

Green Valley / Sahuarita/Pima County Community Resources 2023

Pima Country Office of Aging (PCOA)

Website: pcoa.org
520-790-7262
help@pcoa.org

This agency provides a wide range of services and can help seniors and people with disabilities, such as Caregiver Training, Caregiving Specialists and assistance in applying for "Kinship Caregiving" and many other services. Call and ask to speak to a Caregiver Specialist.

Adult Day Services

La Posada Community Services
780 S. Park Centre Ave, Green Valley AZ 85614
520-393-6835
Administrator: Silvia Valdez

Recreational adult day care centre for adults with disabilities and memory impairment. Program is 5 days per week, but participants can attend fewer days. \$75 per day. This is not covered by Medicare, Medicaid or insurance.

Caregivers Support Group

La Posada Community Services
780 S. Park Centre Ave, Green Valley AZ 85614
520-393-6835
Administrator: Silvia Valdez

Support Group open to the community for Caregivers whose loved ones are at home or who are in other settings. First and third Thursdays of the month from 2:30 PM to 3:30 PM. Free.

Community Lunch Program

La Posada Community Center
780 S. Park Centre Ave, Green Valley AZ 85614
520-393-6840
Director: Ellen March

The Senior Lunch Program is open to those 60 or older. They will enjoy a meal, social time, entertainment and speakers. Advanced reservations are required. Suggested donation is \$3.00. Sun Shuttle can provide transportation.

Mental Health Services

Pima County Mental Health Crisis Line

520-622-6000 or 866-495-6735

Arizona 211

Nationwide 24-hour Crisis Number

988

Crisis Response Center - Connections Health Solutions

2802 E. District St, Tucson, AZ 85714

Banner Medical Center South

520-301-2400

Open 24 hours for children and adults for professional mental health and substance abuse evaluations. Depending of the need, referrals will be made for outpatient treatment or for inpatient treatment. Connections helps everyone regardless of ability to pay, but there is a fee for some services.

Crisis Mobile Team - Community Bridges, Inc.

520-405-5047

Crisis team is dispatched to your home to help resolve a mental health or behavioural crisis. They work with other community services to assist with emergency evaluations and treatment.

La Posada Behavioral Health Services

780 S. Park Centre Ave, Green Valley AZ 85614

520-393-6813

Counselling services for adults, teens and families by licensed mental health professionals. (Not psychiatrists). Counselling provided in the office or at home. Medicare and other insurances are accepted. Call for an appointment.

Cope Community Services - Villa Verde Clinic

1660 W. Duval Commerce Point Place, Green Valley AZ

520-625-3835

Provides individual, family and group counseling for persons with mental illness and substance abuse.

See website PIMA Helpline for extensive list of services.

How to Find Psycho-Therapists, Psychiatric Nurse-Practitioners, and Psychiatrists

- Contact your insurance company to obtain a list of in-network providers.
- See the website: Psychology Today which lists therapists and psychiatrists.
- Request a referral from your primary care doctor.

Medicare, Medicare Advantage Plans, Insurance and Arizona Medicaid covers mental health and substance abuse treatment.

Mindful Choice Institute

Dr. Georgina Rotzler, DNP APRN PMHNP-BC
 Psychiatric Nurse Practitioner
 210 W. Continental Road, Suite 244A
 Green Valley AZ 85622
 drrotzler@mindfulchoiceinstitute.com

Dr. Rotzler sees people for medication management and psychotherapy. She accepts many insurance plans, including Medicare and several Medicare Advantage plans.

Assisted Living Resources

Assisted living services at large facilities can range in cost from \$6000 - \$10,000 per month. These programs provide an upscale environment, meals, recreational services, transportation, and many other services. (La Posada Memory Care Unit accepts patients regardless of whether they live in La Posada Homes.)

Senior Residential Facilities are home-like settings providing assisted living services. Normally there are 5+ residents at one home. The costs can range from \$2500 - \$5000 per month.

Payment for Assisted Living level of care: Medicare and private insurance does not pay for the residential cost of assisted living, however, if home nursing or therapy is needed, Medicare, Arizona Medicaid (AHCCCS) and private insurance does cover such skilled services. Long-term Care insurance may also cover some of the cost of Assisted Living.

Persons with low income and assets and meet medical requirements may qualify for the Arizona Long Term Care System (ALTCS) which supplements the cost of an assisted living facility. The facility must be willing to accept ALTCS. See AHCCCS website for details.

Nursing Home Resources

Skilled Nursing Home is the level of care requiring treatment by professionals, including nurses, physical therapists, occupational therapists, speech/language pathologists,

infusion services and other rehabilitation services. Skilled care is covered by Medicare, private insurance and Arizona Medicaid/AHCCCS.

Non-skilled Nursing Home level of care is care requiring 24-hour assistance, but not at a skilled level. This is not covered by Medicare and private insurance, but may be covered by Arizona Medicaid/AHCCCS or Long Term Care Insurance.

In-home Care Resources

Skilled in-home care services includes services that must be provided by a registered nurse or rehabilitation therapist. This level of care is covered by Medicare, private insurance and Arizona Medicaid/AHCCCS).

Non-skilled in-home services, such as an assistance with personal care, light housekeeping and meal preparation, is not covered by Medicare or private insurance, but it may be covered by Arizona Medicaid/AHCCCS or Long Term Care insurance.

Palliative Care

Palliative Care is provided in any care setting and requires a physician referral. It is a team which provide symptom management and support to those with serious and chronic illness. This is covered by Medicare, private insurance and Arizona Medicaid/AHCCCS. It may include a physician director, nurse, social worker, and other skilled and non-skilled providers.

Hospice Care

Hospice Care is provided to persons who have a prognosis of six months or less and requires a physician referral. Hospice care can be provided in any setting. It includes a team of professionals, including a nurse, social worker, nursing assistant and other skilled and non-skilled providers. This service provides 24-hour on-call nurses to help manage a patient's care, but does not provide continuous care. Respite care in a facility is also available. It is covered by Medicare, Medicaid/AHCCS and private insurance.

Hospice Facility

Peppi's House is a short-term in-patient hospice house for patients who are receiving hospice care from the Tucson Medical Center Hospice program.

How to Find an Assisted Living Home or Nursing Home:

Contact: *A Place for Mom*
866-419-8947
www.aplaceformom.com

This is one company offers a free search for various levels of care.

Other Community Social Services

Food Bank Resource Centers

Sahuarita Food Bank & Resource Center
17750 South La Cañada Dr, Sahuarita
520-777-7675

Community Food Bank of Green Valley
250 Continental Rd, Green Valley
520-625-5252

Community Food Bank Amado
28720 S. Nogales Hwy, Amado, AZ
520-398-2479

Valley Assistance Services

3950 S. Camino del Heron, Green Valley
520-625-1261

This non-profit agency provides a great variety of direct services and health education programs, including assistance in applying for food benefits, *A Touch that Cares*, *Going Home with Care*, community resources, socialization and support, friendly visits and friendly phone calls.

Friends in Deed

301 W. Camino Casa Verde, Green Valley, AZ
520-625-1150

This non-profit agency has volunteer drivers to medical and other appointments and free loans of medical equipment. It also takes people on shopping trips to Tucson and provides weekly Friday socials with entertainment and refreshments.

Mobile Meals of Pima County

520-622-1600

Volunteers deliver two prepared meals per day Monday - Friday. Cost is based on income. This is for persons who are 60 years old or older, or are disabled, or have a temporary illness and need meals. Multiple special diets are available including Kosher meals, vegetarian meals, diabetic meals and more.

Instacart.com

Shops and delivers groceries to your home from Safeway, Fry's, and Sprouts. There is a fee for this service.

Please Note: This is not an all-inclusive list. Services and qualifications can change at any time. Please contact the agency for detailed information. This list does not constitute an endorsement of any of these services.