

La Plata County 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)	970-385-3995
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 A2, Durango, CO 81301	

Guardian Angels..... 970-385-8414
555 S. Camino del Rio, #C2B, Durango, CO 81303

Life Care.....970-516-1234 EXT 2
44 N. Chestnut, Cortez, CO 81321 (main address)
1474 Main Ave, Durango, CO 81301 (workstation)

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
543 E. 2nd Ave., #1E, Durango, CO 81301

People Care Health Services/West.....970-874-0136
Delta, CO 81416 (Handles Durango)

Quality Home Health Care Services.....970-769-6923
PO Box 3741, Durango, CO 81302

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
125 E. 32nd St., #3, 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. 8th St., Durango, CO 81301

Durango Cab.....970-259-4818
799 Tech Center Dr #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
295 Lakin, 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 Cancer Society Cancer Resource Center.....970-403-0086
1 Mercado St., #100, Durango, CO 81301

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 Council on Aging, Inc. (COA).....970-551-0582
www.laplatacoa@gmail.com
 Aids/Supports Activities & services of 3 Senior Centers, including Scholarships
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.....970-247-1590
 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 382-6150

NURSING HOMES/ASSISTED LIVING FACILITIES

Aspen Gardens.....970-564-8600
 1200 N. Dolores Rd., Cortez, CO 81321
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
Four Corners Health Care 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 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
Sunshine Gardens Country Homes.....970-259-7999
 2518 Hwy. 172, Durango, CO 81303 www.sgwseniors.com
 Also, Adult Day Care Services
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.....970-564-1122

680 E. Hospital Dr., Cortez, CO 81321

SELF HELP AND SUPPORT GROUPS

Alcoholics Anonymous.....970-247-1706

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

PO Box 503, Durango, CO 81302

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 2301 Main Ave., Durango, CO 81303	970-247-0312
Durango City Offices	
Durango Animal Control Dispatch.....	970-385-2900
City Hall..... 949 E. 2 nd Ave., Durango, CO	970-375-5000
Library 1900E.3 rd Ave., Durango, CO.....	970-375-3380
Municipal Court 949 E.2 nd Ave., Durango ,CO.....	970-375-5020
Durango Fire & Rescue Authority (non-emergency)..... 142 Sheppard Dr., Durango, CO 81303	970-382-6000
Emergency 24 Hr.....	911
Ignacio Animal Control	
(Pound).....	970-563-4382
Animal Control Offices.....	970-563-0133
Ignacio Library 470 Goddard Ave., Ignacio, CO 81137	970-563-9287
Ignacio Municipal Court 570 Goddard Ave., Ignacio, CO 81137	970-563-9494
Ignacio Town Hall 540 Goddard Ave., Ignacio, CO 81137	970-563-9494
La Plata County Administration 1101 E Second Ave., Durango, CO 81301	970-382-6200
La Plata County Airport Administrative Offices.....	970-382-6050
La Plata County Assessor 1101 E. Second Ave., Durango, CO 81301	970-382-6221
La Plata County Clerk andRecorder 98 Everett St., Ste C, Durango, CO 81301	970-382-6280
La Plata Electric 45 Stewart St., Durango, CO 81303	970-247-5786
Medicare	1-800-MEDICARE (800-633-4227)
Social Security Office 103 Sheppard Ave., #120, Durango, CO 81301	1-800-772-1213
US Post Offices:	
Durango-222 West 8 th 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	
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
150 Tech Center Dr., #A, 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.....	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	
Mountain Oaks Apartments	970-247-1544
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 Apartments	970-375-2445
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

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	
Crisis Center at Crossroads	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	