

# Community Resources











The center for Neurosciences foundation has compiled the following lists of resources for your use. We acknowledge that this is not a comprehensive list. More resources and information can be found on the Alzheimer's Association's or Pima Council on Aging's websites.

## Alzheimer's Specialists in Tucson

### Other Physicians that see Alzheimer's patients

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	Michael Badruddoja, MD Neurology, Center for Neurosciences Investigator, Alzheimer's Studies	Geoffrey Ahern, MD, PhD Neurology Banner, UMC		Kathryn Bradley, MD Center for Neurosciences	
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	Young Min Song, MD Center for Neurosciences		W. Horace Noland, MD Center for Neurosciences		Adam Reynolds, MD Center for Neurosciences
	Louann Carnahan, DO Center for Neurosciences		Francisco Valdivia, MD Center for Neurosciences		Yeeck Sim, MD Center for Neurosciences

# Alzheimer's Association

[www.alz.org](http://www.alz.org)

(800) 272-3900



Currently, more than 170,000 are living with Alzheimer's disease in Arizona and southern Nevada, and over 400,000 family and friends are providing care. Serving Arizona and southern Nevada, the Alzheimer's Association Desert Southwest Chapter is here to help. We provide education and support to all those facing Alzheimer's and other dementias throughout our community, including those living with the disease, caregivers, health care professionals and families. We are also committed to advocating for the needs and rights of those facing Alzheimer's disease and advancing critical research toward methods of treatment, prevention and, ultimately, a cure.

One of the many ways the Alzheimer's Association can help you is through a Care Consultations. This confidential service offers ongoing support throughout the course of the disease, free of charge. Our staff is available by phone and/or through scheduled office or home visits. The goal for each meeting is to receive education about the diagnosis, learn how to make challenging decisions about care, and develop a plan for the future in a supportive setting. Care Consultants can help families develop a road map to navigate through the thoughts, emotions and questions around dementia, including: role changes in the family, assistance with planning and problem solving, supportive listening, how to build a care team, available community and financial resources, partnering with a health care provider, and safety.

## Support Groups

Civano Business Center	10501 E 7 Generations Way	1 <sup>st</sup> & 3 <sup>rd</sup> Monday, 2:00pm
Grace Health & Healing Clinic	7340 E Speedway, Suite 101	1 <sup>st</sup> & 3 <sup>rd</sup> Saturday, 9:00am
Pima Council on Aging Offices	8467 E Broadway	2 <sup>nd</sup> & 4 <sup>th</sup> Wednesday, 2:30pm
TMC Senior Services	1400 N Wilmont Road	2 <sup>nd</sup> Wednesday, 5:00pm 1 <sup>st</sup> & 3 <sup>rd</sup> Thursday, 10:30am
Our Savior's Lutheran Church	1200 N Campbell Avenue	3 <sup>rd</sup> Tuesday, 10:30am
Wheeler Taft Abbott Senior Library	7800 N Schisler Dr	4 <sup>th</sup> Wednesday, 10:30am
Por Un Arizona Unido	2913 E 22 <sup>nd</sup> St	3 <sup>rd</sup> Tuesday, 10:00am (Spanish language)

## Physical Therapy

Body Central	520-325-4002	3124 N Swan Rd	Tucson AZ 85712
		1640 E River Rd	Tucson AZ 85718
		8327 N Oracle Rd	Tucson AZ 85704
		1991 E Ajo Way	Tucson AZ 85713
		7493 E Tanque Verde Rd	Tucson AZ 85715
Health South	520-325-1300	2650 N Wyatt Dr	Tucson AZ 85712
		1921 W Hospital Dr	Tucson AZ 85704
St Marys' Outpatient Rehab	520-872-6175	1601 W St Mary's Rd	Tucson AZ 85745
R&R	520-325-2001	4099 E 22nd St	Tucson AZ 85711
Life Care Center of Tucson	520-575-0900	6211 N. La Cholla Blvd	Tucson, AZ 85741
Haven of Tucson	520-299-7088	3705 N Swan Rd	Tucson, AZ 85718
Catalina Healthcare Center	520-795-9574	2611 N Warren Ave	Tucson, AZ 85719

# Home Health Organizations



## Adultcare Assistance Homecare

520-575-8000

7040 N Oracle Rd B, Tucson AZ 85704

If you've chosen in-home care for your loved one because of its many advantages, it's important to know that the person will get the care that they require. Many people only need a caregiver to stop by occasionally, someone to check up on them and make sure that they remember their morning medication. Some may require constant supervision for their safety or to help with daily tasks, and a 24-hour live-in caregiver is the best option. Fortunately, Adultcare Assistance Homecare provides all of these services. Our caregivers create personalized care plans for each individual person they care for, to help them stay healthy, and to improve their overall quality of life.

## Catalina In-Home Services

(520) 327-6351

1602 E Ft. Lowell Road

Catalina In Home Services, Inc. is the premier home care provider in Southern Arizona. Locally owned and operated by the Clinco family for nearly four decades, Catalina is an award-winning company that has served thousands of Tucson families. A specialist in-home care, we are distinguished by the Catalina Care Model, which combines highest-quality caregiving, expert nursing oversight and concierge administrative management for a personalized and coordinated home care experience.



Adobe Home Health Care, Inc	(520) 886-7887	5151 E. Broadway Blvd., Ste 1600	Tucson, AZ 85711
Amedisys	(520) 325-9056	5300 East Erickson Drive, Suite 116	Tucson, AZ 85712
Total Care Connections	(520) 546-1554	17 W Wetmore Rd #100	Tucson, AZ 85705
Interim Healthcare	(520) 747-1800	5055 East Broadway, Suite D104	Tucson, AZ 85711
BrightStar Care	(520) 901-6587	4811 E. Grant Rd, Suite 255	Tucson, AZ 85712
Encompass Home Health	(520) 320-6578	5920 E. Pima Street, Suite 200	Tucson, AZ 85712
A-Z Home Care	(520) 495-0257	3906 W Ina Rd., Suite 200	Tucson, AZ 85741
NurseCore	(520) 791-2300	2980 N. Campbell Ave., Suite 160	Tucson, AZ 85719
Synergy Home Care	(520) 327-2771	1926 E. Fort Lowell Rd., Suite 103	Tucson, AZ 85719

# Living Facilities

When deciding on a living facility for your loved one, it is important to understand the three different types of living facilities; independent living, assisted living, and memory care.

**-Independent living** is a senior living option that is designed to enable independent seniors to enjoy an active lifestyle in a community of their peers. IL typically involves apartment style housing for an age restricted community of residents. Independent living communities also are sometimes made up of freestanding homes or condominiums.

**-Assisted living** is a senior living option that combines apartment style housing, organized social interaction, and private duty support services as needed. Health care services are often provided by outside providers who either rent an office in the building or visit the building periodically. AL is designed for individuals who require assistance with everyday activities such as meals, medication management, or physical assistance with bathing, dressing, and transportation.

**-Memory care** is a distinct form of long-term skilled nursing that specifically caters to patients with Alzheimer's disease, dementia and other types of memory problems. Also called special care units (SCUs), memory care units usually provide 24-hour supervised care within a separate wing or floor of a residential facility. As with assisted living, if your loved one is no longer able to care for him or herself due to progressive impairment, memory care offers a residential solution.



## Casa De La Luz Hospice

(520) 544-9890

7740 N. Oracle Road

"Casa de la Luz" is Spanish for "house of light." That's what you need when facing a terminal illness — a house of light, to provide comfort, support, and experienced hospice care during your end-of-life journey. When the final months of life approach, most people agree that they want to be at home, treated with respect, free of pain, have personal wishes upheld, and to be remembered. Casa strives to accomplish all this for you...because every day counts.

## Serenity Senior Services

(520) 907-1991

1960 N Bonanza Ave



Serenity Senior Services will help you find a new home for you or your loved one, based on individual needs. With over 400 local Senior Housing choices, we do our research to ensure that the facilities we work with are licensed and up-to-date with current Arizona Rules and Regulations. We visit the Assisted Living Homes and Communities to make sure they are safe, clean, and have a positive and nurturing environment. Our service is completely free of charge to you because we receive a referral fee from the Senior Housing Community that you choose.



## **The Center at Tucson**

(520) 347-5555  
5020 E Glenn St.

The Center at Tucson serves patients needing physical rehabilitation and/or complex nursing care. Our highly qualified, caring staff provides care in a beautiful, hotel-like atmosphere to help our patients achieve strength and functionality. Skilled-nursing care, family involvement, psychological care and discharge planning complement a well-rounded, individualized program and encourage each patient's transition to their highest functional level. With state-of-the-art equipment and unparalleled comfort and amenities, our physician-driven care plan is designed to maximize the quality of our care.

Sage Desert Assisted Living and Memory Care	520-276-4549	2365 W Orange Grove Rd	Tucson, AZ 85741
Woodland Palms Assisted Living & Memory Care	520-777-0176	1020 N Woodland Ave	Tucson, AZ 85711
Via Elegante Assisted Living	520-293-3280	5644 N Via Latigo	Tucson, AZ 85704
Pacifica Senior Living	520-812-6235	2675 N Wyatt Dr	Tucson, AZ 85712
Fairmount Assisted Living and Memory Care	520-344-8890	6161 E Fairmount St	Tucson, AZ 85712
Friendship Villas at La Cholla	520-742-3554	6505 N La Cholla Blvd	Tucson, AZ 85741
The Forum At Tucson	520-325-4800	2500 N Rosemont Blvd	Tucson, AZ 85712
Hacienda at the River	520-485-1060	2720 E River Rd	Tucson, AZ 85718

## **Adult Day Care**

Crossroads Adult Care Home	520-742-1850	5825 N Escondido Ln	Tucson AZ 85704
Creative Care Center	520-407-0509	509 W Pelaar Dr	Tucson, AZ 85705
Highland Hills Adult Care	520-743-7455	2828 W Goldfield Dr	Tucson, AZ 85745
Desert Horizons Communities	520-615-2255	4901 East 5 <sup>th</sup> Street	Tucson, AZ 85711
Emmanuel Adult Care Homes	520-748-8131	6414 E Calle Cappela	Tucson, AZ 85710
Desert Oasis Adult Care Home	520-572-4376	5115 W Sumter Dr	Tucson, AZ 85742
Sierra Adult Care	520-573-0365	4933 S Cassia Way	Tucson, AZ 85706
Connie's Manor Home	520-742-6495	7161 N Mona Lisa Rd	Tucson, AZ 85741