

Quick Overview of Senior Services

Our mission is to promote and protect the health and well-being of older Davis County residents and their environment.

Health and Assistance

- **Family Caregiver Support Program:** Provides education, information, resource referral, case management, support groups, respite, and in-home services for family members or friends of someone over age 60.
- **Caregiver Classes:** Provides education, information, and support to those caring for elderly loved ones.
- **Case Management Services and Supports:** Provides in-home support and services for eligible individuals. Program eligibility and guidelines vary. Services may include case management, home care services, transitional care, equipment, adult daycare, housekeeping, home health care, etc.
- **Long Term Care Ombudsman:** Advocates for residents of nursing homes, resolving complaints to ensure and enhance the quality of life and care of residents.
- **Meals on Wheels:** Nutritious meals delivered to homes of homebound adults over age 60. A suggested donation of \$3.50.
- **Medical Transportation:** Available to assist those who do not have access to other means of transportation to and from medical and dental appointments within Davis County. A \$5.00 suggested donation per one-way trip.

Senior Activity Centers

- **South Davis Senior Activity Center:** 726 S 100 E, Bountiful, UT (801) 451-3660
- **Central Davis Senior Activity Center:** 81 E Center St, Kaysville, UT (801) 444-2290
- **North Davis Senior Activity Center:** 42 S State St, Clearfield, UT (801) 525-5080

Senior Center Activities

- **Exercise Classes and Programs:** The Senior Centers provide a wide variety of classes focusing on healthy aging and maintaining independence. Some of these classes (EnhanceFitness and Tai Chi) focus on arthritis and fall prevention; while others (Square Dancing and Bingocize) focus on fun ways to exercise.
- **Social Activities:** The Senior Centers also provide many fun opportunities to socialize with others! The community can take part in card games or enjoy a nice arts and crafts activity like Ceramics. On holidays, the centers also host social get-togethers.
- **Sit down meals:** Nutritious lunches are served at our centers to those over age 60 with a suggested donation of \$3.00. We also welcome those under age 60 to come enjoy lunch with a suggested donation of \$6.00 per plate.
- **Volunteer Opportunities:** Seniors can spend their time and use their talents in a wide variety of ways and settings in our community. If you are over the age of 55, we'd encourage you to check out our AmeriCorps Seniors Retired and Senior Volunteer Program.

Information

- **Community Outreach:** Provides speakers, presentations, information, and education. Special events and activities focused on issues related to seniors, caregivers, families, employers, and others.
- **Health Insurance Information Program:** Information and counseling is available regarding a wide variety of topics such as: Medicare, Medicaid, Medigap, Medicare Prescription Drug Plans, and Advantage Plans.

Want more information? Contact us at (801) 525-5050 — Option 5; or visit our website: www.daviscountyutah.gov/seniors

Healthy Choices. Healthy People. Healthy Communities.