



## Age in Place Resources

**SARA** – 775-742-3288 – Solutions and Resources Associates (SARA): Connecting people with resources for those who are facing life changes such as caring for aging parents, planning for your financial future, navigating the health care system or getting your legal affairs in order, SARA is there 24/7 to connect you with the information and resources you may need, a network of local professionals focusing on health, wealth and legal needs at no charge.

### Home Modification

- **Continuum** – 775-221-8034 – home modification program
- **EB Homes**, Eric Barry – 775-450-1712

### Transportation:

- **Rides for Veterans** – 775-829-5660 – free rides to VA hospital
- **RTC Ride - Bus Service Route Info** – 775-348-7433
- **RTC Access** – 775-348-5438 – Reservations; 775-348-0444 – Cancellations
- **RTC's Washoe Senior Ride Program** – 348-0477 – Taxi rides at approx. 50% off
- **Access to Healthcare** – 844-469-4932 – Free transportation for Senior Citizens, Disabled and low-income residents of Reno and Greater Washoe County to/from hospital/health care providers. If residence is within RTC route, schedule a month or two in advance; if your residence is outside of the RTC route, you can schedule 1 or 2 weeks in advance for pick up. You do not have to be a member of Access to Healthcare to take advantage of this service.
- **REMSA** – 775-858-5700 (general questions) - they show up when you first call 911; no cost if you fall and need help, you only have to pay when you get transported to an ER
- **REMSA Silver Saver** – 775-858-5745 – If you or someone in your family requires a REMSA paramedic ambulance, will your out-of-pocket expenses be covered? REMSA's average ambulance bill is over \$700, lower than most comparable programs in the nation. The \$69 Silver Saver membership protects your entire household against out-of-pocket costs such as deductibles and co-payments that may not be covered by your insurance policy, Medicare, or other health benefits. For only \$69 a year, your household is covered for up to 10 medically necessary REMSA ambulance transports per year. With Silver Saver, you're covered whether you live at home, in a senior living center, or nursing home.
- **REMSA Care Flight** – 1-800-648-4888 – Care Flight's Flight Plan covers air ambulance transportation for California and Nevada only. Membership for just Care Flight's Flight Plan is \$55 annually, or as a Silver Saver member you have the opportunity to increase your household's coverage and protection by adding Care Flight's membership plan for \$30.
- **REMSA Nurse Health Line** – 775-858-1000 – When you have a medical problem or question, now you have the option in Washoe County to speak to a registered nurse. Nurses who have special training and experience can answer your call 24/7.
- **SEMSA Med-Express Transport** – 775-858-3300 – Non-emergency wheelchair transport service specializing in custom care and comfort. Patients of Med-Express Transport use the service for trips to



and from their doctor's office, diagnostic testing centers, outpatient clinics, hospitals or nursing homes. Long distance transports can be arranged to almost anywhere on the West Coast. Charge a base rate + mileage.

### **End of Life Care**

- **Kindred Hospice** - 775-825-5008
- **Nevada Polst** - 775-742-6766
- **Aplus Hospice** - 775-329-0900

### **In-Home Assistance (Non-Medical) / Companionship**

- **Virtucare Virtual In-Home Care** - 775-771-4449 [vhomecare.com](http://vhomecare.com)
- **Right at Home** - 775-826-7999
- **Amada Senior Care** - 775-501-9652
- **Home Instead Senior Care** - 775-336-5333
- **Senior Helpers** - 775-828-1800
- **Visiting Angels** - 775-852-4663

### **Home Health**

- **Alliance Home Health** - 775-355-8800
- **Kindred Home Health** - 775-858-1900
- **Saint Mary's Home Health** - 775-770-3081

### **Food**

- **Catholic Charities/St Vincents Food Pantry** - 775-786-5266
- **Meals on Wheels** - 775-328-2590
- **Reno Senior Center** - 775-328-2575
- **Supplemental Nutrition Assistance Program Reno** - 775-684-7200



## Social

- **Senior in Service's Senior Companion Program** – 775-358-2322 – Seniors only 60+; M-F 8:00 am – 4 pm; Senior Companion volunteers are 55 years and provide basic social support to seniors over the age of 60 who live alone (or are in need of respite care), have limited access to outside resources, and who will benefit most from social support such as visiting, playing games, assisting with accessing supportive resources, etc. Services may include taking clients to medical appointments, grocery shopping, and other relevant errands where transportation reimbursement funding permits. This program is also a Senior Corps Program and is sponsored by the Corporation for National and Community Service and the State of Nevada's Aging and Disability Services Division.
- **Sparks Senior Center** – 775-358-3110 – 97 Richards Way, Sparks; 8:00 am-5:00 pm M-F
- **Washoe County Senior Center** – 775-328-2575 – Seniors only (60+) lunch \$2 donation (\$4 if younger than 60); Meals on Wheels program; library; various other programs for seniors; Washoe Senior Ride

## Miscellaneous

- **Alzheimer's Association Safe Return Program** – 1-800-272-3900 - MedicAlert® + Alzheimer's Association Safe Return® is a 24-hour nationwide emergency response service for individuals with Alzheimer's or a related dementia who wander or have a medical emergency. They provide 24-hour assistance, no matter when or where the person is reported missing. \$62 for initial enrollment, and \$35 annual renewal fee.
- **Reno Housing Authority** – 775-331-5138
- **VA Medical Center** – 775-786-7200 – health care for eligible veterans

\*\*\*Information deemed reliable, but not guaranteed\*\*\*