

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.

**Foster Grandparents** volunteer with at-risk children in a variety of settings in Salt Lake County.

**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 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.

The **Senior Companion Program** works with volunteers to help frail and isolated older adults age at home rather than in long term care.

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.