

Caregiver

**Name: Blessings! for Seniors Companion Care**

**Topics:** Resource for caregivers to older adults

**About:** Provides companionship, homemaking and personal senior home care services for those who are challenged by living alone. Offers free online training for caregivers through the "Family Learning Center".

**Phone:** (623) 594-0819

**Website:** <http://www.blessingsforseniors.com/>

Transportation

**Name: Automobile Association of America (AAA)**

**Topics:** Safe Driving Advice

**About:** AAA is dedicated to keeping seniors driving for as long as safely possible. AAA is also committed to promoting viable transportation options for seniors who can no longer drive independently.

**Phone:** 1-800-352-5382

**Email:**

**Website:** <http://seniordriving.aaa.com/>

**Name: Arizona Department of Transportation**

**Topics:** Transportation Funding Opportunities

**About:** ADOT staff administers several Federal Transit Administration grant programs and provides technical assistance and expertise to local transit agencies. Through these efforts ADOT is dedicated to working with its partners to create better communities

**Phone:** (602) 712-7355

**Email:**

**Website:** [http://mpd.azdot.gov/mpd/Transit\\_Programs\\_Grants/ProgGuide.asp](http://mpd.azdot.gov/mpd/Transit_Programs_Grants/ProgGuide.asp)

**Name: Maricopa Association of Governments**

**Topics:** Transportation Ambassador Program

**About:** The Transportation Ambassador Program is designed to connect people to human services transportation opportunities in the region. The program is open to everyone and will include accommodations for older adults, people with disabilities, and low incomes.

**Phone:** (602) 254-6300

**Email:** [dgaisthea@azmag.gov](mailto:dgaisthea@azmag.gov)

**Website:** <http://www.azmag.gov/Projects/Project.asp?CMSID=1110>

**Name: Valley Metro**

**Topics:** Transportation Resource

**About:** Valley Metro provides public transportation alternatives for the greater Phoenix metro area. Valley Metro Dial-a-Ride offers different types of services for older adults and persons with disabilities. Services vary depending on the city or town in which a person lives.

**Phone:** (602) 253-5000

**Email:**

**Website:** [http://www.valleymetro.org/dial\\_a\\_ride/](http://www.valleymetro.org/dial_a_ride/)