

[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; 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 or 801-226-4433.

**Grandfamilies of Utah County** provides support, assistance, services and programs to grandparents who are raising children; 801- 852-4491.

**Long-Term Care Ombudsman Programs** serve to Investigate and advocate 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; 385 272-0402.

**LDS Employment Center** Assists individuals seeking work to develop the skills needed to find employment. Helps with interview skills and job searching. Hosts workshops and classes to assist those looking for work; 801-818-6161.

## **FOOD ASSISTANCE**

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

**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

**Meals on Wheels** delivers hot meals to homebound senior citizens; 801 229-3804.

**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 a variety of in-home health care services including palliative care, physical medicine and rehabilitation, hospice care, immunizations, in home supportive services subsidies, home nursing, a mobile wound clinic, and homemaker assistance; 801-224-8138.

**Senior Patient Advocacy** provides medical information and referrals for those that require home health care, hospice and non-medical services at no cost to the patient; 801-706-3595.

**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; 866-512-3861x1.

**Utah County Health Department** promotes public health and provides flu shots, immunizations, wellness clinics, and cancer screenings; 801-851-7331.



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## 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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