The Aging Center is located in the Lane Center for Academic Health Sciences on the UCCS campus.

Please park in any spot labeled HealthCircle or use the designated Handicap spots, if you have the appropriate tag. If these spots are not available, please see the concierge in the Main Floor Lobby.

4863 N. Nevada Ave., Suite 321 Colorado Springs, CO 80918 Phone (719) 255-8002 www.uccs.edu/agingcenter
Often friends and family members become aware of changes in the circumstances or behavior of an older person and are not sure what to do. Counselors at the Aging Center are available to assist with these issues:

- Declining memory
- Difficulty handling everyday tasks
- Depression
- Social isolation
- Family problems
- Overwhelmed by medical problems
- Personality changes
- Increasing need for care

Are You Concerned?

Services available at the Aging Center include:

**Evaluation:**
- Caregiver stress
- Elderly person’s quality of life including safety and decision making capacity
- Memory testing

**Education:**
- Caregiver coping
- Strategies for handling problems when an elderly family member declines
- Effects of normal and abnormal aging

**Counseling, Support, & Psychotherapy:**
- Reducing caregiver burden and burnout
- Enhanced skill and confidence in caring
- Engaging family to work together
- Balancing your roles

**Referral:**
- Involving other disciplines
- Linking to community resources

Aging Families & Caregiver Program

The Aging Center offers services for family and friends of older adults who need assistance.

Aging Center counselors specialize in the psychological and social needs of seniors and their families. We recognize the impact of aging on individuals and families. Our program can help you more effectively assist your aging family and friends while helping you stay healthy and happy.

Services are partially funded by the Pikes Peak Area Agency on Aging and are available without charge, although donations are accepted. This program operates in association with the Family Caregiver Support Center at the Pikes Peak Area Agency on Aging.