



Learn more about your State Unit on Aging!  
Visit our website for upcoming events or  
other important information related to older  
adults at [des.az.gov/services/older-adults](https://des.az.gov/services/older-adults).

Equal Opportunity Employer / Program •  
Auxiliary aids and services are available  
upon request to individuals with disabilities  
• To request this document in alternative  
format or for further information about this  
policy, contact the Division of Aging and  
Adult Services at 602-542-4446; TTY/TDD  
Services 7-1-1 AAA-1443A PAMENG (06/26)

## Aging and Disability Services

The **Division of Aging and Adult Services (DAAS)** is Arizona's State Unit on Aging. DAAS seeks to inform, assist, and empower older adults, individuals living with disabilities or chronic conditions, and caregivers to maintain their independence and remain in their community of choice.

**Non-Medical Home and Community-Based Services (NMHCBS)** includes information and resources, transportation services, and case management services including attendant care, personal care, and housekeeping for eligible clients.

**Nutrition Services** include Congregate meals served in group settings, such as senior centers and faith-based locations, as well as healthy home-delivered meals. Good nutrition is crucial for maintaining the health and functional independence of older adults.

**Family Caregiver Support Program (FCSP)** offers services, including information about available services; assistance in gaining access to supportive services; individual counseling, support groups, and caregiver training; case management including respite care and supplemental services for eligible family caregivers providing unpaid in-home care including grandparents raising grandchildren.

**Disease Prevention and Health Promotion** programs are evidence-based and designed to reduce the need for more costly medical interventions. Programs include Chronic Disease Self-Management, A Matter of Balance, and Diabetes Self-Management, and more.

**Arizona's Legal Services Assistance Program** offers free legal advice, information, advocacy, and representation to persons 60 years of age and older. Some of the civil legal services include Housing (Landlord/Tenant and Evictions), Medical or Financial Advance Directives, Elder Abuse or Exploitation, and Consumer Fraud and Scams. No criminal cases.

**State Health Insurance Assistance Program (SHIP) and Senior Medicare Patrol (SMP)**  
The SHIP is a free health benefits counseling service for Medicare beneficiaries. We answer questions related to costs, coverage, plan options, and assistance with costs related to Medicare premiums or drug costs. The SMP assists Medicare beneficiaries, their families, and caregivers in preventing, detecting, and reporting health care fraud. This service is unbiased and free. The State SHIP/SMP helpline is 800-432-4040.

Not sure where to start? We have partners who are ready to help answer your questions. Call your local Area Agency on Aging!

**Region I** - Serving Maricopa County  
**Area Agency on Aging, Region One Inc.**  
Senior Helpline: (602) 264-4357

**Region II** - Serving Pima County  
**Pima Council on Aging, (PCOA)**  
PCOA Helpline: (520) 790-7262

**Region III** - Serving Apache, Coconino, Navajo, and Yavapai Counties  
**Northern Arizona Council of Governments NACOG Area Agency on Aging**  
Central Intake Unit: (877) 521-3500

**Region IV** - Serving Yuma, La Paz and Mohave Counties  
**Western Arizona Council of Governments WACOG Area Agency on Aging**  
WACOG Helpline: (800) 782-1886

**Region V** - Serving Pinal and Gila Counties  
**Central Arizona Aging**  
CAA Helpline: (800) 293-9393

**Region VI** - Serving Santa Cruz, Cochise, Greenlee, and Graham Counties  
**SouthEastern Arizona Government Organization**  
SEAGO Helpline: (520) 432-2528

**Region VII** - Serving the Navajo Nation within Arizona  
**Navajo Nation (Area Agency on Aging) Division of Aging and Long-Term Care Services**  
Contact Number: (928) 871-6869

**Region VIII** - Serving 21 Member Tribes in Arizona  
**Inter Tribal Council of Arizona ITCA Area Agency on Aging**  
ITCA Helpline: (602) 258-4822

