



Resource Guide for Seniors and Caregivers

Contents

EDUCATION	2
RECREATION	2
EMPLOYMENT	2
Home Health Agencies and Personal Care Assistance	2
TRANSPORTATION	3
INFORMATION AND REFERRAL	3
SENIOR CENTERS/ VETERANS SERVICES, ASSISTANCE FOR SENIORS WITH DISABILITIES	4
NURSING HOMES/ASSISTED LIVING FACILITIES	5
SELF HELP AND SUPPORT GROUPS	6
CRIME PREVENTION, LAW ENFORCEMENT, & LEGAL SERVICES	6
CITY, COUNTY, AND STATE GOVERNMENT SERVICES	7
HUMAN SERVICES, INCOME ASSISTANCE, PUBLIC BENEFITS	9
HOUSING & RENTAL ASSISTANCE	10
FOOD, CLOTHING, AND EMERGENCY ASSISTANCE	11
MEDICAL SERVICES, MENTAL HEALTH, SUBSTANCE ABUSE	12

EDUCATION

Adult Education Center	970-385-4354
701 Camino del Rio #301, Durango, CO 81301	
GED, ESOL, Community Education Classes	
Fort Lewis College	970-247-7010 OR 877-352-2656
1000 Rim Dr., Durango, CO 81301	
Pine River Community Learning Center	970-563-0681
Pueblo Community College Southwest	970-564-6200
33057 US-160, Mancos, CO 81328	

RECREATION

Durango Community Recreation Center rec@ci.durango.....	970-375-7300
2700 Main Ave., Durango, CO 81301	
La Plata County Senior Services	970-382-6445
2424 Main Ave., Durango, CO 81301	
Pine River Senior Center	970-884-5415
111 W. South St., Bayfield, CO 81122	
Southern Ute Recreation Center	970-563-0214
290 Mouache Cir., Ignacio, CO 81137	
Seniors Outdoors	www.seniorsoutdoors.org
Hiking & Skiing.....	970-259-8870

EMPLOYMENT

Colorado Workforce Center	970-247-0308
331 Camino del Rio, #C, Durango, CO 81301	
Division of Vocational Rehabilitation	970-247-3161
160 Rock Point Drive, #A, Durango, CO 81301	
Senior Community Service Employment Program (SCSEP)	877-872-5627
Unistaff	970-259-1940
1315 N. Main Ave. #107, Durango, CO 81301	

Home Health Agencies and Personal Care Assistance

Colorado Compassionate Caring	970-882-7008
13886 Road 33, Mancos, CO 81328	
Comfort Keepers	970-515-7055
691 CR 233, Unit A6, Durango, CO 81301	
Guardian Angels	970-385-8414
555 S. Camino del Rio, #C28, Durango, CO 81303	
Life Care	970-516-1234 EXT 2
631 E. Main St, Cortez, CO 81321	
Mercy Home Health, Hospice of Mercy, and Mercy Palliative Care	970-382-2000
175 Mercado St. #131, Durango, CO 81301	
PASCO/Southwest	970-247-1211
45 S. Washington St., Cortez, CO 81321	
San Juan Basin Public Health	970-247-5702
281 Sawyer Dr. #300, Durango, CO 81302 Home Health Care/Homemaker/Skilled Nursing Care	
Shining Star Caregivers	970-946-2932
2855 Main Ave #A106, Durango, CO 81301	
Visiting Angels	970-247-2292
610 East 8 th Ave., Durango, CO 81301	

TRANSPORTATION

La Plata County Senior Services	970-382-6445
2424 Main Ave., Durango, CO 81301	
City of Durango Opportunity Bus	970-247-3577
250 W. 8 th St., Durango, CO 81303	
Durango Cab	970-259-4818
799 Tech Center Dr. Suite A2, Durango, CO 81301	
Durango Transit (trolley & lift bus)	970-259-5438
250 W. 8th St., Durango, CO 81301	
Animas Transportation (private/cab service)	970-259-1315
2023 Main Ave., Durango, CO 81301	
Road Runner Transit	970-563-4545
535 Candelaria, Ignacio, CO 81137	
Southwest Rides	www.southwestrides.org.....970-946-0232

INFORMATION AND REFERRAL

AARP	aarp.org
Alzheimer's Association www.alz.org	970-259-0122
Helpline 24 HR.....	1-800-272-3900
American Diabetes Association	1-800-342-2383
American Heart Association	1-303-369-5433
1777 S. Harrison St., #500, Denver, CO 80210	
American Red Cross	970-259-5383
1911 Main Ave., #282, Durango, CO 81301.....	970-242-4851
24 Hour Hotline.....	Toll-Free 1-800-733-2767
Arthritis Foundation Info line	1-800-283-7800
Centers for Disease Control (CDC) www.cdc.gov/aging/	1-800-232-4636
Healthy Aging for Older Adults	
Eldercare Locator Nationwide	1-800-677-1116
La Plata County and City of Durango Info Line	970-385-4636
MEDLINEplus	www.medlineplus.gov
Senior Health	
National Center on Senior Transportation	www.seniortransportation.net
National Consumer Insurance Information Institute	www.iii.org
National Institute on Aging	www.nia.nih.gov
National Institute of Mental Health	www.nimh.nih.gov
Depression and Suicide Facts	

SENIOR CENTERS/ VETERANS SERVICES, ASSISTANCE FOR SENIORS WITH DISABILITIES

American Legion Post 28	970-422-5209
878 E. 2nd Ave., Durango, CO 81301	
Community Connections, Inc	970-259-2464
281 Sawyer Dr., #200, Durango, CO 81303	
Resources for the Developmentally Disabled individuals	
Durango~ La Plata Senior Center	970-382-6445
2424 Main Ave., Durango, CO 81301	
Nutritional lunches, home chore services, transportation, recreation activities, Family caregiver support and senior outreach services	
Aging and Disability Resources for Colorado (ADRC).....	970-382-6444
Pine River Senior Center	970-884-5415
111 W. South St., Bayfield, CO 81122	
Nutritional lunches and Recreation activities	
San Juan Basin Area Agency on Aging (SJBAAA)	970-264-0501
PO Box 3412, Durango, CO 81302.....	
www.sjbaa.org	

Dental, Legal and Ombudsman Services
www.agingcarefl.org/caregiver/NationalSupport

San Juan Basin Public Health.....970-247-5702
 281 Sawyer Dr. #300, Durango, CO 81302
 Home Health Care/Homemaker, Personal Care/Skilled Nursing Care

Ignacio Senior Center.....970-563-4561
 15345 Hwy. 172, Ignacio, CO 81137
 Nutritional lunches, Recreation activities, and transportation

Southwest Center for Independence.....970-259-1672
 3473 Main Ave., #23, Durango, CO 81301
 Older Individuals who are Blind (OIB) Program
 Housing Choice Voucher Program
 Independent Living Service

VA Durango Clinic.....970-247-2214
 1970 E. 3rd Ave., #102, Durango, CO 81301

Veterans Services.....970-759-0117
 1970 E. 3rd Ave., #102, Durango, CO 81301
 For Appointments.....970- 382-6150

NURSING HOMES/ASSISTED LIVING FACILITIES

Cottonwood Inn Rehabilitation and Extended Care Center.....970-828-1414
 450 Prospector Ave., Durango, CO 81301

Evening's Porch Assisted Living.....970-884-0101
 42811 Hwy. 160, Bayfield, CO 81122

Junction Creek Health Care & Rehab Center.....970-247-2215
 2911 Junction St., Durango, CO 81301
 Skilled nursing, extended care, and rehabilitation.

Madison House.....970-565-2047
 120 S. Madison, Cortez, CO 81321

Mesa View.....970-564-0716
 24760 CR G, Cortez, CO 81321

Ombudsman - Advocate for residents in Region 9 Long Term Care Facilities.....970-264-0501

Pine Ridge Extended Care.....970-731-4330
 119 Bastille Dr., Pagosa Springs, CO 81147

Pine River Valley Manor.....970-884-7773
 251 S. Clover Ln., Bayfield, CO 81122

Sunshine Gardens West Assisted Living.....970-385-4090
 25 Sunshine Ct., Durango, CO 81301 www.sgwseniors.com

Valley Inn.....970-533-9031
 211 3rd Ave., Mancos, CO 81328
Vista Mesa Assisted Living.....970-564-1888
 1206 N. Mildred Rd., Cortez, CO 81321
Vista Grande Inn Nursing Home and Rehab Center.....970-564-1122
 680 E. Hospital Dr., Cortez, CO 81321

SELF HELP AND SUPPORT GROUPS

Alcoholics Anonymous.....970-245-9649
Al-Anon/ Alateen.....970-259-2982
 For friends & families of Alcoholics
Alcohol/Drug Treatment Referrals-Nationwide.....1-800-996-3784
Alternative Horizons.....970-247-4374
 701 Camino del Rio, Durango, CO 81301
Domestic Violence Hotline 24 Hr.....970-247-9619
Alzheimer's Association www.alz.org.....970-259-0122
 Helpline 24 HR.....1-800-272-3900
American Heart Association.....1-303-801-4630
 1777 S. Harrison St., Denver, CO 80210
24/7 Crisis Care Line/Axis Health Systems.....970-247-5245
 1125 Three Springs Blvd., Durango, CO 81301
National Cancer Institute.....1-800-4-CANCER
www.cancer.gov (226237)
Colorado Coalition for Elder Rights.....www.ccerap.org
Gamblers Anonymous.....1-888-222-5542
National Alliance for the Mentally Ill-Southwest Colorado
 10 Town Plaza, #320, Durango, CO 81301
 State office www.namicolorado.org.....1-888-566-6264
Southern Ute Victim's Services.....970-563-0245
 149 CR 517, Ignacio, CO 81137

CRIME PREVENTION, LAW ENFORCEMENT, & LEGAL SERVICES

Adult Protective Services.....970-382-6150 Ext. 2
 10 Burnett Ct., Durango, CO 81301
 Elder Abuse/neglect/exploitation
Alternative Horizons.....970-247-4374
 PO Box 503, Durango, CO 81302
 Domestic Violence Hotline 24 Hr.....970-247-9619
Bayfield Fire, Police and Medical Emergency.....911

Upper Pine River Fire Protection District (Bayfield)	970-884-9508
515 Sower Dr., Bayfield, CO 81122	
Crime Stoppers	Dispatch: 970-385-2900 / Office: 970-247-1112
949 E. 2nd Ave., Durango, CO 81301	
Southwest Bar Volunteer Legal Aid	970-247-0266
835 E. 2nd Ave., #300, Durango, CO 81301	
Colorado State Patrol	970-385-1675
20591 Hwy. 160, Durango, CO 81301	
Dispatch 24 Hr.....	1-970-249-4392
La Plata County District Attorney's Office	970-247-8850
1060 E. 2nd Ave., Durango, CO 81301	
Durango Fire & Rescue Authority (non-emergency)	970-382-6000
142 Sheppard Dr., Durango, CO 81303	
Non-Emergency Dispatch 24 Hr.....	970-385-2900
Emergency 24 Hr.....	911
Durango Police Department	970-375-4700
990 E. 2nd Ave., Durango, CO 81301	
Non-Emergency Dispatch 24 Hr.....	970-385-2900
Emergency 24 Hr.....	911
Durango Public Defender	970-247-9284
175 Mercado St., #250, Durango, CO 81301	
La Plata County Sheriff's Department	970-247-1157
742 Turner Dr., Durango CO 81303	
Emergency 24 Hr.....	911
Ignacio Police Department	970-563-4206
540 Goddard Ave., Ignacio, CO 81137	
Emergency 24 Hr.....	911
La Plata County Courthouse/Information for County Offices	970-382-6200
1101 E. 2nd Ave., Durango, CO 81301	
Southern Ute Police Department	970-563-0246
149 CR 517, Ignacio, CO 81137	
Dispatch 24 Hr.....	970-563-4401
Southern Ute Victim's Services	970-563-0245
149 CR 517, Ignacio, CO 81137	

CITY, COUNTY, AND STATE GOVERNMENT SERVICES

Atmos Energy	1-888-286-6700
801 Florida Rd., Durango, CO 81301	
Gas leak, immediately leave your home & call.....	1-866-322-8667 or 911
Bayfield City Offices	
Town Hall, 1199 Bayfield Parkway, Bayfield, CO 81122	
Bayfield Library 395, Bayfield Center Dr.....	970-884-2222
Bayfield Marshall's Office.....	970-884-9636
Bayfield Motor Vehicle Dept.....	970-884-9382

Bayfield Parks and Recreation.....970-884-9034
 Bayfield Town Hall..... 970-884-9544
Driver's Licenses.....970-247-4591
 Motor Vehicle Registrations.....970-382-7075
 Handicap Parking Permits/Titles
 98 Everett St., Ste. C
 Voter Registration.....970-382-6296
Durango Chamber of Commerce.....970-247-0312
 2301 Main Ave., Durango, CO 81303

Durango City Offices

Durango Animal Control Dispatch.....970-385-2900
 City Hall.....970-375-5000
 949 E. 2nd Ave., Durango, CO
 Library 1900E.3rd Ave., Durango, CO.....970-375-3380
 Municipal Court 949 E.2nd Ave., Durango ,CO.....970-375-5020
Durango Fire & Rescue Authority (non-emergency).....970-382-6000
 142 Sheppard Dr., Durango, CO 81303
 Emergency 24 Hr.....911

Ignacio Animal Control

(Pound).....970-563-4382
 Animal Control Offices.....970-563-0133

Ignacio Library

.....970-563-9287

470 Goddard Ave., Ignacio, CO 81137

Ignacio Municipal Court

.....970-563-9494

570 Goddard Ave., Ignacio, CO 81137

Ignacio Town Hall

.....970-563-9494

540 Goddard Ave., Ignacio, CO 81137

La Plata County Administration

.....970-382-6200

1101 E Second Ave., Durango, CO 81301

La Plata County Airport Administrative Offices

.....970-382-6050

1101 E. Second Ave., Durango, CO 81301

La Plata County Assessor

.....970-382-6221

1101 E. Second Ave., Durango, CO 81301

La Plata County Clerk andRecorder

.....970-382-6280

98 Everett St., Ste C, Durango, CO 81301

La Plata Electric

.....970-247-5786

45 Stewart St., Durango, CO 81303

Medicare

.....1-800-MEDICARE (800-633-4227)

Social Security Office

.....1-800-772-1213

103 Sheppard Ave., #120, Durango, CO 81301

US Post Offices:

Durango-222 West 8th St., Durango, CO 81301.....970-247-3434

Bayfield-145 W. Park, Bayfield, CO 81122.....970-884-9618

Ignacio-1001 Williams Ave., Ignacio, CO 81137.....970-563-4322

HUMAN SERVICES, INCOME ASSISTANCE, PUBLIC BENEFITS

Adult Protective Services	970-382-6150
10 Burnett Ct., Durango, CO.....	970-382-6151
Elder Abuse/neglect/exploitation Reporting Hotline.....	844-264-5437
Better Business Bureau www.bbb.org	1-703-276-0100
Connect for Colorado Health Insurance Marketplace	1-855-752-6749
Connectforhealthco.com	
Crossroads at Grandview /Axis Health System	970-403-0180
1125 Three Springs Blvd., Durango, CO 81301	
Crisis Assessment Center, Acute Treatment Unit (ATU), Detox Unit	
La Plata Family Center Coalition	970-385-4747
495 Florida Rd, Durango, CO 81301	
Housing Solutions for the Southwest	970-259-1086
295 Girard St., Durango, CO 81303	
Emergency Homeless Prevention, Rental Assistance, Housing Counseling, Transitional Housing, Housing Developments, Weatherization Applications for Community Emergency Assistance Coalition (CEAC)	
Internal Revenue Service	1-800-829-1040
La Plata County Dept of Human Services	970-382-6150
10 Burnett Ct., Durango, CO 81301	
Supplement to SSI, Home Care Allowance, Medicare Savings, Food Assistance, Long Term Care	
Medicaid	970-382-6150
Aid to Needy & Disabled, Old Age Pension.	
Medicare	1-800-633-4227
Medicare.gov	
La Plata County Senior Services	970-382-6445
Meals, Transportation, Home Chore Services, Senior Outreach & Caregiver support Aging and Disability Resources for Colorado (ADRC)	
2424 Main Ave., Durango, CO 81301	
San Juan Basin Area Agency on Aging	970-264-0501
P.O. Box 3412, Durango, CO 81302	
Social Security Office	1-800-772-1213
103 Sheppard Ave., #123, Durango, CO 81301	
Southern Ute Social Services	970-563-0209
Veterans Services	970-759-0117
1970 E. 3rd Ave., #102, Durango, CO 81301	
For Appointments.....	970-382-6150
Women's Resource Center	970-247-1242
679 E. 2nd Ave., #6, Durango, CO 81301	

United Way.....970-247-9444
1315 Main Ave, #121, Durango, CO 81301

HOUSING & RENTAL ASSISTANCE

Animas Village Apartments.....970-259-2071
34237 Hwy. 550 North, Durango, CO 81301

Cedar View Apartments.....970-259-7600
3160 E. Animas Village Dr., Durango, CO 81301

Durango Housing Corporation.....970-247-2788
650 Valentine Dr., Durango CO 81301

Habitat for Humanity of La Plata County.....970-382-9931
50 Design Center Rd., Durango, CO 81301

Heritage Village Apartments.....970-247-7735
1920 Florida Rd., Durango, CO 81301

Housing Solutions for the Southwest.....970-259-1086
295 Girard St., Durango, CO 81303
Emergency Homeless Prevention, Rental Assistance, Housing Counseling,
Transitional Housing, Housing Developments, Weatherization
CEAC, EOC

Lumien Apartments.....970-247-7912
3190 E. Animas Village Dr., Durango, CO 81301

Island Cove Mobile Park.....970-247-8973
485 Florida Rd., Durango, CO 81301

Merced de Las Animas.....970-247-9066
3701 W. 2nd Ave., Durango, CO 81301

Miremonte Apartments.....970-923-8840
584 Wilson Gulch Dr., Durango, CO 81301

Mountain Oaks Apartments970-247-1544
1759 Florida Rd., Durango, CO 81301

Mountain Vista Apartments.....970-247-9341
1580 Florida Rd., Durango, CO 81301

Pine River Valley Manor of Bayfield.....970-884-7773
251 Clover Dr., Bayfield, CO 81122

Pinon Terrace Apartments in Three Springs.....970-385-8618
20 Primrose Cir. #2007, Durango, CO 81301

Southern Ute Housing Authority.....970-563-4575
760 Shoshone Ave., Ignacio, CO 81137

Springtree Village Apartments970-375-2445
950 E. 32nd St., Durango, CO 81301

Sunnyside Apartments.....970-259-6865
Old Homestead Mobile Home Park
8659 US Hwy. 550, Durango, CO 81301

Tamarin Square Senior Living Apts.....970-247-8622
1401 E. 3rd Ave., Durango, CO 81301

Westwood Apartments	970-759-4930
60 Westwood Pl., Durango, CO 81301	
Valle De Merced	970-259-1118
800 Geoglein Gulch Rd., #D1, Durango, CO 81301	
Volunteers of America Southwest Safehouse	970-259-5443

FOOD, CLOTHING, AND EMERGENCY ASSISTANCE

Adult Protective Services	970-382-6150
10 Burnett Ct., Durango, CO 81301	
Elder Abuse/neglect/exploitation	
Alternative Horizons	970-247-4374
PO Box 503, Durango, CO 81302	
Domestic Violence Hotline 24 Hr.....	970-247-9619
Crisis Hotline 24 Hr Mental Health	970-247-5245
Crime Stoppers 24 Hr	970-247-1112
Durango Urgent Care	970-247-8382
2577 Main Ave., Durango, CO 81301	
Durango Food Bank	970-375-2672
194-C Bodo Dr., Durango, CO 81303	
Emergency/Fire Department 24 Hr	911
Housing Solutions for the Southwest	970-259-1086
295 Girard St., Durango, CO 81303	
Emergency Homeless Prevention, Rental Assistance, Housing Counseling, Transitional Housing, Housing Developments, Weatherization Application for Community Emergency Assistance Coalition (CEAC) Energy Outreach Colorado (EOC)	
Manna Soup Kitchen	970-385-5095
1100 Avenida del Sol, Durango, CO 81301	
Meals on Wheels-La Plata County Senior Services	970-382-6441
2424 Main Ave., Durango, CO 81301	
Mercy Regional Medical Center	970-247-4311
1010 Three Springs Blvd., Durango, CO 81301	
Poison Control	1-800-222-1222
Salvation Army of LaPlata County	970-422-4221
10 Burnett Ct #327, Durango, CO 81301	
Sexual Assault Services Organization (SASO)	970-259-3074
Hotline 24 Hr.....	970-247-5400
Southern Ute Victim's Services	970-563-0245
149 CR 517, Ignacio, CO 81137	
Volunteers of America Durango Community Shelter	970-259-1021
1055 Avenida del Sol, Durango, CO 81301 Salvation Army Emergency Funds	
Volunteers of America Southwest Safehouse	970-259-5443

MEDICAL SERVICES, MENTAL HEALTH, SUBSTANCE ABUSE

Alcoholics Anonymous	970-247-1706
Al-Anon/Alateen	970-259-2982
For friends & families of Alcoholics	
Animas Surgical Hospital	970-247-3537
575 Rivergate Ln., Durango, CO 81301	
Axis Health Systems	970-259-2162
185 Suttle St., Durango, CO 81303	
Center for Disease Control Info	1-800-232-4636
The Recovery Center	970-565-4109
35 N. Ash, Cortez, CO 81321	
Crossroads at Grandview/ Axis Health	970-403-0180
1125 Three Springs Blvd., Durango, CO 81301	
Assessment Center, Acute Treatment Unit (ATU), Detox Unit	
Crisis Hotline 24 Hr (Mental Health).....	970-247-5245
La Plata Integrated Healthcare/ AXIS Health System	970-335-2288
1970 E. 3rd Ave., #1, Durango, CO 81301	
Mercy Family Medicine	970-764-1790
810 E. 3rd St., #201, Durango, CO 81301	
Mercy Regional Home Health and Hospice	970-382-2000
175 Mercado St., #131, Durango, CO 81301	
Mercy Regional Medical Center	970-247-4311
1010 Three Springs Blvd., Durango, CO 81301	
Peaceful Spirit - Alcohol & Drug Treatment Center	970-563-4555
296 Mouache Dr., Ignacio, CO 81137	
Senior Reach/Axis Health System	970-335-2217
seniorreach.org	
Southern Ute Health Center	970-563-4581
356 Ouray Dr., Ignacio, CO 81137	
VA Durango Clinic	970-247-2214
1970 E. 3rd Ave., Durango, CO 81301	