

ELDER SERVICES

FREE GUIDES & RESOURCES

Caregiving | Financial | Education | Legal | Healthcare | Housing | Insurance | Nutrition

ELDER SERVICES

FREE GUIDES & RESOURCES

Caregiving | Financial | Education | Legal | Healthcare | Housing | Insurance | Nutrition

ADULT DAYCARE AGENCIES

📍 **Daybreak**
WashoeCounty.us/SeniorsRV/Adult_Day_Health/Index.php
 (775) 328-2591

More To Life Adult Day Health Center
AdultDayCareReno.com
 (775) 358-1988

The Continuum
 Adult daycare plus home modifications
ContinuumReno.com
 (775) 829-4700

RECREATION & EDUCATION

City of Reno
Reno.gov/Seniors
 Information: (775) 657-4602
 Scholarships: (775) 334-2046

Evelyn Mount Northeast Community Center (EMNECC)
 (775) 334-2262

Neil Road Recreation Center (NRRC)
 (775) 689-8484

Teglia's Paradise Park Activity Center (TPPAC)
 (775) 356-3176

Osher Life Long Learning (OLLI)
OLLI.UNR.edu
 Classes & Activities:
 (775) 784-8053

TMCC Silver College
TMCC.edu/WorkForce-Development-Community-Education
 Classes & Activities:
 (775) 829-9010

TRANSPORTATION

📍 **Access to Healthcare**
 Free van service for health needs
AccessToHealthCare.org
 (844) 469-4932

📍 **Neighbor Network of Northern Nevada (N4)**
 Transportation (Lyft discounts), time exchange & volunteer village
NeighborNV.org
 (775) 453-4774

Regional Transportation Commission (RTC)
 ACCESS bus, discounted fares, & taxi bucks
RTCWashoe.com/Public-Transportation-Operations-2-91.html
 (775) 348-0477

CAREGIVING

📍 **Alzheimer's Association**
 Caregiver support, training & respite
ALZ.org/NorCal
 (775) 786-8061

Caregiver Action Network
 Caregiver support & training
CareGiverAction.org
 (202) 454-3970

📍 **Seniors in Service**
 Volunteer companions, care, respite, transportation & foster grandparents
SeniorsInServiceNevada.org
 (775) 358-2768

📍 **Senior Outreach Services (SOS)**
 Companions, care & transportation
DHS.UNR.edu/Aging/Outreach/SOS
 (775) 784-7506

📍 **Community Foundation of Western Nevada**
 Caregiving resources
WashoeCareGivers.org
 (775) 333-5499

LEGAL SERVICES

Elder Protective Services
ADSD.NV.gov/Programs/Seniors/EPS/EPS_Prog
 (775) 687-0800
 (888) 729-0571

Nevada Legal Services
NLSLaw.net
 (775) 284-3491

Washoe County Public Guardian
CO.Washoe.NV.us/Guardian
 (775) 674-8800

Washoe Legal Services
WashoeLegalServices.org
 (775) 329-2727
 (775) 338-0606

HEALTH & SOCIAL SERVICES

📍 **CAP TEL**
 Captioned telephone for hearing impaired
OEIUS.org/Profile/RachelVelez
 (702) 595-7730
 Toll Free: (877) 473-4003

📍 **Care Chest of the Sierra**
 Medical equipment, supplies & education
CareChest.org
 (775) 829-2273

📍 **Center for Healthy Aging**
 Elder gap, lifeline & senior health advocate
AddingLifeToYears.com
 (775) 237-8375

Sandord Center for Aging, UNR
 Elder education, outreach & research
Med.unr.edu/Aging
 Center for Aging:
 (775) 784-4774
 Geriatric Clinic:
 (775) 784-6377

THANK YOU TO OUR SPONSORS



📍 : Free/Low Cost

Made possible by the support of the City of Reno Senior Citizen Advisory Committee, Washoe County, Center for Healthy Aging, and No NV Building & Construction Trades Department

THANK YOU TO OUR SPONSORS



📍 : Free/Low Cost

Made possible by the support of the City of Reno Senior Citizen Advisory Committee, Washoe County, Center for Healthy Aging, and No NV Building & Construction Trades Department

ELDER SERVICES

FREE GUIDES & RESOURCES

Caregiving | Financial | Education | Legal | Healthcare | Housing | Insurance | Nutrition



ELDER SERVICES

FREE GUIDES & RESOURCES

Caregiving | Financial | Education | Legal | Healthcare | Housing | Insurance | Nutrition



To talk or schedule an appointment with a Senior Health Advocate Volunteer, an electronic version of this brochure, or with questions please contact:

Center for Healthy Aging
www.AddingLifeToYears.com
Info@AddingLifeToYears.com
 (775) 237-8375



HEALTHCARE

- ④ **Access To Healthcare**
Home of Aging and Disability Resource Center (ADRC), affordable housing, State Health Insurance Program (SHIP), nonemergency transportation, medical discount program & Respite Rx Program
AccessToHealthCare.org
 (775) 284-8989
- ④ **Community Health Alliance**
ChaNevada.org
 (775) 329-6300
- ④ **Nevada Senior/RX & Disability RX**
Medicare prescription help
ADSD.NV.gov/Programs/Seniors/SeniorRx/SrRxProg
 (775) 687-0539
 Statewide: (866) 303-6323
- ④ **Northern Nevada Hopes**
NNHopes.org
 (775) 786-4673
- ④ **State Health Insurance Program (SHIP)**
Medicare counseling
ShipTaCenter.org
 Helpline: (844) 826-2085
 Reno Office: (775) 284-8989

HOUSING

- Housing & Urban Development**
HUD.gov/NevadaGoSection8.com
 (775) 329-3630
- Nevada Housing Division**
NVHousingSearch.org
 (877) 428-8844
- ④ **NV Rural Housing Authority**
Home ownership & rental assistance
NVRural.org
 (775) 887-1795
- ④ **Reno Housing Authority**
RenoHA.org
 (775) 331-5138
- ④ **Volunteers of America (VOA)**
Homeless shelter & senior housing
VOA-NCNN.org/Northern-Nevada
 (775) 324-2622 ext. 101
- ④ **Washoe County Income-Based Senior Housing Guide**
WashoeCounty.us/SeniorsRV
 (775) 331-5138

FOOD/NUTRITION

- ④ **Assistance League - Pantry**
RenoSparks.AssistanceLeague.org
 (775) 329-6658
- ④ **Food Bank of Northern Nevada**
Food distribution sites
FBNN.org
 (775) 331-3663
- ④ **Food Stamp Program**
Nevada State Welfare
DWSS.NV.gov/SNAP/Food
 (775) 684-7200
- ④ **Catholic Charities of Northern Nevada St. Vincent's Program**
Food pantry, meals & senior nutrition
CCSNN.org/Food.html
 (775) 786-5266 ext. 1
 (775) 322-7073
- ④ **Washoe County Senior Services Nutrition Program**
WashoeCounty.us/SeniorsRV/Nutrition/Home_Delivered_Meals.php
 Home Delivery: 775-328-2590
 General: 775-328-2575 ext. 4

GENERAL INFORMATION

- INFO 2-1-1**
Connect to Nevada services & information
Nevada211.org
 Dial 2-1-1
 (866)-535-5654
- AARP: Nevada**
AARP.org/States/NV
 (866) 389-5652
- Administration On Aging**
AOA.gov
 Eldercare locator:
 (800) 677-1116
- National Council on Aging - Benefits Check Up**
BenefitsCheckUp.org
 NCOA Headquarters:
 (571) 527-3900
- Golden Pages & Senior Spectrum**
Resource catalogue & monthly magazine
SeniorSpectrumNewspaper.com
 (775) 348-0717
 Toll Free: (800) 253-3713

Nevada Aging & Disability Services Division
Resources & services navigation
ADSD.NV.gov
 (775) 688-1341

Nevada Division of Welfare and Support Services
DWSS.gov
 (775) 684-7200

Nevada Senior Guide
NVSeniorGuide.com
 (702) 269-9290

New Lifestyles
Guide to senior living & care
NewLifeStyles.com
 (800) 869-9549

Northern Nevada Disability Access
NNVDAccess.com

Northern Nevada Veterans Resource Center
VetsResource.org/VRC-Northern-Nevada.htm
 (775) 284-8387

Reno Direct
Non-emergency service center
Reno.gov/RenoDirect
 (775) 334-4636

Senior Connect
Quarterly senior newsletter featuring City of Reno programs
Reno.gov/Seniors
 (775) 657-4602

Social Security
SSA.gov
 (888) 808-5481

Solutions And Resources Associates (SARA)
AskSARA.org
 (775) 742-3288

Washoe 3-1-1
Washoe County services & information
WashoeCounty.us/Contact.php
 Dial 3-1-1
 (775) 328-2003

Washoe County Human Services Agency: Senior Division
WashoeCounty.us/SeniorsRV
 (775) 328-2575

Washoe County Library System
WashoeCountyLibrary.us
 (775) 327-8300

THANK YOU TO OUR SPONSORS



④ : Free/Low Cost

④ : Free/Low Cost