Services
PCOA offers services related to health, in-home support, aging well, caregiving, money and legal concerns, and much more. A few of the many ways we help are:

Aging Well
• EnhanceFitness exercise program
• A Matter of Balance fall prevention workshop
• BeMedSmart medication misuse education
• Aging Mastery Program
• Community lunch program

Family Caregiver Services
• One-on-one caregiver consultation
• Caregiver support groups
• Training for family caregivers

In-home Support
• Pima Meals on Wheels
• Coordination of housekeeping, personal care, and more
• Home repair and adaptation

Health, Rights & Benefits
• Medicare education and counseling
• Long-Term Care Ombudsmen
• End of Life Care Planning
PCOA provides these and many other services both directly, and through collaborations with community partners.

Information & Referral
PCOA offers reliable information about resources and services for older people and their families in Pima County through our Helpline and our website. Our Helpline is staffed by experienced, certified information and referral specialists who can help with just about any question or issue related to older people in Pima County. They will take your individual situation into account and help identify resources to meet each of your needs.

Call (520) 790-7262 or visit pcoa.org.

Advocacy
As Pima County's Area Agency on Aging, PCOA advocates on behalf of the needs and interests of older adults and those who care for them. We work with federal, state, and local government officials for the advancement of policy that benefits older people now and for generations to come. Through grassroots efforts, we connect older adults, caregivers, and those who care about aging issues to elected officials to provide firsthand accounts of how changes in legislation, policy, or funding will affect them and their families.

PCOA is a trusted source for information, assistance, and advocacy for older people and their families in Pima County.
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