specific service to an individual or group of individuals.

Short-Term Care Management

Care Management that is done on a short-term basis. This type of care management usually involves a finite amount of short term goals. Once those short term goals are met, the relationship between the care manager and the recipient typically ends.

Skilled Services From a Home Health Agency aka Home Health Care

A wide range of medical services, including medication assistance, nurse aide services, nursing services and therapy services, provided in the home, usually by a licensed aide, nurse or therapist, under the supervision and/or direction of a medical professional. Medicare, Medicaid and some private insurance policies pay for limited Home Health Care with certain restrictions.

SRC

Seniors' Resource Center. A non-profit in Jefferson County providing transportation, Adult Day Centers and other services to seniors and people with disabilities.

Support Groups and Counseling for Caregivers

This topic includes groups designed to support the emotional and knowledge based needs of the caregiver.

Supportive Services

Assistance provided by other people or organizations to help an individual who is elderly or disabled address their basic needs, activities that people who are fully independent can achieve on their own. Typically, these activities support life in an individual's home and community, not in an institution. When caregivers are involved, supportive services can directly or indirectly help the caregiver as well.

VA

Veteran's Administration

VOA

Volunteers of America

Working Caregiver Issues

Includes problems or concerns related to giving care to someone that may affect job performance or job satisfaction of a caregiver who is employed.

Appendix B: Results of Survey of Jefferson County Council on Aging for Caregiving & Supportive Services, March 2009

What support services do caregivers in Jefferson County need most, that they aren't getting (or getting enough of) now?

Select only your top two responses.

	Response Percent	Response Count
Day Time Respite Care	52.6%	10
Overnight Respite Care	31.6%	6
Emergency (needed last minute) Respite Care	26.3%	5
Training for Caregivers	10.5%	2
Information about existing Caregiver Support Programs	31.6%	6
Education for soon-to-be or current elder caregivers	15.8%	10
Employers offering flexibility to caregivers	52.6%	10
Volunteer Exchange Program to assist caregivers	21.1%	4
Other	5.3%	1
Answered question		19
Skipped question		2

Are there geographic areas of Jefferson County that you feel are lacking caregiver support and services? If yes, describe what areas are lacking which services.

- Probably the mountain areas
- Don't know
- Do not know
- I am sure there are rural areas that lack sufficient services.
- Don't know
- Coal Creek Canyon area
- Don't know
- Don't know
- Don't know
- South Jefferson County
- South Jeffco rural mountain areas
- Coal Creek South Jeffco
- South Jeff Co (Littleton)
- Don't know, perhaps in the mountains
- No.....mobile programs eliminate geographic boundaries
- It is always the areas that are lower income
- Unincorporated south Jefferson County
- Mountain areas, in home support

What is the most difficult issue facing caregivers in our county, at this time?

- Providing adequate care without raising prices
- Balancing life and demands
- Burn out, finances
- Don't know - Might be respite

- Caregiver Training such as meeting the nutritional needs of the person (as well as their own), handling stress, caring for the medical needs of the person, etc. I think we overextend ourselves with responsibilities and activities and jobs. If the caregiver is involved in a job, they need to weigh the demands of the job and the needs of the family. That is a difficult decision that the caregiver needs to balance. Answering questions such as the involvement of a day facility, or in home companion and then how to pay for all the services.
- Balancing care for immediate family and elders
- Don't know
- Overwhelming needs of the family member can tire older caregivers dramatically
- The stress of work, family and caregiving, all at the same time and most times without respite
- Cost
- Knowledge about services, affordable services, time to get everything done
- Flexible work schedules
- Money to pay for help. Even Medicaid doesn't pay for enough assistance
- Caregiver burnout and not enough scholarships and grant money to cover the respite needs
- Insufficient numbers
- Lack of resources, caregivers need breaks, financial stress, lack of support with employers
- Financial resources to support their caregiving needs
- Missing work and time with their own children
- Sandwich issues such as FMLA limits (no \$, short time frame considering one may be caring for someone with a long term disability)

What is your most creative, outside the box idea, to support caregivers in Jefferson County?

- Providing simple typical financial statements to circulate to seniors showing them how they can best pay for living at a senior community - - using their present income sources - - and using proceeds of selling their other assets e.g. a home
- Respite volunteers to give caregivers a regular break
- Swapping programs
- Any system that would involve people helping each other. I wonder what would happen if we asked each person receiving a service what they were prepared to offer in return. We might get some surprises!

- Don't know
- Neighborhood share care programs where you take care of each other
- Form a caregivers co-op so can exchange hours for caring for each other's loved ones by use of chits/cards for no cost
- Put together a "commune" type structure where people can share their burdens and support or buy a resource that can help multiple people
- Pay respite caregivers
- Senior Resource Center
- A huge bartering group where family members, service clubs, volunteers, etc., could somehow work together to provide services, support, and supplies to caregivers similar to Share the Care but would include money or bartered services to purchase services needed. It would also support more than one family
- Co-op
- Subsidized professional care
- Churches need to band together and create a caregiver alliance group for anyone in the community who needs respite support. The care receiver would be charged a nominal fee for the CBI check, the churches could designate a community liaison to field requests and the volunteers would receive credits for their time that could be redeemed at local vendors that buy into the Community Alliance Caregiver Support Network
- Create a foundation to support those who work for people that lack resources to pay them
- Tax credit for caregivers
- Some form of compensation to make up for lost wages
- Co-housing for caregiving families

Appendix C: Care Management in Jefferson County, Compiled by Luci Draayer

Company	Ages Served	Services							
		Provide Info & Referral	Care Management	Counseling/ Therapy	Caregiver Support Services	MDPOA	Conservatorship	Guardianship	Other Services
Care Management & Resources, Inc.	seniors & adults w/disabilities	Y	Y	N	Counseling & info	N	N	N	Also provide in-home care providers,
Care Management Solutions, Lutheran Family Services	60+	Y	Y	Y	Y	Y	N	N	Educational presentations
Care Navigator	50+	Y	Y	Referrals Only	Service Coordination	Y	Y	Y	Financial POA/ Assist w/Bill Pay
Chapman & Associates	Srs	Y	Y	Referrals Only	Assist w/transition, Dr visit coordination, family mediation,	Upon Request	Referrals Only	Referrals Only	
Colorado Elder Care Solutions, Inc.	Srs	Y	Y	Y	Provide companion/ caregiver at 20/ hr, do referrals for other svcs	N	N	Y	
Conrardy Case Management, Inc.									
Family Support Alternatives, LLC									
Francis Heights, Inc.									
Human Network Systems	60+ /any disabled adult	Y	Y	Counseling only	Counseling	Y	Y-120/hr	Y-120/hr	
Human Services Consultants, Inc.									
Jeffco Options for Longterm Care	all ages, mostly 60+	Y	Y	N	N	N	N	N	Eligibility results in Medicaid Health Ins & other services
Compassionate Transitions, LLC	all/mostly 60+	Y	Y	Y/Counseling for depression due to grief, change, stress	Supportive client centered/ solution focused methods	N	N	N	Mobile service - no mileage/ travel time charge
LC & Associates									
Marcols Case Management									
	Any adult but mostly Srs	Y	Y	Can do	Can do/referrals	N	N	N	Nurse
Senior Independence Bridge, Inc.	Mostly Srs	Y	Y +personal care Svces	N	General/On-call	N	N	N	
Senior's Resource Center	60+ or disabled	Y	Y	Counseling only	Dinners, counseling	N/Ref	N	N	Comprehensive, do assessments & create care plan
Spencer & Company, LLC	47+		Y	Y	N	Y	Y	Y	
Total Longterm Care (PACE)	55+	Y	Y	Y	Comprehensive support coordinated by on-staff Social Workers	N	N	N	HMO type Health Ins & services

Empty cells indicate unavailable information.

Appendix D: Home Maintenance and Repair in Jefferson County, Compiled by Drew Kasper

Need	Who is servicing that need currently for Jeffco residents?	Who is Covered?	Comments
Accessibility modifications and minor repairs	HCBS Medicaid Programs	Anyone on HCBS Medicaid (Long Term Care - Disabled/Frail Elderly, or MMI) - All of Jeffco	Provide ramp construction, install of grab bars, and other basic needs via Medicaid pay.
	SRC RSVP (Evergreen + plains): Wheat Ridge 303-238-8151, Evergreen 303-674-2843	Anyone over/near 60 y/o in Jeffco - typically low income but try to help anyone in need.	Provide ramp construction, install of grab bars, and other basic needs by volunteers.
	Jeffco Housing Rehab Dept.303-403-5423	HUD low income all Jeffco	Provides low or no interest loan (3-5%, or deferred for elderly/disabled) + support to get work done (repairs or accessibility up to 25k).
	Littleton Housing Authority Rehab Program - Kimberly Kingston, 303-991-5301	HUD low income in Littleton	Same as above item
	Rebuilding Together 720-524-0840.	Disabled/Low income E of Foothills, owning home, 55+ y/o. Emergency repairs for 65+ y/o.	Provide ramp construction, install of grab bars, and other basic needs by volunteers + emergency help (burst pipe, furnace down, etc)
	Home Builders Association Foundation Phone: 303-778-1400 Fax:303-733-9440 http://www.hbadenver.com/foundation/	Disabled. Open - No formal \$ req. Metro Denver only (E of Foothills.)	Accessibility/improved living. Philanthropic.
Snow removal	Love INC, Littleton. 303-794-LOVE	Anyone S of Hampden, West of University, East of foothills (as avail.)	May be other church organizations that are isolated/off grid, but would be willing. VOA has "snow buddy" but limited to Denver County next year.
Tree limb removal	NONE, except private pay	Those with some money.	SRC tried to staff w/volunteers. Didn't work. Love INC, Littleton. may be spreading to points North in Jeffco, in the months to come.
	Love INC, Littleton.303-794-LOVE	Anyone S of Hampden, West of University, East of foothills, as avail.	SRC acts as a coordinator for projects like Jefferson Unitarian Church and other sources who do a one-time clean-up.
	SRC 303-238-8151.	Low income/low resources preferable, but all possible.	
Yard work	VOA 303-297-0408	Jeffco E of Foothills Low income/low resource preferable, but all possible.	VOA acts as coordinator for projects of groups doing yard work (no ladder work), and has one volunteer that has an extensive list to work through.
	Sunpower 303-382-1514	Low income - All of Jeffco.	Provides assistance with energy-saving projects like swamp coolers (if disabled, furnace upgrades, refrigerator replacement, insulation, weather stripping.)
	Jeffco Housing Rehab Dept. 303-403-5423	Home owners in Jeffco, or applicable township low HUD income	Provides low or no interest loan + support to get work done (roof, furnace, etc. - safety and health issues priority one - up to 25k).
Weatherization	Littleton House Auth Rehab Program - Kimberly Kingston, 303-991-5301	Same as above item	Same as above item
	Jeffco Housing Rehab Dept. 303-403-5423	Home owners in Jeffco, or applicable township low HUD income	Both provide low or no interest loan (3-5%, or deferred for elderly/disabled) + support to get work done (roof, furnace, etc. - safety and health issues priority one - up to 25k).
Major repairs	Littleton House Auth Rehab Program - Kimberly Kingston, 303-991-5301	Same as above item	Same as above item

Appendix E: Non-Medical In-Home Care in Jefferson County, Compiled by Rosemarie Romano

Town	Agency Name	Address	Zip	Phone	Medicaid certified	Private Pay	Insurance	PCP	Homemaker	Companion	Respite	Transportation	24 hr care
Arvada	Accent on Elder Care	6395 W. 66th Avenue	80003		no	yes	yes	yes	yes	yes	yes	no	yes
	Complete Home Health Care	5255 Marshall St	80002		yes	yes	yes	yes	yes	yes	yes	no	yes
	Mountain Home Health Care aka Angel Care	6425 Wadsworth Blvd	80003		yes	yes	yes	yes	yes	N/A	yes	no	no
	Professional Home Health Care	7375 West 52nd Street #250	80002		yes	yes	yes	yes	yes	yes	yes	no	maybe
Conifer	nothing												
Edgewater	nothing												
Evergreen	Miles Home Care	161 Glen View Lane	80439		N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Mt. Evans Hospice/ HomeHealth Care	3081 Bergen Peak Drive	80439		yes - limited service only with hospice	yes	yes	yes	yes	yes	yes	no	has volunteer program for respite
	Seniors' Resource Center	5120 Highway 73	80439		yes	yes	yes	yes	yes	yes	yes	yes - limited	no
Genesee	nothing												
Golden	In Home & Family Services	1117 Washington Ave	80401	303-526-2318	No info	No info	No info	No info	No info	No info	No info	No info	No info
	Advance Home Care	1595 Harlan Street	80214	303-233-2433	No info	message says they are private pay home care	No info	No info	No info	No info	No info	No info	No info
	C&A Care Services	1340 Carr Street	80214	303-981-5158	yes	yes	yes	yes	yes	yes	yes	no	unsure
	Colorado Comprehensive Care	7895 Morrison Rd	80227	303-986-3015	yes	yes	yes	yes	yes	yes	yes	no	no
	Eaton Terrace II	333 S. Eaton Street	80226	303-937-3000	yes	They are an assisted living with independent living units that they provide HCBS services to only. www.eatonseniorprograms.org . They do overnight respite as well.							
	Home Instead Senior Care	7220 West Jefferson Avenue	80235	720-283-7275	no	yes	yes	yes	yes	yes	yes	yes	yes
	Independence At Home	1340 Carr Street	80214	303-421-2648	yes	yes	yes	yes	yes	yes	yes	no	yes
	Mountain Home Health Care	1300 Carr Street	80214	303-424-2420	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Personal Assistance Services of Colorado	6015 West 16th Avenue	80214	303-233-3122	yes	yes	yes	yes	yes	yes	yes	limited	no
	Visiting Angels	950 Wadsworth Blvd	80214	303-232-9999	no	yes	yes	yes	yes	yes	yes	limited	yes
Littleton	Elderlink Companion Care PLACEMENT AGENCY	11757 West Ken Caryl Avenue Suite F314	80127	303-734-0641	NO	yes	yes	yes	yes	yes	yes	yes	yes
	Personal Touch Senior Services	P.O. Box 271055	80127	303-972-5141	Yes	yes	yes	yes	yes	yes	yes	no	no
	Visiting Angels	8361 S. Sangre de Cristo Rd	80127	720-981-0804	no	yes	yes	yes	yes	yes	yes	limited	yes
Morrison/ Kittredge	nothing												
Technically Adams County	Lifelong Senior Care	2000 West 120th Ave Ste 2	80234	303-466-1940	No info	yes	yes	No info	No info	No info	No info	No info	No info
Technically Denver County	Seniors' Resource Center	3227 Chase Street	80212	303-235-6976	yes	yes	yes	yes	yes	yes	yes	yes	no

Appendix F: Support Groups and Counseling for Caregivers in Jefferson County,

Compiled by Dianne Hitchingham

Diagnosis	Organization	Contact Name	Tel	Address
AIDS	Colorado Aids Project	Betsy Van Vleet	(303) 837-0166	2490 W 26th Ave, 300A, Denver, CO 80211
AIDS	AIDS/HIV Support Group - Angels Unaware	Kristin Klassen	(303) 420-6370	6370 Union St, Arvada, CO 80004
Alzheimer's	Alzheimer's Association, Colorado Chapter	Rob Allen, Volunteer Coordinator (9-5)	(303) 813 1669 (800) 272-3900	455 Sherman Ste. 500, Denver, CO 80203
Alzheimer's	The Association for Frontotemporal Dementias	Terencia Beauvais-Nikl, RN; Vicky Jordan, co-facilitator, Care manager	(303) 985 2440	Rose Medical Ctr, Physicians Office Bldg, 4500 E 9th Ave, Denver
Alzheimer's	Frontotemporal Dementia Caregiver Support Center	Terencia Beauvais-Nikl, RN; Vicky Jordan, co-facilitator, Care manager	(303) 985 2440	Old Colorado Psychiatric Hospital, 4200 E 8th Ave, Denver
ALS/MDA	MDA/ALS CENTER AT THE UNIVERSITY OF COLORADO	Steven P. Ringel, M.D., Director	(303) 315-7885/ 315-7221	Health Sciences Center, 4200 East Ninth Ave., Box B-185, Denver, CO 80262
ALS/MDA	MDA offices(s) serving the Denver area:	Linda Brennan, Christina Neal Health Care Services Coordinators	(303) 691-3331	The Galleria, 720 S Colorado Blvd #380-S, Denver, CO 80246
ALS/MDA	Univ of Colo, Anschutz Ctr for Adv Med at Fitzsimons	Linda Brennan, Health Care Services Coordinator	(303) 691-3331	1635 North Ursula, Aurora, CO 80010
Arthritis	Arthritis Foundation	Isabelle Stohler, Jill Lysengen	(303) 756-8622	2289 S Albion St, Denver, CO 80222
Blind	American Council of the Blind of Colorado, Inc.	Sue Fenniman, Resources Specialist	(303) 831-0117 x2	1536 Wynkoop St #201, Denver 80202
Blind	Colorado Center for the Blind	Duncan Larson, Sr Services Coordinator	(303)778-1130 x226	2233 W Shepperd Ave, Littleton, CO 80120
Bipolar	Empower Support Groups, Colorado	N/A	N/A	N/A
Bipolar	DBSA Northstar, Depression & Bipolar Support Group	Jamie	N/A	Crossroads American Baptist Church, 10451 Huron St. (N.W. corner of 104 Ave. and Huron St. Northglenn, Colorado 80234
Brain Injury	BIA of Colorado	N/A	(303) 355-9969	4200 W Conejos Pl #524, Denver, CO 80204
Cancer	Coping With Cancer Support Group	N/A	(303) 393-5522	Lakewood
Cancer	Rocky Mountain Cancer Centers (RMCC)	Amy Bernard, Social Worker 303-328-8246	(303) 430-2700	34 Van Gordon St #160, Lakewood, CO
Cancer	Porter Cancer Care Center	Sharon Roseman /Jeannie Curry 303 778 5832	(303) 778-1955	Porter Adventist Hospital, 2525 S Downing, Denver 80210
Cancer	Breast Cancer Support Group - Exempla Lutheran Medical Center	Linda Fiske X28391 8a-4:30p	(303) 425 2909 or 4500	8300 W 38th Ave, Wheat Ridge 80033
Cancer	Cancer Support Group - Exempla Lutheran Medical Center		(303) 425-4500	8300 W 38th Ave, Wheat Ridge 80033
Hearing Impaired	AGBell Colorado Chapter	Mary Bartholomew c303 349 7212	(303) 755-5183	PO Box 24906, Denver 80224
Hearing Impaired	Colorado Deaf	Dianne & Raymond Kiltbau	(303) 474-5388	10940 S. Parker Road, PMB 217, Parker 80134
Hearing Impaired	Colorado Commission for the Deaf & Hard of Hearing	N/A	(303) 866-4824	Dept of Human Services, 1575 Sherman St, 2nd Flr, Denver 80203
Diabetes	Exempla Diabetes Program & Affiliate of the IDC	Helen Stover	(303) 403-7944	Exempla Lutheran Medical Center, 344 Lutheran Pkwy, #270, Wheat Ridge 80033
Diabetes	Rose Medical Ctr Free Diabetes Support Group		(303) 320-2490	4567 E 9th Ave, #650, Denver 80220
Heart/Stroke	American Heart/American Stroke Associations	Robin Rice 8-4:30	(303) 369-5433	1280 S Parker Rd, Denver 80231
Heart/Stroke	Mended Hearts	N/A	N/A	N/A
Lung	American Lung Association in Colorado	N/A	(303) 388-4327	5600 Greenwood Plaza Blvd, Greenwood Village 80111
Lung	Better Breathers	Brenda Crow	(303) 467-4122	Exempla Rehab Center 9830, 1-70 Frontage Rd S, Wheat Ridge
Lung	Wheat Ridge Pulmonary Fibrosis Support Group	N/A	(303) 467-4122	Exempla Rehab Center 9830, 1-70 Frontage Rd S, Wheat Ridge
Lung	Rocky Mountain Better Breathers	Sherri Michaelis	(303) 398-1397	National Jewish Medical & Research Center, Arvada
Multiple Sclerosis	MS Society, Colorado Chapter	Drew Kasper	(303) 698-7400	900 S Broadway #250, Denver 80209
Multiple Sclerosis	Multiple Sclerosis Support Groups	Pam Surratt, Facilitator	(303) 278-1069	Confidential
Muscular Dystrophy	MDA	Linda Brennan	(303)691-3331	720 South Colorado Boulevard, Denver
Muscular Dystrophy	N/A	Christina Neal	(303)691-3331	720 South Colorado Boulevard, Denver
Parkinson	Parkinson Disease Services - Parkinson Assn of the Rockies	N/A	(866) 718-2996	1325 S. Colorado Blvd. #204-B, Denver 80222
Autism	Arvada Autism Support Group	Rose Auferio	(303) 422-2942	11500 W. 84th Avenue, Arvada, CO, 80005
Autism	Autism Information - Autism Society of American (Colorado Chapter)	Darlene Coleman, Office Mgr	(720) 214-0794	550 S Wadsworth Blvd, Lakewood 80226
Huntington's	Huntington's Support - Huntington's Disease Society of America	Rebecca Saltman, President	(303) 321-5503	6545 W. 44th Avenue #1, Wheat Ridge 80033

N/A = Not Available

Appendix G: Assisted Living Respite Facilities in Jefferson County, Compiled by Brittani Trujillo

Name of Program	Address	Phone #	Is Respite Provided (Y, N)?	Funding Sources							Primary Age Range Served
				Private Pay (cost)	Medicaid (Y/N)	Vet. Admin (Y/N)	Dev. Dis. (Y/N)	Sliding Scale (Y/N)	Scholarships (Y/N)		
A Wildflower Assisted Living	6197 W 83rd Wy, Arvada, CO 80003	(303) 463-4363	No elderly clients served								
Accent On Elder Care	6395 W 66th Ave, Arvada, CO 80003	(303) 420-4295	N								
Addis Residential Care Home	4285 Easley Rd, Golden, CO 80403	(303) 278-2306	Y	\$100/day	N	Y	N	N	N	Seniors	
Almost Like Home II	6751 W 65th Ave, Arvada, CO 80003	(303) 422-3891	Y	3200/4200	Y	Y	Y	Y	Y	50-100	
Almost Like Home III	6761 W 65th, Arvada, CO 80003	(303) 403-4139	Y	3200/4200	Y	Y	Y	Y	Y	50-100	
Almost Like Home Inc I	6741 W 65th Ave, Arvada, CO 80003	(303) 456-2784	Y	3200/4200	Y	Y	Y	Y	Y	50-100	
Alternative Care Homes - Depew	7631 S. Depew Wy, Littleton, CO 80128	(303) 972-4520	Y	2300/mo	Y	Y		N	N	20s+	
Alternative Care Homes - Marshall	8029 S. Marshall St, Littleton, CO 80128	(304) 972-4520	Y	2300/mo	Y	Y		N	N	20s+	
Ashley Manor at Dudley	3555 Dudley St, Wheat Ridge, CO 80033	(303) 467-0210	Upon availability	\$3200 to \$4200/mo.	via TLC	VA agreement approval	workable	workable	workable		
Ashley Manor at Parfet	3802 Parfet St, Wheat Ridge, CO 80033	(303) 432-7893									
Coventry/Aspen Place	9221 Wadsworth Pkwy, Westminster, CO 80021	(303) 403-2900	Y								
Atria Inn at Lakewood	555 S Pierce St, Lakewood, CO 80226	(303) 742-4800	Y								
Brighton Gardens of Lakewood	12791 W Alameda Pkwy, Lakewood, CO 80228	(303) 237-5700	N								
Care Group at Arvada Center	7465 W 69th Pl, Arvada, CO 80003	(303) 431-6575	Y	2400 & up/mo	Y		Y	N	N	45-73	
Care Group at Indian Tree	7319 Carr St, Arvada, CO 89995	(303) 431-6027	Y	2400 & up/mo	N		Y	N	N	45-73	
Caring Hearts, Inc.	7465 W 48th Ave, Wheat Ridge, CO 80033	(303) 421-7368	Y	2100 & up/mo		N				50-75	
Catharine's Quality of Life Homes 2	3224 S Reed Ct, Lakewood, CO 80227	(303) 988-0427	Y	4000/mo	LTC			Y	N	late 30s+	
Catharine's Quality of Life Homes 3	9232 W Texas Dr, Lakewood, CO 80232	(303) 989-2624	Y	4000/mo	LTC			Y	N	late 30s+	
Catharine's Quality of Life Homes 4	1975 Owens Ct, Lakewood, CO 80215	(303) 373-6780	Y	4000/mo	LTC			Y	N	late 30s+	
Catharine's Quality of Life Homes 5	8217 W Peakview Dr, Littleton, CO 80123	(303) 948-4901	Y	4000/mo	LTC			Y	N	late 30s+	
Colorado Assisted Living Homes - Brandt	11965 W Brandt Pl, Littleton, CO 80127	(303) 948-4873	Y								
Colorado Assisted Living Homes, LLC - Ingalls	7168 S. Ingalls Wy, Littleton, CO 80128	(303) 979-0217	Y								
Colorado Assisted Living Homes, LLC - Kendall	7456 S Kendall Blvd, Littleton 80128	(303) 932-2289	Y								
Colorado Assisted Living Homes, LLC - House 7	5984 W Rowland Pl, Littleton, CO 80128	(303) 948-1628	Y								
Colorado Assisted Living Homes, LLC - Indore	5596 W Indore Dr, Littleton, CO 80128	(303) 933-3553	Y								
Colorado Assisted Living Homes, LLC - Lamar	6952 S Lamar St, Littleton, CO 80128	(303) 904-2506	Y								
Colorado Assisted Living Homes, LLC - Rowland	5424 W Rowland Pl, Littleton, CO 80128	(303) 979-0911	Y								
Colorado Assisted Living Homes, LLC - Cody	8295 S Cody St, Littleton, CO 80128	(303) 979-6472	Y								
Colorado Assisted Living Homes - Grandma's LLC	13969 W Warren Ave, Lakewood, CO 80228	(303) 988-5508	Y								
Companion Care, Inc I	225 N Marshall St, Lakewood, CO 80226	(303) 238-2588	N								
Companion Care, Inc II	12057 W Quincy Pl, Morrison, CO 80465	(303) 973-4003	N								
Distinctive Care, LLC	1370 Saulsbury St, Lakewood, CO 80214	(303) 233-7900	Y	125/day	N			N		70s	
Eaton Terrace II	323 S Eaton St, Lakewood, CO 80226	(303) 937-3000	Y	125	Y	Y	if 62+	N	N	87	
Elk Run Assisted Living	31383 Frost Wy, Evergreen, CO 80439	(303) 223-3565	Y								
Exempla Colorado Lutheran Apartments	8001 W 71st Ave, Arvada, CO 80004	(303) 403-3129	N								
Fountainhead Care Homes	1398 Zephyr St, Lakewood, CO 80214	(303) 232-4431	N								
Golden Elders - Littleton	8525 S Field St, Littleton, CO 80128	(303) 978-0367	Y	Prorated 2500/mo	N			N	N	65	
Golden Orchard III	35110 Holland St, Wheat Ridge, CO 80033	(303) 660-1437	Y	120/day	N					50+	

Empty cells indicate unavailable information.

Appendix G: Assisted Living Respite Facilities in Jefferson County, *(continued)*

Name of Program	Address	Phone #	Is Respite Provided (Y, N)?	Funding Sources						primary age range served
				Private pay (cost)	Medicaid (Y/N)	Vet. Admin (Y/N)	Dev. Dis. (Y/N)	sliding scale (Y/N)	scholarships (Y/N)	
Golden Pond LLC	1270 N Ford St, Golden, CO 80403	(303) 271-0430	N							
Grandma's Board & Care	3880 Dover St, Wheat Ridge, CO 80033	(303) 423-2650	Y		Y	Open				50s - 80s
Grandma's Mt Home III	6450 Hwy 73, Evergreen, CO 80439	(303) 679-8722	Y	120/day	Y	Y		Y	N	80s-90s
The Granville Assisted Living Center	1325 Vance St, Lakewood, CO 80214	(303) 274-4400	N							
Hearts & Hands Assisted Senior Care	4389 Ingalls St, Wheat Ridge, CO 80033	(303) 423-7037	Y	135/day	N			N		60+
Helping Hands Homecare LLC	11503 W Berry Pl, Littleton, CO 80127	(303) 972-6466	Y	Medicaid	Y	N	N	N	N	18-70
Heritage Club at Lakewood Assisted Living	3151 S Wadsworth Blvd, Lakewood, CO 80227	(303) 969-7666	Y							
The Homestead at Lakewood	2121 Wadsworth Blvd, Lakewood, CO 80214	(303) 233-2121	N							
Just for Seniors Living Center II	1170-1180 Brentwood St, Lakewood, CO 80214	(303) 238-6722	N							
Karen's House	12751 W 56th Pl, Arvada, CO 80002	(303) 424-4125								
Learning Services Bear Creek	7201 W Hampden, Lakewood, CO 80226	(303) 989-6660	Y	600/day	N	N	N	N	N	late 40s/ early 50s
Learning Services - Glen Dee	1555 Glen Dee Dr, Lakewood, CO 80215	(303) 232-3236	Y	380/day	N	N	N	N	N	late 40s/ early 50s
Life Quality Homes of Denver - Normandy Home	5130 W Plymouth Dr, Littleton, CO 80128	(303) 979-8451	Y	200/day	N	As supplement		N		55-103
Makarios Assisted Living LLC	11541 W Temple Ave, Littleton, CO 80127	(303) 933-4807	Y	150/day	Y	Y	Y	N	N	70s-80s
The Manor on Marston Lake	4899 Old S Wadsworth Blvd, Littleton, CO 80123	(303) 932-9808	y	2850+	Y					60+
Meadowbrook Assisted Living Home LLC	971 Welch St, Golden, CO 80401	(303) 274-8610	Y							
Millbrook Homes-Portland	6731 W Portland Pl, Littleton, CO 80123	(303) 932-1004	Y							
Miller Place Inc	3550 Miller St, Wheat Ridge, CO 80033	(303) 422-6615	Y	2800/mo	N		N	N	N	65+
Morningstar Assisted Living of Applewood	2800 Youngfield St, Lakewood, CO 80215	(303) 233-4343	Y							
Morningstar Assisted Living of Littleton	5344 S Kipling Pkwy, Littleton, CO 80127	(303) 972-3030	Y							
Mountain View Alternative Care Inc IV	6725 W 65th Ave, Arvada, CO 80003	(303) 300-3955	N							
Nightingale Lane	12895 W 65th Way, Arvada, CO 80004	(303) 424-8777	N							
Nightingale Suites	12825 W 65th Way, Arvada, CO 80004	(303) 424-4411	Y							
The Oberon House	9160 W 64th Ave, Arvada, CO 80004	(303) 420-7258	Y	2950+/mo	Y/After 1 yr private pay	Y		Y	N	50-90
The Retreat at Church Ranch	10190 Wadsworth Blvd, Westminster, CO 80021	(303) 469-7178	N							
Rising Sun Senior Home	421 & 431 S Fenton St, Lakewood, CO 80226	(303) 937-3473	Y							
Sage Home, LLC	5974 S Jay Ct, Littleton, CO 80123	(303) 795-1022	Y							
Silver Rose	5420 Field Ct, Arvada, CO 80002	(303) 420-4295	Y							
Spring Ridge Park	5361 w 26th Ave, Wheat Ridge, CO 80214	(303) 233-8518	Y	150/night	N	N		N	N	61 to 102
Sterling House of Arvada	7720 Allison St, Arvada, CO 80005	(303) 423-8100	Y							
Sterling House of Littleton	8271 S Continental Divide Rd, Littleton, CO 80127	(303) 948-0900	Y		N			N	N	17-97
Temenos Assisted Living	12363 W 65th Ave, Arvada, CO 80004	(303) 296-0724	Y	75/day	Y			Y		30-70
Temenos Elder Care Company	3113 Teller St, Wheat Ridge, CO 80033	(303) 233-2808	Y							22-89
Union Court Assisted Living	7587 Union Ct, Arvada, CO 80005	(303) 456-4485								
Veranda's Assisted Living at Wheat Ridge LLC II	9515 W 49th Ave, Wheat Ridge, CO 80033	(303) 940-9707	Y							
Veranda's Assisted Living at Wheat Ridge I	9495 W 49th Ave, Wheat Ridge, CO 80033	(303) 425-6328	Y							
Vern's Vigilant Care Home	1169 Johnson St, Lakewood, CO 80215	(303) 237-1536	Y							
Vista Village Assisted Living	11800 W 49th Ave, Wheat Ridge, CO 80033	(303) 420-4192	Y							

Empty cells indicate unavailable information.

Appendix G: Assisted Living Respite Facilities in Jefferson County *(continued)*

Name of Program	Functioning Levels							Length of Stay		Security		Caregiver Support			
	Dementia	Dev.Dis.	Mental Illnesses	Wheel-chair	Walker	Incontinence	Oxygen	Min	Max	Locked (Y/N)	Wander-guard (Y/N)	Support Groups	Individual Counseling	Education	Social Events
A Wildflower Assisted Living															
Accent On Elder Care															
Addis Residential Care Home	Y	Y	Y	Y	Y	Y	Y			Monitors/ Motion Detectors	N	Y	Y	Y	Y
Almost Like Home II	Y	N	Alzheimers, Impaired Memory	Y	Y	Y	Y	None	Month	Y	N	Referral families	Referral	Y	Y
Almost Like Home III	Y	N	Alzheimers, Impaired Memory	Y	Y	Y	Y	None	Month	Y	N	Referral families	Referral	Y	Y
Almost Like Home Inc I	Y	N	Alzheimers, Impaired Memory	Y	Y	Y	Y	None	Month	Y	N	Referral families	Referral	Y	Y
Alternative Care Homes - Depew	Y	Y	Upon Evalu- ation	N	Y	Y	Y	N	N	N	Will use, not provide	N	N	N	N
Alternative Care Homes - Marshall	Y	Y	Upon Evalu- ation	N	Y	Y	Y	N	N	N	Will use, not provide	N	N	N	N
Ashley Manor at Dudley	Y	Y	Y	Y	Y	Y	Y			Y	N	Y	Y	Y	Y
Ashley Manor at Parfet															
Coventry/Aspen Place															
Atria Inn at Lakewood															
Brighton Gardens of Lakewood															
Care Group at Arvada Center	Y	Y	Y	Y	Y	Y	Y	N	N	N	N	Gender Based	N	N	Y
Care Group at Indian Tree	Y	Y	Y	Y	Y	Y	Y	N	N	N	N	Gender Based	N	N	Y
Caring Hearts, Inc.	y	Y	Y	Y	Y	Y	Y	N	N	N	N	N	N	N	N
Catharine's Quality of Life Homes 2	Specialize	N	Upon evalu- ation	N	Y	Y	Y	1 Wk	N	Y	N	Y	Y	Y	Y
Catharine's Quality of Life Homes 3	Specialize	N	Upon evalu- ation	N	Y	Y	Y	1 Wk	N	Y	N	Y	Y	Y	Y
Catharine's Quality of Life Homes 4	Specialize	N	Upon evalu- ation	N	Y	Y	Y	1 Wk	N	Y	N	Y	Y	Y	Y
Catharine's Quality of Life Homes 5	Specialize	N	Upon evalu- ation	N	Y	Y	Y	1 Wk	N	Y	N	Y	Y	Y	Y

Empty cells indicate unavailable information.

Appendix G: Assisted Living Respite Facilities in Jefferson County *(continued)*

Name of Program	Functioning Levels							Length of Stay		Security		Caregiver Support			
	Dementia	Dev.Dis.	Mental illnesses	wheel-chair	walker	incontinence	Oxygen	Min	Max	Locked (Y/N)	Wander-guard (Y/N)	support groups	individual counseling	education	social events
Colorado Assisted Living Homes - Brandt															
Colorado Assisted Living Homes, LLC - Ingalls															
Colorado Assisted Living Homes, LLC - Kendall															
Colorado Assisted Living Homes, LLC - House 7															
Colorado Assisted Living Homes, LLC - Indore															
Colorado Assisted Living Homes, LLC - Lamar															
Colorado Assisted Living Homes, LLC - Rowland															
Colorado Assisted Living Homes, LLC - Cody															
Colorado Assisted Living Homes - Grandma's LLC															
Companion Care, Inc I															
Companion Care, Inc II															
Distinctive Care, LLC	Y	Y		Y	Y	Except for uncontrollable bowels	N	N	N	N	N	N	Y	Y	N
Eaton Terrace II	No wanderers	w/support	w/support	If can transfer from wheel-chair	Y	If manageable on own (do toileting plan)	N	N	N	N	N	Family counsel & staff social workers	N	Y	welcome to activities
Elk Run Assisted Living															
Exempla Colorado Lutheran Apartments															
Fountainhead Care Homes															
Golden Elders - Littleton	On assessment	On assessment	On assessment	Y	Y	Y	Y	2 wks	N	N	N	N	N	N	N
Golden Orchard III	Y	N		Y	Y	Y	Y	2 wks	N	Y	Door alarms	Referrals	Y	N	Join in activities

Empty cells indicate unavailable information.

Appendix G: Assisted Living Respite Facilities in Jefferson County *(continued)*

Name of Program	Functioning Levels							Length of Stay		Security		Caregiver Support			
	Dementia	Dev.Dis.	Mental Illnesses	Wheel-chair	Walker	Incontinence	Oxygen	Min	Max	Locked (Y/N)	Wander-guard (Y/N)	Support Groups	Individual Counseling	Education	Social Events
Golden Pond LLC										15					
Grandma's Board & Care	Y	Y	Y	Y	Y	Y	Y			N	N	Y	N	N	Y
Grandma's Mt Home III	Y	Upon evaluation	Light Alz	Y	Y	Y	Y	N	N	N	N	N	N	Y	BBQs, Entertainment
The Granville Assisted Living Center															
Hearts & Hands Assisted Senior Care	Y	Some extent	Y	Y	Y	Y	Y	N	N	N	N	N	N	N	Y
Helping Hands Homecare LLC	N	Y	Mentally ill	N	Y	Y	Y	N	N	Y	Y	N	N	N	N
Heritage Clube at Lakewood Assisted Living										20					
The Homestead at Lakewood															
Just for Seniors Living Center II															
Karen's House															
Learning Services Bear Creek	Y	N	brain injury	Y	Y	Y	Y	1 wk	N	Y	autobed alarms/5 acres fenced area	N	Y	Y	N
Learning Services - Glen Dee	N	N		Y	Y	Y	Y	2 wk	N	N	N	N	Y	Y	N
Life Quality Homes of Denver - Normandy Home	Alz & Dem	N	N	Y	Y	Y	Y	2 days	29	Y all	N	N	Y	Books & Refs	Y
Makarios Assisted Living LLC	Y	Y	Y	Y	Y	Y	Y	N	N	N	N	Y	Referral/consultant	Referral	every 6 mos
The Manor on Marston Lake	Age onset	N	Evaluation	Private Rooms	Y	Fee	Y	Month to Month		N	N	Y	Y	Y	Y
Meadowbrook Assisted Living Home LLC															
Millbrook Homes-Portland										5					
Miller Place Inc	Y	N	Not if dangerous	Y	Y	Y	Y	N	N	N	N	N	Y	Y	N
Morningstar Assisted Living of Applewood										Y					
Morningstar Assisted Living of Littleton															
Mountain View Alternative Care Inc IV															
Nightingale Lane															
Nightingale Suites															
The Oberon House	Y	Y	Y	Y	Y	Y	Y	30 days	N	N	N	N	Y	N	Y
The Retreat at Church Ranch															
Rising Sun Senior Home															
Sage Home, LLC															
Silver Rose															
Spring Ridge Park	Y	N	if overlaid with primary Dementia	If can propel	Y	Y	Y	N	N	Y	N	Referral	Y	Inservices, the like	1x6 wks
Sterling House of Arvada															
Sterling House of Littleton	Y	N	Upon evaluation	Y	Y	Y	Y	2 wks	2-3 mo	semi	will accept but not provide				
Temenos Assisted Living	Early	Y	Y	N	Y	Y	Y	N	N	N	N	Y	Y	Y	Y
Temenos Elder Care Company	Early	Y	Y	N	Y	Y	Y	N	N	N	N	Y	Y	Y	Y
Union Court Assisted Living															
Veranda's Assisted Living at Wheat Ridge LLC II															
Veranda's Assisted Living at Wheat Ridge I															
Vern's Vigilant Care Home															
Vista Village Assisted Living															

Empty cells indicate unavailable information.

Appendix H: Nursing Homes Offering Respite in Jefferson County, Compiled by Brittani Trujillo

Organization	Address	City	Zip Code	Contact Info			Funding			Age Groups Served	
				Main Tel	Name	Contact #	Private Pay/Cost	Medicaid	Other Sources	Primary Range	Avg Age
Allison Care Center	1660 Allison St	Lakewood	80214	303-232-7177	Debbie	303-887-2329	Semi \$185/ Private \$210	HCBS rate	TLC	65+	UK
Arvada Health Center	6121 W 60th Ave	Arvada	80003	303-420-4550	Pat	Same	\$187	HCBS rate	LTC Ins.	UK	UK
Bear Creek Care & Rehabilitation Center	150 Spring St	Morrison	80465	303-697-8181	Caroline	Same	\$6496/mo-Semi. \$7285/mo-Priv.	HCBS rate	N/A	18+	UK
Bethany Healthplex	5301 W 1st Ave	Lakewood	80226	303-238-8333	Shelly	Same	\$165	HCBS rate	Hospice	UK	UK
Cambridge Care Center	1685 Eaton St	Lakewood	80214	303-232-4404	Raelynn	Same	UK	HCBS rate	N/A	18+	UK
Cedars Healthcare Center	1599 Ingalls St	Lakewood	80214	303-232-3551	Sandy	Same	\$162/Semi; \$176/Priv.	HCBS rate	N/A	UK	UK
Christopher House	6270 W 38th St	Wheat Ridge	80033	303-421-2272	Liz	Same	UK	HCBS rate	N/A	55+	UK
Evergreen Terrace Care Center	1625 Simms St	Lakewood	80215	303-238-8161	Margaret	Same	UK	HCBS rate	TLC	18+	UK
Glen Ayr Health Center	1655 Eaton St	Lakewood	80214	303-238-5363	Amy	Same	\$175/Semi; \$210/Priv	HCBS rate	TLC	UK	N/A
Harmony Pointe Nursing Center	1655 Yarrow St	Lakewood	80214	303-238-1275	Vicki	303-204-5890	UK	HCBS rate	N/A	18+	21-101
Hospice of Saint John	1320 Everett Ct	Lakewood	80215	303-232-7900	Sherry	Same	N/A	Yes	MCR	N/A	N/A
Lakewood Meridian Health Center	1805 S Balsam	Lakewood	80232	303-980-5500	Sandy	Same	Private Pay Only	No	No	18+	N/A
Life Care Center of Evergreen	2987 Bergen Peak Dr	Evergreen	80439	303-674-4500	Kathy	Same	\$203/Semi; \$232 Priv.	HCBS rate	N/A	18+	UK
Mapleton Care Center	115 Ingalls St	Lakewood	80226	303-237-1325	Steven	Same	N/A	N/A	N/A	N/A	N/A
Sandalwood Manor Inc.	3835 Harlan St	Wheat Ridge	80033	303-422-1533	Robin	Same	\$182/Semi; \$215 Priv.	HCBS rate	TLC	UK	UK
Sierra Healthcare Community	1432 Depew St	Lakewood	80214	303-238-1375	Susan	Same	N/A	HCBS rate	N/A	UK	UK
Villa Manor Care Center	7950 W Mississippi Ave	Lakewood	80226	303-986-4511	Rita	Same	\$188	HCBS rate	N/A	60+	UK
The Village Care & Rehabilitation Center	9221 Wadsworth Pkwy	Westminster	80221	303-403-2900	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Western Hills Health Care Center	1625 Carr St	Lakewood	80214	303-232-6881	Lauren	Same	UK	HCBS rate	N/A	No limit	UK
Wheat ridge Manor Nursing Home	2920 Fenton St	Wheat Ridge	80214	303-238-0481	Sonja	Same	\$181-\$225	No	No	60+	UK
Wide Horizon Inc	8900 W 38th Ave	Wheat Ridge	80033	303-424-4445	Sue	Same	\$140-\$385	No	No	18+	UK

UK = Unknown

Organization	Functioning Levels			Length of Stay		Security		Caregiver Support			
	Dementia/ Alzheimer	DD	Mentally Ill	Min	Max	Secured Units	Wander-Guard	Groups	Individual Counseling	Education	Social Events
Allison Care Center	Yes	UK	Min. Behaviors	3 Days	30 HCBS; Unlim priv.	Yes	UK	No	No	No	No
Arvada Health Center	Yes	UK	Some	None	30 HCBS; Unlim priv.	No	No	No	No	No	No
Bear Creek Care & Rehabilitation Center	Yes	UK	No	None	30 HCBS; Unlim priv.	Yes	UK	No	No	No	No
Bethany Healthplex	Yes	Yes	Some	0	30 HCBS; Unlim priv.	Yes	UK	No	No		No
Cambridge Care Center	Yes	Yes	Yes	UK	30 HCBS; Unlim priv.	No	No	UK	UK	UK	UK
Cedars Healthcare Center	Yes	UK	UK	No	30 HCBS; Unlim priv.	No	No	No	No	Family Mtgs.	UK
Christopher House	Yes	Yes	No	UK	30 HCBS; Unlim priv.	No	No	UK	UK	UK	UK
Evergreen Terrace Care Center	Yes	No	No	UK	30 HCBS; Unlim priv.	Yes	UK	UK	UK	UK	UK
Glen Ayr Health Center	Yes	Yes	Some	No	30 HCBS; Unlim priv	No	Yes	No	No	No	No
Harmony Pointe Nursing Center	Yes	No	No	UK	30 HCBS; Unlim priv	No	No	UK	UK	UK	UK
Hospice of Saint John				5 Days							
Lakewood Meridian Health Center					No limit.						
Life Care Center of Evergreen	Yes	UK	Yes	7 Days	30 HCBS; Unlim priv	No	No				
Mapleton Care Center											
Sandalwood Manor Inc.				No	30 HCBS; Unlim. Priv or TLC	No	No	No	No	No	No
Sierra Healthcare Community	Some	Occ.	Yes	UK	30 HCBS; Unlim priv	Yes	No	UK	UK	UK	UK
Villa Manor Care Center	Yes	UK	No	No	30 HCBS; Unlim priv	No	No	No	No	No	No
The Village Care & Rehabilitation Center											
Western Hills Health Care Center	Yes	Yes	Yes	UK	30 HCBS; Unlim priv	No	No	UK	UK	UK	UK
Wheat ridge Manor Nursing Home	Yes	No	No	No	No limit.	No	Yes	No	No	No	No
Wide Horizon Inc				No	No limit.	No	No				

Empty cells indicate unavailable information.

Appendix I: Adult Day Centers in Jefferson County, Compiled by Linda Johnston

Name of Program	A+ Green Mountain Adult Day Care Center	Absolute Adult Day Program	Prestigious Care LLC	Prima 2 Adult Day Care	Royal Adult day Center	Seniors' Choice Adult Day
Address	13228 W Jewell Place Lakewood, CO 80228	12665 W. 52nd Ave Arvada, CO 80002	7470 W. 38th Ave Wheat Ridge, CO 80033	5370 Carr Street Arvada, CO 80002	2020 Wadsworth Blvd. #15 Lakewood, CO 80214	1060 W Littleton Blvd Littleton, CO 80120
Phone #	303-933-1260	303-534-0321	720-364-3806	303-420-7201	303-307-4483	303-344-0046
Contact	Sergio Tkachenko © 720 224 6949	Mark Fefer	Doreen Lyons	Nadia	Ms. Uju Nnanna	N/A
Days & hrs of operation	Info. Not Available	M-F 7:30-5:30	M-F 7:30-4:30	M-F 8a-4p	M-F 7:3--5:30	Info. Not Available
Capacity (# of People)		1000	25	up to 150	40	
Ave. # participants/day		20	6	30	15	
Cost		equal to Medicaid rate	\$55.00	Equal to Medicaid	\$56.50	
Funding Sources						
Private pay	Info. Not Available	Yes	Yes	Yes	Yes	
Medicaid		Yes	Yes	Yes	Yes	
Vet. Admin		No	No		No	
Dev. Dis.		Yes	Yes		Yes	
sliding scale		Yes	No		Yes	
scholarships		No	No	Yes	No	
Areas Served						
Arvada	Info. Not Available	Info. Not Available	Info. Not Available	Yes	Info. Not Available	
Golden				Yes		
Ken Caryl				Yes		
Lakewood				Yes		
Morrison				N		
Wheat Ridge				Yes		
Coal Creek Canyon				N		
Evergreen				N		
Pine				N		
Ages Served						
primary age range served	Info. Not Available	17 - up	18 - up	65 & up	18 - 118	
significant amt. of population			under 50	65 & up	50 - 90	
Functioning Levels						
wheelchair	Info. Not Available	Yes	Yes	Yes	Yes	
walker		Yes	Yes	Yes	Yes	
transfers		Yes	Yes	Yes	Yes	
incontinence		Yes	Yes	Yes	Yes	
feeding tubes		Yes	No	No (maybe in future)	Yes	
Oxygen		Yes	Yes	Yes	Yes	
Diagnosis Specific		No	No	No	No	
Caregiver Support						
support groups	Info. Not Available	No	No	Yes	No	
individual counseling		Yes	Yes	Yes	Yes	
education			Yes	Yes	Yes	
social events			Yes	Yes	No	

Empty cells indicate unavailable information.

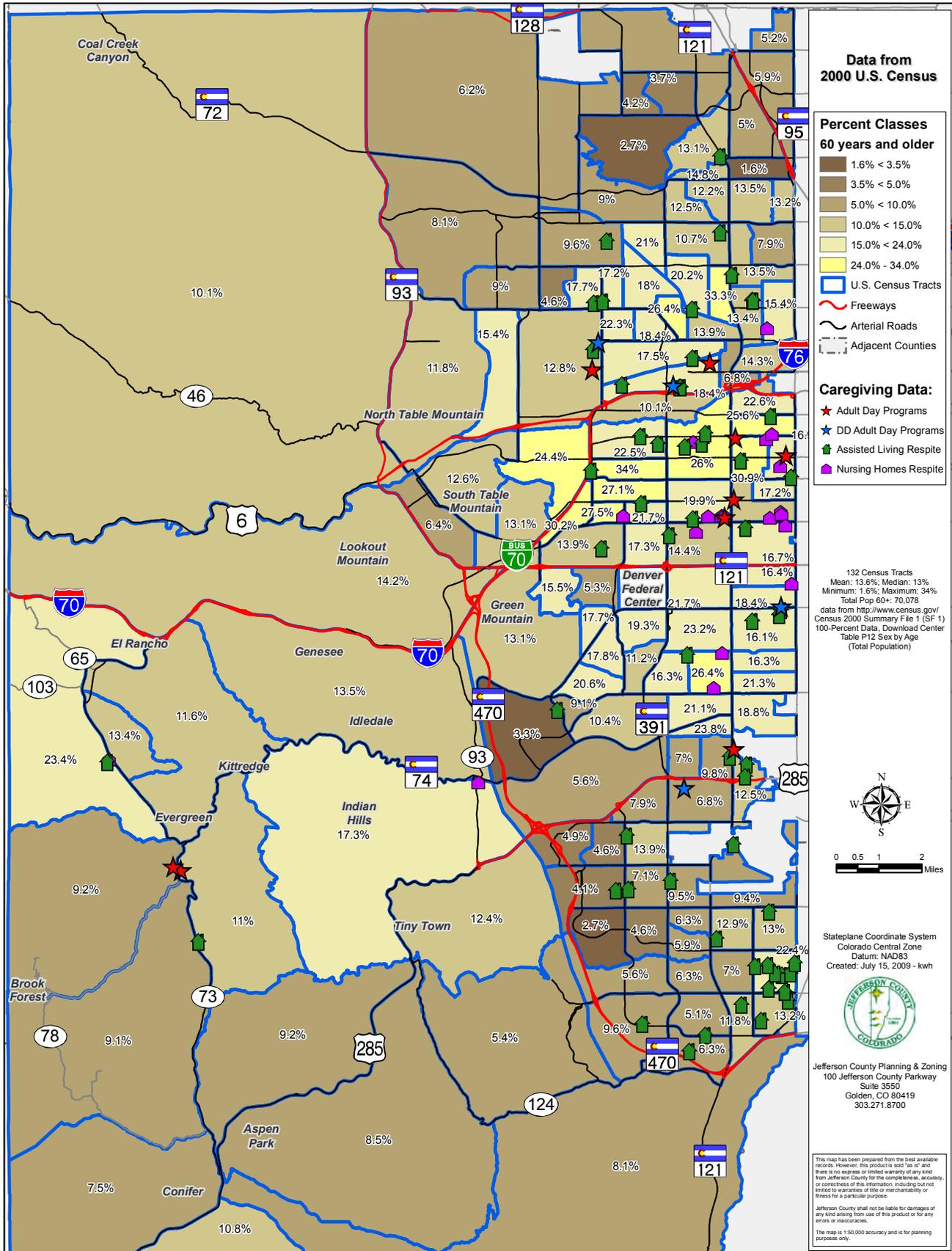
Appendix I: Adult Day Centers in Jefferson County *(continued)*

Name of Program	Srs' Res Ctr Adult Day & Respite Ser-Central Site	Srs' Res Ctr Adult Day & Respite Ser-Evergreen	Srs' Res Ctr Adult Day & Respite Ser-Starr Ctr	Srs' Res Ctr Adult Day & Respite Ser-SW Site	Srs' Res Ctr Evergreen Extension Services
Address	3227 Chase St Denver, CO 80212	5120 Hwy 73 Evergreen, CO 80439	7815 W 16th Ave Lakewood, CO 80214	3000 S. Wadsworth Lakewood, CO 80227	28628 Buffalo Park Rd Evergreen, CO 80439
Phone #	303-235-6961	303-674-2843/235-6995	303-233-0324/235-6928	303-986-9862/235-6961	303-674-2843
Contact	Linda Rowilson/ Linda Johnston	Sandy Mathis	Mark Birnbaum/ Linda Rowilson	Janette DeLaCruz/ Linda Rowilson	Sandy Mathis
Days & hrs of operation	M-F 7a-6p	M-F 6:30a-6p	M-F 7:30a-5:30p	M-F 7a-6p	M-F 8:30a-4p
Capacity (# of People)	50	15	24	24	12
Ave. # participants/day	40/day	9	15	15	8
Cost	\$66.50/day	\$65.00/da	\$66.50	\$66.50	\$65.00/da
Funding Sources					
Private pay	Yes	Yes	Yes	Yes	Yes
Medicaid	Yes	Yes	Yes	Yes	Yes
Vet. Admin	Yes	No	No	No	NO
Dev. Dis.	Yes	Yes	Yes	Yes	Yes
sliding scale	No	No	No	No	No
scholarships	Yes	Yes	No	No	No
Areas Served					
Arvada	Yes	No	Yes	No	No
Golden	Yes	No	Yes	Yes	No
Ken Caryl	No	No		Yes	No
Lakewood	Yes	No	Yes	Yes	No
Morrison	Yes	Yes	If transport is available	Yes	Yes
Wheat Ridge	Yes	No	Yes	No	No
Coal Creek Canyon	No	If transport is available	If transport is available	No	If transport is available
Evergreen	No	Yes	No	No	Yes
Pine	No	Yes	No	No	Yes
Ages Served					
primary age range served	18-100	21-100	18-60	18-100	18-60
significant amt. of population	55-85	65-85	18-40	55-85	25-35
Functioning Levels					
wheelchair	Yes	Yes	No	Yes	Yes
walker	Yes	Yes	Yes	Yes	Yes
transfers	Yes - must bear weight	Yes - must bear weight	No	Yes - must bear weight	Yes - must bear weight
incontinence	Yes	Yes	Yes	Yes	Yes
feeding tubes	Yes	Yes			Yes
Oxygen	Yes	Yes	Yes	Yes	Yes
Diagnosis Specific	No	No	Dev. disabled	No	Dev. disabled
Caregiver Support					
support groups	No	Yes	No	No	Yes
individual counseling	Supportive counseling	Supportive counseling	Supportive counseling	Supportive counseling	Supportive counseling
education	Yes	Yes	Yes	Yes	Yes
social events	Family dinner	Occasional	Family dinner	Family dinner	Occasional

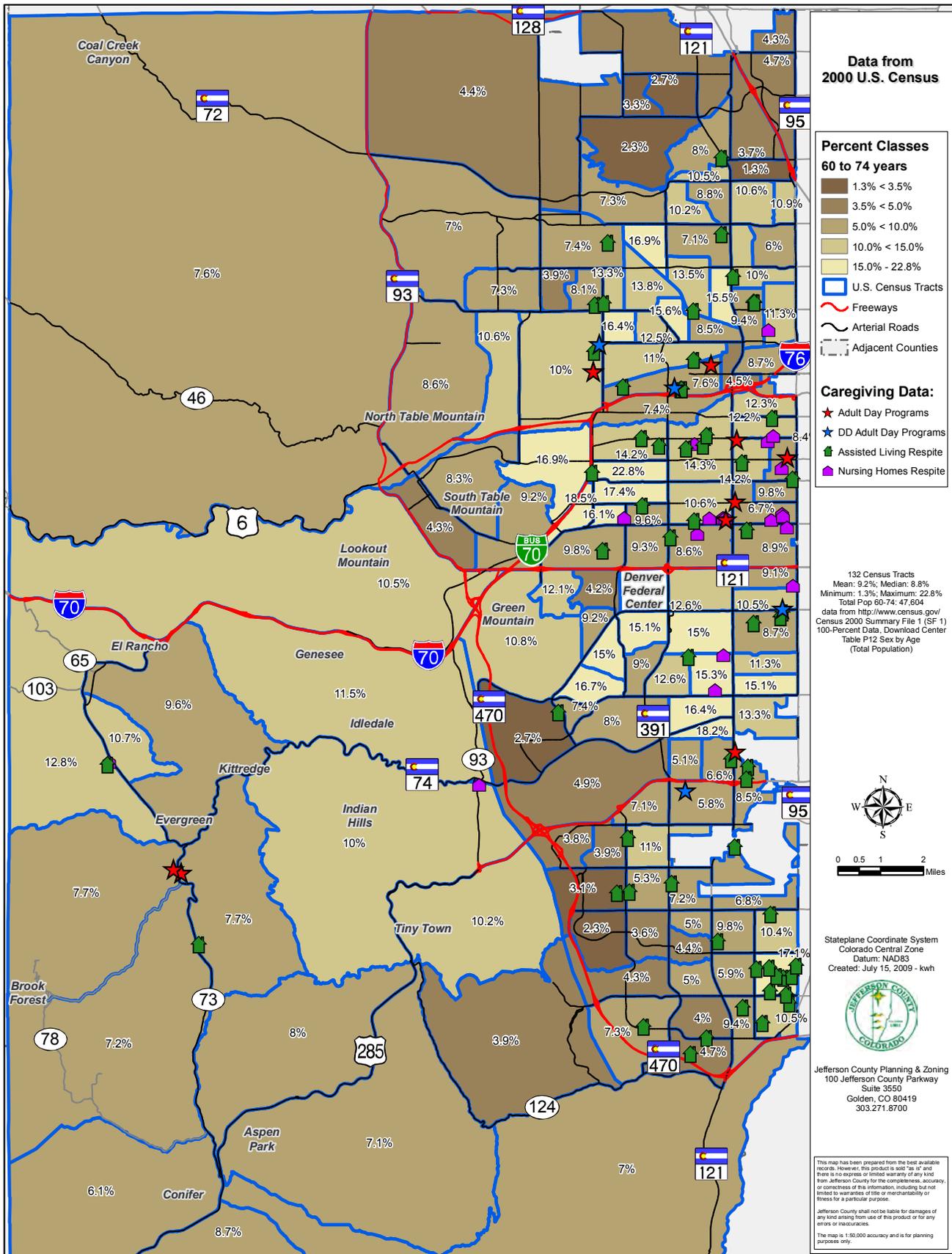
Specific to Developmental Disabilities

Organization	Address	City	Zip Code	Tel	Service	URL	Name	other
Aspire Beyond	4955 Iris	Wheat Ridge	80033	(303) 463-4900	Day Program	www.aspirebeyond.com	Info. Not Available	mattl@aspirebeyond.com
Community Partnerships/Stepping Stones	12665 W 52nd Ave	Arvada	80002	(303) 940-3700	Day Program	www.communitypartnerships.us/steppingstones	Info. Not Available	evanscpna@wmconnect.com
Easter Seals	5755 W Alameda Ave	Lakewood	80226	(303) 937-7713	Day Program	www.eastersealscolorado.org	Donna Schulte	Info. Not Available
GAP	3636 S Independence	Lakewood	80235	(303) 989-9830	Info. Not Available	Info. Not Available	Info. Not Available	Info. Not Available
Parker Personal Care Homes	12500 W 58th Ave	Arvada	80002	(303) 424-6078	Day Program	www.parkerpch.com	Scott Parker	Info. Not Available
Seniors' Resource Center, Yellow House	5120 Hwy 73	Evergreen	80439	(303) 235-6963	Day Program, Supervision, Trans	Info. Not Available	Info. Not Available	Info. Not Available
SRC Star ADL	7815 W 16th Ave	Lakewood	80214	(303) 233-0234	Day Program	www.srcaging.com	Matt Birnbaum	mbrinbaum@srcaging.org

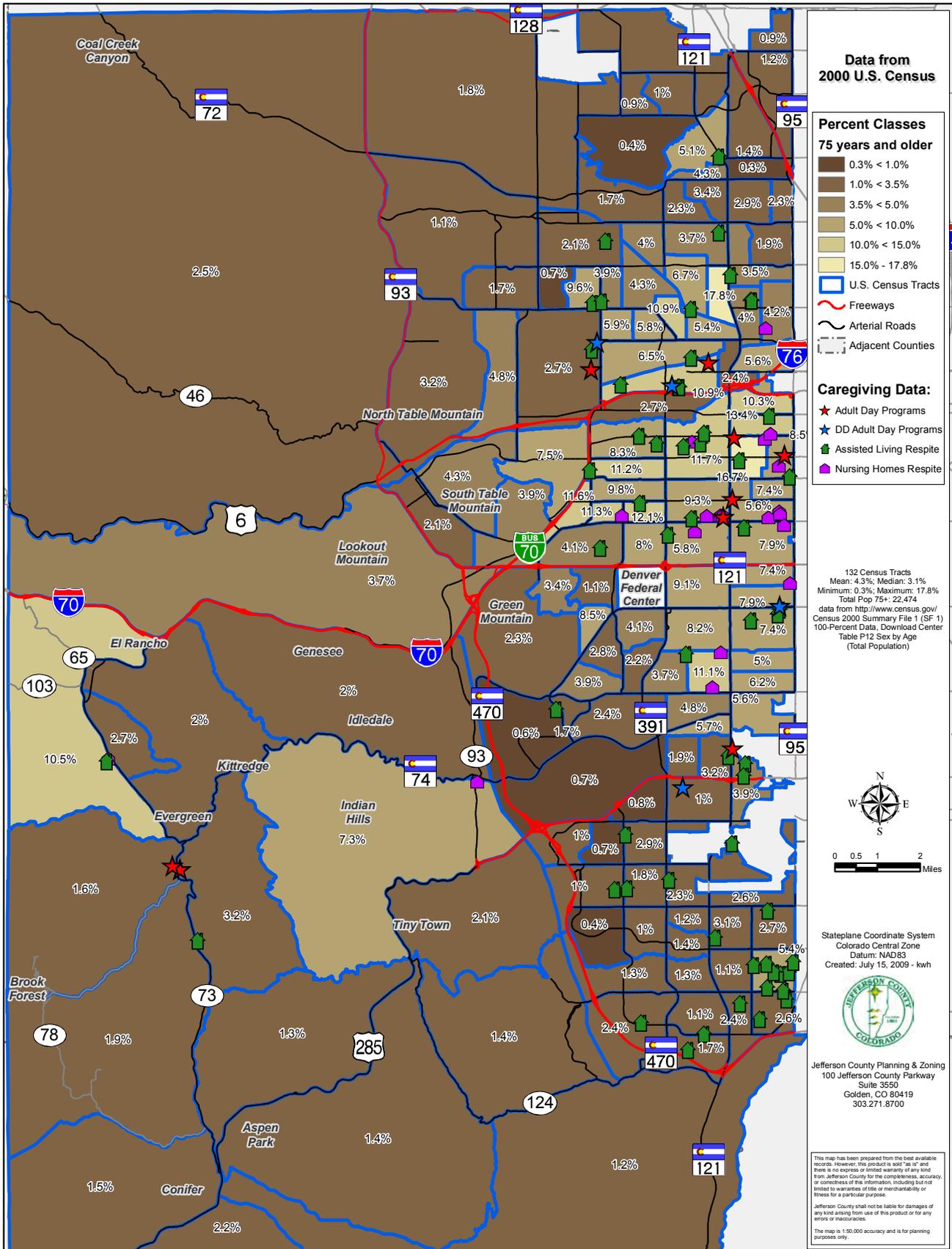
Appendix J.1: Map for density of population 60 yrs and older, Adult Day Centers plus Nursing Facility and Assisted Living Respite Facilities



Appendix J.2: Map for density of population 60 through 74 yrs old, Adult Day Centers plus Nursing Facility and Assisted Living Respite Facilities



Appendix J.3: Map for density of population 75 yrs and older, Adult Day Centers plus Nursing Facility and Assisted Living Respite Facilities



Appendix K: Recommended Reading, “About Caregiving,” by Thomas Day

The Plight of Informal Caregivers

Caregiving can be very stressful and demanding. In the case of a healthy spouse or a child living with the disabled person at home, caregiving can be a 24 hour, 7 day a week commitment. But even for the caregiver not living in the home, looking after a loved-one or friend can consume all of the caregiver’s free time.

Surveys and studies consistently show that depression is a major problem with full-time informal caregivers. This is typically brought on by stress and fatigue as well as social isolation from family and friends. If allowed to go on too long, the caregiver can sometimes break down and may end up needing long-term care as well.

A typical pattern may unfold as follows:

- 1 to 18 months--the caregiver is confident, has everything under control and is coping well. Other friends and family are lending support.
- 20 to 36 months--the caregiver is taking medication to sleep and control mood swings. Outside help dwindles away and except for trips to the store or doctor, the caregiver has severed most social contacts. The caregiver feels alone and helpless.
- 38 to 50 months--Besides needing tranquilizers or antidepressants, the caregiver’s physical health is beginning to deteriorate. Lack of focus and sheer fatigue cloud judgment and the caregiver is often unable to make rational decisions or ask for help. It is often at this stage that family or friends intercede and find other solutions for care. This may include respite care, hiring home health aides or putting the disabled in a facility. Without intervention, the caregiver may become a candidate for long-term care as well.

Since most people go into informal caregiving without training or counseling they often aren’t aware of the possible outcome described above. It is therefore extremely important to receive counseling and to formulate a plan of action prior to making a caregiving commitment. In 1965, Congress passed the Older Americans Act which provides guidance and funding to the States to give help to caregivers. All states offer programs at no cost or very low cost which might include: counseling, caregiver training, respite care, adult day care, meals, support groups and much, much more. **It is vital for the health and longevity of all caregivers to make use of these services.**

From the url, “About Caregiving,” by Thomas Day: <http://www.carecolorado.net/eldercare/caregiving.htm>

Strategic Plan For 2011 Through 2015

GOAL 1 - Provide tools for caregivers to be effective in their roles					
OBJECTIVE 1 Educate caregivers about aging and caregiving issues					
Strategies	Potential Lead Agency	Potential Partners	Resources Needed	Key Outcomes	Target Completion Date
1. Establish the Jefferson County Caregiver Advisory Board to plan annual Jefferson County Caregiver Conference	Jefferson County Department of Human Services (HS) and/or Jefferson County Council on Aging (JCCOA)	Disease Specific Organizations (i.e. Alzheimer's Association, Developmental Disabilities Resource Center), Caregivers, Professionals in Aging (i.e. case managers, social workers, home health agency administrators), Denver Regional Council of Governments' Area Agency on Aging (DRCOG AAA)	Human resources are needed	An organization exists with the purpose of planning and implementing an annual venue for caregivers	September 2011
2. Hold an annual Jefferson County Caregiver Conference during National Caregiver month (November)	Jefferson County Department of Human Services (HS) and/or Jefferson County Council on Aging (JCCOA)	Caregivers, Professionals in Aging, Disease Specific Organizations, Seniors' Resource Center (SRC)	Disease Specific Organizations, Seniors' Resource Center (SRC)	Caregivers learn about issues that impact their care recipient, and feel supported in their role	November 2012 and Annually Thereafter
3. Offer quarterly series of classes for caregivers in Jefferson County	Seniors' Resource Center (SRC)	Lutheran Family Services, Alzheimer's Association, Libraries, Senior Centers	DRCOG AAA, Private foundations (i.e. Daniel's Fund, Colorado Health, Rose) for funding and advertisement.	Caregivers learn about issues that impact their care recipient and feel supported in their role	November 2011
4. Develop ongoing therapeutic support groups for Jefferson County caregivers	Lutheran Family Services	Jefferson Center for Mental Health (JCMH), Physicians Offices, DRCOG AAA	Insurance Plans that cover support groups for caregivers	Caregivers address personal issues that impact both them and their care recipient and feel supported in their role	December 2010 and Ongoing
OBJECTIVE 2 Increase awareness of community resources available to caregivers					
Strategies	Potential Lead Agency	Potential Partners	Resources Needed	Key Outcomes	Target Completion Date
1. Develop and maintain links to community referral agencies on Jefferson County website	Jefferson County Department of Human Services (HS)	DRCOG AAA's Network of Care, United Way 211, SRC	Jefferson County HS, including their internet support (IT) team, The Jefferson County Aging Well website	Caregivers have easy, immediate access to other resources from one website	June 2011
2. Create information page on Jefferson County website explaining basic terms and service descriptions	Jefferson County HS	Some agencies may need to be contacted if terms are not clear	Jefferson County HS, including IT, Jefferson County Aging Well website	Caregivers are informed about the meaning of industry terms that will help them in their caregiving role	June 2011
3. Create a plan specific to Jefferson County that publicizes DRCOG Network of Care	DRCOG AAA, Jefferson County HS	Physician offices, Senior Centers, Home Health Agencies, Hospital Case Managers, and other community services	DRCOG AAA	Caregivers have comprehensive and ready access to resources	June 2011

OBJECTIVE 3 Increase level of caregiver skill					
Strategies	Potential Lead Agency	Potential Partners	Resources Needed	Key Outcomes	Target Completion Date
1. Expand Jefferson County's website to include links for on-line skill training videos and/or webinars to increase caregiver's skills	Jefferson County HS	Various internet sources [inc. the Denver Regional Council of Governments, Area Agency on Aging (DRCOG AAA)]	Existing website for Jefferson County Aging and Adult Services and/or Aging Well	Caregivers will learn skills needed for safe, effective caregiving in their own home	December 2012 and Ongoing
2. Develop home-based 1:1 option for caregiver coaching that is tailored to individual need	SRC	Home Health Agencies, Developmental Disabilities Resource Center (DDRC), SRC, Disease-Specific Organizations	Agencies willing to provide this type of service	Caregivers will receive skills training specific to their individual caregiving situation	December 2013 and Ongoing
3. Connect caregivers to DVD tools for skill-building	Jefferson County HS	Libraries, Physician Offices, Senior Centers	Private Funder	Caregivers will learn skills needed for safe, effective caregiving in the comfort of their own home	December 2012 and Ongoing
4. Select and implement work-life caregiver curriculum to be offered in work places for employed caregivers	Lutheran Family Services	Employers, Employee Assistance Plan (EAP) Providers	DRCOG AAA, Private CO Funder	Caregivers will have improved work-life balance	December 2013 and Ongoing

GOAL 2 - Develop options for respite services that support caregivers and promote aging in place

OBJECTIVE 1 Increase number of qualified persons in the field of care giving

Strategies	Potential Lead Agency	Potential Partners	Resources Needed	Key Outcomes	Target Completion Date
1. Develop caregiver training certification program in Jefferson County	Red Rocks Community College, Workforce, SRC, PASCO (Personal Assistance Services of Colorado)	Recreation centers, libraries, private agencies and facilities	Grants, Workforce Investment Act funds	Caregiver certification curriculum developed and offered in Jefferson County	September 2012
2. Train or retrain mature individuals with a desire for providing direct care as front-line care providers	Jefferson County Options for Long Term Care	Jefferson County Workforce (Workforce)	Workforce Investment Act WIA funds, and/or Senior Community Service Employment Program (SCSEP) funds	Increased quality care providers	September 2010
3. Establish a registry of certified caregivers with background checks	Jefferson County HS	Red Rocks Community College, Workforce	California registry of caretakers	Availability of information to people seeking quality caregivers	September 2014

OBJECTIVE 2 Increase available respite options to support caregivers

Strategies	Potential Lead Agency	Potential Partners	Resources Needed	Key Outcomes	Target Completion Date
1. Ensure registry above of caregivers includes pool of providers for in-home respite care	Jefferson County HS	Red Rocks Community College, Workforce	California registry of caretakers	Caregivers will have access to in-home respite	September 2014
2. Explore the creation of a registry of available short-term respite beds in the county	DRCOG AAA	Nursing Facilities (NFs) and Assisted Living Residences (ALRs)	Colorado Association of Homes and Services for the Aging (CAHSA), California Assisted Living Association (CALA)	Caregivers will have information regarding short-term respite beds	March 2011
3. Develop information on volunteer respite options	Jefferson County HS	SRC, Love In The Name of Christ (Love INC), Share the Care, other faith based organizations	Grants	List created of volunteer people and organizations	September 2011

OBJECTIVE 3 Increase household supportive services

Strategies	Potential Lead Agency	Potential Partners	Resources Needed	Key Outcomes	Target Completion Date
1. Establish a "North, South, East, and West" Jefferson County resource list that provides yard work, tree limb removal, and snow removal at low or no cost	Personal Touch Senior Services In Home Care Assistance	Congregations, SRC, Volunteers of America (VOA)	Congregations, SRC, VOA	Individuals and caregivers will know where to find assistance to maintain a yard.	January 2015

Strategic Plan For 2016 Through 2030

GOAL 1 – Ensure businesses, community groups, and the public are educated about caregiver issues and supports

OBJECTIVE 1 Establish and implement a countywide community outreach campaign to inform residents about caregiver issues and supports

Strategies	Potential Lead Agency	Potential Partners	Start Year	End Year	Comments
1. Acquire resources to design an outreach campaign (as defined in objective)	Jefferson County Council on Aging (JCCOA), Jefferson County Department of Human Services (HS), or Seniors' Resource Center (SRC)	Jefferson County Department of Human Services (HS), Seniors' Resource Center (SRC)	2016	2017	Jefferson County (Jeffco) Caregiver Advisory Board could be a part of the JCCOA.
2. Design the outreach/marketing campaign	JCCOA, SRC, or HS	Schools (Red Rocks, Colorado University, Regis, Denver University, Metropolitan State College in Denver), or Professional Marketing Company	2017	2019	A college business program might be able/willing to use the idea as a project for students. JCCOA may utilize the Jeffco Caregiver Advisory Board.
3. Implement outreach/marketing campaign	SRC, HS	Libraries, Medical offices, Senior Centers, Recreation Centers	2019	Through 2030	Materials and approach should be updated every 3 years

OBJECTIVE 2 Establish and implement a countywide employer outreach campaign to inform employers about caregiver issues, needs, and supports

Strategies	Potential Lead Agency	Potential Partners	Start Year	End Year	Comments
1. Identify best practices for businesses to address caregiver issues.	SRC, Employee Assistance Professional Association of Colorado (EAPAC)	Businesses with good models of supporting caregiver issues, Employee Assistance Professional Association of Colorado (EAPAC)	2016	2017	Look into business practices and Employee Assistance Plans (EAPs) that accommodate the caregiver (i.e. flexibility, EAP caregiver benefits, etc).
2. Acquire resources needed to implement outreach to businesses	SRC	Grant foundations, Local businesses, Area Agency on Aging	2017	2019	
3. Implement outreach to businesses	SRC	Lutheran Family Services, volunteers	2019	2029	
4. Explore Options for, and possible implementation of, Adult Day Centers (ADCs) connected to work sites	SRC	Denver Federal Center, Jefferson Center for Mental Health (JCMH), and other large area businesses	2016	2030	It might be best to start with the Federal Center, as they already have an on-site day center for child care.

GOAL 2 – Ensure caregivers in Jefferson County have access to services and resources that provide support for caregiver needs

OBJECTIVE 1 Establish a physical location for a Caregiver Resource Center

Strategies	Potential Lead Agency	Potential Partners	Start Year	End Year	Comments
1. Establish a task force of providers, caregivers, & community members	HS or Jefferson County Caregiver Advisory Board	Jeffco Providers of Senior Services, Area Senior Centers, Church Groups, JCCOA, West Chamber	2016	2017	This group would come up with the business plan for the Caregiver Resource Center. The Jefferson County Caregiver Advisory Board (created in short term goals) may fill this role.
2. Locate land and building	HS or Jefferson County Caregiver Advisory Board	Jeffco Planning and Zoning, Local realtor	2017	2020	Explore options for a centralized location and feasibility
3. Explore Funding	HS or Jefferson County Caregiver Advisory Board	Grant Writers, Rose Community Foundation, Donor Solicitor, University Class	2017	2020	Ascertain the funding necessary to carry the vision of the Resource Center to completion
4. Build/Remodel and open the Jefferson County Caregiver Resource Center	HS or Jefferson County Caregiver Advisory Board	Home modification/ accessibility companies that operate in Jefferson County; Existing or upcoming Jefferson County development projects	2019	2021	