

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



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

: Free/Low Cost

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

THANK YOU TO OUR SPONSORS



📍 : Free/Low Cost

ELDER SERVICES

FREE GUIDES & RESOURCES

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



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

[SOS](http://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

ELDER SERVICES

FREE GUIDES & RESOURCES

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



HEALTHCARE

- 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
- Community Health Alliance**
ChaNevada.org
 (775) 329-6300
- Nevada Senior/RX & Disability RX**
Medicare prescription help
ADSD.NV.gov/Programs/Seniors/SeniorRx/SrRxProg
 (775) 687-0539
 Statewide: (866) 303-6323
- Northern Nevada Hopes**
NNHopes.org
 (775) 786-4673
- 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
- NV Rural Housing Authority**
Home ownership & rental assistance
NVRural.org
 (775) 887-1795
- Reno Housing Authority**
RenoHA.org
 (775) 331-5138
- Volunteers of America (VOA)**
Homeless shelter & senior housing
VOA-NCNN.org/Northern-Nevada
 (775) 324-2622 ext. 101
- Washoe County Income-Based Senior Housing Guide**
WashoeCounty.us/SeniorsRV
 (775) 331-5138

FOOD/NUTRITION

- Assistance League - Pantry**
RenoSparks.AssistanceLeague.org
 (775) 329-6658
- Food Bank of Northern Nevada**
Food distribution sites
FBNN.org
 (775) 331-3663
- Food Stamp Program**
Nevada State Welfare
DWSS.NV.gov/SNAP/Food
 (775) 684-7200
- 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
- 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

THANK YOU TO OUR SPONSORS



: Free/Low Cost