**ADDITIONAL RESOURCES**

**ADVANCED CARE PLANNING**

Thoughtful Life Conversations strives to empower Arizonans to make known their life wishes and care directives, and to have thoughtful life conversations that result in honored healthcare wishes/goals and improved care towards end of life. VICaP has advance directive Life Care Planning Packets available upon request and can assist with completing the forms. For more information, call Thoughtful Life Conversations at 602-445-4312, or the VICaP office at 520-459-8146.

**For assistance with filling out the forms, call Thrive Wellness Center to schedule an appointment. Thrive Wellness Center: (520) 263-3293.**

 

**HOUSECLEANING SERVICES**

If you need housecleaning services:

|  |  |
| --- | --- |
| Sandy O’NealSparrow’s Helping Hands | 520-678-1651Also assists with errands, shopping, laundry, house-sitting, meal prep, etc. |
| Senior Care Cleaning ServicesProvided by Sierra Vista Clean | 520-378-5173(Sierra Vista & Hereford residents) |
| VictoriaChristian Housecleaning Srvcs. | 520-456-4133 |
| Felicia’s Crystal Clean  | 520-271-6746Also assists with errands, shopping, laundry, etc. |
| Teri BaxterMrs. B’s Cleaning | 352-874-9621 |

**HOME HEALTH SERVICES**

If you need home health/caregiver services:

|  |  |
| --- | --- |
| Luminaria Home Care520-459-8073 | Legacy Health Care520-335-6118 |
| Bayada Home Health520-459-4800 | BrightStar Care520-335-6680 |
| Josie, Independent Certified Caregiver520-227-3025 | Trinity Visiting Nurse & Home Health Care 520-458-1536 |

**OVER**

 **INTERCITY TRANSPORTATION WITHIN COCHISE COUNTY**

The City of Douglas and SouthEastern Arizona Governments Organization (SEAGO) have partnered to create a long-awaited intercity bus service (Cochise Connection) linking the cities of Douglas, Bisbee, Palominas/Hereford and Sierra Vista. This low-cost, fixed-route bus service links with city bus systems in Douglas, Bisbee and Sierra Vista, and runs at several times throughout the day both north-bound and south-bound. For more information, call the City of Douglas at 520-417-7300.



**STATE HEALTH INSURANCE ASSISTANCE PROGRAMS/MEDICARE**

If you have questions concerning Medicare or the State Health Insurance Plans (SHIP), SEAGO Area Agency on Aging (AAA) provides assistance. Call Ramona MacMurtrie, the Medicare/Health Insurance Coordinator, at 520-432-2528, ext. 222, or email shiphelp@seago.org.

 

**COCHISE COUNTY AT-RISK REGISTRATION**

This program is designed for anyone who may need assistance during an emergency evacuation or for anyone who would require special medical considerations during an emergency. Once registered, first responders will be better equipped to assist you during these events.

Visit <https://www.cochise.az.gov/health-and-social-services/risk-registration> to register online, or call the VICaP office at (520) 459-8146 to request a paper copy of the registration forms.

**For additional resources or questions, please call the VICaP office at 520-459-8146. If the service is not provided by VICaP, we may still be able to provide references to other organization or resources.**