SESSIONS ARE SCHEDULED BY APPOINTMENT
CALL: (970) 491-6795
www.colostate.edu/Depts/Psychology/aco/

Our mission is to improve the quality of life for older adults and their loved ones, through the promotion of dignity and overall well-being.

Psychological Service Center
Gifford Building, Room 119
Colorado State University
502 W. Lake Street
Fort Collins, CO 80523

Aging Clinic of the Rockies
at Colorado State University
Individual Counseling for Family Caregivers

Heading North on College Ave:
1. From College Turn LEFT on West Prospect Road
2. Turn RIGHT on Center Avenue
3. Turn LEFT on West Lake Street
4. The Gifford Building is Located on the Right Side

5. For Parking, Continue on West Lake Street and turn RIGHT on Meridian Avenue
6. Take the First RIGHT at the Pedestrian Crossing Sign
7. Go Past Lot 520 Permit A and Take the First RIGHT into the Client Parking Lot

Heading North on S Shields St:
1. From S Shields Turn RIGHT on West Lake Street
2. The Gifford Building is Located on the Left Side
3. For Parking, Turn LEFT on Meridian Avenue
6. Take the First RIGHT at the Pedestrian Crossing Sign
7. Go Past Lot 520 Permit A and Take the First RIGHT into the Client Parking Lot

The Waiting Room is Located in the Psychological Service Center, Room 119
AGING CLINIC OF THE ROCKIES

Caregivers One Step at a Time Program
Designed to address the needs of those individuals in the caregiver role

FOCUS IS GIVEN TO:
- Increasing Coping Skills
- Improving Self-Care
- Making Decisions
- Solving Problems

The Aging Clinic of the Rockies is a non-profit clinic that offers individual counseling to family caregivers of older adults.

Individualized needs are addressed through counseling (up to 8 sessions at no cost)

TO QUALIFY FOR NO COST SESSIONS:
A caregiver would be eligible for services if the care recipient is 60 years of age or older; in the case of early-onset dementia there is no minimum age requirement. The care recipient can not be living in an assisted living facility or in long term care setting.

Sessions are provided in the office, but for your convenience they may also be scheduled in your home.

Additional mental health services are available on a sliding scale fee basis

Tammi Vacha-Haase, Ph.D.
Director, Aging Clinic of the Rockies
Licensed Psychologist

"Every person who reaches out to us is very important. We recognize the value of the care being given and the challenges that can be experienced on a daily basis. My staff and I promise to do our best to be of support in any way we can."

Aging Clinic of the Rockies is partially funded by the Larimer County Office on Aging LCOA