

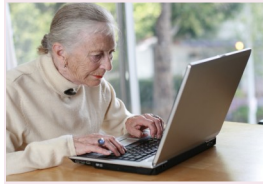
## Our Mission:

### Community Resources:

La Plata County:  
Senior Outreach Nurse  
749-4007 (San Juan Basin  
Health Department)  
La Plata County Senior Center  
970-382-6445  
Department of Human Services  
970-382-6150

Archuleta County:  
Senior Center 970-264-2167  
Department of Human Services  
970-264-2182

### Web Resources:



**The National Council on Aging** provides a service that helps individuals get all the benefits they deserve. Find and enroll in federal, state, local and private programs that help pay for prescription drugs, utility bills, meals, health care and other needs. [www.benefitscheckup.org](http://www.benefitscheckup.org)

**National Clearinghouse for Long Term Care Information** was developed by the U.S. Department of Health and Human Services to provide information and resources to help you and your family plan for future long-term care needs. [www.longtermcare.gov](http://www.longtermcare.gov)

San Juan Basin Health Department  
[www.sjbhd.org/home-health](http://www.sjbhd.org/home-health)

We assist individuals, families, and caregivers in evaluating options and establishing and maintaining a comprehensive care plan tailored to maximize independence while meeting the specific needs of individuals and utilizing each person's unique strengths, abilities and personal choices.



*Our Options for Long Term Care program Team  
San Juan Basin Health Department  
(State-designated Single Entry Point agency)*

**Durango office:** 281 Sawyer Drive  
Phone: 970-247-5702, ext. 237  
Fax: 970-247-9126  
E-mail: [rita@sjbhd.org](mailto:rita@sjbhd.org)  
**Pagosa Office:** 502 S. 8th Street  
Phone: 970-264-2409, ext. 207  
Fax: 970-264-4640

SAN • JUAN • BASIN  
**HEALTH**  
DEPARTMENT

*This brochure was created by San Juan Basin Health Department. Photos are protected ©2010.*

## Want to Know About Alternatives to Nursing Home Care?

We are the one-stop call for your questions about

## Options for Long Term Care



*We seek to provide every individual with independence, choices, and well-being in the home environment*

SAN • JUAN • BASIN  
**HEALTH**  
DEPARTMENT

# San Juan Basin Health is YOUR Options for Long Term Care Program



For individuals exploring options to avoid nursing home care, San Juan Basin Health is the “Single Entry Point” agency in our community. We serve Archuleta, La Plata and San Juan counties.

Individuals can make just one call to find out what programs and services might assist them in staying in their own home and how they or a family member could qualify for various programs (as well as where and how to apply.)

## **POTENTIAL SERVICES:**

Personal care \* Homemakers  
Non-medical transportation  
Emergency response buttons  
Medication dispensing machines  
Short-term respite in a nursing facility  
Assisted living \* Home modification

## San Juan Basin Health’s Options for Long Term Care program provides:

### **Screening and Referrals**

available to all individuals, family members, or caregivers who have questions or concerns about long term care.

### **Assessment**

A Case Manager will make a home visit to complete an assessment of functional status and needs.



### **Care Planning and Service Coordination**

For individuals who meet the required Medicaid functional level of care, a case manager will collaboratively assist the client, family, friends, and caregivers in creating a comprehensive service plan.

**Referrals and Resources:** For individuals who do not qualify for Long-Term Medicaid, referrals are made to a variety of other resources such as private hire home care; skilled home health services such as nursing, physical therapy, social work; and other programs for people 60 and older to assist them with cleaning, bathing, shopping, or caregiver respite.



*“I’ve been thoroughly pleased with everything that’s occurred through San Juan Basin Health. I’d give everyone an 11 or 12 on a scale of 1 to 10.”*

~ Burel Mangrum, Durango

*“This program is awesome! It gave me the opportunity to provide the best level of care available to my nephew after his injury. I would be lost without the help of San Juan Basin Health.”*

~ Cindy Dempsie, Bayfield

*“I have been blessed by all the people at San Juan Basin Health.”*

~ Ruby Lee Grannis, Durango

**Need Answers? Make just one call: 247-5702 ext. 237**