WYOMING DEMENTIA RESOURCE GUIDE

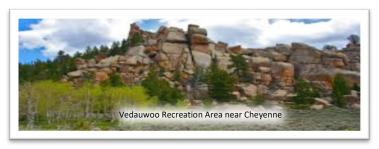
FOR CAREGIVERS, FAMILIES, & FRIENDS

(UPDATED JUNE 2020)



Southeast Region

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





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.



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

ONLINE VERSION

Visit <u>www.uwyo.edu/wycoa</u> 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

1 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#

1 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/adultprotective-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

2 307-316-2892 ext. 8295

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

☑ Janet Lewis: jlewis@alz.org

1 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

1 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

1 http://djkwyolaw.com/

Bailey, Stock, Harmon, Cottam, Lopez LLP

307-638-7745

221 E. 21st Street | Cheyenne, WY 82001

☐ lance@performance-law.com

1 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

2 307-635-0710

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

1 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

2 307-777-7986 | 1-800-442-2766

⊠ wyaging@wyo.gov

1 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

1 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.

2 307-856-6880 | 1-800-856-4398

1 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

1 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

Adults & Geriatric Medical Specialties

307-742-6319

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

1 http://www.ivinsonhospital.org

Geriatrician, internal medicine.

Albany County Community Health

2 307-766-3313 | after hours: 307-632-2434

1174 North 22nd St | Laramie, WY 82072

⊠ achc@uwyo.edu

1 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

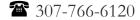
307-742-2141



1 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



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

1 http://www.uwyo.edu/pharmacy/index.html Geriatric pharmacists.

GOSHEN

Banner Health Clinic

307-532-2107

625 Albany Ave. | Torrington, WY 82240

1 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

1 https://www.bannerhealth.com/locations/torringt on/community-hospital

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

LARAMIE

Cheyenne Regional Medical Center

2 307-633-7603

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

1 http://cheyenneregional.org/

University of Wyoming Family Medicine Residency Program

307-777-7911 ext. 104

821 East 18th St | Cheyenne, WY 82001

1 http://www.uwyo.edu/chyfammed/

Geriatric and adult care, sliding fee scale. Niobrara

Niobrara Community Hospital

307-334-4000

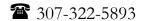
921 S. Ballancee Ave. | Lusk, WY 82225

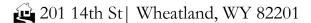
1 http://www.niobrarahospital.com/

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

PLATTE

Platte County Memorial Hospital





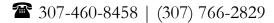
1 https://www.bannerhealth.com/locations

Acute care, emergency, surgery, and rehabilitation services.

CAREGIVER SUPPORT AND RESOURCES

ALBANY

Dementia Family Caregiver Support Group





⊠ 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

2 307-856-6880 | 1 800-856-4398

Kelly Shaffer | NFCSP Manager | fcmgr@wyoming.com

106 West Adams Ave. | Riverton, WY 82501

2 307-634-1010 | 1-877-634-1005

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

1-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



† http://cheyenneregional.org/cheyenne-regionaloffers-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

1 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

2 307-856-6880 | 1-800-856-4398

106 West Adams Avenue | Riverton, WY 82501

2 307-634-1010 | 1-877-634-1005

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

1-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.

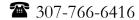
NIOBRARA, PLATTE

None

LEGAL AND FINANCIAL PLANNING

ALBANY

University of Wyoming College of Law



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

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

1 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

Manajlent@gmail.com

1 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

1 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@djkwyolaw.com

http://djkwyolaw.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

2 307-222-0025 | 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

1 http://www.susanfeinman.com/

NIOBRARA, PLATTE

None

TRANSPORTATION

ALBANY

University of Wyoming Paratransit Services

2 307-766-6686

14th and Lewis St. | Laramie, WY 82072

1 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

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

<u>Home Health</u>: Medical care (including skilled nursing, etc.)

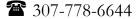
Home Care: Housekeeping, errands, meal preparation, etc.

<u>PT: Physical Therapy</u> – Treatment by physical methods.

<u>OT: Occupational Therapy</u> — Therapy that encourages rehabilitation through activities required in daily life.

ALBANY

Home Instead Senior Care

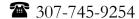




1 https://www.homeinstead.com/360

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



1754 Centennial Dr. | Laramie, WY 82070

1 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

2 307-532-4180

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/cheyenneregional-foundation/where-the/moneygoes/davis-hospice-center/

Inpatient and outpatient hospice care.

Continued Care Home Health Agency

307-632-4448

410 Manewal Dr. | Cheyenne, WY 82009

1 http://www.continuecarecheyenne.com/

Home health care.

Frontier Home Health

2 307-634-5970

4024 Laramie St. | Cheyenne, WY 82001

† http://frontierhhh.com/cheyenne/index.php Home health services and hospice.

Home Instead Senior Care

307-778-6644

207 E 18th St. | Cheyenne, WY 82001

1 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

2 307-334-0177

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



23128 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.

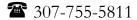
PLATTE

None

ASSISTED LIVING

ALBANY

Spring Wind Assisted Living Community



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

1 https://edgewoodseniorliving.com/community/spr ing-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

2 307-638-7798

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

1 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.

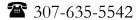
MEALS/ DAILY PLANNING

ALBANY, GOSHEN, NIOBRARA, & PLATTE

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

LARAMIE

Meals on Wheels



2015 S. Greeley Hwy. | Cheyenne, WY 82001

info@mealsonwheelsofcheyenne.com

1 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/seniorprograms/nutrition/meal-sites

Senior Meals - Foxcrest Community Center

307-635-2435

4125 Cox Ct. | Cheyenne, WY 82001

www.cheyennehousing.org/seniorprograms/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/seniorprograms/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

1 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/seniorprograms/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

1 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

1 http://wyomilitary.wyo.gov/veterans/service-officers/

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

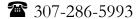
GOSHEN

None

LARAMIE

Wyoming Veterans Commission

County Service Officer: Travis Deti



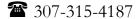
5800 Central Ave. | Cheyenne, WY 82009

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



http://wyomilitary.wyo.gov/veterans/serviceofficers/

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.

2 307-634-1010 | 1-877-634-1005

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

⊠ scpmgr@wyoming.com

1 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

2 307-634-1010 | 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:

2307-630-4729



Laramie location:

☐ info@livhealth.org

1264 N 4th St | Laramie, WY 82072

1 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

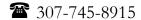
307-721-0700

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

1 http://www.laramiecounseling.com/

Psychiatric medication management and counseling services using cognitive behavioral therapy.

Peak Wellness Center - Laramie



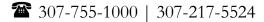


AlbanyCountyCenter@PeakWellnessCenter.org

1 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



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

Mental health services, therapeutic counseling.

GOSHEN

Peak Wellness Center – Torrington

307-532-4091

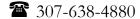
501 Albany Ave. | Torrington, WY 82240

1 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

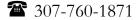
Barbara B. Dolby, LCSW



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



aroljean@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

2 307-634-1480

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

⊠ esiiteri@gmail.com

2007 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

2 307-634-6883

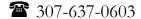
Mail@flemmingassociates.net

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

1 http://www.flemingassociates.net/

A comprehensive group of providers in behavioral health services.

John M. Reynolds, LCSW



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

1 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

1 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

1 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

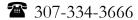
info@specialtycounseling.com

1 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



905 S. Main St. | Lusk, WY 82225

1 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

1 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

1 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

1 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/contactus.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

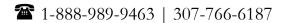
307-721-5567

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

1 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)



⊠ 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

2 307-532-7888 | 1-800-877-9965

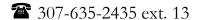
2210 E. B St. | Torrington, WY 82240

1 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



2101 Thomes Ave. | Cheyenne, WY 82001

3304 Sheridan Ave. | Cheyenne, WY 82001

1 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-way-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

1 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

2 307-777-7591

2300 Capitol Ave | Cheyenne, WY 82002

1 http://cghswyoming.org/vitals.html

Birth and death records.

Family Caregiver Program

2 307-635-2435

2101 Thomes Ave. | Cheyenne, WY 82001

3304 Sheridan Ave. | Cheyenne, WY 82009

1 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
- Molytrinitymanor@archdiocesanhousing.org
- 1 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, noincome, under-insured, and uninsured individuals.

Project Lifesaver - Laramie County Sheriff's Office

307-633-4736

1910 Pioneer Ave. | Cheyenne, WY 82001

1 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

- **2** 307-634-1010 | 1-877-634-1005 | Cathy Carlisle
- 3120 Old Faithful Rd. Ste. 200 | Cheyenne, WY 82001
- wshiipchy@wyoming.com
- 1 http://www.wyomingseniors.com/services/senior-medicare-patrol

Wyoming State Health Insurance Information

- **2** 307-634-1010 | 1-877-634-1005 | Cathy Carlisle
- 3120 Old Faithful Rd. Ste. 200 | Cheyenne, WY 82001
- wshiipchy@wyoming.com
- Thttp://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

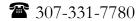
307-334-2153

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



977 Gilchrist St. | Wheatland, WY 82201

www.plattecountysenioroutreach.org

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

SENIOR CENTERS

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County	Laramie	Platte	Albany	Platte
Contact Info	Sharon Benson 2015 S Greeley Hwy. Cheyenne, WY 82007 307-635-5542 sbenson@mealsonwheelsof cheyenne.com	Sharon Benson Veronica Wahl Tanmy Comer 2015 S Caceley Hwy. 311 2nd St. 1560 N. 3rd St. Cheyenne, WY 82007 Chugwater, WY 82210 Laramie, WY 82702 307-635-5542 307-422-3430 307-745-5116 sbenson@mealsonwheels of www.servicesforseniorspc.org executive@eppsoncenter.org	Tammy Coner 1560 N. 3rd St. Laramie, WY 82702 307-745-5116 executive@epp soncenter.org	Veronica Wahl 206 Warren A ve. Glendo, WY 82213 307-735-4478 veronica.wahl@services for seniorspc.org
On-site Meals	n/a	YES	YES	YES
Home-delivered Meals	YES	YES	YES	YES
Home Care Services	n/a	YES	YES	YES
Caregiver Support Services	n/a		YES	
Transportation Services	n/a		XES	
Home Health Care Services	n/a	YES		YES
Medicare Information	n/a	YES		YES
Hospice	n/a	SEA		YES
On-site Respite	n/a			
In-home Respite	n/a			
Caregiver Respite Services	n/a			
Other Services	n/a		YES	

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County	Platte	Goshen		Niobrara
	Veronica Wahl	Linda Cockett	Kim Maes	Connie Baker
	PO Box 765	PO Box 517	2101 Thomes Ave.	Velvet Dorwart
	100 S. Wyoming Ave.	216 E 19th Ave.	Cheyenne, WY 82001	PO Box 928
Contact Info	Guemsey, WY 82214	Torrington, WY 82240	307-635-2435	611 E 6th St.
	307-836-2777	307-532-2796	rsp_kmaes@vcn.com	Lusk, WY 82225
	www.guernseysenior.org torwysfc@gmail.com www.goshensfc.org	torwysfc@gmail.com www.goshensfc.org		307-334-2561 nios c@firenebula.com
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	S ES	YES	YES
Home Health Care Services		XES	YES	YES
Medicare Information	YES	XES		YES
Hospice				
On-site Respite				
In-home Respite		XES		
Caregiver Respite Services				
Other Services	YES	YES	YES	YES

d YES Alieba Michaud PO Box 332 309 Elm St. Pine Bluff, WY 82082 307-245-3816 pbcifizens@rtconnect.net YES ATTER YES YES YES YES YES YES YES Y			
Laramie Laramie Alisha Michaud PO Box 532 309 Elm St. Pine Bluff, WY 82082 307.245-3816 pbeitizens@rtconnect.net YES YES YES YES YES YES YES YES	40118 S 10110 (N	TOTAL STATES	\$\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\
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PO Box 532 309 Elm.St. Pine Bluff, WY 82082 307-245-3816 pbe itizens@riconnect.net YES YES YES YES YES		Alisha Michaud	Veronica Wahl
309 Elm St. Pine Bluff, WY 82082 307-245-3816 pbc itizens@rtconnect.net YES YES YES YES		PO Box 532	1605 16th St.
Pine Bluff, WY 82082 307-245-3816 pbcitizens@rtconnect.net		309 Elm St.	Wheatland, WY 82201
307-245-3816 pbeitizens@rtconnect.net YES YES YES YES YES	Contact Info	Pine Bluff, WY 82082	307-322-3424
Pbc titizens@rtconnect.net YES YES YES YES YES		307-245-3816	veronica.wahl@services fors emiorpc.
YES YES YES YES YES		pbcitizens@rtconnect.net	gro
YES YES YES YES			www.servicesforseniorspc.org
YES YES	On-site Meals	YES	YES
YES	Home-delivered	GEZX	SER
YES YES	Meals	YES	YES
YES	Home Care		342
YES	Services		YES
YES	Caregiver Support		
YES	Services		
YES	Transportation	SAA	SEX
YES	Services	TES	IES
YES	Home Health Care		343
YES	Services		271
YES	Medicare	SAA	SEX
YES	Information	IES	IES
YES	Hospice		
YES	On-site Respite		
	In-home Respite		YES
	Caregiver Respite		
	Services		
	Other Services	YES	

Notes:



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

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