

# Aging Services



## **In this Section You Will Find Information on:**

- **Area Agencies on Aging**
- **Senior Centers/Nutrition Sites**
- **The Senior Community Service Employment Program (SCSEP)**
- **Foster Grandparents Program**
- **Additional Aging Services and Resources**

### **For additional information on:**

Utility assistance and discounts for older adults, see the Short Term Crisis and Utility Service section, beginning on page 84.



Arizona Community Action Association  
Advocating, Educating and Partnering to Prevent and Alleviate Poverty

# Area Agencies on Aging

## Program Description

Area Agencies on Aging are organizations which coordinate and offer a variety of services for adults aged 60 and over, adults with disabilities, and those who care for older adults. The focus of these services is to help older adults remain living independently in their own homes.

Services and programs vary by agency but most Area Agencies on Aging provide:

- **Information and Referral Help**
  - Special senior telephone help lines
  - Health insurance counseling
  - Caregiver support
  - Case management
  - Retirement planning
- **Community Based Services**
  - Meals served at nutrition sites and senior centers
  - Volunteer matching
  - Employment help
  - Recreation at senior centers
  - Grandparents raising Grandchildren support
  - Transportation Assistance
- **In-Home Services**
  - Home delivered meals
  - Homemaker assistance
  - Telephone reassurance
  - Home health services
  - Respite care
- **Housing Services**
  - Referrals to special senior housing
  - Help with minor home repairs
- **Protecting Older Adult Rights**
  - Legal assistance
  - Elder abuse prevention
  - Ombudsman Assistance for long-term care patients

## Eligibility Information

Persons interested in services must be 60 years or older (or must have a spouse 60 years or older), be an adult with disabilities or be a caregiver for persons aged 60 or over.

## Where to Apply

The **Area Agency on Aging** office in your County, listed below:



## Maricopa County

### **Area Agency on Aging, Region One**

1366 E Thomas Rd, #108  
Phoenix, AZ 85014  
602-264-2555 - 24 hour hotline  
1-888-783-7500  
[www.aaaphx.org](http://www.aaaphx.org)

## Pima County

### **Pima Council on Aging, Region Two**

8467 E Broadway  
Tucson, AZ 85710  
520-790-7262 (HELP Line)  
520-546-2011 (Medicare Info Line)  
[www.pcoa.org](http://www.pcoa.org)

## Apache, Navajo, Coconino and Yavapai Counties

### **Area Agency on Aging, Region Three**

119 E Aspen Ave  
Flagstaff, AZ 86001  
928-774-1895  
[www.nacog.org](http://www.nacog.org)

## Yuma, Mohave and La Paz Counties

### **Area Agency on Aging, Region Four**

Yuma County  
224 S Third Ave  
Yuma, AZ 85364  
800-782-1886

### **Mohave County**

208 N 4th St  
Kingman, AZ 86401  
928-753-6247

## Pinal and Gila Counties

### **Pinal-Gila Council for Senior Citizens, Region Five**

8969 W McCartney Rd  
Casa Grande, AZ 85194  
520-836-2758  
1-800-293-9393  
[www.pgcs.org](http://www.pgcs.org)



**Graham, Greenlee,  
Cochise, Santa Cruz  
Counties**

**Area Agency on Aging,  
Region Six**

118 Arizona St.  
Bisbee, AZ 85603  
520-432-5301  
www.seago.org

**Navajo Nation**

**Area Agency on Aging,  
Region Seven**

Window Rock Blvd, Admin #2  
P.O. Box 1390  
Window Rock, AZ 86515  
928-871-6868  
www.naaa.navajo.org

**Inter Tribal Council of 20  
Tribes**

**Area Agency on Aging,  
Region Eight**

2214 N Central Ave, Suite 100  
Phoenix, AZ 85004  
602-258-4822  
www.itcaonline.com

**To locate Area Agency on  
Aging Programs  
in other states, call  
1-800-677-1116**

## Senior Centers and Nutrition Sites

### Program Description

Throughout Arizona, Senior Centers provide nutritious meals for older adults in addition to many other services and activities.

**Call the Senior Center  
nearest you to find out  
what services they offer.**

**Apache County**

**Round Valley Senior Center**

356 S Papago St  
Springerville, AZ 85938  
928-333-2516

**St. Johns Senior Center**

75 W Cleveland St  
St. Johns, AZ 85936  
928-337-2144

**Cochise County**

**Benson Senior Center**

705 W Union St  
Benson, AZ 85602  
520-586-9775

**Bisbee Senior Center**

300 Collins Rd  
Bisbee, AZ 85603  
520-432-2167

**Ethel Berger Center**

2950 E Tacoma St  
Sierra Vista, AZ 85635  
520-417-6988

**Huachuca City Senior Center**

504 N Gonzales Blvd  
Huachuca City, AZ 85616  
520-456-3059

**Sunsites Senior/Community  
Center**

1270 Treasure Rd  
Sunsites, AZ 85625  
520-826-4003

**Tombstone Senior Center**

513 E Toughnut  
Tombstone, AZ 85638  
520-457-3921

**Coconino County**

**Adult Community Center of  
Sedona**

2615 Melody Ln  
Sedona, AZ 86336  
928-282-2834  
www.accsedona.org

**Bill Williams Senior Center**

850 W Grant  
Williams, AZ 86046  
928-635-2628

**Coconino County Community  
Center**

2625 N King  
Flagstaff, AZ 86004  
928-522-7979

**Flagstaff Senior Center**

245 N. Thorpe  
Flagstaff, AZ 86001  
928-774-1068

**Fredonia Senior Citizen's  
Center**

80 N 100 West  
Fredonia, AZ 86022  
928-643-7278

**Page Senior Center**

699 S Navajo  
Page, AZ 86040  
928-645-2600

**Gila County**

**Globe Senior Center**

150 N Pine St  
Globe, AZ 85501  
928-425-9030

**Hayden Senior Center**

520 Velasco Ave  
Hayden, AZ 85135  
520-356-7035

**Miami Senior Center**

500 Sullivan St  
Miami, AZ 85539  
928-473-4190

**Payson Senior Center**

514 W Main St  
Payson, AZ 85541  
928-474-4876

**Pine Senior Center**

Hwy 87 & Randall Pl  
Pine, AZ 85544  
928-476-2151

**Graham/Greenlee  
Counties**

**Clifton Senior Center**

104 Fourth St  
Clifton, AZ 85533  
928-865-5240

**Duncan Senior Center**

235 High St  
Duncan, AZ 85534  
928-428-5891  
928-428-4328 (Nutrition)

**Safford Senior Center**

822 W Main St  
Safford, AZ 85546  
928-359-9440

**La Paz County**

**Parker Senior Center**

1115 W 12th St  
Parker, AZ 85344  
928-669-9514

**Maricopa County**

**Adam Diaz Senior Center**

4115 W Thomas Rd  
Phoenix, AZ 85019  
(602) 262-1609

**Avondale Senior Center**

1007 S 3rd St  
Avondale, AZ 85323  
(602) 478-3060

**Buckeye Senior Center**

201 E Centre Ave  
Buckeye, AZ 85326  
(623) 386-4862

**Cahill Senior Center**

715 W 5th St  
Tempe, AZ 85281  
480-858-2422

**Cashion Senior Center**

10857 W Pima  
Cashion, AZ 85329  
623-333-2423

**Chandler Senior Center**

202 E Boston St  
Chandler, AZ 85225  
480-782-2720

**Chez Nous Center**

14495 R.H. Johnson Blvd  
Sun City West, AZ 85375  
623-584-0040

**Chicanos Por La Causa**

1617 N 45th Ave  
Phoenix, AZ 85035  
602-272-0054

**Chinese Senior Center**

734 W Elm St  
Phoenix, AZ 85013  
(602) 262-6411

**Deer Valley Senior Services**

2001 W Wahalla Ln  
Phoenix, AZ 85027  
602-495-3735

**Desert West Community  
Center**

6501 W Virginia Ave  
Phoenix, AZ 85035  
(602) 495-3709

**Devonshire Senior Center**

2802 E. Devonshire.  
Phoenix, AZ 85016  
602-262-7807

**El Mirage Senior Center**

14010 N El Mirage Rd  
El Mirage, AZ 85335  
(623) 937-0500

**Escalante Senior Center**

2150 E Orange  
Tempe, AZ 85281  
(480) 350-5870

**Fountain Hills Senior Center**

13001 N La Montana Blvd  
Fountain Hills, AZ 85268  
(480) 816-5226

**Gila Bend Senior Center**

202 N Euclid  
Gila Bend, AZ 85337  
(928) 683-2244

**Gilbert Senior Center**

130 Oak St  
Gilbert, AZ 85233  
(480) 503-6060

**Glendale Adult Center-YWCA**

5970 W Brown  
Glendale, Az 85302  
623-930-4321

**Goelet Beuf Community Center**

3435 W Pinnacle Peak Rd.  
Phoenix, Az 85027  
602-534-9743

**Granite Reef Senior Center**

1700 N Granite Reef Rd.  
Scottsdale, Az 85257  
480-312-1700

**Guadalupe Senior Center**

9401 S Avenida Del Yaqui  
Guadalupe, Az 85283  
480-505-5393

**JCSF Senior Enrichment Center**

1118 W Glendale Ave.  
Phoenix, Az 85021  
602-943-2198

**Jewish Community Center**

1805 W Montebello  
Phoenix, Az 85015  
602-242-1999

**Manzanita Senior Center**

3581 W Northern Ave  
Phoenix, Az 85051  
602-262-4949

**Marcos De Niza Senior Center**

305 W Pima Rd  
Phoenix, Az 85003  
602-262-7249

**McDowell Place Senior Center**

1845 E McDowell  
Phoenix, Az 85006  
602-262-1842

**Mesa Senior Center**

247 N MacDonald  
Mesa, Az 85201  
480-962-5612

**Mesa Senior Center East**

7550 E Adobe Rd  
Mesa, Az 85207  
480-218-2221

**New River Senior Center**

48606 N 17th Ave.  
New River, Az 85087  
623-465-0367

**Olive Branch Senior Center**

11250 N 107th Ave  
Sun City, Az 85351  
623-974-6797

**Paradise Valley Community Center**

17402 N 40th St  
Phoenix, Az 85032  
602-495-3777

**Pecos Senior Center**

17010 S 48th St  
Phoenix, Az 85048  
602-534-5366

**Peoria Senior Center**

8335 W Jefferson  
Peoria, Az 85345  
(623) 979-3911

**Pyle Adult Recreation Center**

655 E. Southern Ave  
Tempe, Az 85283  
(480) 350-5211

**Saguaro Senior Center**

21802 W Wilson  
Wittman, Az 85361  
623-388-2683

**Salvation Army Senior Center**

613 N 4th Ave  
Phoenix, Az 85003  
(602) 251-2005

**Santa Rosa Senior Center**

1901 W Ocotillo Rd  
Phoenix, Az 85015  
(602) 242-2258

**Senior Opportunities West**

1220 S 7th Ave  
Phoenix, Az 85007  
(602) 262-6610

**Senior Services East**

1818 S 16th St  
Phoenix, Az 85034  
(602) 262-6610

**Shadow Mountain Senior Center**

3546 E. Sweetwater Ave  
Phoenix, Az 85032  
(602) 534-2303

**South Mountain Community Center**

212 E Alta Vista Rd  
Phoenix, Az 85040  
(602) 262-4874

**Sunnyslope Senior Center**

802 E Vogel Ave  
Phoenix, Az 85020  
(602) 262-7572

**Surprise Community Initiatives**

15832 N Hollyhock  
Surprise, Az 85374  
(623) 583-0653

**Tempe North Senior Center**

15550 N Bridal Wreath  
Tempe, Az 85281  
(480) 858-6510

**Tolleson Senior Center**

9555 W Van Buren  
Tolleson, Az 85353  
(623) 936-2753

**Via Linda Senior Center**

10440 E Via Linda  
Scottsdale, Az 85258  
480-312-5810

**Wise Owl Senior Center**

255 N Washington St  
Wickenburg, Az 85390  
(928) 684-7894

**YWCA Valley West Center**

8561 N 61st Ave  
Glendale, Az 85302  
(623) 931-7436

**Mohave County****Golden Shores Senior Center**

13136 Golden Shores  
Parkway  
Topock, Az 86406  
928-768-2421

**Kingman Senior Center**

1776-1/2 Airway Ave  
Kingman, Az 85401  
928-757-8150

**Lake Havasu Senior Center**

450 S Acoma Blvd  
Lake Havasu City, Az 85406  
928-453-0715

**Bullhead City Nutrition Center**

2275 Trane Rd  
Bullhead City, Az 85442  
928-758-0718

**Navajo County****Holbrook Senior Center**

216 N Joy Nevin Ave  
Holbrook, Az 85025  
928-524-6044

**Rim Country Senior Center**

2171 B Street  
Overgaard, Az 85933  
(928) 535-5525

**Silver Creek Senior Center**

1658 S Main St  
Snowflake, Az 85937  
928-536-2222

**Winslow Senior Center**

212 E Second St  
Winslow, Az 86047  
928-289-3341

**Pima County****Ajo Community Center**

290 E 5th St  
Ajo, Az 85321  
520-387-6641

**Archer Center**

1665 S La Cholla Blvd  
Tucson, Az 85713  
520-791-4355

**Armory Park Senior Center**

220 S Fifth Ave  
Tucson, Az 85701  
520-791-4070

**Casa Community Center**

780 S. Park Centre Ave.  
Green Valley, Az 85614  
(602)399-2136

**Eastside Senior Center**

7901 E. Scarlett St.  
Tucson, Az 85710  
(520) 296-4816

**El Pueblo Neighborhood Center**

101 W Irvington Rd  
Bldg 6  
Tucson, Az 85714  
520-889-0928

**El Rio Neighborhood Center**

1390 W Speedway Blvd  
Tucson, Az 85745  
520-791-4683

**Green Valley Eastside Senior Center**

7901 E Scarlett St  
Tucson, Az 85710  
520-296-4816

**Jacobs YMCA**

1010 W Lind St  
Tucson, Az 85705  
520-888-7716

**Marana Community Center**

13250 N Lon Adams Rd  
Marana, Az 85653  
520-382-3485

**Northwest Neighborhood Center**

2160 N Sixth Ave  
Tucson, Az 85705  
520-791-3249

**Quincie Douglas Senior Center**

1575 E 36th St  
Tucson, Az 85713  
520-791-2507

**Richey Senior Center**

1001 N Richey Blvd  
Tucson, Az 85716  
520-795-9671

**Robles Junction Community Cnt.**  
16150 W. Ajo Way  
Tucson, Az 85735  
(520) 578-3063

## Pinal County

**Apache Junction Active Adult Center**  
1035 N Idaho Rd,  
Apache Junction, AZ 85119  
480-474-5260

**Coolidge Senior Center**  
250 S Third St  
Coolidge, AZ 85228  
520-723-4803

**Dorothy Nolan Senior Center**  
330 N. Pinal St.  
Florence, Az 85232  
(520) 868-7622

**Dorothy Powell Senior Center**  
405 E 6th St  
Casa Grande, AZ 85222  
520-421-8760

**Kearny Senior Center**  
912 E. Tilbury Dr.  
Constitution Hall  
Kearny, Az 85237  
(520) 363-5547

**Oracle Senior Center**  
American Ave.  
Oracle, Az 85623  
(520) 896-9326

**San Manuel Senior Center**  
210 Avenue A  
San Manuel, Az 85631  
520-385-2475

**Superior Senior Center**  
360 Main St  
Superior, AZ 85173  
520-689-5182

**Toltec/Eloy Adult Center**  
3650 W Shedd Rd  
Eloy, AZ 85231  
520-466-3166

## Santa Cruz County

**Nogales Senior Center**  
125 Madison St  
Nogales, AZ 85621  
520-287-7422

**Patagonia Senior Center**  
100 Quiroga Dr.  
Patagonia, Az 85624  
(520) 394-2494

**Rio Rico Senior Center**  
391 Coatimundi Ave.  
Rio Rico, Az 85648  
(520) 281-7880

**Tubac Community Center**  
Tubac, Az 85640  
(520) 398-1800

## Yavapai County

**Adult Community Center of Sedona**  
2615 Melody Ln  
Sedona, AZ 86336  
928-282-2834

**Beaver Creek Adult Center**  
4250 E Zuni Way  
Lake Montezuma, AZ  
85342  
928-567-4556

**Black Canyon City Nutrition Project**  
St. Phillip Catholic Church  
34621 S. Old Black Canyon Hwy.  
Black Canyon City, AZ  
85324  
(623) 374-9246

**Central AZ Senior Association Prescott Valley Nutrition Project**  
9360 E Manzanita Cr  
Prescott Valley, AZ 86314  
928-772-3337

**Chino Valley Senior Center**  
1021 W Butterfield Rd  
Chino Valley, Az 86323  
(928) 636-9114

**Pinetop/Lakeside Senior Center**  
1594 Johnson Dr  
Lakeside, AZ 85929  
928-368-5869

**Mayer Nutrition Project**  
10051 S Miami St  
Mayer, Az 86333  
(928) 632-7511

**Prescott Meals on Wheels**  
1280 E Rosser St  
Prescott, AZ 86301  
928-445-7630

**Verde Valley Senior Center**  
500 E Cherry St  
Cottonwood, AZ 85326  
928-634-5450

**Yarnell Senior Center**  
22302 Broadway  
Yarnell, AZ 85362  
928-427-6347

## Yuma County

**Somerton Senior Nutrition Program**  
239 W Canal St  
Somerton, AZ 85350  
928-627-9878

**Yuma Senior Nutrition Program**  
160 E 1st St  
Yuma, AZ 85364  
928-782-4489

## Indian Reservations

**Ak-Chin Community Center**  
48203 Farrell Rd  
Maricopa, AZ 85239  
520-568-2221

**Camp Verde Yavapai Apache Clarkdale Community Center**  
321 Bonnahe Ave  
Clarkdale, AZ 86324  
928-634-8549

**Colorado River Indian Tribes Mo-Chem-Ho-Na Senior Center**  
21074 Mohave Rd  
Parker, AZ 85344  
928-662-4283

**Fort McDowell Indian Community Senior Citizen Center**  
18751 E Bon Hon Na St  
Fort McDowell, AZ 85264  
480-837-2611

**Gila River Indian Community Locations:**  
-Blackwater  
-Sacaton Flats  
-Sacaton  
-Stotonic  
-Bapchule  
-St. Johns  
-Maricopa Colony  
520-562-3588

**Hualapai Elderly Center**  
510 Canyon View Drive  
Peach Springs, AZ 86434  
928-769-2375

**Kaibab Paiute Senior Nutrition Program**  
1 N Pipe Spring Rd  
Fredonia, AZ 86022  
928-643-7245

**Pascua Yaqui Tribe Liogue Senior Center**  
7601 S Camino Benem  
Tucson, AZ 85757  
520-879-5530

**Salt River Indian Community Senior Service Center**  
10005 E Osborn  
Scottsdale, AZ 85256  
480-850-8427

**San Carlos Older Adult Center**  
Hwy 170  
San Carlos, AZ 85550  
928-475-2318

## Tohono O'Odham Locations:

-Sells  
-South Komelik  
-Schuck Toak  
-San Xavier  
-Santa Rosa  
-Chui Chu  
White Mountain Apache  
520-383-6075  
**Locations:**  
-East Fork  
-Canyon Day  
-Cedar Creek  
-Carrizo  
-Cibequé  
928-338-4346

## Navajo Nation

There are 81 Senior Centers throughout the Navajo Nation. Call the **Navajo Area Agency on Aging** nearest you for information on your local Senior Center.

**Chinle Agency Navajo Area Agency on Aging**  
Rt 7  
Chinle, AZ 86503  
928-674-2092

**Crownpoint Agency Navajo Area Agency on Aging**  
Crownpoint, NM 87313  
505-786-2042

**Fort Defiance Agency Navajo Area Agency on Aging**  
Fort Defiance, AZ 86504  
928-729-4019

**Shiprock Agency Navajo Area Agency on Aging**  
Shiprock, NM 87420  
505-368-1250

**Tuba City Agency Navajo Area Agency on Aging**  
P.O. Box 1650  
Tuba City, AZ 86045  
928-283-3350

# Senior Community Service Employment Program (SCSEP)

## Program Description

The SCSEP is a program designed to assist seniors in finding jobs and provide job skill training. These programs are intended to assist older individuals maximize their independence by providing a stepping-stone to prepare an older person to gain job skills for their entry or return to work. The training is 20 hours a week and pays minimum wage.

## Eligibility Information

To be eligible for these services you must:

- Be 55 years or older
- Be unemployed
- Have a household income of no more than 125% of the federal poverty level

## Where to Apply

For more information contact one of the agencies listed below or the **Area Agency on Aging** nearest you (see page 7).

### Apache, Coconino, Gila, Maricopa, Mohave, Navajo, Pima, Pinal, and Yavapai Counties

**Arizona Department of Economic Security**  
1789 W Jefferson, 950A  
Phoenix, AZ 85007  
602-542-4446

### Cochise, Pima, Pinal, and Santa Cruz Counties

**Catholic Social Services**  
140 W Speedway  
Tucson, AZ 85705  
1-800-234-0344

### La Paz, Maricopa, Mohave, and Yavapai Counties

**AARP**  
5119 N 19th Ave  
Suite A  
Phoenix, AZ 85015  
602-841-0403

### Apache, Cochise, Coconino, Gila, Graham, Maricopa, Navajo, Pima, Pinal, and Yuma Counties

**National Indian Council on Aging**  
2111 E Broadway Rd  
Ste. 32  
Tempe, AZ 85282  
480-921-3406

### Maricopa and Yuma Counties

**Goodwill Industries of Central Arizona**  
417 N 16th St  
Phoenix, AZ 85006  
602-416-6149

# Foster Grandparent Program

## Program Description

The Foster Grandparent Program (FGP) gives you the opportunity to provide companionship and guidance to children and adults with exceptional and special needs.

## Benefits:

- Stipend\* of \$2.65 per hour for 20 hours of volunteer service.
- Annual physical exam (Paid for by the FG Program)
- Pre-service and in-service training

\*The stipend is not subject to any tax or charge or treated as wages or compensation. The stipend will not reduce or eliminate the level of or eligibility for any assistance you may receive or be receiving under any federal, state or local governmental program.

## Eligibility Information

Minimum age of 60; must meet income requirements; must be physically and mentally capable of providing individual love and attention to children and adults.

## Where to Apply

For more information or to request an application, contact:

|                               |                     |
|-------------------------------|---------------------|
| <b>Apache/Navaho Counties</b> | <b>928-242-5895</b> |
| <b>Coconino County</b>        | <b>928-523-1082</b> |
| <b>Mohave County</b>          | <b>928-715-2200</b> |
| <b>Yavapai County</b>         | <b>928-202-8261</b> |
| <b>Maricopa County</b>        | <b>623-776-0203</b> |

# Adult Protective Services

If you suspect or have knowledge of a situation where an older person is being neglected, abused or exploited, call DES Adult Protective Services at:

|  |                |
|--|----------------|
| <b>Statewide</b> (24 Hour Adult Abuse Hotline) | 1-877-767-2385 |
| <b>Maricopa</b>                                | 602-255-0996   |
| <b>Pima</b>                                    | 520-881-4066   |
| <b>Apache and Coconino</b>                     | 928-213-3594   |
| <b>La Paz, Mohave, Yuma</b>                    | 928-782-9255   |
| <b>Gila and Pinal</b>                          | 928-425-3101   |
| <b>Cochise, Graham,</b>                        |                |
| <b>Greenlee and Santa Cruz</b>                 | 928-428-7702   |

**If you believe a vulnerable adult is in serious and immediate danger, call**

**9-1-1**

## AARP

(American Association of Retired Persons)

AARP is a nonprofit, nonpartisan membership organization that helps people 50 years of age or older have independence, choice and control in ways that are beneficial and affordable to them and society as a whole.

AARP and the AARP Foundation offer a large variety of programs in areas of health, finances, life enjoyment and advocacy related to special needs of older adults. Examples of programs that can be accessed through AARP are: grandparents raising grandchildren assistance, money management programs for low-income older adults, reverse mortgage education and senior employment programs.

AARP Arizona 866-389-5649

Online, you can visit AARP at [www.AARP.org](http://www.AARP.org). Simply go to the "In Your State" section and click on Arizona.

## Alzheimer's Association

**24 Hour HELPLINE** 1-800-272-3900  
(Services available in many languages including Spanish)

### Alzheimer's Association Desert Southwest Chapter

**Prescott** 928-771-9257  
**Phoenix** 602-528-0545  
**Sun City** 623-815-2494  
**Tucson** 520-322-6601

## Elder Care Locator

Find services for older adults and their families nationwide.

[www.eldercare.gov](http://www.eldercare.gov)

## Foundation For Senior Living

The Foundation for Senior Living, located in Phoenix, serves the elderly, adults with disabilities, their families and caregivers. They provide many flexible, individualized, personal care programs designed to protect senior adults and those with disabilities to preserve independence and enhance their quality of life. To receive these services you must be an individual or have a family member who is 60 years of age or older or be an adult with disabilities.

**Phoenix Metro** 602-285-1800

## Governor's Advisory Council On Aging

1700 W Washington St  
Suite 2040  
Phoenix, AZ 85007  
602-542-4710

## P.A.C.E

(Phoenix Advocacy and Counseling for the Elderly)

Provides assistance with and/or referrals for food, clothing, counseling, assistive devices, bills/insurance claims, utility assistance and legal aid. Must be a resident of Phoenix and at least 60 years of age.

**City of Phoenix**  
200 W Washington St  
17th Floor  
Phoenix, AZ 85003-1611  
602-262-6631

## Senior Benefits Check-Up

This website will provide older adults with a list of programs and services they may be eligible to receive.

[www.benefitscheckup.org/link/az211](http://www.benefitscheckup.org/link/az211)

## Senior Companion

Companions devote 20 hours per week visiting clients at daycare centers for elderly, various social service agencies and direct healthcare providers. Contact one of the agencies below to find out more about becoming a Senior Companion.

**Pima County SCP**  
Tucson  
209 S Tucson Blvd,  
Ste 2  
Tucson, AZ 85716  
Phone: (520) 323-1708 ext. 240  
Fax: (520) 795-7604

**SCP**  
Flagstaff  
PO Box 5063  
Flagstaff, AZ 86011  
Phone: (928) 523-6584  
Fax: (928) 523-9189

**Senior Volunteer Programs of Northern Arizona**  
Flagstaff  
Riles Building  
#15, Rm. 305, NAU  
PO Box 5063  
Flagstaff, AZ 86011  
Phone: (928) 523-6584  
Fax: (928) 523-9189