



Davis County Senior Services

22 S. State Street
Clearfield, UT 84015
801-525-5050

www.daviscountyutah.gov/seniors

Healthy Aging

We offer programs and classes that educate older adults on the importance of staying active and healthy.

Available Programs

- ◆ Chronic Disease & Diabetes Self-Management (6 weeks)
- ◆ *Stepping On* Fall Prevention (7 weeks)



Supports to Keep You Safe and Independent at Home

If you or a family member is struggling to remain safely living at home we can provide help to those who qualify. Some examples are help with housekeeping or chores, personal care, bill paying, grocery shopping, medical equipment or running errands. There's no place like home.

Senior Activity Centers

Senior centers are all about being active, healthy and having fun!

- ◆ Come make new friends
- ◆ Try something new or familiar
- ◆ Have lunch. Start a new hobby
- ◆ Take a class
- ◆ Stay active on our fitness equipment
- ◆ Try a new exercise routine like yoga or Tai Chi

Locations of Senior Centers in Davis County:

Golden Years Senior Center
Bountiful, UT 801-295-3479

Autumn Glow Senior Center
Kaysville, UT 801-544-1235

North Davis Senior Activity Center
Clearfield, UT 801-525-5080

Health Insurance Information Program & Senior Medicare Patrol

We provide Information on lowering your prescription drug costs if you qualify and counseling regarding Medicare, Medicaid, Medigap, Medicare Prescription Drug Plans, and Advantage Plans.

Caregiver Support Services

Are you caring for a spouse, parent, family member or friend?

Do you need a break?

We offer Caregiver Support Services to:

- ◆ Connect with community resources
- ◆ Pay for equipment and devices
- ◆ Arrange for some much needed time off



Meals on Wheels

Hot healthy meals delivered to homebound seniors over age 60, who are nutritionally at risk.

Suggested contribution:
\$3.50 per meal

Information Services

We connect older adults and their families to services and resources that are available to them.

We provide speakers and presentations for families, employers, businesses, church and community groups, seniors, and caregivers.

Medical Transportation

To assist those who need transportation for medical and dental appointments within Davis County.

Suggested contribution:
\$5.00 per trip



Volunteers

Got an hour to spare?

Use your time and talents in a wide variety of settings in our community and help seniors.

You could teach a class, serve a meal, provide a ride and much more.

Additional options available through RSVP for retired volunteers.



For more information:
www.daviscountyutah.gov/seniors

Follow us on:



Nursing Home Ombudsman

We help support and protect the rights of individuals over the age of 60 living in Nursing Homes, Assisted Living Centers, and Intermediate Care Facilities.

Ombudsmen are authorized to receive complaints, investigate issues which affect the resident's quality of life and care, and resolve them on behalf of residents of long-term care facilities.

If interested in becoming a Volunteer Ombudsman, or to request assistance for a resident living in a long-term care facility please call 801-525-5060.