

WYOMING DEMENTIA RESOURCE GUIDE

FOR CAREGIVERS, FAMILIES, & FRIENDS

(UPDATED JUNE 2020)



Southeast Region

Counties: Albany, Goshen, Laramie, Niobrara & Platte Counties
Larger towns include: Laramie, Cheyenne, Wheatland, Torrington and Lusk



UNIVERSITY
OF WYOMING

Wyoming Center
on Aging

Introduction to this guide:

Caring for a person with Alzheimer’s disease or another form of dementia can pose many challenges. It can be difficult to know when help is needed and where to turn. The Wyoming Center on Aging (WyCOA) provides this guide as a source of important information about Wyoming dementia resources available to caregivers, families, and friends.

The WyCOA Dementia Resource Guides, representing the regions of Wyoming, contain local resources specific to the region as well as reputable national resources and statewide Wyoming resources. These guides present user-friendly information that is particularly useful to those impacted by Alzheimer’s disease.

In addition to printed copies of the guides, the most up-to-date version of each guide is available at www.uwyo.edu/wycoa in the “Resources on Aging” tab. We welcome your feedback regarding the usefulness of this guide. If there is a resource or information that should be considered for future versions, please let us know.

We hope you find this guide to be useful.

Sincerely, The WyCOA Team

The Wyoming Center on Aging (WyCOA) has a mission to optimize the health and wellbeing of Wyoming’s older residents and their caregivers through interagency partnerships, basic and applied research, community education, and clinical training and services.



UNIVERSITY
OF WYOMING

Wyoming Center
on Aging

www.uwyo.edu/wycoa | wycoa@uwyo.edu | (307) 766-2829

ONLINE VERSION

Visit www.uwyo.edu/wycoa to download a PDF of the newest version of this guide

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NATIONAL RESOURCES


ALZHEIMER'S ASSOCIATION

Helpline: 1-800-272-3900

 <https://www.alz.org>


The Alzheimer's Association is dedicated to providing updated information, resources and support to any person suffering from Alzheimer's or caring for those with Alzheimer's.

ALZHEIMERS.GOV

 <https://www.alzheimers.gov>

Online resource that connects people to care, treatment, financial info, and general info about Alzheimer's.

ALZHEIMER'S FOUNDATION OF AMERICA (AFA)


 1-866-232-8484


 info@alzfdn.org

 <https://www.alzfdn.org/>

Online resource that connects people to care, treatment, support groups, social services, and general info about Alzheimer's.


THE AMERICAN ELDER CARE RESEARCH ORGANIZATION – PAYING FOR SENIOR CARE


 1-641-715-3900 ext. 606151#

 <https://www.payingforseniorcare.com/>

Online resource providing caregiver financial support, cost-saving tips for care, resource locator, and explanation of types of care.


FAMILY CAREGIVER ALLIANCE


 1-800-445-8106

 www.caregiver.org

Provides education, services, research, and advocacy for caregivers.

NATIONAL INSTITUTE ON AGING: ALZHEIMER'S DISEASE EDUCATION AND REFERRAL (ADEAR)

 1-800-438-4380

 adear@nia.nih.gov

Websites:

Dementia:


<https://www.nia.nih.gov/health/topics/dementia>

Alzheimer's disease:

<https://www.nia.nih.gov/alzheimers>

STATE RESOURCES

ADULT PROTECTIVE SERVICES (APS)


 307-886-9232


 631 S. Washington St. Ste. A | Afton, WY 83110


 <http://dfsweb.wyo.gov/social-services/adult-protective-services-aps>


APS is a social services program provided by state and local government's nationwide serving seniors and adults with disabilities who are in need of assistance. See website for specific county information.

ALZHEIMER'S ASSOCIATION – WYOMING CHAPTER

 307-316-2892 ext. 8295


 2232 Dell Range Blvd. Ste. 101 | Cheyenne, WY 82009


 Janet Lewis: jlewis@alz.org


 <http://www.alz.org/wyoming/>


The Alzheimer's Association – Wyoming Chapter is dedicated to providing updated information, resources, and support to any person suffering from and/or caring for those with Alzheimer's/Dementia.

VETERANS AFFAIRS MEDICAL CENTER

 **Cheyenne** | 307-778-7550 | 1 888-483-9127

 2360 E. Pershing Blvd. | Cheyenne, WY 82001

 <http://www.cheyenne.va.gov/>

 **Sheridan** | 307-672-3473 | 1 866-822-6714


Community living center, clinical psychology, geriatric mental health, mobile tele-health, in-patient hospice, home health and in-home care, and in-patient respite services. To view the caregiver video series from the Office of Rural Health, follow this URL:

<http://www.ruralhealth.va.gov/vets/resources.asp#dem>


Caregiver Support Program: 1-855-260-3274


NATIONAL ACADEMY OF ELDER LAW ATTORNEYS

Davis, Johnson, and Kallal Law, LLC.


 307-433-0921

 1807 Capitol Ave. Suite 200B | Cheyenne, WY 82001

 office@djkwyolaw.com

 <http://djkwyolaw.com/>

Bailey, Stock, Harmon, Cottam, Lopez LLP


 307-638-7745


 221 E. 21st Street | Cheyenne, WY 82001

 lance@performance-law.com


 <http://www.performance-law.com/>

Jackson & Ojeda, LLC


 307-634-5735

 2300 Pioneer Ave | Cheyenne WY, 82001 |
Cheyenne, WY 82003


 laura@jacksonojeda.com


 www.jacksonojedalaw.com

Long, Reimer, Winegar, LLP


 307-635-0710

 2120 Carey Ave. Ste 300 | Cheyenne, WY 82001


 bsherman@lrw-law.com

 <http://lrw-law.com/>

WYOMING CENTER ON AGING (WYCOA)


 1-307-766-2829

 wycoa@uwyo.edu

 <http://www.uwyo.edu/wycoa/>

The Center provides reliable and updated information and educational resources on aging and caregiving.

WYOMING DEPARTMENT OF HEALTH – AGING DIVISION, COMMUNITY LIVING SECTION

 307-777-7986 | 1-800-442-2766


 wyaging@wyo.gov

 <http://www.wyomingseniors.com/>

The Wyoming Department of Health's Aging Division is committed to providing care, ensuring safety, and

promoting independent choices for Wyoming's older adults. The Community Living section serves to increase self-sufficiency, safety, health, and wellness of Wyoming's older adults and people with disabilities in the least restrictive environment while supporting their caregivers.

WYOMING GUARDIANSHIP CORP.


 307-635-1794

 PO Box 2778 | Cheyenne, WY 82003

 <http://www.wyoguardianship.org/>

Increase public awareness of guardianship and the alternatives to guardianship by providing problem solving, advocacy, public education and in-service training.


WYOMING SENIOR CITIZENS, INC.


 307-856-6880 | 1-800-856-4398

 <http://www.wyomingseniors.com/>

National Family Caregiver Support Program, Senior Companion Program, Long-term Care Ombudsman, WY State Health Insurance Info Program, Senior Medicare Patrol Program.*National Caregiver Support Program - see individual counties.

WYOMING VETERANS COMMISSION

 1-800-833-5987

 <http://wyomilitary.wyo.gov/veterans/>


Wyoming veteran's commission service officers inform veterans and family members about state and federal benefits. They assist veterans with forms, claims, awards, records, veteran affairs health care, and answer veteran-related questions.

LOCAL RESOURCES – SE REGION


SPECIALISTS/HOSPITALS/MEDICAL CLINICS

ALBANY

Ivinson Medical Group

 307-755-4540

 3116 Willet Dr. | Laramie, WY 82070

 <http://www.ivinsonhospital.org>

Geriatrician, internal medicine.

Albany County Community Health

 307-766-3313 | after hours: 307-632-2434


 1174 North 22nd St | Laramie, WY 82072

 achc@uwyo.edu

 <http://www.uwyo.edu/hs/albany-clinic/>

ACCH provides quality comprehensive, evidence-based medical care for all ages on a sliding fee scale.

Ivinson Memorial Hospital


 307-742-2141

 255 N. 30th St. | Laramie, WY 82070

 <http://www.ivinsonhospital.org>

Complete healthcare services to Laramie and Albany County communities including emergency, surgical, inpatient/ICU, family care, obstetrics, nursery, imaging, cardiopulmonary, rehabilitation, behavioral health, extended care, oncology, cardiac rehab, and more.

University of Wyoming School of Pharmacy

 307-766-6120


 1000 E. University Ave. Dept. 3375 | Laramie, WY 82071


 <http://www.uwyo.edu/pharmacy/index.html>

Geriatric pharmacists.

GOSHEN

Banner Health Clinic


 307-532-2107


 625 Albany Ave. | Torrington, WY 82240


 <https://www.bannerhealth.com/locations>

Primary care, diabetes management, acute medical and surgical care, and health and wellness.

Torrington Community Hospital

 307-532-4181


 2000 Campbell Dr. | Torrington, WY 82240

 <https://www.bannerhealth.com/locations/torrington/community-hospital>

Geriatrics, diabetes management, preventative medicine, health and wellness.

LARAMIE


Cheyenne Regional Medical Center

 307-633-7603

 214 E. 23rd St. | Cheyenne, WY 82001

 <http://cheyenneregional.org/>

University of Wyoming Family Medicine Residency Program


 307-777-7911 ext. 104

 821 East 18th St | Cheyenne, WY 82001

 <http://www.uwyo.edu/chyfammed/>

Geriatric and adult care, sliding fee scale. Niobrara

Niobrara Community Hospital

 307-334-4000


 921 S. Ballancee Ave. | Lusk, WY 82225


 <http://www.niobrarahospital.com/>

Regional hospital with emergency services, acute care, and long-term care.

PLATTE

Platte County Memorial Hospital

 307-322-5893

 201 14th St | Wheatland, WY 82201


 <https://www.bannerhealth.com/locations>

Acute care, emergency, surgery, and rehabilitation services.


CAREGIVER SUPPORT AND RESOURCES

ALBANY

Dementia Family Caregiver Support Group

 307-460-8458 | (307) 766-2829


 1000 E University Ave, | Laramie, WY 82071


 dsc@uwyo.edu

 <https://www.uwyo.edu/dsc>

As dementia progresses, people depend more on others for help. At the DSC (WyCOA Dementia Support Center) we work to educate and help families find services to decrease their stress from caring for a loved one with dementia. Services are free

Bereavement Support Group – Hospice of Laramie

 307-745-9254

 1754 Centennial Dr. | Laramie, WY 82072

 susan@hospiceoflaramie.org


 www.hospiceoflaramie.org/bereavement-support


Hospice of Laramie hosts a weekly bereavement support group open to adult community members who experience the loss of a loved one, even if they did not use hospice care.


****See matrix for senior center listings starting on page 45.**


GOSHEN

National Family Caregiver Support Program

 307-856-6880 | 1 800-856-4398


 Kelly Shaffer | NFCSP Manager |
fcmgr@wyoming.com

 106 West Adams Ave. | Riverton, WY 82501

 Nancy McKenzie | FCR Coordinator |
cheyrecep@wyoming.com

 307-634-1010 | 1-877-634-1005


 3120 Old Faithful Road Ste. 200 | Cheyenne, WY
82001

 <http://www.wyomingseniors.com/services/national-family-caregiver-support-program>


Provides support for the caregiver caring for a functionally dependent older adult.

LARAMIE

Cheyenne Regional Medical Center – Grief and Loss Group


 307-633-7370


 214 E. 23rd St. | Cheyenne, WY 82001


 <http://cheyenneregional.org/cheyenne-regional-offers-grief-and-loss-support-group/>


Emphasis on loss associated with mental or physical health declines related to aging, injuries, or accidents.

Family Caregiver Program – Support Group

 307-635-2435


 2101 Thomes Ave. | Cheyenne, WY 82001


 3304 Sheridan Ave. | Cheyenne, WY 82009


 <http://cheyennehousing.org/family-caregiver>


Offers a support group once a month to caregivers help alleviate the stress that caregiving can cause. Support groups vary.

National Family Caregiver Support Program

 307-856-6880 | 1-800-856-4398


 Kelly Shaffer | NFCSP Manager |
fcrmgr@wyoming.com

 106 West Adams Avenue | Riverton, WY 82501

 Nancy McKenzie | FCR Coordinator |
cheyrecep@wyoming.com

 307-634-1010 | 1-877-634-1005

 3120 Old Faithful Road Ste. 200 | Cheyenne, WY
82001

 <http://www.wyomingseniors.com/services/national-family-caregiver-support-program>

Provides support for the caregiver caring for a functionally dependent older adult.

****See matrix for senior center listings starting on page 47.**


NIOBRARA, PLATTE

None

LEGAL AND FINANCIAL PLANNING


ALBANY

University of Wyoming College of Law

 307-766-6416

 Willett Dr. and 19th St. | Laramie, WY 82071


 1000 E. University Ave. Dept. 3035 | Laramie, WY 82071

 <http://www.uwyo.edu/law/experiential/practicums/index.html>


Estate planning practicum.


GOSHEN

Dana Jill Lent

 307-532-2300


 217 E. 21st Ave. | Torrington, WY 82240

 danajlent@gmail.com

 <http://www.danajlentlawoffice.com/>

Estate planning.

Goshen County Attorney

 307-532-4223

 2125 East A St. | Torrington, WY 82240

 www.goshencounty.org/attorney-welcome/

LARAMIE


Brianne Sherman

 PO Box 87 | Cheyenne, WY 82003


 <http://lrw-law.com/?attorney=brianne-k-herber>


Elder law attorney.

Davis, Johnson, and Kallal Law, LLC.

 307-433-0921


 1807 Capitol Ave. Suite 200B | Cheyenne, WY
82001

 office@djkwylaw.com

 <http://djkwylaw.com/>

Elder law attorney.


Lance T. Harmon


 307-638-7745

 221 E. 21st St. | Cheyenne, WY 82001

Elder law attorney.


Laura J. Jackson


 307-634-5835

 1910 Thomes Ave. | Cheyenne, WY 82001

Elder law attorney.

Rhodes Law Firm, LLC


 307-222-0025 | 1-866-483-9127

 2015 Warren Ave. | Cheyenne, WY 82001


 <http://drhodeslaw.com/>

Nursing home negligence.

Susan Feinman

 307-426-4123

 1920 Thomes Ave, Suite 410 | Cheyenne, WY 82001

 <http://www.susanfeinman.com/>


NIOBRARA, PLATTE


None

TRANSPORTATION


ALBANY

University of Wyoming Paratransit Services

 307-766-6686

 14th and Lewis St. | Laramie, WY 82072

 tppara@uwyo.edu

 <http://www.uwyo.edu/tps/transit/paratransit.html>

The UW paratransit service is available to individuals that are unable to ride the fixed route due to a disability. Eligibility is determined through the Transit and Parking Services Office. Trips can be scheduled for any purpose within Laramie's city limits.

Hours: Monday – Friday 6:30 am – 6:00 pm

Fees: Up to \$2 one way

****See matrix for senior center listings starting on page 47.**

GOSHEN, LARAMIE, NIOBRARA, PLATTE

****See matrix for senior center listings starting on page 45.**

HOSPICE/HOME HEALTH

Hospice: Facility or program that provides an environment to help meet the emotional and physical needs of the terminally ill.

Home Health: Medical care (including skilled nursing, etc.)


Home Care: Housekeeping, errands, meal preparation, etc.

PT: Physical Therapy – Treatment by physical methods.


OT: Occupational Therapy – Therapy that encourages rehabilitation through activities required in daily life.

ALBANY

Home Instead Senior Care


 307-778-6644


 940 E. 3rd St. | Casper, WY 82601

 <https://www.homeinstead.com/360>

Home care: provides: meals and nutrition, transportation, household duties, respite care, personal care hospice care support services, 24-hour live-in care, Alzheimer's and dementia care.

Hospice of Laramie

 307-745-9254


 1754 Centennial Dr. | Laramie, WY 82070

 <http://www.hospiceoflaramie.org/>

Nursing services on an intermittent basis, physician services and medication related to terminal diagnosis, CNA care, medical equipment and supplies, social services and counseling, spiritual support, short-term inpatient and respite care, continuous care up to 24 hours during a crisis, trained volunteers, bereavement services, and physical/dietary/speech therapy.


Premium Health at Home

Laramie location:

 307-745-8710

 1277 N. 15th St. | Laramie, WY 82070

Rawlins location:


 307-324-9356


 1904 Edinburgh St. | Rawlins, WY 82301


 www.premiumhealthathomewyo.com

Home health nursing – IV therapy, wound care, injections, nutritional teaching, monitoring, and patient/family instructions.

Emcompass Home Healthcare

 307-721-2827

 1275 N. 15th St. Ste. 121 | Laramie, WY 82070


 www.encompasshealth.com

Skilled nursing care, home health aides, PT, OT, speech therapy.

****See matrix for senior center listings starting on page 47.**

GOSHEN

Community Home Care


 307-532-4180


 1940 Main St. | Torrington, WY 82240


Skilled nursing, PT, OT, and home health aide.

LARAMIE

Cheyenne Health Care Center


 307-634-7986


 2700 East 12th St. | Cheyenne, WY 82001


 www.savasenior.com/cheyenne-healthcare-center

Skilled nursing, PT, OT, speech therapy, hospice care, respite care.

Cheyenne Regional Medical Center – Davis Hospice Center


 307-633-7016

 6000 Sycamore Rd. | Cheyenne, WY 82009


 <http://cheyenneregional.org/sites/cheyenne-regional-foundation/where-the-money-goes/davis-hospice-center/>

Inpatient and outpatient hospice care.

Continued Care Home Health Agency


 307-632-4448

 410 Manewal Dr. | Cheyenne, WY 82009

 <http://www.continuecarecheyenne.com/>

Home health care.

Frontier Home Health


 307-634-5970

 4024 Laramie St. | Cheyenne, WY 82001


 <http://frontierhhh.com/cheyenne/index.php>

Home health services and hospice.

Home Instead Senior Care


 307-778-6644


 307 E 18th St. | Cheyenne, WY 82001


 <https://www.homeinstead.com/360>

Home care.

Emcompass Home Healthcare

 307-778-3000

 1401 Airport Parkway, Ste. 220 | Cheyenne, WY 82001


 www.encompasshealth.com

Skilled nursing, home health aides, PT, OT, speech therapy.

****See matrix for senior center listings starting on page 47.**

NIOBRARA

The Home Health Agency, LLC

 307-334-0177


 201 W. 3rd St. | Lusk, WY 82225

Provides basic home health care.

****See matrix for senior center listings starting on page 45.**

PLATTE

Platte County Memorial Home Care

 307-532-4038

 814 8th St. | Wheatland, WY 82201

Home care services.

****See matrix for senior center listings starting on page 47.**


NURSING HOMES WITH MEMORY CARE

ALBANY

None

GOSHEN

Goshen Healthcare Community

 307-532-4038


 2009 Laramie St. | Torrington, WY 82240

 www.vetras.com/goshen-healthcare-community


Goshen Healthcare Community is now a part of Vetras Healthcare, and includes a secure unit where Alzheimer's and Dementia patients receive compassionate care from experienced professionals.

LARAMIE

Granite Rehabilitation and Wellness

 307-634-7901

 3128 Boxelder Dr. | Cheyenne, WY 82001

 www.empres.com/location/granite-rehab-wellness

Long or short term care, including skilled nursing, rehabilitation therapy, memory support, respite stays, hospice services and supplemental care options.

PLATTE

None

ASSISTED LIVING

ALBANY

Spring Wind Assisted Living Community



307-755-5811



1072 N. 22nd St. | Laramie, WY 82072



<https://edgewoodseniorliving.com/community/spring-wind-in-laramie-wy>

Assisted Living and Memory Care facility offering 24 hour nursing assistance and short-term stays and memory care provider, with pets allowed.

GOSHEN, NIOBRARA

None

LARAMIE

Aspen Wind Assisted Living Community



307-778-9511




4010 N. College Dr. | Cheyenne, WY 82001




<https://edgewoodseniorliving.com/community/aspen-wind-in-cheyene-wy>

Assisted Living and Memory Care facility offering 24 hour nursing assistance and short-term stays and memory care provided, out-patient therapy, with pets allowed..

Pointe Frontier Retirement Community


 307-635-6953


 1406 Prairie Ave. | Cheyenne, WY 82009


 www.centurypa.com/senior-living/pointe-frontier/

Assisted living that provides certified, licensed medical staff, a 24-hour emergency call system, 3 meals served a day, medication management, and personal housekeeping, laundry, and linen services.

Sierra Hills Assisted Living Community

 307-638-7798


 4606 N. College Dr. | Cheyenne, WY 82009

 <https://edgewoodseniorliving.com/community/sierra-hills-in-cheyenne-wy>

Assisted Living community offering on-site therapy services, short-term stays and outpatient therapy

PLATTE

Platte County Legacy Home

 307-322-7400

 100 19th St. | Wheatland, WY 82201

 <http://pcmnh.com/assisted-living/>

Assisted living that provides services like meals and snacks, weekly apartment housekeeping, scheduled transportation, activities, events, religious services, maintenance, health services, and medication management.


MEALS/ DAILY PLANNING

ALBANY, GOSHEN, NIOBRARA, & PLATTE


****See matrix for senior center listings starting on page 47.**


LARAMIE

Meals on Wheels

 307-635-5542


 2015 S. Greeley Hwy. | Cheyenne, WY 82001

 info@mealsonwheelsofcheyenne.com


 <http://www.mealsonwheelsofcheyenne.com/>

Home-delivered meals, sliding scale available for those who need it, six-week menu cycle. Meals can be tailored to specific dietary needs.


Senior Meals – Burns


 307-635-2435


 134 South Main St. | Burns, WY 82001

 www.cheyennehousing.org/senior-programs/nutrition/meal-sites

Senior Meals – Foxcrest Community Center


 307-635-2435

 4125 Cox Ct. | Cheyenne, WY 82001


 www.cheyennehousing.org/senior-programs/nutrition/meal-sites

Lunch served Monday through Friday, donation suggested for seniors.

Senior Meals – Indian Hills Manor


 307-635-2435


 615 Storey Blvd. | Cheyenne, WY 82001


 www.cheyennehousing.org/senior-programs/nutrition/meal-sites

Lunch served Monday through Friday, donation suggested for seniors.

Senior Meals – Main Activity Center


 307-635-2435


 2101 Thomes Ave. | Cheyenne, WY 82001


 <http://cheyennehousing.org/senior-services/nutrition/meals-sites--menu>

Lunch served Monday through Friday, donation suggested for seniors.

Senior Meals – Stanfield Manor

 307-635-2435

 604 Shoshoni Ave. | Cheyenne, WY 82001

 www.cheyennehousing.org/senior-programs/nutrition/meal-sites

Lunch served Monday through Friday, donation suggested for seniors.

****See matrix for senior center listings starting on page 47.**

VETERANS RESOURCES

Cheyenne Veterans Affairs Medical Center

See State Resources for contact information on page 5.

ALBANY

Veterans Affairs – Laramie Mobile Telehealth Clinic



307-778-7550 ext. 3816



2901 Armory Rd. | Laramie, WY 82072



<http://www.cheyenne.va.gov/locations/Laramie.asp>

Primary care and mental health clinic for rural areas.

Wyoming Veterans Commission

County Service Officer: Vicki Richards



307-214-2112



5410 Bishop Blvd. | Cheyenne, WY 82009



<http://wymilitary.wyo.gov/veterans/service-officers/>

Contact to learn about federal and state veteran's benefits, health care, veteran's affairs disability, and pension claims.


GOSHEN

None

LARAMIE

Wyoming Veterans Commission

County Service Officer: Travis Deti

 307-286-5993


 5800 Central Ave. | Cheyenne, WY 82009


 www.wyomilitary.gov/veterans/commission

Contact to learn about federal and state veteran's benefits, health care, veteran's affairs disability, and pension claims.

NIOBRARA

Wyoming Veterans Commission


 307-315-4187

 <http://wyomilitary.wyo.gov/veterans/service-officers/>


Contact to learn about federal and state veteran's benefits, health care, veteran's administration disability, and pension claims.

PLATTE

Veterans Affairs Mobile Clinic

 1-888-483-9127, ext. 3816

 759 E. Cole St. | Wheatland, WY 82201

 http://www.cheyenne.va.gov/locations/Wheatland_VA_Mobile_Clinic.asp

SENIOR COMPANION PROGRAM

ALBANY, GOSHEN, LARAMIE, NIOBRARA

Wyoming Senior Citizens Inc.

 307-634-1010 | 1-877-634-1005

 3120 Old Faithful Rd. Ste. 200 | Cheyenne, WY 82001

 scpmgr@wyoming.com

 <http://www.wyomingseniors.com/services/senior-companion-program>

Companions serve adults age 21 and over who need help in order to remain living independently at home. Companions are trained to assist adults with all kinds of tasks, such as simple chores around the home that are essential, but often impossible for the homebound person to accomplish on their own. Companions are caring individuals age 55 or over.

Local Station Phone Numbers:

Cheyenne: 307-634-1010


Laramie: 307-745-5116


Pine Bluffs: 307-245-3858

Wheatland: 307-332-3372

**Wyoming Senior Citizens, Inc. Long-term Care
Ombudsman Program**

 307-634-1010 | 1-877-634-1005


 3120 Old Faithful Road, Ste. 200 | Cheyenne, WY
82001

 Patty Hall | Patricia.hall@wyo.gov | 307-777-2885

MENTAL HEALTH SERVICES

ALBANY

Gillian Claire Siegel, LCSW


 307-399-4508

 507 S. 4th St. | Laramie, WY 82070

Clinical social worker.

LIV Health


Cheyenne location:

 307-630-4729

 415 W. 27th St | Cheyenne, WY 82009

Laramie location:


 info@livhealth.org

 1264 N 4th St | Laramie, WY 82072

 <http://www.livhealth.org/>

In-home counseling, case management through private pay and Medicaid waiver.


Meghan R. Brown, LCSW


 307-877-7068


 217 E. Grand Ave, Suite 2 | Laramie, WY 82070

Utilizes a holistic approach, as clients uncover biological, psychological, social, and spiritual factors that affect their life experiences. Works with individuals of all ages, couples, and families.

Pathways


 307-721-0700

 1575 N. 4th St. Ste. 103 | Laramie, WY 82072

 <http://www.laramiecounseling.com/>


Psychiatric medication management and counseling services using cognitive behavioral therapy.

Peak Wellness Center – Laramie

 307-745-8915

 1263 N. 15th St. | Laramie, WY 82072

 AlbanyCountyCenter@PeakWellnessCenter.org

 <http://www.peakwellnesscenter.org/>

A premier Wyoming community health center, Peak Wellness Center has full state certification in all of our core service areas including mental health, adult substance abuse treatment, youth and family services, and residential treatment.

Teresa Jacobs Castano, LCSW


 307-755-1000 | 307-217-5524

 504 S. 4th St. | Laramie, WY 82070


Mental health services, therapeutic counseling.

GOSHEN

Peak Wellness Center – Torrington

 307-532-4091

 501 Albany Ave. | Torrington, WY 82240


 <http://www.peakwellnesscenter.org/>

A premier Wyoming community health center, has full state certification in all of our core service areas including mental health, adult substance abuse

treatment, youth and family services, and residential treatment.

LARAMIE


Barbara B. Dolby, LCSW

 307-638-4880

 2321 Dunn Ave. | Cheyenne, WY 82001

Dr. Barbara B. Dolby specializes in clinical social work. She is available for appointments, preventative care, and medical care, as well as ongoing patient care.

Caroljean Bongo, PsyD


 307-760-1871


 caroljean@bongopsyd.com

 PO Box 21270 | Cheyenne, WY 82003

Dr. Bongo has specific training and experience working with eating disorders and weight concerns, as well as a variety of emotional and behavioral concerns. No one will be denied services based on their ability to pay. A discounted/sliding fee scale is available for those who qualify


Cynthia C. Hamann, LCSW

 307-202-9721

 1111 E. Lincolnway Ste. 101 | Cheyenne, WY
82001

Provides mental health counseling, grief and loss counseling, caregiver support, PTSD.


Drs. Marshall and Bougsty

 307-634-1480

 2321 Dunn Ave. | Cheyenne, WY 82001

A medical group with two health care providers specializing in clinical psychology.

Eric H. Siiteri, PhD


 1-970-495-0707


 esiiiteri@gmail.com

 903A South Greeley Hwy | Cheyenne, WY 82007

Specializes in pain management, teaches mind body connection. Active participation in activities to manage pain; medication is not always the best solution.

Fleming Associates

 307-634-6883


 mail@flemmingassociates.net


 1001 W. 31st St. | Cheyenne, WY 82001

 <http://www.flemingassociates.net/>

A comprehensive group of providers in behavioral health services.


John M. Reynolds, LCSW

 307-637-0603

 2622 Pioneer Ave. | Cheyenne, WY 82001

Extensive experience in the treatment of trauma, PTSD, combat veterans, and sexual abuse survivors. In the past 20+ years, John has developed a special interest in working with men and issues unique to men.

LIV Health


 307-630-4729

 415 W. 27th St | Cheyenne, WY 82009


 <http://www.livhealth.org/>

In-home counseling, case management through private pay and Medicaid waiver.

Peak Wellness Center – Cheyenne


 307-634-9653

 510 W. 29th St. | Cheyenne, WY 82001


 <http://www.peakwellnesscenter.org/>

A premier Wyoming community health center, Peak Wellness Center has full state certification in all of our core service areas including mental health, adult substance abuse treatment, youth and family services, and residential treatment.

Specialty Counseling and Consulting


 307-426-4797


 4025 Rawlins St. | Cheyenne, WY 82001

 <http://www.specialtycounseling.com/>

Steven D. Newman, PsyD


 307-220-9099 | 307-288-1242

 2321 Dunn Ave. Ste. 6 | Cheyenne, WY 82001


 1401 Airport Pkwy. Ste. 210B | Cheyenne, WY
82001

Board-certified psychologist with over 30 years of experience in evaluating and treating attention, anxiety, depression, anger, and behavior problems. Privacy and personal, caring attention are high priorities.

Specialty Counseling & Consulting

 307-426-4797

 4025 Rawlins St. | Cheyenne, WY 82001


 info@specialtycounseling.com


 <http://www.specialtycounseling.com/>


To provide excellent behavioral health services to a diverse client base, utilizing a team of clinicians with distinct specialties.

NIOBRARA

Solutions for Life

 307-334-3666


 905 S. Main St. | Lusk, WY 82225


 <http://www.wysfl.com/>


Serving individuals in our community by providing professional mental health and substance abuse treatment, education, and consultation.

PLATTE

Peak Wellness Center – Wheatland


 307-322-3190

 1954 W. Mariposa Pkwy. | Wheatland, WY 82201

 <http://www.peakwellnesscenter.org/>

A premier Wyoming community health center, Peak Wellness Center has full state certification in all of our core service areas including mental health, adult substance abuse treatment, youth and family services, and residential treatment.

Specialty Counseling & Consulting

 307-322-8122

 975 Gilchrist | Wheatland, WY 82201

✉ info@specialtycounseling.com

📄 <http://www.specialtycounseling.com/>

To provide excellent behavioral health services to a diverse client base, utilizing a team of clinicians with distinct specialties.

OTHER SERVICES

Nebraska Department of Health and Human Services – State Unit on Aging

☎ 402-471-2307

✉ DHHS.Aging@nebraska.gov

📄 PO Box 95026 | Lincoln, NE 68509

📄 www.dhhs.ne.gov/Pages/Aging.aspx

Contact for aging services in Nebraska.

Denver Regional Council of Governments – Area Agency on Aging

☎ 1-866-959-3017

📄 1001 17th St. Suite 700 | Denver, CO 80202


✉ AreaAgencyonAging@drcog.org


📄 <https://drcog.org/programs/area-agency-aging>

Contact for aging services in Colorado.

ALBANY


Albany County Public Health

 307-721-2561

 609 S. 2nd St. Laramie, WY 82070

 <http://www.publichealthlaramie.org/contact-us.aspx>

Interfaith Good Samaritan – Medical Assistance


 307-742-4240


 712 Canby St, | Laramie, WY 82072


 www.laramieinterfaith.org/

Voucher to help with medical, dental, and prescription assistance.

Project Lifesaver – Albany County Sheriff's Office


 307-721-5567

 525 E Grand Ave. # 101 | Laramie, WY 82070


 <http://www.projectlifesaver.org/>

The primary mission of Project Lifesaver is to provide timely response to save lives and reduce potential injury for adults and children who wander due to Alzheimer's, autism, and other related conditions or disorders.

WIND Assistive Technology Resources (WATR)

 1-888-989-9463 | 307-766-6187

 watr@uwyo.edu


 1000 E. University Ave. Dept. 4298 | Laramie, WY
82071

 www.uwyo.edu/wind/watr


WATR, provides assistive technology training and technical assistance, public awareness, device loans and device demonstrations in the domains of employment, community living, and education for all ages throughout the state.

GOSHEN

Bell Tower Low - Income Senior Housing

 307-532-7888 | 1-800-877-9965

 2210 E. B St. | Torrington, WY 82240


 bellparktower@centurylink.net


 <http://www.voanr.org/bell-park-tower>


Bell Park Tower is a housing complex for individuals or their spouse at least 62 years of age that meet income requirements. Our partnership with the senior center allows residents to utilize all of the senior center services.

LARAMIE

Cheyenne Housing Authority

 307-635-2435 ext. 13


 2101 Thomes Ave. | Cheyenne, WY 82001

 3304 Sheridan Ave. | Cheyenne, WY 82001

 <http://cheyennehousing.org/>

Lunch for seniors 7 days a week, activities, seminars, exercise program, family caregiver program.

Cheyenne Regional Medical Center Home Away from Home


 307-633-7061


 214 E. 23rd St. | Cheyenne, WY 82001

 www.cheyenneregional.org/service/home-away-from-home/

A program that provides sleeping rooms for out of town family members of hospital patients. Our facility has eighteen guest rooms, meals, laundry facilities, and other services. There is a \$30 charge per night.

Cheyenne Respite Program


 307-777-7684

 6101 Yellowstone Rd. Ste. 259A | Cheyenne, WY 82002

 <http://www.health.wyo.gov/ddd/respitecare/index.html>

Open to the families of all people with disabilities in Cheyenne and the surrounding area.

Vital Records Statistics Service


 307-777-7591


 2300 Capitol Ave | Cheyenne, WY 82002


 <http://cgswyoming.org/vitals.html>


Birth and death records.

Family Caregiver Program

 307-635-2435


 2101 Thomes Ave. | Cheyenne, WY 82001

 3304 Sheridan Ave. | Cheyenne, WY 82009

 <http://cheyennehousing.org/family-caregiver>

The Family Caregiver Program provides the following services to care recipients 60 years or older, and to adults ages 19-59 with a disability: loan closet, support group, housekeeping, respite, supplemental, respite bathing, and personal emergency response system.


Low Income Senior Housing – Holy Trinity Senior Apartments

 1-303-830-0215 | 307-778-8850


 2516 E. 18th St. | Cheyenne, WY 82001

 1544 Pearl St. | Denver, CO 80203


 holytrinitymanor@archdiocesanhousing.org

 <http://www.charitieswyoming.org/uploads/holytrinitymanor.pdf>

Prescription Assistance – Laramie County Centralized Pharmacy


 307-637-7000

 2600 E. 18th St | Cheyenne, WY 82007


 www.interfaithcheyenne.org/laramie-county-centralized-pharmacy

Pharmacy that supplies medication to low-income, no-income, under-insured, and uninsured individuals.

Project Lifesaver – Laramie County Sheriff's Office


 307-633-4736

 1910 Pioneer Ave. | Cheyenne, WY 82001

 <http://www.projectlifesaver.org/>


The primary mission of Project Lifesaver is to provide timely response to save lives and reduce potential injury for adults and children who wander due to Alzheimer's, autism, and other related conditions or disorders.

Senior Medicare Patrol Program


 307-634-1010 | 1-877-634-1005 | Cathy Carlisle


 3120 Old Faithful Rd. Ste. 200 | Cheyenne, WY
82001

 wshiiipchy@wyoming.com

 <http://www.wyomingseniors.com/services/senior-medicare-patrol>

Wyoming State Health Insurance Information

 307-634-1010 | 1-877-634-1005 | Cathy Carlisle

 3120 Old Faithful Rd. Ste. 200 | Cheyenne, WY
82001


 wshiiipchy@wyoming.com

 <http://www.wyomingseniors.com/services/wyoming-state-health-insurance-information-program>

Program to help seniors and others understand
Medicare and answer questions.

NIOBRARA

Niobrara County Division of Public Assistance


 307-334-2153

 PO Box 389 | Lusk, WY 82225


Part of the county government that links citizens with
services in the area.

PLATTE

Platte County Senior Outreach Center

 307-331-7780

 977 Gilchrist St. | Wheatland, WY 82201

 www.plattecountysenioroutreach.org

Provides affordable, educational, and recreational activities for all seniors.

SENIOR CENTERS

Wyoming Senior Center Services - SE Region Cheyenne Meals on Wheels		Cheyenne Senior Center (Afriliated with Sr. Friendship Ctr.)		Epsom Center for Seniors		Glendo Senior Center (Afriliated with Sr. Friendship Ctr.)	
County	Laramie	Platte	Albany	Platte	Albany	Platte	Albany
Contact Info	Sharon Benson 2015 S Greeley Hwy. Cheyenne, WY 82007 307-635-5542 sbenson@mealsonwheelsof cheyenne.com	Veronica Wahl 311 2nd St. Chugwater, WY 82210 307-422-3430 www.servicesforseniorspc.org	Tammy Comer 1560 N. 3rd St. Laramie, WY 82702 307-745-5116 executive@appsoncenter.org	Veronica Wahl 311 2nd St. Chugwater, WY 82210 307-422-3430 www.servicesforseniorspc.org	Tammy Comer 1560 N. 3rd St. Laramie, WY 82702 307-745-5116 executive@appsoncenter.org	Veronica Wahl 206 Warren Ave. Glendo, WY 82213 307-735-4478 veronica.wahl@servicesfor seniorspc.org	Veronica Wahl 206 Warren Ave. Glendo, WY 82213 307-735-4478 veronica.wahl@servicesfor seniorspc.org
On-site Meals	n/a	YES	YES	YES	YES	YES	YES
Home-delivered Meals	YES	YES	YES	YES	YES	YES	YES
Home Care Services	n/a	YES	YES	YES	YES	YES	YES
Caregiver Support Services	n/a				YES		
Transportation Services	n/a				YES		
Home Health Care Services	n/a	YES		YES		YES	
Medicare Information	n/a	YES		YES		YES	
Hospice	n/a	YES		YES		YES	
On-site Respite	n/a						YES
In-home Respite	n/a						
Caregiver Respite Services	n/a						
Other Services	n/a				YES		

County	Platte Veronica Wahl PO Box 765 100 S. Wyoming Ave. Guemsey, WY 82214 307-836-2777 www.guemseysejior.org	Goshen Linda Cockett PO Box 517 216 E 19th Ave. Torrington, WY 82240 307-532-2796 torvysfc@gmail.com www.goshensfc.org	Laramie Kim Maes 2101 Thomas Ave. Cheyenne, WY 82001 307-635-2435 rsp_kmaes@vcm.com	Niobrara Connie Baker Velvet Dorwart PO Box 928 611 E 6th St. Lusk, WY 82225 307-334-2561 ntos.e@firecubula.com
Contact Info				
On-site Meals	YES	YES	YES	YES
Home-delivered Meals	YES	YES		YES
Home Care Services		YES	YES	
Caregiver Support Services			YES	
Transportation Services	YES	YES	YES	YES
Home Health Care Services		YES	YES	YES
Medicare Information	YES	YES		YES
Hospice				
On-site Respite				
In-home Respite		YES		
Caregiver Respite Services				
Other Services	YES	YES	YES	YES

Wyoming Senior - SE Region Center Services - Pine Bluffs Senior Center		Wheatland Senior Center (Services for Seniors)	
County	Laramie	Platte	
Contact Info	Alisha Michaud PO Box 532 309 Elm St. Pine Bluff, WY 82082 307-245-3816 pbcitizens@tconnect.net	Veronica Wahl 1605 16th St. Wheatland, WY 82201 307-322-3424 veronica.wahl@servicesforseniorspc.org www.servicesforseniorspc.org	
On-site Meals	YES	YES	
Home-delivered Meals	YES	YES	
Home Care Services		YES	
Caregiver Support Services			
Transportation Services	YES	YES	
Home Health Care Services		YES	
Medicare Information	YES	YES	
Hospice			
On-site Respite			
In-home Respite		YES	
Caregiver Respite Services			
Other Services	YES		

Notes:



UNIVERSITY
OF WYOMING

Wyoming Center
on Aging

www.uwyo.edu/wycoa | wycoa@uwyo.edu | (307) 766-2829

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