

## WHAT IS THE AGING CLINIC OF THE ROCKIES

The Aging Clinic of the Rockies is a non-profit clinic that offers counseling and assessment services to community members on an affordable sliding fee scale. The clinic is associated with the Psychology Department at Colorado State University.

Our mission is to improve the quality of life for older adults and their loved ones, through promotion of dignity and overall well-being.

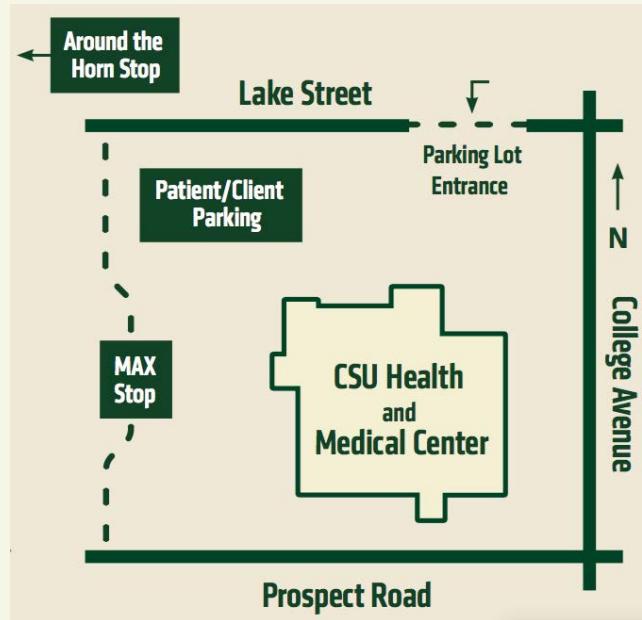


For more information about our services or to make an appointment, call the Aging Clinic of the Rockies at  
**(970) 491-6795.**

More information is available on our website:  
<http://psychology.colostate.edu/acor/>

**Aging Clinic of the Rockies**  
at Colorado State University

Phone: (970) 491-6795  
Fax: (970) 797-1921  
<http://psychology.colostate.edu/acor/>



**Aging Clinic of the Rockies**  
Columbine Health Systems Center for Healthy Aging  
151 W. Lake Street, Suite 1400  
8021 Campus Delivery  
Fort Collins, CO 80524-8021

**Directions to the Aging Clinic of the Rockies at CSU**  
Heading North on College Ave:  
From College turn LEFT onto Lake Street  
There is free parking to the left of Lake Street &  
Pay for Parking in the parking garage to the right (\$1.75/hr)

## SENIOR PEER COUNSELING



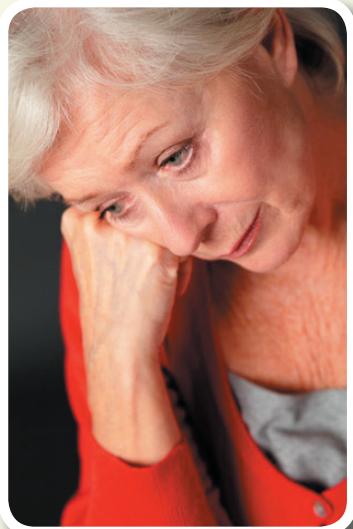
**Aging Clinic of the Rockies**  
at Colorado State University

## SENIOR PEER COUNSELING

The Aging Clinic of the Rockies' Senior Peer Counseling program seeks to help older adults in Larimer County by connecting them with trained paraprofessionals, who are also seniors. As older adults themselves, peer counselors are often able to understand and connect with clients' experiences in unique and meaningful ways.

## HOW CAN PEER COUNSELING HELP ME

Although there are many positive aspects of aging, there can also be common difficulties including sadness, worry, loneliness, physical illness and disability, cognitive decline, and grief and loss. Peer counseling can often improve the quality of life and well-being of older adults through social connection, emotional support, and companionship. Senior peer counselors are warm, respectful, and kind, men and women over the age of 60, who trained and supervised by mental health professionals.



## SENIOR PEER COUNSELING SERVICES ARE OFFERED IN BOTH INDIVIDUAL AND GROUP FORMATS:

### INDIVIDUAL PEER COUNSELING

Counseling sessions can take place wherever you and your counselor are comfortable; whether it be at the Aging Clinic of the Rockies, a coffee shop, the senior center, or in your home. You and your counselor will also decide when and how often to meet (typically once per week). You and your counselor can work together to set goals, resolve issues, practice skills, and achieve objectives.



### GROUP SUPPORT SERVICES

Support groups are also frequently offered and run by peer counselors. Group settings can provide an opportunity to work with counselors and meet others who are dealing with similar issues. Times and locations vary. Please call (970) 491-6795 for the most up to date information.



### HOW MUCH DO SENIOR PEER COUNSELING SERVICES COST

These services are offered FREE of charge for residents of Larimer County. This program is funded through a partnership between Colorado State University and Larimer County Office on Aging.

### INTERESTED IN BECOMING A SENIOR PEER COUNSELOR

Most Senior Peer Counselors report that they gain personally by becoming part of a Peer Counseling program. Volunteers will initially meet with a program coordinator in order to assess program fit. If selected, volunteers will attend training sessions that will prepare them to be competent and successful peer counselors. Upon successful completion of the training stage, peer counselors will be assigned clients and receive ongoing supervision and training.

If you are interested in volunteering as a peer counselor or getting more information about the program, please call Aging Clinic of the Rockies at **(970) 491-6795**.