

Senior Resources



United Way 2-1-1 is a free and confidential number that individuals and families can call or text to find local community resources, programs and services based on their needs.

ABUSE/ NEGLECT

Adult Protective Services investigates reports of any form of abuse, neglect and exploitation of vulnerable adults; 801-538-3567, or 800-371-7897.

ADVOCACY/ COMMUNITY SUPPORT

Crisis Line of Utah County is a 24-hour hotline that helps callers in crisis and gives emergency referrals; 801-691-5433.

Grandfamilies of Utah County provides support, assistance, services and programs to grandparents who are raising children; 801-373-4765.

Long-Term Care Ombudsman seeks resolution of problems and advocates for the rights of residents of long term care facilities to ensure and enhance the quality of life and care of residents; 801-229-3809.

Mountainland Aging and Family Services provide information and referrals to senior resources in the community, and also provides caregiver support; 801-229-3804.

EMPLOYMENT SERVICES

Easter Seals Senior Community Service Employment Program (SCSEP) empowers low-income seniors ages 55 and over to achieve economic independence; 801-342-2662.

LDS Employment Center assists with job referrals, training, and rehabilitative placement; 801-818-6161.

FOOD ASSISTANCE

Food and Care Coalition serves nutritionally well-balanced meals Monday - Friday to Utah County's homeless, mentally ill and learning disabled, fixed income individuals and families; 801-373-1825.

Local Food Banks/Pantries can provide food to low income or food insecure individuals. Call 2-1-1 to find those closest to you.

Meals on Wheels deliver hot meals to homebound senior citizens; 801-229-3802.

The following **Senior Centers** offer free or low-cost social luncheons. Must call in advance to make a reservation:

American Fork.....	801-763-3090
Lehi.....	385-201-1065
Lindon.....	801-769-8625
Orem.....	801-229-7111
Payson	801-465-5215
Pleasant Grove.....	801-785-2818
Provo.....	801-852-6600
Spanish Fork.....	801-798-5015
Springville.....	801-489-8738

HEALTH CARE

Community Nursing Services provides home health aides, hospice care, respite care, health navigators and several other services; 801-224-8138.

Medical Referral Services provides medical information and referrals for those that require home health care, hospice and non-medical services at no cost to the patient; 801-601-1749.



2-1-1 Utah



211utah.org

Access 2-1-1 Utah on Instagram, online, and apps available for download.

Medicare is another source of health insurance available to all citizens who are 65 or older; 800-633-4227.

Primary Care Network provides health insurance to eligible low-income adults; 888-222-2542.

Patient Advocate Foundation Co-Pay Relief Program provides financial support for pharmaceuticals for patients insured by Medicaid or Medicare Part D; 866-512-3861 x1.

Utah County Health Department promotes public health and provides flu shots, immunizations, wellness clinics and cancer screenings; 801-851-7000.

RECREATIONAL/ SOCIAL

Provo Recreation Center provides programs and activities for seniors, such as guitar group lessons, "Senior" prom, AARP Safe Driving Courses, Senior Wellness Program, and many more; 801-852-6600.

Utah County Foster Grandparents provides seniors the opportunity to serve as mentors, tutors, caregivers, and friends to at-risk children and teens; 801-851-7784.

Senior Companions provides an opportunity for healthy, active seniors to help other seniors maintain their independence and provide respite to caregivers; 801-851-7767.

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For more information and assistance, call 2-1-1 or text your zip code to 898211.