



DIRECT SERVICES OFFERED

PROGRAM	DESCRIPTION	AGE/GENDER	INCOME	RESIDENCY	CONTACT
Aging Services	A variety of activities to help older adults stay healthy and active.	Older adults 60+	Any	Tooele County	435-277-2420
Aging Waiver Program	Provides supportive services to individuals who would otherwise live in a nursing facility, assisting them to live as independently as possible in their own home or community-based settings.	Older adults 65+	Must be Medicaid eligible (Based on special guidelines)	Tooele County	435-277-2420
Alternatives Program	Provides in-home services to eligible Tooele County residents with the objective of preventing the premature or unnecessary placement of individuals in nursing homes.	Older adults 60+	For low-income, call to check eligibility	Tooele County	435-277-2420
Arthritis Foundation Exercise Program	A low-impact recreational exercise program that incorporates a brief educational component.	Older adults 60+	Any	Tooele County	435-843-4110
Caregiver Support Group	In-person meetings to provide emotional, educational, and social support to those who are caring for a loved one with dementia or Parkinson's disease.	Any	Any	Any	435-277-2420

Dementia Dialogues	Provides the most current and practical information about how to care for people with dementia.	Any	Any	Any	435-277-2420
Dealing with Dementia	Workshop that presents effective strategies for dealing with dementia, Resource manual provided.	Any	Any	Any	435-277-2420
Dementia Live	Provides participants with a real-life simulation of what it may be like to live with dementia, using specialized gear in an experiential setting.	Any	Any	Any	435-277-2420
Lunch & Learn for Caregivers	Educational series taught by experts on a variety of topics pertinent to those caring for a loved one.	Any	Any	Any	435-277-2420
In-Home Services	Programs to assist low-income older adults to stay in their homes.	Older adults 60+	Call to check eligibility	Tooele County	435-277-2420
Caregiver Support Program	Information services, assistance, training, and support for caregivers of older adults.	Any	Any	Tooele County	435-277-2420
Meals on Wheels	Nutritious daily meals delivered to qualified individuals.	Homebound older adults 60+	Any	Tooele County	435-277-2420
Ombudsman Services	Advocates for the rights of residents living in long-term care facilities.	Any	Any	Tooele County	435-277-2420
Senior Centers - Tooele and Grantsville	Senior Centers provide an opportunity for older adults to share in a congregate meal, socialize, and remain active and engaged in the community.	Older adults 60+	Any	Tooele County	435-843-4110 435-884-3446

Senior Health Insurance Assistance Program (SHIP)	Medicare counseling.	Anyone eligible for Medicare	Any	Tooele County	435-277-2420
MSP (Medicare Savings Programs) and Extra Help	Assistance for paying for Medicare Part B premium and prescription coverage.	Anyone eligible for Medicare	Call to check eligibility	Tooele County	435-277-2420
SMP (Senior Medicare Patrol)	Medicare fraud prevention services.	Anyone eligible for Medicare	Any	Tooele County	435-277-2420
Stepping On Fall Prevention	A 7-week (one 2-hour session per week) falls prevention program conducted by trained leaders, and specially designed for adult learners.	Older adults and their loved ones	Any	Tooele County	435-277-2420
Tai Chi	Tai Chi is an ancient Chinese mind-body practice that focuses on performing slow, controlled movements with attention to your breath. It can help with chronic pain management as well as promote relaxation and mental well-being.	Older adults 60+	Any	Tooele County	435-277-2420
The Next Chapter	A social support and educational program, helping widows and widowers adjust to the loss of their loved one.	Any widows and widowers	Any	Tooele County	435-277-2420
Transportation Services	Serving seniors, veterans, persons with disabilities, and the general public. For help with scheduling a ride or figuring out transportation calls.	Any	Any	Tooele County	435-843-4114

Veteran Directed Care	A program that helps veterans who are at risk of nursing home placement continue to live in their homes. Veterans are given a flexible budget which they utilize to hire their own personal care aides (including family, friends, or neighbors).	*Veterans of any age but must be dependent on at least three of their activities of daily living to qualify i.e. bathing, dressing, walking, toileting, and eating. Must also be enrolled in VA Health Care.	Any	Tooele County	435-277-2420
Walk With Ease	A group program that combines self-paced walks with discussions about health-related topics.	Older adults 60+	Any	Tooele County	435-277-2420