AGING RESOURCES of Douglas County

Older Adult Resource Guide

2026

A nonprofit serving older residents of Douglas County

303-814-4300 www.goARDC.org

Dear Resource Guide Reader,

Aging Resources of Douglas County (ARDC) is a community nonprofit aging center where we listen, respond, and problem-solve together. We provide services and connect people to information and resources that promote aging well and with independence! We hope you find this guide valuable, as we created it with YOU in mind to provide resources specific to Douglas County, Colorado.

As the older adult population continues to grow, ARDC is expanding to meet these needs. We are excited to announce that we will be relocating to a larger and more spacious office in the summer of 2026! The new location will enable us to provide more in-person services, including support groups, educational opportunities, and space for community gatherings - exactly what we heard was needed during the older adult town halls we held in partnership with Douglas County last year.

Please come by and learn more about how ARDC is YOUR aging resource center, sign up for services, or just say hello.

Moving summer of 2026!

410 S. Wilcox St.
Castle Rock, CO 80104

Kind wishes,
Karie Erickson, Founder/Executive Director

MISSION:
To empower older adults to age with independence!

VALUES:
To operate from integrity and follow through with grace in all we do.

VISION:
As a community, we support residents on their aging journey together, ensuring every older person's voice is heard, valued, and respected.

AGING RESOURCES

Online version:
www.goARDC.org
Resource Navigation tab

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ADULT DAY SERVICES

Agape Senior Daycare	720-505-7740
Sky Cliff Center	303-814-2863

ADVOCACY

Aging Resources of Douglas County	303-814-4300
Colorado Legal Services	303-837-1313
DRCOG – Area Agency on Aging	303-480-6700

CAREGIVER SUPPORT

Catholic Charities: Kinship Caregiver Program	720-799-9254
Alzheimer's Association	800-272-3900
Colorado Respite Coalition	303-233-1666 X8

CASE MANAGEMENT

Aging Resources of Douglas County	303-814-4300
DRCOG – Area Agency on Aging	303-480-6704
Western Care Partners	720-675-9902

COMMUNITY INVOLVEMENT

Living and Aging Well – Lone Tree	303-225-4930
Seniors' Council of Douglas County	303-814-4300

DENTAL RESOURCES

Colorado Gerontological Society	303-333-3482
Dental Lifeline Network	303-534-3931
University of Colorado School of Dental Medicine	303-724-6900

EDUCATIONAL OPPORTUNITIES

Aging Resources of Douglas County	303-814-4300
Arapahoe Community College: Community Programs	303-797-5722
Olli (Osher Lifelong Learning Institute) through DU	303-871-3181
PACE Center: Adult Lecture Series	303-805-6800
Seniors' Council of Douglas County	303-814-4300

STRONGER

"Aging is not lost youth but a new stage of opportunity and strength." ~Betty Friedan

ELDER ABUSE/VICTIM ASSISTANCE

Douglas County Adult Protective Services	303-663-6270
DRCOG – Area Agency on Aging – Ombudsman (for assisted living/skilled nursing)	303-480-6734
Douglas County Sheriff – Victims Assistance Unit	303-660-7535

EMERGENCY SERVICES

If someone needs help right away because of an injury or immediate danger, call **911**

Douglas County Sheriff's Office – Dispatch	**911** or Non-Emergency 303-660-7505
National Suicide Prevention Hotline	**988**
Rocky Mountain Poison and Drug Safety	**911** or Non-Emergency 800-222-1222

LOCAL POLICE DEPARTMENTS

Castle Rock Police Department	**911** or Non-Emergency 303-663-6100
Lone Tree Police Department	**911** or Non-Emergency 303-799-0533
Parker Police Department	**911** or Non-Emergency 303-841-9800

RESILIENCE

"I can be changed by what happens to me. But I refuse to be diminished by it."~Maya Angelou

EMERGENCY SERVICES

LOCAL FIRE DEPARTMENTS

If someone needs help right away because of an injury or immediate danger, call **911**

Castle Rock Fire and Rescue	**911** or Non-Emergency 303-660-7500
Franktown Fire Protection District	**911** or Non-Emergency 303-688-3811
Jackson 105 Fire Rescue	**911** or Non-Emergency 303-688-1218
Larkspur Fire Department	**911** or Non-Emergency 303-681-3284
Mountain Communities Fire Department (SW Douglas County)	**911** or Non-Emergency 303-647-2361
South Metro Fire Rescue	**911** or Non-Emergency 720-258-8911
West Douglas County Fire Protection District	**911** or Non-Emergency 303-688-6055
West Metro Fire Rescue	**911** or Non-Emergency 303-989-4307

EMPLOYMENT ASSISTANCE

Arapahoe/Douglas Works: Generations at Work Program	303-636-1160

FINANCIAL & EMERGENCY ASSISTANCE

Catholic Charities	720-215-4521
Douglas County Human Services	303-688-4825
Energy Outreach Colorado – Crisis Intervention Program	855-469-4328
Help and Hope Center	303-688-1114
Low-income Energy Assistance Program (LEAP)	866-432-8435
New Hope Presbyterian Church	303-660-0057
The Rock Church	303-688-0777

FITNESS & RECREATION

Castle Rock Recreation Center	303-660-1036
Highlands Ranch Recreation Centers	303-791-2500
Lone Tree Recreation Center	303-708-3500
Parker Recreation Center	303-841-4500
Silver Sneakers	866-584-7389

FREE FOOD MARKETS

ARDC Partner	Help and Hope Center	303-688-1114
ARDC Partner	Parker Task Force	303-841-3460
ARDC Partner	SECOR Cares	720-842-5621
	Cherry Hills Community Church: Manna Care	303-791-4100
	Pax Christi Catholic Church	303-799-1036
	St. Vincent de Paul Society of Castle Rock	303-847-2606
	The Rock Church	303-688-0777

GOVERNMENT SERVICES

	Assessors Office: Property Tax Programs for Seniors	303-660-7450
	Douglas County Health Department	720-643-2400
	Douglas County Housing Partnership	303-784-7857

WISDOM

"Know that you are the perfect age. Each year is special and precious, for you shall only live it once. Be comfortable with growing older." ~Louise Hay

GOVERNMENT SERVICES

Douglas County Human Services: Call for services listed below: Burial Assistance, General Assistance, Low-Income Energy Assistance (LEAP), Medicaid, Old Age Pension (OAP), Supplemental Nutrition Assistance Program (SNAP)	303-688-4825
Homeless Engagement Assistance & Resource Team (HEART) HEART is Douglas County's front-line response team for individuals experiencing homelessness.	303-660-7301
Social Security Administration	800-772-1213

HEARING & VISION SERVICES

Aging Resources of Douglas County	303-814-4300
Colorado Commission for the Deaf, Hard of Hearing and DeafBlind Relay Call Service	720-457-3679 711
Colorado Center for the Blind	303-778-1130
Mile High Senior Eye Care	720-819-5594

CONTROL

Studies suggest that only 30% of the characteristics associated with aging are controlled by genetics. The remaining 70% is controlled by chosen lifestyle factors.

HOME CARE SERVICES (NON-SKILLED)

Aging Resources of Douglas County	303-814-4300
ACASA Senior Care	303-949-2273
A Caring Hand and Heart	303-515-0215
CAPABLE	719-666-7181
Comfort Keepers	303-993-1111
Home Instead	303-688-7852
Senior Helpers	303-376-4990
SYNERGY HomeCare	303-953-9924
Talem Home Care	719-639-2663
TheKey	303-957-3100
Visiting Angels	720-981-0804

HOME MAINTENANCE & IMPROVEMENT

Brothers Redevelopment	303-685-4225

Our services are free of charge

Donations welcome!

www.goARDC.org

Help at Home

- **Light Housework**
- **Chores & Yard Work**
- **Companionship**

We rely on the generosity of our community volunteers to provide services.

303-814-4300

Keep Learning!
Attend our meetings.
Make a Difference!

Seniors' Council Douglas County

Living Well / Aging Well™

Join Us!

Be Heard!
Express your concerns, needs and ideas.

MyDougCoSeniorLife.com 303-814-4300 ARDC@douglas.co.us

HOME MAINTENANCE & IMPROVEMENT

Energy Resource Center	719-591-0772
Home Builders Foundation	303-551-6721
Number 1 Son	720-722-0832
Total Care Home Repair	303-884-8696

HOSPICE & PALLIATIVE CARE

The Denver Hospice	303-398-6200
Gentiva Hospice	303-660-6107

HOSPITALS

AdventHealth Castle Rock	720-455-5000
AdventHealth Parker	303-269-4000
HCA HealthONE Sky Ridge	720-225-1000
UCHealth Highlands Ranch Hospital	720-516-1000
Highlands Behavioral Health Hospital	720-348-2800

HOUSING RESOURCES

Colorado Housing Connects	844-926-6632
Douglas County Housing Partnership	303-784-7824

ASSISTED LIVING PLACEMENT SERVICES

Answers For Senior Care	303-799-1313
CarePatrol	303-488-9167
DRCOG – Area Agency on Aging –Ombudsman	303-480-6734
Family Connection Consulting & Placement	720-458-8098
Next Steps Senior Placement	720-515-8014
Transitions Senior Care	720-288-0189

SMARTER

While aging does often come with changes in thinking, many cognitive changes are positive, such as having more knowledge and insight from a lifetime of experiences.

ILLNESS RESOURCES & SUPPORT

Aging Resources of Douglas County	303-814-4300
ALS United Rocky Mountain	303-832-2322
Alzheimer's Association: Colorado Chapter	303-813-1669
American Cancer Society	303-758-2030
American Diabetes Association – Rocky Mountain Area	720-855-1102
American Stroke Association	800-242-8721
Arthritis Foundation	800-283-7800
Brain Injury Association of Colorado	303-355-9969
Castle Rock Senior Activity Center: Low Vision Support	303-688-9498
Colorado Center for the Blind	303-778-1130
Multiple Sclerosis Society (Colorado/Wyoming)	303-698-7400
Parkinson Association of the Rockies	303-830-1839

ILLNESS RESOURCES & SUPPORT

Paul's Mystery Ship to End ALS	720-935-8000
Sky Cliff Center: Stroke Support	303-814-2863

INFORMATION & REFERRAL

Aging Resources of Douglas County	303-814-4300
DRCOG – Area Agency on Aging –Aging & Disabilities Resource Center	303-480-6700

LEGAL SERVICES

Colorado Legal Services	303-837-1313
Holmes Shirley Law	720-248-7621
Walters Law, LLC	719-231-8442

HUMOR

"You don't stop laughing when you grow old, you grow old when you stop laughing." ~George Bernard Shaw

LIBRARIES

Douglas County Libraries

Central Number for all locations	303-791-7323
DC Library Senior Programs to Explore Include: Brain Health Fitness, Memory Kits, and Coffee Chats	
Castle Pines	360 Village Square Lane
Castle Rock	100 S Wilcox Street
Highlands Ranch	9292 S Ridgeline Blvd.
Lone Tree	10055 Library Way
Louviers	7885 Louviers Blvd.
Parker	20105 East Mainstreet
Roxborough	8357 N Rampart Range Rd #200

Other Libraries

Colorado Talking Book Library	303-727-9277
Library of Congress – Veterans History Project	888-371-5848

LEARNING

"Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young." ~ Henry Ford

MEAL ASSISTANCE

CONGREGATE MEALS

Castle Rock Senior Center	303-688-9498
Parker Senior Center	303-841-5370
Sunday Salmon	720-409-1950

IN-HOME MEALS

Nourish Meals on Wheels	303-798-7642
VOA Meals on Wheels – Castle Rock Senior Center	303-688-9498
Project Angel Heart	303-830-0202

MEDICAL EQUIPMENT

LOAN CLOSETS

Aging Resources of Douglas County	303-814-4300
Castle Rock Senior Activity Center	303-688-9498
South Metro Medical Equipment Loan Closet	720-443-2013

BETTER WITH AGE

The founder of Kentucky Fried Chicken, Harland David Sanders (a.k.a. Colonel Sanders), started Kentucky Fried Chicken at the age of 65.

MEDICAL EQUIPMENT

STORES

Home Medical Supplies, Inc.	303-751-3700
You Can Home Medical	303-840-4444

MEDICARE

DRCOG – Area Agency on Aging – Senior Medicare Patrol	303-480-6835
DRCOG – Area Agency on Aging – State Health Insurance Assistance Program	303-480-6835

MEMORY CARE RESOURCES

Alzheimer's Association: Colorado Chapter	303-813-1669
Douglas County Library–Memory Care Kits	303-791-7323
SPARK! Alzheimer's Alliance – Lone Tree Arts Center	720-509-1000

MENTAL HEALTH SERVICES

AllHealth Network	303-730-8858

"A house is made of walls and beams; a home is built on love and dreams."~Ralph Waldo Emerson

MENTAL HEALTH SERVICES

Colorado Crisis Support (24/7/365)	1-844-493-8255
FreedomChoice	720-213-5955
Highlands Behavioral Health System	720-348-2800
LifeStance Health	720-588-3150
Raft Counseling	720-340-7000
Suicide & Crisis Hotline	**988**

REHABILITATION HOSPITALS & SKILLED NURSING FACILITIES

REHABILITATION HOSPITALS

Craig Hospital	303-789-8000
Reunion Rehabilitation Hospital	720-741-8800

SKILLED NURSING

Brookside Inn	303-688-2500
The Center at Lincoln	720-214-7777

REHABILITATION HOSPITALS & SKILLED NURSING FACILITIES

SKILLED NURSING

Life Care of Stonegate	303-805-2085
Veterans Community Living Center	720-857-6400

SENIOR CENTERS

Castle Rock Senior Activity Center	303-688-9498
Highlands Ranch Senior Center	303-791-2416
Parker Senior Center	303-841-5370

SCAM & FRAUD

Colorado Attorney General's Office: Stop Fraud Colorado	800-222-4444
Colorado Bureau of Investigation: After Hours Victims Assistance	855-443-3489
Colorado Bureau of Investigation: Victim Assistance	303-239-4649
Denver Better Business Bureau	303-758-2100
Douglas County Sheriff Senior Resource Officer	303-663-7748

SCAM & FRAUD

Social Security Fraud Hotline	800-269-0271

TECHNOLOGY ASSISTANCE

Aging Resources of Douglas County	303-814-4300
Senior Planet Colorado	720-328-0875
Tech Pals	844-832-4725

TRANSPORTATION

Aging Resources of Douglas County	303-814-4300
Castle Rock Senior Center	303-688-9498
MediDrive (Medicaid Transportation)	720-452-3025
MedRide, LLC	719-545-3333
Road to Recovery (Cancer Related Medical Appointments)	800-227-2345 Ext. 3

PUBLIC TRANSPORTATION

Access-A-Ride (RTD AREA ONLY)	303-299-2960

AGING RESOURCES of Douglas County

TRANSPORTATION SOLUTIONS

for Douglas County residents 60+

Staff Drivers

Medical trips, wheel chair riders, dialysis, adult daycare centers.

Volunteer Drivers

Individual trips for errands, appointments, medical.

Shuttle

Group trips to fixed stops on a timed route in Castle Rock.

Access to Food

Group trips to grocery store, free food market and local shops.

303-814-4300

Riders must sign up for services. Rides are dependent upon availablity.

To sign up for services call or go online www.goARDC.org

TRANSPORTATION

PUBLIC TRANSPORTATION

Town of Castle Rock – Taxi Voucher Program	720-295-8747
FlexRide Reservations (Inverness, Lone Tree, Meridian, Parker)	303-299-6000 Ext. 2
Link On Demand: Highlands Ranch, Lone Tree & Parker	719-212-2430
RTD Bus Service	303-299-6000

VETERAN SERVICES

Castle Rock VA Clinic	303-399-8020
Douglas County Veterans Service Office	303-663-6200
DRCOG – Area Agency on Aging – Veteran-Directed Care	720-278-2351
Rocky Mountain Regional VA Medical Center	303-399-8020
Veterans Community Living Center at Fitzsimmons	720-857-6400
Veterans Crisis Line – 24/7	988 then Press 1
Vets4Warriors – 24/7 Peer Support	855-838-8255
Volunteers of America – Veterans Service Center	720-501-3367

VOLUNTEER OPPORTUNITIES

Aging Resources of Douglas County	303-814-4300
AmeriCorps Senior RSVP Program	800-942-2677
Castle Rock Senior Center	303-688-9498
Catholic Charities	720-215-4521
Douglas County Libraries	303-791-7323
Help and Hope Center	303-688-1114
Highlands Ranch Senior Center	303-791-2416
PACE Center	303-805-6800
Parker Senior Center	303-841-5370
Parker Task Force	303-841-3460
SECORCares	720-842-5621

Between 2023 and 2033, the population of Douglas County is expected to increase by 12.7%, but the population 65 and over is expected to increase by 53.7%!

Douglas County's older population is expected to continue to grow at a faster rate than the state as a whole during this 10 year period.

NOTES

Volunteers Wanted

Make a difference - Volunteer!

Drivers • Companions • Home Helpers

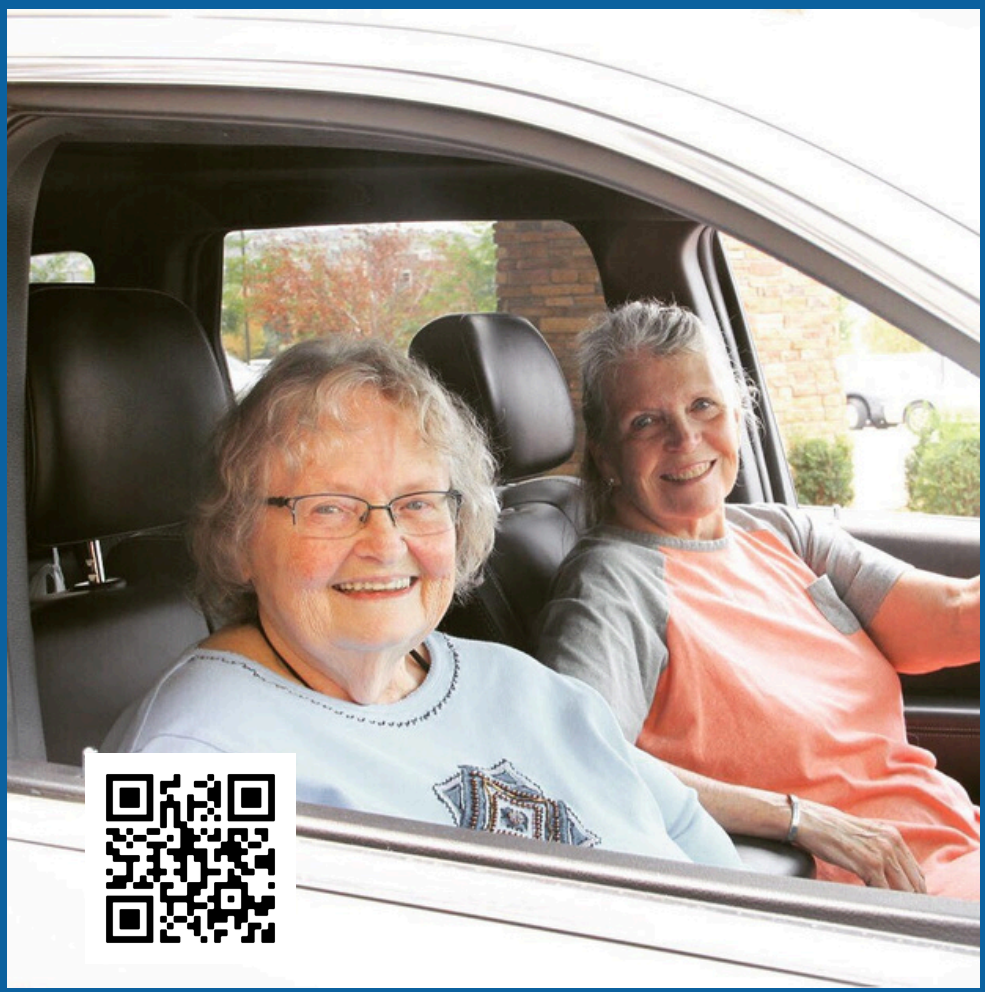
www.goARDC.org **303-814-4300**

AGING RESOURCES

ARDC volunteer, Melissa Carpenter with her companion

"Being involved in volunteering with AR has given my life more meaning and has provided me with a greater sense of purpose. I feel very grateful to have found this organization."

"I've come to realize that aging isn't just about decline in one's ability; it's about adapting, staying connected, and continuing to find purpose at every stage of life."



Age with Independence!

AGING RESOURCES of Douglas County

303-814-4300