



Salt Lake County Resource Guide

Resources for: Salt Lake County, Utah

Table of Contents

I. State Resources	3
II. Community-Based Educational Programs	5
a. Diabetes	5
b. COPD	6
c. CAD	6
d. Heart Failure	7
III. Social Resources	7
a. Transportation	7
b. Financial/ Public Benefits	8
c. Prescription Drug Expense Assistance	9
d. Behavioral Health.....	11
e. Substance Abuse	11
f. Adult Day Care	12
g. Caregiver Resources	12
h. Durable Medical Equipment	13
IV. Community Resources	13
a. Fitness Centers	13
b. Nutritional Information and Services	14
c. Tobacco Cessation	15
V. Additional Medical Service	16
a. Therapy and Rehabilitative Facilities	16
b. Home Health	17
c. Palliative Care	18

Salt Lake County Resource Guide

State Resources		
Organization	Services	Notes
<p>Utah Department of Human Services</p> <p>Address: 195 North 1950 West Salt Lake City, Utah 84116 Phone: (801) 538-4171 Website: http://hs.utah.gov/</p>	<p>Utah Department of Human Services works to ensure children, families and adults in Utah communities are receiving the services they need to lead safe and healthy lives. Agencies managed under the DHHR include:</p> <ul style="list-style-type: none"> • Aging and Adult • Child and Family • Developmental Center • Guardian and Conservator • Juvenile Justice • Licensing • Mental Health • People with Disabilities • Recovery Services • Services Review • Substance Abuse • Utah State Hospital 	
<p>Utah Department of Health</p> <p>Address: Cannon Health Building 288 North 1460 West Salt Lake City, UT 84116 Phone: (801) 538-6003 Website: http://health.utah.gov/</p>	<p>The Utah Department of Health has four main divisions:</p> <ul style="list-style-type: none"> • Disease Control and Prevention • Family Health and Preparedness • Medicaid and Health Financing • Health Data & Informatics 	
<p>Centers for Medicare & Medicaid Services</p>	<p>The Centers for Medicare & Medicaid Services is part of</p>	

<p>Address: 7500 Security Boulevard Baltimore, MD 21244-1850 Phone: (800)-MEDICARE Website: www.medicare.gov</p>	<p>the Department of Health and Human Services. programs such as:</p> <ul style="list-style-type: none"> • Medicare • Medicaid • Health Insurance Marketplace 	
<p>Social Security Administration</p> <p>Phone: 1(800) 772-1213 Website: www.ssa.gov/</p>	<p>Social Security Administration provides services to help you apply for retirement, Disability, and Supplemental Security Income.</p>	
<p>Utah 2-1-1</p> <p>Website: www.uw.org/211/?referrer=https://www.google.com/</p>	<p>2-1-1 service provides free information on community health and human services.</p>	
<p>Utah Department of Human Services- Aging and Adult Services</p> <p>Address: 195 N 1950 W, Salt Lake City, UT 84116 Phone:(801) 538-3910 Website: http://daas.utah.gov/</p>	<p>The Utah Division of Aging and Adult Services serves as a link between the national Administration on Aging and local programs, Area Agencies on Aging. Area Agencies administer a wide variety of home and community-based services for Utah residents who are 60 and older. The goal is to ensure services are provided statewide that allow people to remain independent.</p>	
<p>Utah Department of Veterans and Military Affairs</p> <p>Address: 550 Foothill Drive, Suite 105 Salt Lake City, UT 84113 Phone: (801) 326-2372</p>	<p>The Utah Department of Veterans and Military Affairs offers a wide range of services including:</p> <ul style="list-style-type: none"> • Coordinating with government agencies, academia, private 	

<p>Fax: (801) 326-2369 Email: veterans@utah.gov Website: http://veterans.utah.gov/</p>	<p>partners and non-profit organizations</p> <ul style="list-style-type: none"> • Coordinating efforts to develop and expand workload on Utah's military installations • Improve the quality of life for Utah's veterans, military and their families by increasing awareness and access to appropriate federal, state and local resources • Work with federal, state and local officials to effectively advocate for initiatives and services • Promote and coordinate events throughout the state 	
<p>Easter Seals Goodwill Northern Rocky Mountain</p> <p>Address: 350 400 E, Salt Lake City, UT 84116 Phone: (801) 633-2091 Website: www.easterseals.com/esgw/?referrer=https://www.google.com/</p>	<p>Easter Seals-Goodwill Northern Rocky Mountain is a private, nonprofit organization serving children and adults with autism and other disabilities, along with disadvantaged families in Idaho, Montana, Utah and Wyoming.</p>	

Community-Based Health Educational Programs

Diabetes

Organization	Services	Notes
<p>Utah Department of Health-Living Well with Diabetes</p> <p>Address: P.O. Box 141010 Salt Lake City, UT 84114 Contact: Rebecca Castleton Email: rcastlet@utah.gov Phone: (801) 538-9340</p>	<p>Living Well with Diabetes teaches participants skills to manage their diabetes and other chronic conditions. In addition to addressing the physical and emotional symptoms</p>	<p>Map: www.arcgis.com/apps/MapSeries/index.html?appid=7bc152d9f8174200bc1c7c90d6ba087b</p>

<p>Website: http://livingwell.utah.gov/</p>	<p>of diabetes, this program also aims to help participants better communicate with their health care providers and make healthy day-to-day decisions. The workshop is goal-orientated and shown to improved health outcomes for people looking to better manage their diabetes.</p>	
--	--	--

COPD

Organization	Services	Notes
<p>Utah Department of Health-Living Well</p> <p>Address: P.O. Box 141010 Salt Lake City, UT 84114 Contact: Rebecca Castleton Email: rcastlet@utah.gov Phone: (801) 538-9340 Website: http://livingwell.utah.gov/</p>	<p>Living Well with Chronic Conditions (Chronic Disease Self-Management Program) is a program for people with chronic health problems. The workshops empower participants to take an active role in managing their health by giving them the key skills needed to manage any chronic health condition. The program addresses common symptoms and worries from all types of chronic disease and illnesses. Family members and others who support people with a chronic health condition are also encouraged to attend.</p>	<p>http://livingwell.utah.gov/bhpguide/BHP_Guide_Page13.pdf</p>

CAD

Organization	Services	Notes
<p>Utah Department of Health-Living Well</p> <p>Address: P.O. Box 141010 Salt Lake City, UT 84114 Contact: Rebecca Castleton Email: rcastlet@utah.gov Phone: (801) 538-9340</p>	<p>Living Well with Chronic Conditions (Chronic Disease Self-Management Program) is a program for people with chronic health problems. The workshops empower participants to take an active role in managing their health</p>	<p>http://livingwell.utah.gov/bhpguide/BHP_Guide_Page13.pdf</p>

<p>Website: http://livingwell.utah.gov/</p>	<p>by giving them the key skills needed to manage any chronic health condition. The program addresses common symptoms and worries from all types of chronic disease and illnesses. Family members and others who support people with a chronic health condition are also encouraged to attend.</p>	
Heart Failure		
Organization	Services	Notes
<p>Utah Department of Health-Living Well</p> <p>Address: P.O. Box 141010 Salt Lake City, UT 84114 Contact: Rebecca Castleton Email: rcastlet@utah.gov Phone: (801) 538-9340 Website: http://livingwell.utah.gov/</p>	<p>Living Well with Chronic Conditions (Chronic Disease Self-Management Program) is a program for people with chronic health problems. The workshops empower participants to take an active role in managing their health by giving them the key skills needed to manage any chronic health condition. The program addresses common symptoms and worries from all types of chronic disease and illnesses. Family members and others who support people with a chronic health condition are also encouraged to attend.</p>	<p>http://livingwell.utah.gov/bhpguide/BHP_Guide_Page13.pdf</p>
Social Resources		
Transportation		
Organization	Services	Notes
<p>Utah Transit Authority</p> <p>Address: 3600 S 700 W, Salt Lake City, UT 84119 Phone:(801) 262-5626 Website: www.rideuta.com</p>	<p>Utah Transit Authority offers bus, trax, paratransit, and frontrunner transportation. Paratransit is offered for people with physical, cognitive or visual disabilities</p>	<p>Map: http://www.rideuta.com/-/media/Files/System-Maps/2016/2016_AUG_Salt_Lake_System_Map.ashx</p>

	who are functionally unable to independently use the UTA fixed route bus service either all of the time, temporarily or only under certain circumstances.	Fares: http://www.rideuta.com/Fares-And-Passes/Current-Fares
Salt Lake County Aging Services Address: 2001 State St, Salt Lake City, UT 84114 Phone:(385) 468-3200 Website: http://slco.org/aging-adult-services/	The Rides for Wellness Program provides rides for older adults, 60 years of age or older, with no other means of transportation to vital medical appointments such as dialysis, chemotherapy, and physical therapy. The program utilizes Priuses and wheelchair accessible mini-vans for most transportation with larger vans available as needed.	Rides are provided between 8:30 am and 4:00 pm, Monday, Tuesday, Wednesday, and Friday; and on Thursday between 9:30 am and 4:00 pm. Priority is given to those who schedule in advance. It is recommended that you call one week in advance to schedule a ride. The office sends out monthly donation statements where a \$2.00 donation is suggested for each trip.
Financial/ Public benefits		
Organization	Services	Notes
Easterseals-Goodwill Northern Rocky Mountain Salt Lake City Office: Address: 720 S 200 E Salt Lake City, UT 84111 Phone: (801) 536.7016 Fax: (888) 462.6101 Website: www.esgw-nrm.easterseals.com	Easter Seals-Goodwill Northern Rocky Mountain is a private, nonprofit organization serving children and adults with autism and other disabilities, along with disadvantaged families in Idaho, Montana, Utah and Wyoming.	
Utah Community Action - HEAT Phone: (801) 521-6107 Website: www.utahca.org/heat-program	The HEAT Program helps families in low-income households pay their bills during the coldest months of the year. We also offer crisis assistance year round.	Application: www.utahca.org/wp-content/uploads/2016/10/Application-English-2016.pdf

<p>Utah Community Action-Weatherization</p> <p>Phone: (801) 359-2444 ext. 5 Website: www.utahca.org/weatherization</p>	<p>Utah Community Action’s Weatherization program helps low-income individuals and families reduce energy costs and increase comfort and safety in their homes year-round. Weatherizing a home involves conducting a home inspection and a computerized energy audit, identifying cost-effective energy improvements that can be performed on the dwelling, and then making those improvements if you qualify for the program.</p>	<p>Application: http://www.utahca.org/wp-content/uploads/2016/07/Weatherization-Application-2016.pdf</p>
<p>Department of Aging and Adult Services- Salt Lake City</p> <p>Address: 2001 South State Street S1-600 Salt Lake City, UT 84190 Phone: (385) 468-3200 Website: http://slco.org/aging-adult-services/</p>	<p>The Department of Aging and Adult Services- Salt Lake City offers:</p> <ul style="list-style-type: none"> • Caregiver Support • Health Promotion & Education • Home Care • Meals on Wheels • Senior Transportation • Yard Care/Snow Removal 	
<p>Department of Aging and Adult Services- Salt Lake City</p> <p>Address: 2001 South State Street S1-600 Salt Lake City, UT 84190 Phone: (385) 468-3200 Website: http://slco.org/aging-adult-services/</p>	<p>The Department of Aging and Adult Services- Salt Lake City offers:</p> <ul style="list-style-type: none"> • Caregiver Support • Health Promotion & Education • Home Care • Meals on Wheels • Senior Transportation • Yard Care/Snow Removal 	
Prescription Drug Expense Assistance		
Organization	Services	Notes
<p>Walmart’s Prescription Program</p> <p>Website: www.walmart.com</p>	<p>\$4 for 30-day supply, \$10 for 90-day supply</p>	<p>\$4 prescription drug list: http://i.walmartimages.com/i/if/hmp/fusion/genericdruglist.pdf</p>

<p>Prescription Savings Discount Cards</p> <p>Website: www.pparx.org/prescription_assistance_programs/savings_cards</p>	<p>Partnership for Prescription Assistance is a resource for finding discount prescription drug cards in your area.</p>	
<p>Extra Help</p> <p>Website: www.ssa.gov/medicare/prescriptionhelp</p>	<p>Extra Help provides assistance for Medicare patients with prescription costs.</p>	<p>Eligibility: income must be less than \$17,655 if single and \$23,895 if married. Resources must be less than \$13,640 if single and \$27,250 if married.</p>
<p>RX Connect Utah</p> <p>Phone: 1 (866) 221-0265 Website: http://health.utah.gov/rxconnectutah/</p>	<p>Rx Connect Utah links you with resources to get the prescriptions you need. You must qualify for services.</p>	
<p>CVS/Pharmacy Prescription Savings Program (Scriptsave)</p> <p>Website: www.cvs.com</p>	<p>\$11.99 for 90 day supplies</p>	<p>Apply at: https://www.cvs.com/extracare-cvs/rxrewards/join</p>
<p>Kmart Pharmacy Savings Plus Program</p> <p>Website: www.kmart.com</p>	<p>\$3-\$10 for 30-day supply, \$10-\$30 for 90-day supply</p>	<p>Apply at: https://pharmacy.kmart.com/newrx-pharmacy-savings-plus</p>
<p>Rite Aid Rx Savings Program</p> <p>Website: www.riteaid.com</p>	<p>\$9.99 for 30-day supply, \$15.99 for 90-day supply</p>	<p>Speak with your local pharmacist to sign up.</p>
<p>Target Pharmacy Discount Generic Drug Program</p> <p>Website: www.target.com</p>	<p>\$4/\$10 generics for 30/90-day supply</p>	<p>Call your local Target pharmacy to apply.</p>
<p>Walgreens Prescription Savings Club</p>	<p>\$5, \$10 or \$15 for 30-day supply, \$10, \$20, or \$30 for 90-day supply</p>	<p>Apply at: https://www.walgreens.com</p>

Website: www.walgreens.com		/pharmacy/psc/enrollment/psc_product_details.jsp
Behavioral Health		
Organization	Services	Notes
Salt Lake County Behavioral Health Services 2001 South State Street Suite S2300 Salt Lake City, UT Phone:(385) 468-4707 Website: http://slco.org/behavioral-health/	Salt Lake County Behavioral Health Services offers: <ul style="list-style-type: none"> • Assessment and Referrals • Support Groups • Interim Group • Mental Health Services • Prevention Services • SUD Treatment Services • SUD Treatment Priorities • Youth Treatment 	
Valley Behavioral Health Address: 1020 Main St, Salt Lake City, UT 84101 Phone:(801) 539-7000 Website: www.valleycares.com	Valley Behavioral Health offers Adult, Teen, and Senior programs and Therapy.	
Substance Abuse		
Organization	Services	Notes
Odyssey House of Utah Address: 344 E 100 S, Salt Lake City, UT 84111 Phone:(801) 322-3222 Website: http://odysseyhouse.org/	Odyssey House is proud to offer the most comprehensive adult substance abuse treatment program in the state of Utah.	
Salt Lake County Behavioral Health Services 2001 South State Street Suite S2300 Salt Lake City,UT UT Phone:(385) 468-4707	Salt Lake County Behavioral Health Services offers: <ul style="list-style-type: none"> • Assessment and Referrals • Support Groups • Interim Group • Mental Health Services • Prevention Services • SUD Treatment Services • SUD Treatment Priorities 	

Website: http://slco.org/behavioral-health/	<ul style="list-style-type: none"> Youth Treatment 	
Adult Day Care		
Organization	Services	Notes
Brightwork Address: 1603 Stratford Ave S, Salt Lake City, UT 84106 Phone:(801) 467-3959 Website: www.brightworkcottage.org	Brightwork offers stimulating and recreational activities. Assistance is given to personal needs such as nutritious meals, bathroom assistance, grooming, transportation, medication reminders, snacks and companionship. These services are designed to provide care and social entertainment to individuals, and to provide short term respite to their caregivers.	
Caregiver Resources		
Organization	Services	Notes
Caregiver Support Network Address: 310 East 4500 S. Suite 200 Salt Lake City, Utah 84107 Phone: (801)747-2100 Website: www.caregiversupportnetwork.com	Caregiver Support Network offers: <ul style="list-style-type: none"> On-call 24 hours/day, 7 days/week One to 24-hour care available with only a one-hour minimum Nursing, Physical, Occupational and Speech Therapies Spiritual Care and Bereavement Services Certified Geriatric Care Managers Certified Nurse's Assistants Trained Personal Care Aides Medical Social Work Palliative Care Team 	

	<ul style="list-style-type: none"> • Hospice Volunteer Services • Balance & Dizziness Treatment • Transportation and Errands • Exercise Programs & Activities 	
<p>Department of Aging and Adult Services- Salt Lake City</p> <p>Address: 2001 South State Street S1-600 Salt Lake City, UT 84190 Phone: (385) 468-3200 Website: http://slco.org/aging-adult-services/</p>	<p>The Department of Aging and Adult Services- Salt Lake City offers:</p> <ul style="list-style-type: none"> • Caregiver Support • Health Promotion & Education • Home Care • Meals on Wheels • Senior Transportation • Yard Care/Snow Removal 	
Durable Medical Equipment		
Organization	Services	Notes
<p>Red Rock Medical Supply</p> <p>Address: 450 900 E, Salt Lake City, UT 84102 Phone:(801) 886-9700 Website: www.redrockms.com</p>	<p>Red Rock Medical specializes in power mobility, beds and lifts, and home oxygen. They offer DME for purchase or rental.</p>	
<p>Alpine Home Medical Equipment</p> <p>Address: 4030 State St, Salt Lake City, UT 84107 Phone:(801) 463-0044 Website: https://alpinehomemedical.com/</p>	<p>Alpine Home Medical Equipment assists people of all ages to obtain durable medical equipment and supplies – including bedroom and bathroom safety solutions, daily living aids, ramps, and lumbar supports.</p>	
Community Resources		
Fitness Centers		
Organization	Services	Notes
<p>Millcreek Rec Center</p>	<p>Millcreek Rec Center offers:</p> <ul style="list-style-type: none"> • A Gymnasium 	

<p>Address: 2266 East Evergreen Avenue (3435 South), Salt Lake City, UT 84109 Phone: (385) 468-1380 Website: http://slco.org/recreation/Millcreek/</p>	<ul style="list-style-type: none"> • Fitness Room • Aerobics Room - Aerobics Classes, Dance Classes, Tumbling, Martial Arts, etc. - Classes subject to instructor and aerobics room availability. • Walking/Running Track 	
<p>Smart Bodies Fitness and Pilates</p> <p>Address: 2350 Phyliden Drive (4640 South) Holladay, Utah 84117 Phone: (801) 503-2896 Website: http://smartbodiesfitness.biz/#</p>	<p>Smart Bodies offers:</p> <ul style="list-style-type: none"> • Senior Fitness Program • Pilates • Yoga • Circuit Training 	
<p>Department of Aging and Adult Services- Salt Lake City</p> <p>Address: 2001 South State Street S1-600 Salt Lake City, UT 84190 Phone: (385) 468-3200 Website: http://slco.org/aging-adult-services/health-promotion-education/</p>	<p>Salt Lake County Aging & Adult Services' Active Aging Program provides many evidence-based classes and workshops that educate older adults on the importance of staying healthy while offering individuals the opportunity to engage in physical activity. These classes and workshops are provided through a network of 16 County-operated senior centers throughout Salt Lake County.</p>	
Nutritional Information and Services		
Organization	Services	Notes
<p>Meals on Wheels</p> <p>Address: 2001 S. State Street, STE S1-600</p>	<p>The Meals on Wheels program delivers mid-day meals to frail and isolated older adults Mon. thru Fri.</p>	

<p>Salt Lake City, UT 84114 Phone: (385) 468-3200 Website: http://slco.org/aging-adult-services/meals-on-wheels/</p>	<p>(weekend meals are delivered on Thurs. and Fri.). Special diets (cut meat, mechanical soft, pureed, no nut, no pork and no seafood) are available. All meals are low sodium, low calorie and low fat. Each home delivered meal applicant is assessed to determine program eligibility and any other services needed to assist in living as independently as possible.</p>	
<p>Utah Food Bank Address: 3150 S 900 W, Salt Lake City, UT 84119 Phone:(801) 978-2452 Website: www.utahfoodbank.org</p>	<p>The Utah Food Bank distributes food through a statewide network of 140 partner agencies, located in all 29 counties. The Utah Food Bank also provides a vast array of direct service across the State through programs:</p> <ul style="list-style-type: none"> • Kids Cafe Program • Backpack Program • Food Box Programs • Mobile Pantries 	
Tobacco Cessation		
Organization	Services	Notes
<p>Utah Department of Health Address: P.O. Box 141010 Salt Lake City, UT 84114 Website: www.tobaccofreeutah.org</p>	<p>The Tobacco Prevention and Control Program (TPCP) at the Utah Department of Health and its partners, use comprehensive strategies to reduce tobacco use and tobacco-related disease and death. The primary goals are to help tobacco users quit, prevent youth from starting to use tobacco, protect Utahns and visitors to the state from secondhand</p>	

	smoke, and to eliminate tobacco-related disparities.	
Way to Quit Website: http://waytoquit.org/	Way to Quit offers smokers: <ul style="list-style-type: none"> • Utah Tobacco Quit Line • Online Coaching • Text Support • Medicaid & Uninsured Programs 	
Additional Medical Services		
Therapy and Rehabilitation Facilities		
Organization	Services	Notes
Canyon Rim Physical Therapy Address: 2295 Foothill Dr # 1, Salt Lake City, UT 84109 Phone:(801) 486-7542 Website: www.canyonrimpt.com	Canyon Rim Physical Therapy treats: <ul style="list-style-type: none"> • Headache • TMJ • Shoulder/Arm • Back • Knee/Hip • Foot/Ankle • Balance and fall prevention • General Pain 	Patient forms: www.canyonrimpt.com/Forms
Hand and Orthopedic Physical Therapy Specialists Address: 702 S Temple #102, Salt Lake City, UT 84102 Phone:(801) 328-8535 Website: www.handandortho.com	Hand and Orthopedic Physical Therapy Specialists treat general orthopedic injuries.	
Rocky Mountain Therapy Services Address: 441 S Redwood Rd, Salt Lake City, UT 84104 Phone:(801) 975-1403 Website: www.rmtsinc.com/Utah/Physical-Therapy-Salt-Lake-	Rocky Mountain Therapy offer Physical Therapy, Head / Cervical Pain, Hand Therapy, Sports and Orthopedic , Spine Therapy services.	

City/a~6329--c~351348/article.html		
Home Health		
Organization	Services	Notes
Millcreek Home Health and Hospice Address: 1398 E Luck Ln, Salt Lake City, UT 84106 Phone:(801) 463-2478 Website: www.millcreekhomehealth.com	Millcreek Home Health and Hospice provides Home Physical Therapy, focusing on improving function, strength, gait, and balance to improve patient safety.	
Canyon Home Care & Hospice Address: 450 900 E #100, Salt Lake City, UT 84102 Phone:(801) 485-6166 Website: www.canyonhomecare.com	Canyon Home Care and Hospice’s Skilled Nursing Rehabilitation Services include: <ul style="list-style-type: none"> • PT, OT & ST • Wound Care • Pain Management • Diabetes Management • Coumadin Management • IV Therapy – set up and administration • Home Health Aides • Medical Social Worker • Surgical Recovery • Stroke Recovery • Tube Feeding • Cardiac Rehabilitation • COPD, CHF, CAD • Chronic Kidney Disease • Durable Medical Equipment • Lab draws 	
At Home Personal Care Address: 230 200 S, Salt Lake City, UT 84101 Phone:(801) 746-5558	At Home Personal Care helps clients remain independent and in the comfort of their own home. At Home helps with daily activities,	

Website: www.athomeprc.com	transportation services, Alzheimer's/Dementia and post-surgical support.	
Palliative Care		
Organization	Services	Notes
Solstice Home Health, Hospice & Palliative Care: Utah's Finest In-Home Medical Care Address: 1940 1100 E, Salt Lake City, UT 84106 Phone:(801) 485-1035 Website: www.solsticehc.com/home.h tml	Solstice Home Health and Palliative Care services include: <ul style="list-style-type: none"> • Therapeutic Touch Therapy • Pet Therapy • Aroma Therapy • Massage Therapy • Reiki Therapy • Certified Music Therapy • Routine In-Home Care • Respite Care • Continuous Care • General In-patient Care 	
Millcreek Home Health and Hospice Address: 1398 E Luck Ln, Salt Lake City, UT 84106 Phone:(801) 463-2478 Website: www.millcreekhomehealth.c om	Millcreek Hospice services can include: <ul style="list-style-type: none"> • Physician and nurse practitioner in-home visits • Registered nursing visits • Social work visits • Spiritual care services • Massage therapy • Aromatherapy • Volunteer services and more 	