



2023

# Age-Friendly Resource Guide

City and community housing, emergency  
and aging-in-place resources



[tempe.gov/AgeFriendly](https://tempe.gov/AgeFriendly)

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# Age-Friendly Resource Guide

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<b>Abuse and Crisis Response</b>		
Service	Contact Information	Additional Information
24-hour Local Shelter Hotline	602-263-8900 or 1-800-799-7739	24/7 Availability
Adult Protective Services (APS)	1-877-SOS-ADULT (1-877-767-2385)  <a href="https://des.az.gov/services/basic-needs/adult-protective-services">https://des.az.gov/services/basic-needs/adult-protective-services</a> (to file a report online)	Investigates reports of abuse, neglect, and exploitation of vulnerable adults or when an adult with impairments is unable to meet their basic needs
Care 7 Crisis Response Team	480-350-8004	24/7, on-scene crisis intervention and ongoing support for trauma and crime victims in Tempe
La Frontera/ EMPACT Suicide Prevention Center	480-317-2200 or 480-784-1514 618 S. Madison Dr. Tempe, AZ 85281	Provides behavioral health services including counseling, medication management, and case management
Maricopa Crisis Recovery Network	602-222-9444	24/7 Availability
Maricopa County Warm Line	602-347-1100	For crisis events or phone support; staffed by trained peers

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National Sexual Assault Hotline	1-800-656-HOPE (4673)	Confidential local support, information, and referrals for sexual assault and assistance navigating the legal system
NAZCARE Warm Line	1-888-404-5530	Monday-Thursday (4 pm to 10:30 pm); Friday-Sunday (3 pm to 10:30 pm)
<b>DOMESTIC VIOLENCE</b>		
The DOVES Program – Area Agency on Aging	602-264-4357	Help for victims of late-life (age 50+) domestic violence to overcome the challenges that older victims face
Arizona Coalition Against Domestic Violence	602-279-2900 or 1-800-782-6400	Support, information, and referrals about sexual and domestic violence, assistance navigating the legal system
National Domestic Violence Hotline	1-800-799-SAFE (7233)	Confidential support, information, and referrals for sexual and domestic violence, assistance navigating the legal system as well as financial assistance.
Pathways Victim Advocacy Services	602-819-0082	Domestic Violence counseling and advocacy offered
The Sexual and Domestic Violence Helpline and Chat	602-279-2980 or 800-782-6400 Text Line: 520-720-3383	Monday-Friday availability

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My Sisters' Place Hotline	480-821-1024	24-hour hotline; Domestic Violence support for women
<b>Benefits &amp; Financial Help</b>		
Service	Contact Information	Additional Information
Benefits Enrollment Center (Aster Aging, Inc.)	480-634-1659	Free help to complete applications, enroll in services, and navigate benefits
City of Tempe Resource Navigator Program	480-858-2021 <a href="http://www.tempe.gov/government/human-services/resource-navigators">www.tempe.gov/government/human-services/resource-navigators</a> (online referral form)	Help to identify and connect to community resources such as food, benefits, and employment
Newtown Community Development Corporation	480-517-1589 2106 E. Apache Blvd., Suite 112 Tempe, AZ 85281	Homebuyer education, homeownership , counseling, credit counseling, financial coaching, and down-payment assistance.
Social Security Administration	1-800-772-1213 702 W. Jerome Ave. Mesa, AZ 85210	Monday-Friday (9 a.m.-4 p.m.)

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Tempe Community Action Agency Financial Success Center	480-422-8922 ext. 5875 Esquer and Ramsey Center 2146 E. Apache Blvd. Tempe, AZ 85281	Offers a variety of career and financial empowerment services
Volunteer Income Tax Assistance (VITA)	480-858-2323 <a href="mailto:vita@tempecc.org">vita@tempecc.org</a>	Free tax preparation, by appointment only

## Food

Service	Contact Information	Additional Information
2-1-1 Arizona	<a href="https://211arizona.org/help/food/">https://211arizona.org/help/food/</a>	Resources for supplemental food programs around Arizona
Aris Foundation	602-935-9291 Jaycee Park (817 W 5th St., Tempe, AZ 85281)	Provides food, clothing, hygiene items and resources for homeless individuals
Arizona Commodity Senior Food Program (CSFP)	602-771-2790 <a href="https://des.az.gov/services/basic-needs/food-assistance/az-commodity-senior-food-program">https://des.az.gov/services/basic-needs/food-assistance/az-commodity-senior-food-program</a>	Monthly nutritious food package for income-eligible seniors 60+ years of age
Arizona Food Bank Network	<a href="https://azfoodbanks.org/get-food/">https://azfoodbanks.org/get-food/</a>	Online database of food banks, pantries, soup kitchens, shelters, and other organizations that distribute emergency food

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Home Delivered Meals (Tempe Community Action Agency)	480-422-8922	Meals delivered to home-bound seniors and adults with disabilities
ICNA Relief – Muslims for Humanity	480-600-6676 5030 S. Mill Ave., Suite #C5 Tempe, AZ 85282	Food pantry
Meals On Wheels (Aster Aging, Inc.)	480-962-5612	Meals delivered to home-bound seniors and adults with disabilities
Saint Vincent de Paul – Resurrection Church	480-329-0968 3201 S. Evergreen Rd. Tempe, AZ 85282	Food distribution center
Society of St Vincent de Paul – Our Lady of Mt Carmel	480-966-1974 2121 S. Rural Rd. Tempe, AZ 85282	Food distribution center
Senior Meal Program (Tempe Community Action Agency)	480-858-6511	Meal delivery and senior center congregate meals
Tempe Community Action Agency Food Pantry	(480) 422-8922 2146 E. Apache Blvd., Tempe, AZ 85281; <a href="mailto:info@tempeaction.org">info@tempeaction.org</a>	Eligible households may receive food boxes up to twice monthly. Seniors may access an additional food box each month through the Food Plus program.

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The Emergency Food Assistance Program (TEFAP)	<a href="https://des.az.gov/services/basic-needs/food-assistance/emergency-food-assistance">https://des.az.gov/services/basic-needs/food-assistance/emergency-food-assistance</a>	Income-eligible emergency food and nutrition assistance at no cost
<b>Health Care</b>		
<b>Service</b>	<b>Contact Information</b>	<b>Additional Information</b>
Aid to Women Center	480-966-1902 1328 E. Apache Blvd. Tempe, AZ 85281	Well Woman Exams, Pap smears, STD testing
Arizona Long Term Care System (ALTCS)	602-417-6600 801 E. Jefferson St., MD 3900 Phoenix, AZ 85034	Health insurance for individuals age 65+ or who have a disability and qualify medically and financially for services
AZ Shifa Clinic	480-597-6029; 5030 S. Mill Ave. Suite C5 Tempe, AZ 85282 <a href="mailto:shifaclinicarizona@icnarelief.org">shifaclinicarizona@icnarelief.org</a>	Free health clinic
Circle the City Homeless Health Care Services	623-900-2203 <a href="https://www.circlethecity.org/">https://www.circlethecity.org/</a>	Offer integrative health services to individuals experiencing homelessness
Hospice of the Valley	602-530-6900	Hospice and palliative care, grief groups, and family caregiver support



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Mountain Park Health Center	602-243-7277 1840 E. Broadway Rd. Tempe, AZ 85281	Affordable community health center
The State Health Insurance Assistance Program (SHIP)-Arizona Department of Economic Security	602-280-1059 <a href="mailto:info@aaaphx.org">info@aaaphx.org</a>	Free health benefits counseling service for Medicare beneficiaries
Senior Medicare Patrol (SMP) - Arizona Department of Economic Security	1-800-432-4040	Free benefits counseling service for Medicare beneficiaries

## Housing

Service	Contact Information	Additional Information
City of Tempe Housing Services	480-350-8950 Information Line: 480-350-8974 Tempe Public Library, 2nd floor 3500 S. Rural Rd. Tempe, AZ 85282	Offer a variety of housing programs for those who need assistance
<b>HOME REPAIRS &amp; WEATHERIZATION</b>		
Emergency Home Repair Program- City of Tempe Housing Services	480-350-8950	Emergency home repair assistance for low/moderate-income Tempe homeowners to correct health and safety deficiencies

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Weatherization Program- Arizona Department of Housing	602-771-1001	Enables income-eligible families to reduce their energy bills by making their homes more energy efficient
Tempe Home Accessibility Program (THAP)- Ability360	602-256-2245	Housing accessibility modifications for low-income Maricopa County disabled and/or senior residents
<b>RENT/MORTGAGE HELP</b>		
Salvation Army Tempe Corp	480-967-8649 or <a href="mailto:mario.ruiz@usw.salvationarmy.org">mario.ruiz@usw.salvationarmy.org</a>	Rent and utility assistance
Tempe Community Action Agency (TCAA)	480-389-1375 Help with Bills Hotline	Emergency relief for rent, mortgage, and utility payments for households experiencing a financial crisis impacting their household.
<b>HOMELESSNESS/ SHELTERS</b>		
Human Services Campus	204 S. 12th Ave. Phoenix, AZ 85007 602-282-0853	Collaboration of 16 partner organizations connecting individuals experiencing homelessness with resources such as health, legal, case management,

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		identification, meals, etc.
Central Arizona Shelter Services (CASS)	602-229-5155	Emergency shelter services
East Valley Men's Center- A New Leaf	602-610-6722 2345 N. Country Club Dr. Mesa, AZ 85201	Full-service shelter for single men without children
Halle Women's Center	602-362-5833 Confidential location (Phoenix, AZ)	Full-service shelter for single women without children
Homeless Outreach Prevention Effort (HOPE) – City of Tempe Outreach Team	480-350-8950 <a href="mailto:HOPE@tempe.gov">HOPE@tempe.gov</a>	Homeless outreach, case management and connections to shelter and housing.
Interfaith Homeless Emergency Lodging Program (I-HELP)	480-389-1277	Provides overnight sleeping space and evening meals for the individuals enrolled in I-HELP
Catholic Charities MANA House <i>[Marines, Army, Navy, Air Force]</i>	602-254-6785 2422 W. Holly St. Phoenix, AZ 85009	Transitional housing for veterans
My Sisters' Place (Catholic Charities Community Services, Inc.)	480-821-1024 (Confidential location)	24-hour hotline; Domestic violence shelter for women

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<b>UTILITIES HELP</b>		
Salvation Army Tempe Corp	480-967-8649 or <a href="mailto:mario.ruiz@usw.salvationarmy.org">mario.ruiz@usw.salvationarmy.org</a>	Rent and utility assistance
Tempe Community Action Agency (TCAA)	480-389-1375 Help with Bills Hotline	Emergency relief for rent, mortgage, and utility payments for households experiencing a financial crisis impacting their household.
<b>Legal</b>		
Service	Contact Information	Additional Information
Adult Protective Services (APS)	1-877-SOS-ADULT (1-877-767-2385)	Staffed Mon-Fri (7 a.m.-7 p.m.), and Sat-Sun (10 a.m.-6 p.m.) Online submission available 24/7
Arizona Attorney General's Office	602-542-5025 2005 N. Central Ave. Phoenix, AZ 85004 <a href="http://www.azag.gov/seniors">www.azag.gov/seniors</a>	Resources and advocacy for seniors
Arizona Ombudsman Office - Citizens' Aide	602-277-7292 2020 N. Central Ave., Suite 570 Phoenix, AZ 85004	Free and impartial dispute resolution. Powers to investigate and make recommendations

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Arizona Long Term Care Ombudsman Program	Contact Area Agency On Aging at: 602-264-2255  Or the Office of Arizona State Long-Term Care Ombudsman Program at: 602-542-6454 ext. 9	Investigate and resolve complaints made by or on behalf of residents of nursing homes, assisted living facilities, and adult foster care homes.
Community Legal Services	602-258-3434 305 S. 2nd Ave. Phoenix, AZ 85003 <a href="http://www.azlawhelp.org">www.azlawhelp.org</a>	Provides legal assistance, advice or representation, self-help materials and legal education
Familias Unidas-Catholic Charities Community Services	602-749-4415 or toll-free 855-316-2229	Immigration and naturalization assistance
Fresh Start Women's Foundation-Family Law Support	602-252-8494 1130 E. McDowell Rd. Phoenix, AZ 85006	Help navigating court system, document preparation services, family law classes
Law for Seniors.org	<a href="http://www.LawForSeniors.org">www.LawForSeniors.org</a>	Navigational resource tool for legal help, life care planning, and other tools.

## Mental Health

Service	Contact Information	Additional Information
Maricopa County Crisis Mobile Team	602-222-9444 or 1-800-631-1314	24/7 Availability

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Be Connected Support Line (Veterans)	1-866-4AZ-VETS (429-8387)	Connection to available resources for veterans
Counseling-Catholic Charities Community Services	602-749-4405	Services are fee-based with a sliding scale based on ability to pay.
Crisis Text line	Text HOME to 741741; <a href="https://www.crisistextline.org/">https://www.crisistextline.org/</a>	24/7 Availability
Hospice of Valley-Free mindfulness sessions	<a href="https://hov.org/our-care/mindfulness/">https://hov.org/our-care/mindfulness/</a>	Virtual Zoom and phone sessions as well as pre-recorded mindfulness meditations
National Suicide Prevention Lifeline	1-800-273-TALK (8255)	24/7 Availability
Veteran's Crisis Line	1-800-273-8255 (press 1)	24/7, confidential crisis support for Veterans and their loved ones

## Pet Emergency Services

Service	Contact Information	Additional Information
Arizona Humane Society	602-997-7585	Provides financial, housing, vaccination, microchip, and other medical resources for pet owners.

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The Arizona Pet Project	602-882-8627 <a href="https://azpetproject.org/">https://azpetproject.org/</a>	Provide financial, housing, medical, and training support for pets and their owners
Chuck Waggin' Pet Food Pantry	602-734-4117 <a href="https://pacc911.org/chuck.waggin">https://pacc911.org/chuck.waggin</a>	Provide pet food for low-income elderly adult pet owners
Lost Our Home Pet Foundation	602-445-7387 <a href="https://www.lostourhome.org/">https://www.lostourhome.org/</a>	No-kill pet rescue dedicated to providing compassionate services to pets and pet parents in crisis.
MD PetCare Animal Clinic (Arizona Animal Welfare League)	602-358-7267 30 N. 40th Pl. Phoenix, AZ 85034 <a href="http://www.aawl.org/content/md-petcare-animal-clinic">www.aawl.org/content/md-petcare-animal-clinic</a>	Low-cost veterinary clinic
Pet Food Bank (Lost Our Home Pet Rescue)	602-445-7387 <a href="https://www.lostourhome.org/get-help/pet-food-bank-program">https://www.lostourhome.org/get-help/pet-food-bank-program</a>	Provide pet food and other items (depending on availability) required to sustain your pet's health
Pet Grief Support Group (Hospice of the Valley)	602-636-5390	First Saturday of the month; 9–11 a.m.
Pet Housing Help AZ	<a href="https://pethousinghelpaz.org/">https://pethousinghelpaz.org/</a>	Resources for temporary or permanent housing and general pet care

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Project Home Away from Home (Arizona Humane Society)	602-997-7585	For individuals experiencing crisis (eviction/loss of housing, emergency, or long term medical or behavioral health hospitalization, seeking safety from domestic violence, short term injury or illness) to have their pet temporarily cared for (typically 30-90 days).
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## Substance Use

Service	Contact Information	Additional Information
Alcoholics Anonymous Meetings	866-641-9190 <a href="https://alcoholicsanonymous.com/aa-meetings/arizona/tempe/">https://alcoholicsanonymous.com/aa-meetings/arizona/tempe/</a>	For substance users
Al-Anon Meetings	855-362-4427 <a href="http://www.al-anon.org/al-anon-meetings/">www.al-anon.org/al-anon-meetings/</a>	For friends and family of substance users
Community Bridges, Inc.	1-877-931-9142	24/7 hotline; Inpatient medical detoxification program
National Substance Use and Disorder Issues Referral and Treatment Hotline	1-800-662-HELP (4357)	24/7 availability



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Transportation		
Service	Contact Information	Additional Information
ElderSHOP (Area Agency on Aging)	602-264-2255	Provides a shopping and grocery delivery program for people age 60+ who have the ability to pay for groceries
Neighbors Helping Neighbors-TCAA	480-389-1444	Volunteers to help Tempe seniors with rides to the store or medical appointments
RideChoice-Valley Metro	602-716-2100	Low-fare fees for ADA paratransit certified people with disabilities and seniors age 65+
Senior Center Transportation-TCAA	480-858-6511	Help limited mobility seniors to travel to and from TCAA's Senior Centers (Escalante Senior Center and North Tempe Multi-Generational Center)
Valley Center of the Deaf (Catholic Community Services of Southern Arizona)	Voice: 602-267-1921 TTY: 602-267-9122	Transportation for routine shopping activities for low-income deaf seniors

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<b>Useful Resources</b>		
Service	Contact Information	Additional Information
<b>ADULT DAY CLUBS &amp; SENIOR CENTERS</b>		
Cahill Senior Center	480-858-2420 715 W. 5 <sup>th</sup> St. Tempe, AZ 85281	Offers classes, luncheons, special events
Escalante Senior Center	480-350-5867 2150 E. Orange St. Tempe, AZ 85281	Offers classes, luncheons, special events
North Tempe Senior Center	480-858-6512 1555 N. Bridalwreath St. Tempe, AZ 85281	Offers classes, luncheons, special events
Pyle Adult Recreation Center	480-350-5211 655 E. Southern Ave. Tempe, AZ 85282	Offers classes, luncheons, special events
ReCreación – Foundation for Senior Living	602-532-2982 2234 E. Maryland Dr. Tempe, AZ 85281	Adult Day Club program including meals, transportation, and activities.
<b>HELP-AT-HOME</b>		
Lifeline Assistance Program - Assurance Wireless	1-888-321-5880	Federal Lifeline Assistance program that provides eligible low-income customers a free smartphone and free cell phone service.

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Senior Adult Independent Living (SAIL)-Area Agency on Aging	602-264-4357	Services and case management to help maintain seniors' quality of life in their home.
Tempe Neighbors Helping Neighbors-Tempe Community Action Agency	480-389-1444	Volunteer services to help Tempe seniors stay independent in their home by providing calls, visits, rides to the store or medical appointments, light home and yard maintenance, temporary pet care, technology assistance
<b>RESPIRE</b>		
Arizona Family Reimbursement Program-Arizona Caregiver Coalition	888-737-7494	Respite care services, limited reimbursement for home modifications and assistive devices
<b>SUPPORT &amp; HELPLINES</b>		
2-1-1 Arizona	<a href="https://211arizona.org">https://211arizona.org</a>	24/7 community information and referral service
Alzheimer's Association 24-Hour Caregiver Support Services	1-800-272-3900	24/7 Availability

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American Parkinson Disease Association – AZ	520-326-5400 <a href="http://www.apdaparkinson.org/community/arizona/">www.apdaparkinson.org/ community/arizona/</a>	Parkinson’s education, support, and resources
Area Agency on Aging	602-264-4357	24-hour helpline for information and senior assistance
Arizona Caregiver Coalition Resource Line	888-737-7494	Provides support, advocacy, and resources for family caregivers
Arizona Kinship Support Services (Arizona Children’s Association)	480-748-9269	Help and resources for grandparents or relatives raising children
Banner Alzheimer’s Institute	602-839-6900 901 E. Willetta St. 1 <sup>st</sup> Floor and 3 <sup>rd</sup> Floor Phoenix, AZ 85006	Help for patients and families living with Alzheimer’s disease related dementias.
Connect Tempe- City of Tempe	602-920-3138	An innovative City of Tempe program that supports digital equity for low-income older adults through access to loanable laptops, classes and one-on-one technology assistance.
Digital Skills Ready@50+ Program- City of Tempe	602-920-3138	Free technology classes hosted in Tempe that help older adults gain the digital confidence

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		they need to thrive in today's world.
Family Caregiver Support (AZDES)	Arizona Caregiver Resource Line: 888-737-7494	Provides information, assistance, local resources, and support
HA.P.I. ( <i>Hablar Para Integrar, Speak to Integrate</i> )	480-949-0191 <a href="mailto:hapi.arizona@yahoo.com">hapi.arizona@yahoo.com</a>	Offers education and language instruction to Latino adults and families
Memory Café- City of Tempe/ Dementia Friendly Tempe	480-594-7442 <a href="mailto:dft@tempe.gov">dft@tempe.gov</a> Tempe.gov/DFT	A social and resource space for people living with memory loss and their care partners. Caregivers participate in an educational and/or support session while people with memory loss actively participate in a cognitive engagement program.
Sage National LGBTQ+ Elder Hotline	877-360-LGBT(5428) <a href="https://www.sageusa.org/what-we-do/sage-national-lgbt-elder-hotline/">https://www.sageusa.org/what-we-do/sage-national-lgbt-elder-hotline/</a>	24/7 hotline; provides resources and support for LGBTQ+ Elderly community and their support system

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Tempe Community Council (TCC)	480-858-2300 34 E. 7th St. Tempe, AZ 85281	Addresses immediate and long-term human service needs in Tempe; provides resources for those in need as well as those who want to help by volunteering in the community
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## Veteran Resources

Service	Contact Information	Additional Information
Be Connected Support Line (Veterans)	1-866-4AZ-VETS (429-8387)	Connection to available resources for Veterans
City of Tempe Care 7 Veteran's Services	480-653-2806	Assistance for Veterans by a trained Military Navigator to locate services such as housing, employment, benefits, mental health and substance abuse services, and counseling.
MANA Outreach Center (Marines, Army, Navy, Air Force)	602-254-6785 1125 W. Jackson St., Classroom B Phoenix, AZ 85007	Provides homeless Veterans with support to apply for benefits, jobs, and housing. Open Monday-Friday

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Valor On Eighth Apartment Community	480-912-5178 1001 E. 8th St., Unit 103 Tempe, AZ 85281	Affordable housing community for veterans and their families.
Veteran's Administration Community Resource and Referral Center	602-248-6040 1500 E. Thomas Rd., Suite 106 Phoenix, AZ 85014	Provides homeless (or at-risk) Veterans resources for housing, medical/mental health, and career development
Veteran's Crisis Line (U.S. Department of Veteran's Affairs)	1-800-273-8255	24/7 Availability

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