This resource guide was developed through a partnership with Regional Health Home+, and lists programs/businesses serving seniors and their family members. It includes home care services, home health care, independent living facilities, assisted living facilities, continuing care communities, skilled nursing facilities, consultants, hospice programs and caregiver resources.

For more information: • Visit www.helplinecenter.org • Dial 2-1-1 • Text your zip code to 898211

**Home Health Care:**
Provides necessary medical services through health care professionals.
*Also provides Home Care Services (non-medical assistance / caregiving such as personal care and errands)*

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone</th>
<th>City</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bennett Co. Hospital Home Health</td>
<td>(605) 685-6622</td>
<td>Martin</td>
<td><a href="http://www.bennettcountyhospital.com">www.bennettcountyhospital.com</a></td>
</tr>
<tr>
<td>Circle of Life Home Care</td>
<td>(888) 871-2474</td>
<td>Rapid City</td>
<td><a href="http://www.circleoflifehc.com">www.circleoflifehc.com</a></td>
</tr>
<tr>
<td>Good Samaritan Society</td>
<td>(605) 342-0529</td>
<td>Rapid City</td>
<td><a href="https://www.good-sam.com/">https://www.good-sam.com/</a></td>
</tr>
<tr>
<td>Heartland Home Health</td>
<td>(605) 723-4663</td>
<td>Belle Fourche</td>
<td><a href="http://heartlandhomehealthilc.com/">http://heartlandhomehealthilc.com/</a></td>
</tr>
<tr>
<td>Interim Health Care*</td>
<td>(605) 348-5885</td>
<td>Rapid City</td>
<td><a href="http://www.interimhealthcare.com">www.interimhealthcare.com</a></td>
</tr>
<tr>
<td>Interim Health Care*</td>
<td>(605) 642-2806</td>
<td>Spearfish</td>
<td><a href="http://www.interimhealthcare.com">www.interimhealthcare.com</a></td>
</tr>
<tr>
<td>Regional Health Home+ Home Health*</td>
<td>(605) 755-4663</td>
<td>Rapid City, Spearfish</td>
<td><a href="http://www.regionalhealth.com/home">www.regionalhealth.com/home</a></td>
</tr>
<tr>
<td>State Home Care Services</td>
<td>(605) 718-5004</td>
<td>Rapid City</td>
<td><a href="http://www.statehomecareservices.com/">http://www.statehomecareservices.com/</a></td>
</tr>
<tr>
<td>State Home Care Services</td>
<td>(605) 745-4816</td>
<td>Hot Springs</td>
<td><a href="http://www.statehomecareservices.com/">http://www.statehomecareservices.com/</a></td>
</tr>
<tr>
<td>TLC Home Care Services</td>
<td>(605) 791-2577</td>
<td>Rapid City</td>
<td><a href="http://www.tlcsouthdakota.com">www.tlcsouthdakota.com</a></td>
</tr>
<tr>
<td>Westhills Village Home Health*</td>
<td>(605) 342-0255</td>
<td>Rapid City</td>
<td><a href="https://www.westhillsvillage.com/">https://www.westhillsvillage.com/</a></td>
</tr>
<tr>
<td>West Winds Health Service*</td>
<td>(605) 865-3757</td>
<td>Timber Lake</td>
<td></td>
</tr>
</tbody>
</table>

**Home Care Services (only):**
Provides assistance with day-to-day caregiving such as personal care and errands.

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone</th>
<th>City</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Caring Hands Elder Care</td>
<td>(605) 347-0958</td>
<td>Rapid City</td>
<td><a href="http://www.comfortkeepers.com">www.comfortkeepers.com</a></td>
</tr>
<tr>
<td>Comfort Keepers</td>
<td>(605) 277-1870</td>
<td>Rapid City</td>
<td><a href="http://www.comfortkeepers.com">www.comfortkeepers.com</a></td>
</tr>
<tr>
<td>Comfort Keepers</td>
<td>(605) 277-1915</td>
<td>Spearfish</td>
<td><a href="http://www.comfortkeepers.com">www.comfortkeepers.com</a></td>
</tr>
<tr>
<td>Compassion Health Services</td>
<td>(605) 548-0049</td>
<td>Spearfish</td>
<td><a href="http://www.compassionhs.com">www.compassionhs.com</a></td>
</tr>
</tbody>
</table>
Assisted and Independent Living:

Residential facilities that combine housing and supportive/personal care services which will allow each resident to function as independently as possible.

*Independent Living Option Available

Rapid City:

Clarkson Mt. View Health Care Facility (605) 343-5882 www.westhillsvillage.com
Echo Ridge Assisted Living* (605) 718-1800 www.good-sam.com
Fountain Springs* (605) 343-3555 www.welcov.com
Morning Star Assisted Living (605) 348-2596 www.morningstaralc.com
Primrose Retirement Communities* (605) 342-6699 www.primroseretirement.com
St. Martin Village Assisted Living* (605) 343-1919 www.good-sam.com
Somerset Court Assisted Living (605) 718-3600 www.somersetcourt.net
There’s a Hart Assisted Living (605) 343-5563 www.theresahartassistedliving.com
The Victorian Assisted Living (605) 342-1913
Westhills Village (605) 342-0255 www.westhillsvillage.com
Westhills Village South (605) 342-6821 www.westhillsvillage.com

Belle Fourche:

Country Place Senior Living (605) 723-3000 www.countryplaceseniorliving.com
High Prairie Assisted Living (605) 892-0082
Judy’s Assisted Living Center (605) 723-4792

Spearfish:

Edgewood Vista Senior Living (605) 642-2977 www.edgewoodseniorliving.com
Garden Hills Assisted Living (605) 642-0404
Sandstone Manor* (605) 642-4910 www.sandstoneseniorliving.com
Serenity Corners Assisted Living (605) 642-4029
Tender Care Assisted Living (605) 642-7963
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### Sturgis:
- Aspen Grove Assisted Living  
  (605) 720-4738  
  www.welcov.com
- Dakota Hills Assisted Living  
  (605) 423-8084  
  www.sturgisassistedliving.com
- Foothills Assisted Living  
  (605) 347-4460
- Key City Assisted Living  
  (605) 347-2770  
  www.keycityassistedliving.com

### Other Locations:
- Regional Health Assisted Living  
  (605) 755-HOME (4663)  
  Custer  
  www.regionalhealth.com/home
- Medicine Wheel Village  
  (605) 964-8155  
  Eagle Butte
- Pine Hills Retirement Community*  
  (605) 745-5555  
  Hot Springs
- Golden Ridge Regional Senior Care*  
  (605) 722-6380  
  Lead
- Castle Retirement Home  
  (605) 269-2422  
  Whitewood

### Independent Living (only):
- Residential facilities, apartments and/or planned communities with access to supportive services if needed.
- Holiday Hills Estates  
  (605) 593-9631  
  Rapid City  
  www.holidaytouch.com
- Maplewood Apartments  
  (605) 348-2427  
  Rapid City  
  www.thiestalle.com
- West Park Apartments  
  (605) 348-5005  
  Rapid City  
  www.oakleafpm.com

### Skilled Nursing Facilities (Nursing Homes):
- Inpatient health care facilities that provide nursing and personal care over an extended period of time.

#### Rapid City:
- Clarkson Mt. View Health Care  
  (605) 343-5882  
  Bella Vista  
  www.westhillsvillage.com
- Skyline Health Care  
  (605) 343-4738  
  Black Hills
- (4 Rapid City locations)  
  (605) 343-4958  
  Meadowbrook
- (605) 348-0285  
  Prairie Hills
- Fountain Springs Health Care  
  (605) 343-3555
- Westhills Village Health Care  
  (605) 342-0255

#### Black Hills Area:
- Belle Fourche Healthcare Community  
  (605) 892-3331  
  Belle Fourche  
  www.welcov.com
- Bennett Co. Nursing Home  
  (605) 859-6622  
  Martin  
  www.bennettcountyhospital.com
- Custer Regional Senior Care  
  (605) 755-HOME (4663)  
  Custer  
  www.regionalhealth.com/home
- Michael J. Fitzmaurice Veterans’ Home  
  (605) 745-5127  
  Hot Springs
- Kadoka Care Center  
  (605) 837-2270  
  Kadoka
- Five Counties Nursing Home  
  (605) 374-3871  
  Lemmon  
  www.fivecountiesnursinghome.com
### Western Caregiver Resource Guide

<table>
<thead>
<tr>
<th>Service</th>
<th>Contact Information</th>
<th>Location</th>
<th>Website Link</th>
</tr>
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<tbody>
<tr>
<td>Good Samaritan Society</td>
<td>(605) 754-6489</td>
<td>New Underwood</td>
<td><a href="http://www.good-sam.com">www.good-sam.com</a></td>
</tr>
<tr>
<td>Philip Nursing Home</td>
<td>(605) 859-2511</td>
<td>Philip</td>
<td><a href="http://www.philiphealthservices.com">www.philiphealthservices.com</a></td>
</tr>
<tr>
<td>David M. Dorsett Healthcare</td>
<td>(605) 642-2716</td>
<td>Spearfish</td>
<td><a href="http://www.welcov.com">www.welcov.com</a></td>
</tr>
<tr>
<td>Regional health Sturgis Hospital</td>
<td>(605) 755-HOME (4663)</td>
<td>Sturgis</td>
<td><a href="http://www.regionalhealth.com/home">www.regionalhealth.com/home</a></td>
</tr>
<tr>
<td>Seven Sisters Living Center</td>
<td>(605) 745-8910</td>
<td>Hot Springs</td>
<td><a href="http://www.frhssd.org">www.frhssd.org</a></td>
</tr>
<tr>
<td>White River Health Care Center</td>
<td>(605) 259-3161</td>
<td>White River</td>
<td></td>
</tr>
</tbody>
</table>

### Adult Day Care:

- **Adult Day Centers of the Black Hills**: (605) 791-0436/415-0792
  - Location: Rapid City
  - Website: [Facebook](http://www.facebook.com/adultdaycenters)

### Caregiver Resources:

- **Alzheimer's Association**: (605) 339-4543
  - Website: [www.alz.org/sd](http://www.alz.org/sd)

- **Better Choices, Better health**: (888) 484-3800
  - Website: [www.goodandhealthysd.org](http://www.goodandhealthysd.org)

- **Braille & Talking Book Program**: (800) 423-6665
  - Website: [http://library.sd.gov/Default.aspx](http://library.sd.gov/Default.aspx)

- **CAREgivers Free Support Services**: (605) 275-7681/(800) 360-6161
  - Website: [www.caregiverssd.org](http://www.caregiverssd.org)

- **Client Assistance Program (CAP)**: (800) 742-8108
  - Website: [www.wsdca.org](http://www.wsdca.org)

- **CapTel Free Telephone**: (800) 233-9130
  - Website: [www.CapTel.com](http://www.CapTel.com)

- **Captioning Services**

- **DHS—Long Term Services and Supports**: See website for phone information by city
  - Website: [www.dhs.sd.gov/ltss](http://www.dhs.sd.gov/ltss)

- **ADRC Resource Directory**: (855) 315-1986
  - Location: Rapid City
  - Website: [http://southdakota.assistguide.net/](http://southdakota.assistguide.net/)

- **Love, Inc. of the Black Hills**: (605) 718-5683
  - Location: Rapid City
  - Website: [www.loveinconline.com](http://www.loveinconline.com)

- **Medicare Services**: (800) 437-4762
  - Website: [www.medicare.gov](http://www.medicare.gov)

- **Project Lifesaver**: (605) 394-6113
  - Website: [www.pennco.org/sheriff](http://www.pennco.org/sheriff)

- **Library Services for Adults who are Homebound**: (605) 394-6139, Ext. 2230
  - Website: [http://library.sd.gov/Library](http://library.sd.gov/Library)

- **Retired Senior Volunteer Program (RSVP)**: (605) 394-2507
  - Location: Rapid City
  - Website: [www.rcgov.org/Finance/rsvp_home.html](http://www.rcgov.org/Finance/rsvp_home.html)

- **Black Hills State University RSVP**: (605) 642-5198
  - Location: Spearfish
  - Website: [www.bhsu.edu/RSVP](http://www.bhsu.edu/RSVP)

- **Senior Companion Program**: (605) 721-8884
  - Location: Rapid City
  - Website: [www.good-sam.com/scpsd](http://www.good-sam.com/scpsd)

- **SHIINE**: (605) 342-8635
  - Website: [http://shiine.net/](http://shiine.net/)

- **Senior Health Information & Insurance Education**

- **Services for the Blind & Visually Impaired**: (605) 394-2261/(800) 439-8861
  - Website: [https://dhs.sd.gov/servicesfortheblind/default.aspx](https://dhs.sd.gov/servicesfortheblind/default.aspx)

- **Social Security Administration**: (605) 342-1819/(800) 772-1213
  - Website: [www.ssa.gov](http://www.ssa.gov)

- **South Dakota Parkinson’s Foundation**: [http://www.southdakotaparkinson.org](http://www.southdakotaparkinson.org)
Consultants:

Amazing Grace  (605) 858-9943  Rapid City  www.amazing-grace.vpweb.com
(rightsizing and relocation services)

Black Hills Advocate  (605) 519-5051  Rapid City  http://www.blackhillsadvocate.com/
Jenny Telechan

Certified Aging in Place Specialists
Kristi Barber  (605) 342-7006 Ext. 219  Rapid City
David Asbridge Dreammaker  (605) 716-2266
Method Organization  (605) 430-5448  Rapid City  http://www.movewithmethod.com/
(senior move management)

Mister Handy Service Specialists  (605) 721-0164  Rapid City  http://misterhandy.net/
(aging in place remodeling)

Hospice Programs:
Programs that provide a full range of supportive services for terminally ill individuals who are in the final stages of life.

Grace of the Pines Hospice  (605) 745-4967  Custer, Hot Springs and Pine Ridge
   http://www.graceofthepineshospice.com

Regional Health Home+ Home Hospice and Hospice House  (605) 755-HOME (4663)  Rapid City, Spearfish  www.regionalhealth.com/home

Medical Equipment/Supplies:

Apria Healthcare  (605) 341-2273  Rapid City  https://www.apria.com/
Lincare  (605) 342-3890  Rapid City
Partner Medical (Kreisers)  (605) 342-2773  Rapid City  https://www.partnermedicalhc.net/index.htm
Performance Respiratory Home Medical  (605) 342-7004  Rapid City  https://www.performancerespiratory.com/
Presidents Specialty Healthcare  (605) 341-4669
PSI Health Care Inc.  (605) 348-9380
Regional Health Home+ Home Medical Equipment  (605) 755-9000  Rapid City
   (605) 717-8980  Spearfish
   (605) 720-2676  Sturgis
   www.regionalhealth.org/home

Senior Centers:

Belle Fourche Senior Citizens Center  (605) 892-6285  Belle Fourche
Canyon Lake Senior Center  (605) 721-8710  Rapid City  www.canyonlakecenter.org
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Custer Senior Center  (605) 673-2708  Custer  www.custersencntr.org
Hill City Senior Center  (605) 574-3211  Hill City  www.hillcityseniorcenter.org
Meade County Senior Center  (605) 347-5877  Sturgis
Minneluzahan Senior Citizen Center  (605) 394-1887  Rapid City  www.minneluzahan.org
Newell Vale Nisland Senior Center  (605) 456-2155  Newell
Spearfish Senior Center  (605) 642-2827  Spearfish  www.spearfishseniorcenter.weebly.com/

Senior Meal Programs (Congregate Dining or Home Delivered Meals):

Individuals in the following cities should contact Western South Dakota Senior Services at (605) 394-6002 to sign up for meals:
- Belle Fourche
- Bison
- Custer
- Dupree
- Edgemont
- Faith
- Hot Springs
- Isabel
- Lemmon
- Newell
- Rapid City
- Timber Lake
- Wall

Individuals Deadwood/Lead should contact Regional Health Lead-Deadwood Hospital Meal Delivery Service at (605) 717-6035 to sign up for meals

Individuals in Eagle Butte should contact Cheyenne River Elderly Nutrition Center at (605) 964-8056 to sign up for meals

Individuals in Philip should contact Bennett County Senior Center at (605) 685-6642 to sign up for meals

Individuals in Pine Ridge should contact Social Nutrition at (605) 867-5913 to sign up for meals

Individuals in Spearfish should contact Ponderosa Apartments at (605) 642-1277 to sign up for meals

Individuals in Sturgis should contact Prairie Hills Transit at (605) 642-6613 to sign up for meals

Transportation:

- Cheyenne River Sioux Transit  (605) 964-7433  Eagle Butte  http://www.rapidride.org/dial-a-ride
- Dial-A-Ride  (605) 394-6631  Rapid City
- E. Pennington County Transit  (605) 279-2430
- Haakon County Transit  (605) 441-1495  Philip  https://www.rcptransit.com/haakon-county-prairie-transit/
- Oglala Sioux Transit  (605) 867-2332
- Prairie Hills Transit  (605) 642-6668/(877) 673-3687  http://www.prairiehillstransit.com
- Rapid Transit System  (605) 394-6631  Rapid City  www.rapidride.org
- Rosebud Sioux Tribe  (605) 747-2718  Rosebud  www.rosebudsiousxtribe-nsn.gov
- Shirley’ Adult Day Services/Chair Lift  (605) 791-0436
- Vet Center  (605) 348-0077

Created by: Helpline Center
Funded by: Regional Health Home+