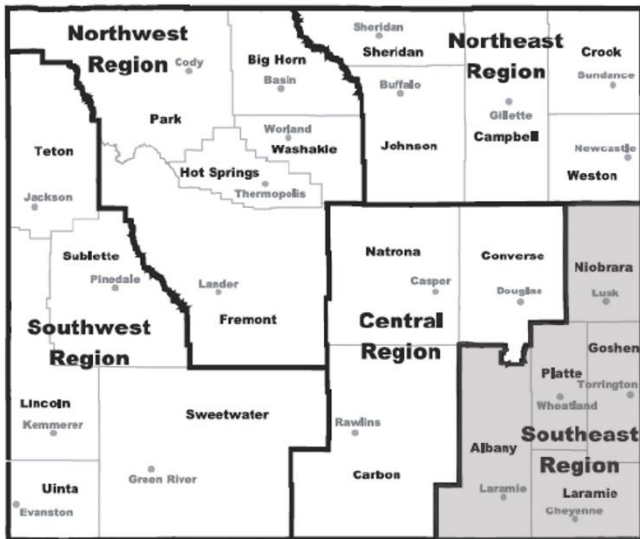


WYOMING DEMENTIA RESOURCE GUIDE

FOR CAREGIVERS, FAMILIES,
& FRIENDS



Southeast Region - Albany, Goshen,
Laramie, Niobrara & Platte

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 five 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.

Inside each guide is a postcard to send WyCOA your thoughts about this publication. Please take a moment to complete this survey and drop it in the mail.

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@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


 307-886-9232


 641 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. 220 | 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 Alzheimer's or caring for those with Alzheimer's.

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


Kelly Davis – Davis Elder Law Office, P.C.

 307-433-0921

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


 <http://ksdaviselderlaw.com/>

Lance Harmon BSHC Law Group


 307-638-7745

 221 E. 21st Street | Cheyenne, WY 82001

 lth@bshclawgroup.com

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


Laura Jackson – Jackson & Ojeda, LLC

 307-634-5735


 PO Box 21959 | Cheyenne, WY 82003


 laura@jacksonojeda.com


Brianne Sherman – Long, Reimer, Winegar, Beppler, LLP

 307-635-0710


 2120 Carey Ave. Ste 300 | Cheyenne, WY 82001

 PO Box 87 | 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 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 VETERAN'S COMMISSION

 1-800-833-5987

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

Wyoming veterans 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 – SOUTHEAST REGION

SPECIALISTS/HOSPITALS/MEDICAL CLINICS

ALBANY

Adults & Geriatric Medical Specialties



307-742-6319



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



<http://www.ivinsonhospital.org>

Geriatrician, internal medicine.

Iverson 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


 307-532-5454


 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

 307-634-2273


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

 <http://cheyenneregional.org/>

East Location: 2600 E. 18th St. | Cheyenne, WY 82001

 <http://cheyenneregional.org/sites/cheyenne-regional-medical-center-east-campus/>

University of Wyoming Family Medicine Health Clinic

 307-632-2434


 820 E. 17th 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

 204 15th St. | Wheatland, WY 82201


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

Acute care, emergency, surgery, and rehabilitation services.

CAREGIVER SUPPORT AND RESOURCES

ALBANY

Bereavement Support Group – Hospice of Laramie

 307-745-9254

 1262 N. 22nd St. Unit A | Laramie, WY 82072


 <http://www.hospiceoflaramie.org>

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 44.**

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

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

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

Torrington Community Hospital – Support Group

☎ 307-534-7039 | Michele Ogburn

🏠 2000 Campbell Dr. | Torrington, WY 82240

✉ michele.ogburn@bannerhealth.com

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

Support group that meets the second Wednesday of each month at 1:00 PM.

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; guest speakers, potlucks, crafts, and activities are provided. Speakers discuss topics including Alzheimer's and dementia, stress relief, elder abuse, legal issues, home health agencies, and more.

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

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

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

Wyoming Senior Citizens, Inc. Caregiver Support Group

 307-778-8434

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

Support group that meets the first and third Mondays
of each month.

****See matrix for senior center listings starting on
page 30.**


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](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

🖱 <http://goshencounty.org/index.php/county-attorney>

LARAMIE

Brianne Sherman

🏠 PO Box 87 | Cheyenne, WY 82003

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

Elder law attorney.

Catherine Rogers

☎ 307-634-7448

🏠 122 E. 17th St. | Cheyenne, WY 82001

Elder law attorney.

Kelly S. Davis


☎ 307-433-0921


🏠 408 W. 23rd St. | Cheyenne, WY 82001


🖱 <http://www.ksdaviselderlaw.com>

Elder law attorney.

Lance T. Harmon


 307-638-7745


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


 <http://www.lawyers.com/cheyenne/wyoming/lance-t-harmon-1808686-a/>

Elder law attorney.

Laura J. Jackson


 307-634-5835


 1910 Thomes Ave. | Cheyenne, WY 82001

 <http://www.lawyers.com/cheyenne/wyoming/lance-t-harmon-1808686-a/>

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

 200 W. 17th St. | Cheyenne, WY 82001

 <http://lawofficeofsusanfeinman121.vpweb.com/>

Elder law attorney.


NIOBRARA, PLATTE

None


TRANSPORTATION

ALBANY

University of Wyoming Paratransit Services

 307-766-6686

 462 N. 10th St. | Laramie, WY 82072

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

Provides transportation to those not able to ride the fixed routes due to a disability. Curb-to-curb side services available.

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

Fees: Up to \$2 one way

****See matrix for senior center listings starting on page 44.**

GOSHEN, LARAMIE, NIOBRARA, PLATTE

****See matrix for senior center listings starting on page 44.**

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

Albany County Community Health



307-721-2561



609 S. 2nd St. | Laramie, WY 82070

Home health care agency.

Home Instead Senior Care



307-778-6644



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

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

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

Hospice of Laramie



307-745-9254




710 E. Garfield St. #339 | Laramie, WY 82070


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


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

 307-324-9356


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


 juliebandemer@msn.com

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

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

Summit Home Health Care

 307-721-2827

 204 McCollum Dr. #106 | Laramie, WY 82070


 <http://www.summithomecare.com/locations>


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

****See matrix for senior center listings starting on page 44.**

GOSHEN

Community Home Care


 307-532-4180

 2000 Campbell Dr. | Torrington, WY 82240


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

LARAMIE

Cheyenne Health Care Center


 307-634-7986


 2700 E. 12th St. | Cheyenne, WY 82001


 <http://www.savaseniorcare.com/Default.aspx>

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.

Cheyenne Regional Medical Center – Transitional Care Unit


 307-633-7365

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


 <http://cheyenneregional.org/service-areas/rehabilitation/transitional-care-unit/>

Skilled nursing, PT, OT, and speech therapy.

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.

Summit Home Health Care

 307-778-3000

 1920 Thomes Ave. #100 | Cheyenne, WY 82001

 mjvantassell@gmail.com


 <http://www.summithomecare.com/locations>

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

****See matrix for senior center listings starting on page 44.**

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 44.**

PLATTE

Platte County Memorial Home Care

 307-322-5893

 814 8th St. | Wheatland, WY 82201

Home care services.

****See matrix for senior center listings starting on page 44.**


NURSING HOMES WITH MEMORY CARE

ALBANY

None

GOSHEN

Goshen Healthcare Community

 307-532-4038


 2009 Laramie St. | Torrington, WY 82240


 <http://www.welcov.com/find-a-location/goshen-healthcare-community/>

Goshen Healthcare Community is now part of the Welcov family. Formerly known as Goshen Care Center, it is a 103 bed, long term care community with a specialized Alzheimer's Care Unit.

LARAMIE

Granite Rehabilitation and Wellness

 307-634-7901


 3128 Boxelder Dr. | Cheyenne, WY 82001

 <http://graniterehabilitationandwellness.com/>

Long term care including dementia care, palliative care, and hospice care.

NIOBRARA

Niobrara County Nursing Home

 307-334-2711

 921 Ballengee Ave. | Lusk, WY 82225


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>


24-hour nursing care, memory care provider, pets allowed, respite care.


GOSHEN, NIOBRARA


None

LARAMIE

Aspen Wind Assisted Living Community


 307-778-9511

 4010 N. College Dr. | Cheyenne, WY 82001

 <https://edgewoodseniorliving.com/community/aspenn-wind-in-cheyenne-wy>

Assisted living with memory care services.

Pointe Frontier Retirement Community


 307-635-6953


 1406 Prairie Ave. | Cheyenne, WY 82009


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

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>

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 44.**

LARAMIE

Meals On Wheels



307-635-5542



2015 S. Greeley Hwy. | Cheyenne, WY 82001



sbenson@meelsonwheelsofcheyenne.com



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

Home-delivered meals, \$4.25 per meal (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





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

Meals served at Burns Center Monday through Friday, \$3 suggested donation.

Senior Meals – Foxcrest


 307-635-2435

 4125 Cox Ct. | Cheyenne, WY 82001


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

Lunch served Monday through Friday, \$3 donation suggested for seniors.

Senior Meals – Indian Hills Manor


 307-635-2435


 615 Storey Blvd. | Cheyenne, WY 82001


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

Lunch served Monday through Friday, \$3 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, \$3 donation suggested for seniors.

Senior Meals – Stanfield Manor

 307-635-2435

 604 Shoshoni Ave. | Cheyenne, WY 82001

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

Lunch served Monday through Friday, \$3 donation suggested for seniors.

****See matrix for senior center listings starting on page 44.**


VETERAN RESOURCES


Cheyenne Veterans Affairs Medical Center


See State Resources for contact information on page 4.

ALBANY

Veterans Affairs – Laramie Mobile Telehealth Clinic

 1-888-483-9127 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 veterans' benefits, health care, Veteran Affairs disability, and pension claims.


GOSHEN

None


LARAMIE

Wyoming Veterans Commission

County Service Officer: Vicki Richards

 307-214-2112


 5410 Bishop Blvd. | Cheyenne, WY 82009


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

Contact to learn about federal and state veterans' benefits, health care, Veteran Affairs disability, and pension claims.

NIOBRARA

Wyoming Veterans Commission


 307-315-4187 | Alisa Cochrane

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


Contact to learn about federal and state veterans' benefits, health care, Veteran's Administration disability, and pension claims.

PLATTE

Veteran Affairs Mobile Clinic

 1-888-483-9127


 759 E. Cole St. | Wheatland, WY 82201

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

SENIOR COMPANION PROGRAM

ALBANY, LARAMIE, PLATTE

Wyoming Senior Citizens Inc.

 307-634-1010 | 1-877-634-1005 | Nita Stephenson,
SCP Coordinator

 413 W. 18th St. | 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

MENTAL HEALTH SERVICES

ALBANY


Gillian Claire Siegel, LCSW

 307-399-4508

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

Clinical social worker.


Meghan R. Brown, LCSW


 307-413-6347

 920 E. Sheridan St. Ste. B | 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

 <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


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


Mental health services, therapeutic counseling.

GOSHEN

Peak Wellness Center – Torrington

 307-532-5002


 501 Albany Ave. | Torrington, WY 82240

 <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.

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

 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

 307-253-7663

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

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


Drs. Marshall and Bougsty, Psychologists

 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

 4136 Laramie St. Ste. A | Cheyenne, WY 82001

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


 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


 1607 Capitol Ave., Second Floor | Cheyenne, WY
82009

 PO Box 20092 | Cheyenne WY 82003


 <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/>

See website for description.

Steven D. Newman, PsyD


 307-220-9099

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


 1401 Airport Pkwy. Ste. 120 | 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

 307-340-3025


 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


 1-402-471-4624


 PO Box 95026 | Lincoln, NE 68509

 <http://nebaaaa.org/>

Contact for aging services in Nebraska.

Denver Regional Council of Governments – Area Agency on Aging

 1-303-455-1000

 1290 Broadway Ste. 100 | Denver, CO 80203


 drcog@drcog.org


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


Contact for aging services in Colorado.

ALBANY

Interfaith Good Samaritan – Medical Assistance


 307-742-4240

 710 E. Garfield St. Rm 127 | Laramie, WY 82070

 <http://interfaithgoodsam.com/>

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


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

 www.uwyo.edu/wind/watr/index.html

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 | Kim Maes – Senior Services


 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

 <http://cheyenneregional.org/service-areas/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 | Linda Trujillo | State Coordinator


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

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

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

Division of Public Health – Vital Records Service


 307-777-7591


 401 Hathaway Building | Cheyenne, WY 82002


 <http://cgshswyoming.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


 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

 307-632-1397


 2508 E. Fox Farm Rd. Ste. B | Cheyenne, WY 82007

 partners@laramiecountypartnership.org

 <http://www.nafclinics.org/content/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 Medical Patrol Program

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


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


 wshiipchy@wyoming.com

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

Recruits and trains volunteers, partners, and senior citizens about how to prevent, recognize, and report health care fraud.

Wyoming State Health Insurance Information

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

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


 wshiipchy@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		Chugwater Senior Center (Affiliated with Sr. Friendship Ctr.)		Eppson Center for Seniors		Glendo Senior Center (Affiliated with Sr. Friendship Ctr.)	
County	Laramie	Platte	Platte	Albany	Platte	Albany	Platte	Albany	Platte
Contact Info	Sharon Benson 2015 S Greeley Hwy. Cheyenne, WY 82007 307-635-5542 sbenson@mealsonwheelsofcheyenne.com	Veronica Wahl 311 2nd St. Chugwater, WY 82210 307-422-3430 www.servicesforseniors.pc.org	Veronica Wahl 311 2nd St. Chugwater, WY 82210 307-422-3430 www.servicesforseniors.pc.org	Andrea Kern 1560 N. 3rd St. Laramie, WY 82702 307-745-5116 executive@eppsoncenter.org	Veronica Wahl 206 Warren Ave. Glendo, WY 82213 307-735-4478 veronica.wahl@servicesforseniorspc.org	Veronica Wahl 206 Warren Ave. Glendo, WY 82213 307-735-4478 veronica.wahl@servicesforseniorspc.org	Veronica Wahl 206 Warren Ave. Glendo, WY 82213 307-735-4478 veronica.wahl@servicesforseniorspc.org	Veronica Wahl 206 Warren Ave. Glendo, WY 82213 307-735-4478 veronica.wahl@servicesforseniorspc.org	Veronica Wahl 206 Warren Ave. Glendo, WY 82213 307-735-4478 veronica.wahl@servicesforseniorspc.org
On-site Meals	n/a	YES	YES	YES	YES	YES	YES	YES	YES
Home-delivered Meals	YES	YES	YES	YES	YES	YES	YES	YES	YES
Home Care Services	n/a	YES	YES	YES	YES	YES	YES	YES	YES
Caregiver Support Services	n/a	YES	YES	YES	YES	YES	YES	YES	YES
Transportation Services	n/a	YES	YES	YES	YES	YES	YES	YES	YES
Home Health Care Services	n/a	YES	YES	YES	YES	YES	YES	YES	YES
Medicare Information	n/a	YES	YES	YES	YES	YES	YES	YES	YES
Hospice	n/a	YES	YES	YES	YES	YES	YES	YES	YES
On-site Respite	n/a	YES	YES	YES	YES	YES	YES	YES	YES
In-home Respite	n/a	YES	YES	YES	YES	YES	YES	YES	YES
Caregiver Respite Services	n/a	YES	YES	YES	YES	YES	YES	YES	YES
Other Services	n/a	YES	YES	YES	YES	YES	YES	YES	YES

Wyoming Senior Center Services - SE Region		Gleney Senior Center (Affiliated with St. Friendship Ctr.)		Goshen Friendship Center		Laramie County Senior Services		Niobrara Senior Center	
		Platte	Goshen	Laramie	Niobrara	County	Contact Info	County	Contact Info
On-site Meals	YES	YES	YES	YES	YES	YES	YES	YES	YES
Home-delivered Meals	YES	YES	YES	YES	YES	YES	YES	YES	YES
Home Care Services						YES			
Caregiver Support Services						YES			
Transportation Services	YES	YES	YES	YES	YES	YES	YES	YES	YES
Home Health Care Services						YES			YES
Medicare Information	YES	YES	YES	YES	YES	YES	YES	YES	YES
Hospice									
On-site Respite									
In-home Respite									
Caregiver Respite Services									
Other Services	YES	YES	YES	YES	YES	YES	YES	YES	YES

Wyoming Senior Center Services - SE Region 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 pbtcitizens@rtcconnect.net	Veronica Wahl 1605 16th St. Wheatland, WY 82201 307-322-3424 veronica.wahl@servicesforsemiop.c.org www.servicesforsemiop.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		



Wyoming Center on Aging

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

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