

Caregiver Support Groups:

In Gunnison, contact Shandy at (970) 641-0704 ext. 106.

In Crested Butte, contact Cathy at (970) 209-4528 or Joanne at (970) 349-0368.

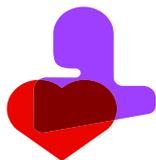
On-line support group: An on-line community for caregivers can be found at caringroad.org. It's free and allows caregivers to contact one another. It's an on-line support group!

Web-based resources:

If you're looking for ideas to make your caregiving less stressful, please visit www.blueprintforcaregiving.com and take advantage of the free downloads on the pages for "Search for Light: Ten Crucial Lessons for Caregivers" and "Blueprint for Caregiving" provided by local author and caregiving coach, Joanne Reynolds.

Caregiver.com is a great website full of caregiving tips and articles. There is even an on-line magazine ("Today's Caregiver") and newsletter for which you can sign up.

Videocaregiving.org is a first-of-its-kind, video-based website that includes all-original, documentary video material showing real people facing real challenges in real life scenarios, and it's FREE.



For more information:

**Gunnison County
Senior Resources Office
&
Aging and Disability Resources for
Colorado (ADRC)**



225 N Pine St., Gunnison CO 81230
970-642-7300
Fax: 970-641-3738

Interactive links to all websites noted in this guide, plus much more information, is available at

www.GunnisonCounty.org/Seniors

04/14

Caregiver Resource Guide

Gunnison County



**Gunnison County
Senior Resources Office**

225 N Pine St., Gunnison CO 81230
970-642-7300
Fax: 970-641-3738

Care Providers ~

Gunnison Valley Health Home Medical Services, including Hospice and Palliative Care – for skilled care (Nursing care, Physical / Occupational or Speech Therapy), chronic illness or end-of-life care, call (970) 641-4254.

Gunnison Valley Health Senior Care Center and Assisted Living– a skilled and long-term care facility, call (970) 641-0704 for Senior Care Center, and 970-641-3031 for Assisted Living.

Family Caregiver Support Program offers education and support. Call Region 10 at 970-249-2436 for more information.

Touch of Care offers trained, non-medical home-based care (Private pay, Medicaid, Private Insurance) 1-866-874-6115, or visit www.touchofcarepcp.com.

Veteran's Services ~

Veterans may receive assistance with questions about services or benefits by contacting Gunnison County's Veteran's Services Officer at (970) 641-7919.

VA Medical Center in Grand Junction, Colorado - Toll Free (866) 206-6415 or visit www.va.gov.

Medicare ~

Call 1-800-MEDICARE or visit www.medicare.gov.

Transportation ~

Gunnison County Senior Transportation:

In Gunnison call (970) 596-6700.

In Crested Butte call (970) 275-4768.

Developmental Disabilities Support ~

Six Points Evaluation & Training – (970) 641-3081 or visit www.sixpointsgunnison.org

Community Options – (970) 249-1412.

Housing~

Gunnison County Housing Authority - Provides information on housing resources, including the Mountain View Apartments (Independent Living for those over 62 years of age). Contact them at (970) 641-7900 or (970) 641-4389.

Gunnison Valley Health Assisted Living – Provides Assisted Living level of care support. Call (970) 641-3031.

Guardianship & Conservatorship~

The required forms for filing for guardianship and conservatorship in Colorado can be printed from the self-help center on the Colorado State Judicial website (under "Probate") www.courts.state.co.us/Forms.

Mental Health ~

Depression and mental illnesses require the support of professionals who can provide support and guidance. If you, or someone you know, needs support- don't wait! Call Midwestern Center for Mental Health at (970) 641-0229.

Twelve Step Meetings in Gunnison (AA, NA, Gambler's Anonymous)- Meeting times vary throughout the week. Call (970) 641-6056 for a current schedule and location.

Depression and Bipolar Support Alliance-DBSA meets on Tuesdays, 7-8:30pm at the Newman Center) 600 E. Georgia Ave. For more information call (970) 641-0316 or email them at DBSAGunnisonValley@hotmail.com

The Cancer Support Group meets the first and third Thursday of each month, at 12 noon, at Webster Hall, 117 North Iowa in Gunnison.

Health & Human Services ~

Gunnison County Department of Health and Human Services provides assistance with LEAP, food assistance, Medicaid, Adult Protective Services, Old Age Pension, and much more. The Department can provide eligibility criteria on Colorado Medicaid which can help you pay for long term care help in your home, as well as Assisted Living or Nursing Facility contact them at (970) 641-3244 or visit them at 225 N Pine St., Suite A, Gunnison, CO.