**Older Adult Resource Guide**

**Colorado Resources**

**Suicide Prevention**

* [Colorado Crisis Services:](https://coloradocrisisservices.org/) Phone: 1-844-493-8255 or Text “TALK” to 38255
* Mental Health Center of Denver: [Suicide Prevention webpage](https://mhcd.org/suicide-prevention/) w/ CO resources

**Connectedness**

* [Sound Affects](https://soundaffectsmusic.org/home): A music program that connects professional musicians with individuals living in senior care facilities to provide performances. They’ve developed virtual options in light of COVID-19.
* [A Little Help](https://www.alittlehelp.org/): A non-profit organization that connects neighbors of all ages to enhance lives and strengthen our communities. Helps older adults age well in their homes by connecting them to an important resource plentiful in every community: good neighbors who can help with transportation, yard work, handiwork, home organization, and social engagement, empowering older adults to thrive where they have lived for decades and put down roots.
* [Senior Reach](https://www.seniorreach.org/): A community program that identifies older adults who may need support and/or connection to services:
* [Lifelong Colorado Initiative](https://cdola.colorado.gov/lifelong-colorado-initiative): a partnership between the State of Colorado, individual communities and allied organizations to help communities develop and implement their own age-friendly strategies. It will provide a statewide umbrella of [resources](https://cdola.colorado.gov/learn-more-about-lifelong-colorado-initiative), identify and encourage best-practices, empower and facilitate local and regional efforts, and coordinate common public information strategies.
* [LinkAGES Colorado](https://www.facebook.com/linkagescolorado/): A collaborative effort to address social isolation through intentional intergenerational programming and some of their programs are shifting to incorporate remote ways of connecting both including technology such as Zoom and telephone for those that do not.
* [Rocky Mountain Crisis Services](https://rmcrisispartners.org/home/services/directory/): Resource Directory to search for Colorado Resources

**LGBTQ+ Older Adults**

* [SAGE of the Rockies program](https://lgbtqcolorado.org/programs/sage/): offers online programs to support socialization and wellness for LGBTQ older adults

**Legislative and Planning Groups**

* [Strategic Action Planning Group on Aging](https://www.colorado.gov/pacific/agingstrategy): Planning group charged with examining the impact of the shifting aging demographic on the economy, workforce, businesses, market based products and services; state and local revenue budgets and fiscal policies; Medicaid and other safety-net programs and the collateral impact on other non-related state programs; family caregiving and public and private options for long-term care, services and support; federal entitlement reforms; and transportation services and infrastructure. [2019 Action Plan](https://www.colorado.gov/pacific/sites/default/files/2019%20Action%20Plan%20Update_0.pdf)
* [Leading Age Colorado](https://www.leadingagecolorado.org/): A leading voice of senior living and care providers, supporting members with essential legislative and regulatory advocacy and opportunities to connect, collaborate, and have an impact on our industry and community.
* [Colorado Association of Area Agencies on Aging (c4a)](http://www.c4a-colorado.org/): Providing leadership, advocacy and a voice for the aging network in Colorado. Their resource list [here](http://www.c4a-colorado.org/aging-resources/).
* [Colorado State Unit on Aging](https://www.colorado.gov/pacific/cdhs/state-unit-aging): Within the Colorado Department of Human Services. Find out more about what the state is doing for Older Adults and their Caregivers.
* [Colorado Commission on Aging](https://www.colorado.gov/pacific/cdhs-boards-committees-collaboration/colorado-commission-aging): conducts aging studies, assists government and private agencies on behalf of older adults, promotes the establishment of local programs and services older adults, conducts activities  for public education on problems of aging, and reviews existing programs and makes recommendations to the Governor and General Assembly for improvements
* [Colorado Department of Local Affairs - Colorado Demographics](https://demography.dola.colorado.gov/crosstabs/2016-overview/): Find out all you need to know about how aging is affecting Colorado’s demographics at the State Demography Office.
* [Disability Law Colorado](https://disabilitylawco.org/): The National Association of Area Agencies on Aging (n4a) represents America’s national network of AAAs. Whether it is helping Washington set priorities, raising the visibility of AAAs and Title VI programs nationwide,  or working to drive excellence in the fields of I&R/A, transportation, livable communities and volunteerism, n4a is dedicated to supporting the success of its members.
* [The Colorado Coalition for Elder Rights and Abuse Prevention](https://www.ccerap.org/): provides education and training opportunities for professionals in the aging services network, and resources and referrals for all citizens of Colorado. Activities focus on the identification, prevention and treatment of elder abuse, neglect, and exploitation (including financial exploitation).
* [Colorado Senior Lobby](http://www.coloradoseniorlobby.org/): A non-profit, non-partisan, all volunteer organization, that speaks with a unified voice for all Coloradoans, particularly those who are 60 years of age and older. The Lobby focuses on issues and promotes beneficial legislation, while remaining strictly non-partisan and not supporting any specific political party or candidate.​
* [Suicide Prevention Coalition of Colorado](https://suicidepreventioncolorado.org/): membership of concerned agencies, organizations and individuals who are working in the areas of suicide prevention, intervention and postvention has statewide reach

**National Resources**

**Research & Data**

* [National Institute on Aging](https://www.nia.nih.gov/): Research, data, funding and [resources for providers](https://www.nia.nih.gov/health/topics/healthcare-professionals-information)
* [Administration for Community Living (ACL)](https://acl.gov/node/659): Resources for technical assistance, data, research

**Suicide Prevention**

* [National Coalition on Mental Health and Aging](http://www.ncmha.org/?page_id=81): Suicide Prevention resources and other mental health resources
* [Suicide Prevention Resource Center](https://www.sprc.org/populations/older-adults):  Older Adult resources
* [SAMHSA](https://www.samhsa.gov/dbhis-collections/older-adults): Older Adult resource page
* American Foundation for Suicide Prevention: [Older Adult search](https://afsp.org/search-results/?query=older%20adults)

**Social Connection**

* [Senior Center Connect](https://d2mkcg26uvg1cz.cloudfront.net/wp-content/uploads/Senior-Centers-Connect-final-03272020.pdf) - a guide for promoting social connection when senior centers are closed
* [Institute on Aging](https://www.ioaging.org/): 24-hour toll-free [Friendship Line](https://www.ioaging.org/services/all-inclusive-health-care/friendship-line) is the only accredited crisis line in the country for people aged 60 years and older, and adults living with disabilities. They also make on-going outreach calls to lonely older adults.  **Phone: 1-800-971-0016**
* [Well Connected by Covia](https://covia.org/services/well-connected) – Connects individuals to virtual classes, conversations, and activities by phone. Programs available in English and Spanish. **Phone: (877) 797-7299**
* [engAGED](https://www.engagingolderadults.org/resources-and-research): Promoting tools and resources that help older adults stay connected to the community
* AARP: [Connection Resources](https://aarpcommunityconnections.org/helpful-resources/)
* AARP: [Helplines, hotlines, & warmlines for mental health](https://aarpcommunityconnections.org/mental-health-resources)
* [Friendly Voices](https://aarpcommunityconnections.org/friendly-voices/): Call line with trained AARP Friendly Voice volunteers will provide a call to say hello.
* [Connect 2 Affect](https://connect2affect.org): Website with resources and assessments of social isolation from AARP

**Economic Security**

* [National Council on Aging](https://www.ncoa.org/): Resources for economic stability, healthy living and public policy

**COVID-19**

* CDC: [COVID-19 Guidance for Older Adults](https://www.cdc.gov/aging/covid19-guidance.html?deliveryName=USCDC_944_DM22705&deliveryName=USCDC_944-DM25716)
* [Telehealth and Support Guide](https://gerocentral.org/wp-content/uploads/2020/03/COVID19-Older-Adult-Telephone-or-Virtual-Support-Group-Manual.pdf) for Socially Isolated Adults during COVID pandemic
* American Foundation for Suicide Prevention: [Caring for older adults mental health during COVID-19](https://afsp.org/story/covid-19-we-must-care-for-older-adults-mental-health)
* Coalition to End Social Isolation & Loneliness: [COVID-19 Resources](https://www.endsocialisolation.org/covid19)
* ADvancing States: [Resource on Addressing Social Isolation During COVID-19](http://www.advancingstates.org/sites/nasuad/files/u24453/ADvancing%20States%20Social%20Isolation%20Response%2004242020.pdf)
* Webinar: [P**r**otecting older adults from the harms of social isolation and providing a continuum of care during COVID-19](http://www.dialogue4health.org/web-forums/detail/covid-19-protecting-older-adults-from-the-harms-of-social-isolation)
* Webinar: [Offering evidence based programs during the pandemic](https://www.ncoa.org/resources/webinar-offering-evidence-based-programs-during-the-covid-19-pandemic/)
* Generations United: [Intergenerational Programs and Physical Distancing Tips](https://www.gu.org/app/uploads/2020/04/Intergenerational-Programs-and-Physical-Distancing.pdf)

**Activities at Home**

* [NCOA National Institute of Senior Centers](https://www.ncoa.org/resources/senior-centers-connect/)- Ideas for Promoting Social Connection while Practicing Physical Distancing. Includes ideas and examples of how to deliver senior center programs during the pandemic
* [ADvancing States](http://www.advancingstates.org/sites/nasuad/files/u24453/ADvancing%20States%20Social%20Isolation%20Response%2004242020.pdf)– Ideas for Responding to Social Isolation**:** See pages 14 and 15 for lists of activities
* [California Department of Aging Feeling Good & Staying Connected Activity Guide for older adults](https://test.aging.ca.gov/download.ashx?lE0rcNUV0zYlqz5kxLW8bA%3d%3d): A variety of tips for activities for older adults, including technology-free activities
* [Texas Aging & Longevity Center: Activities for Older Adults During a Shelter-in-Place](https://liberalarts.utexas.edu/talc/): Ideas for Technology-free Activities