

## WELLNESS SERVICES FOR OLDER ADULTS



Senior Reach is a community program that identifies older adults who may need emotional support and/or connection to community services. This program trains individuals and professionals in the community to identify and refer seniors in need. Care Management and counseling services are provided at no cost to the senior and can be offered, if desired, in the senior's home.

Recently, in a desire to provide more comprehensive services, Senior Reach has added Wellness as a service that can be offered to adults aged 65 and older living in Broomfield, Clear Creek, Gilpin, and Jefferson Counties.

### A Care Manager/Wellness Specialist will provide support through:

- **Group Classes:** Various topics of interest to seniors relating to social, physical, emotional, intellectual, and spiritual wellness. To find out about upcoming classes call Toll Free at: 1-866-217-5808.
- **In Home Support:** The specialist provides individual support in a senior's home concerning home safety, nutrition, relaxation for chronic pain, exercise, building social connections, life coaching, etc.

Generously Supported by: The Colorado Trust, Healthy Aging Initiative

To refer an older adult for counseling, care management, or wellness services, please call the toll free number for SENIOR REACH at **1-866-217-5808**  
Open Monday through Friday, 8am to 5pm.

Visit our web site: [www.seniorreach.org](http://www.seniorreach.org) for more information.

## DO YOU KNOW AN OLDER ADULT WHO NEEDS HELP?



Toll Free:  
**1-866-217-5808**  
[www.seniorreach.org](http://www.seniorreach.org)

Sponsored by:



### Services SENIOR REACH Professionals can provide in the home:

- Someone who listens to you and offers support.
- Someone who can connect you to community resources that may be beneficial.

*To qualify for most services, you must be 60 years or older and live in one of these counties: Jefferson, Clear Creek, Gilpin, Broomfield and Boulder.*

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