

The **Caregiver Support Program** provides information & assistance, free classes, events, support groups, and consultations to all family and informal community caregivers. Unpaid caregivers may also apply for short term respite services.

Supported Aging provides case management and in home services to individuals who meet age/income eligibility and wish to age in place.

Health Promotion & Education offers evidence based classes to empower participants to stay physically active, manage their chronic conditions, avoid falls, and remain socially connected.

The **Housing Liaison Program** works with seniors who are unhoused or need affordable, low-income senior housing and who are having difficulties applying for housing.

Meals on Wheels delivers hot midday meals to homebound adults age 60 and older.

The **Medicare Options** program provides information, answers questions, and assists with enrollment and problem resolution for Medicare beneficiaries.

The Aging & Adult Services **Ombudsman** supports and protects the rights of people living in long-term care facilities.

The **Outreach Program** answers questions on issues related to aging, helps individuals enroll in services, provides referrals to other service providers, and assists with **Medicare & Senior Health Insurance Program** (SHIP) enrollment, questions, and problem resolution.

The **Refugee Program** provides advocacy, resources, and social engagement to older adult refugees who live in Salt Lake County.

The **Rides for Wellness** program provides rides for adults age 60 or older with no other means of transportation to vital medical appointments including dialysis, chemotherapy, and others.

Salt Lake County **Senior Centers** offer opportunities for learning, socializing, volunteering, community engagement, and wellness for participants. Senior Centers are open to people age 60 or older.

Aging & Adult Services contracts with **Utah Legal Services' Senior Citizen Law Center** for legal assistance to seniors age 60 and older who live in Salt Lake County. Call (801) 328 - 8891 for assistance.

Veteran Directed Home & Community Based Services assists veterans who want to remain in their home, but need skilled home care services, case management, and assistance with activities of daily living.

Volunteer Opportunities provide people of all ages the chance to make a difference in our community. Support a Senior Center, deliver Meals on Wheels, offer friendship to an isolated senior, and more.