Build a Safety Net

MAP A Plan & Programs to Help you Save

OUR PROFESSIONAL STAFF CAN PROVIDE:
- Homeless Prevention Services
- Limited emergency rental/utility assistance*
- SNAP (formerly Food Stamps) application assistance
- AZ Self Help, a benefits savings program
- Workforce training, resume writing, job search

*(income, eligibility and defined service area apply)

All programs are by appointment only.

Valley Assistance is an equal opportunity provider and employer and has been funded, at least in part, with Federal funds from the USDA, and HUD (homeless prevention services) and the Pima County Community Action Agency

Plan to be Well and Healthy

Going Home with Care
A Touch That Cares® Neighbors AIM

Going Home with Care* • RN support post hospital discharge from local hospital

A Touch that Cares® • Provides long term ongoing RN professional visits • Medical advocacy and medication management on a sliding fee basis

Neighbors AIM* • Creating new memories with events including music, art & animals • Support, education, & awareness with an immersion program

Community Centered Approach to Care* • A blend of inter-professionals from Valley Assistance Services (VAS) & Green Valley Fire Department (GVFD) to deliver a cutting-edge medical care model of health in the home

*initial funding made possible by

Stay Engaged

Caring Neighbors Helping Neighbors (Green Valley/Sahuarita)

Tubac Regional Neighbors Helping Neighbors (Amado, Tubac, Tumacacori & Carmen)

A CARING VOLUNTEER CAN HELP YOU WITH:
- Transportation for grocery shopping, medical appointments, errands
- Friendly visits, phone calls
- Keeping you independent

Valley Assistance is a part of the Neighbors Care Alliance of the Pima Council on Aging

Stay Vertical

SHiM® Safety & Health in Motion

FALL PREVENTION
- An awareness, evidence based program with design assistance by University of Arizona, Arizona Center on Aging

PREVENT FALLS
- Reduce your fear of falling
- Increase your awareness of fall risks, at home and medically by SHiM® Team (Green Valley Volunteer Fire Corps and RN's)
- Learn ways to Stay Vertical
- Reach sticks, night lights, and smoke alarms