# Seniors' Resource Center



SENIORS' RESOURCE CENTER

Providing Independence Since 1978 303.238.8151 | www.SRCaging.org

#### Helping Colorado's Older Adults Age at Home Since 1978

### Mission

Seniors' Resource Center (SRC) is a nonprofit community partner, providing person-focused, coordinated services to enhance independence, dignity, and quality of life for older adults in the Denver metro area and neighboring mountain communities.



## Adult Day & Respite Services

- Planned, positive, creative activities and socialization
- Assistance with transfers, eating, and bathroom
- Meals from our own chef, tailored to needs
- Family fellowship and caregiver support



### **Community Services**

Services that occur inside a client's residence or by phone

- Assessment of needs
- Navigation of resources
- Behavioral health support
- Support following a hospital stay
- Social engagement
- Errands
- Medication reminders
- Bathing & hygiene assistance
- Meal preparation
- Meals on Wheels



- Cleaning
- Laundry
- Yard work
- Minor home repair
- Grab bar and handrail
  Seniors'

RESOURCE Center

# **Transportation Services**



- Door-through-door service in Denver Metro area and surrounding mountain areas
- Prioritize medical & grocery trips
- No cost to riders age 60+ (voluntary contributions accepted)

## **Education & Support**

SRC partners with other organizations to offer classes and events that help people find resources and skills they need to age well, and which honor the contributions of older adults. These include:

- Aging Mastery Program ®
- AARP Safe Driving Class ®
- Caregiver Support Groups and Classes
- Low Vision Support Group
- Stepping On ®
- Senior Heroes



#### **Contact Us**

SRC Wheat Ridge 303-238-8151

SRC Evergreen 303-674-2843

SRC Southwest 303-979-6173

The Starr Center 303-233-0324

Johnson Adult Day Program 303-789-1519



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