This resource guide was developed through a partnership with Home Instead Senior Care of the Black Hills 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 Number</th>
<th>City</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bennett Co. Hospital Home Health</td>
<td>(605) 685-6622</td>
<td>Rapid City</td>
<td><a href="http://www.bennetctountyhospital.com">www.bennetctountyhospital.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://heartlandhomehealthllc.com/">http://heartlandhomehealthllc.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 (HOME)</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>State Home Care Services</td>
<td>(605) 722-9167</td>
<td>Spearfish</td>
<td><a href="https://www.statehomecareservices.com/">https://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 Number</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></td>
<td></td>
</tr>
</tbody>
</table>
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Comfort Keepers (605) 277-1915 Spearfish www.comfortkeepers.com
Compassion Health Services (605) 639-0115 Spearfish www.compassionhs.com
Home Instead Senior Care (605) 716-9300 Rapid City www.homeinstead.com
People Care (605) 341-8000 Rapid City Better Business Bureau
Preferred Home Health, Inc. (605) 375-3738 Buffalo www.homehealthcareagencies.com
Regional Health Home+ (605) 755-4663 (HOME) Rapid City www.regionalhealth.com/home
Senior Check-In (605) 717-3000 Spearfish https://seniorcheck-on.com/
Senior Companions (605) 721-8884 Rapid City www.good-sam.com/scpsd
Western Resources for Independent Living (605) 718-1930 Rapid City http://www.wril.org/
(605) 644-7271 Spearfish http://www.wril.org/

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 https://www.good-sam.com
Edgewood Healthcare (605) 718-3600 https://www.edgewoodhealthcare.com
Morning Star Assisted Living (605) 348-2596 www.morningstaralc.com
Primrose Retirement Communities* (605) 593-9460 https://www.primroseretirement.com
St. Martin Village Assisted Living* (605) 343-1919 https://www.good-sam.com
There’s a Hart Assisted Living (605) 343-5563 www.theresahartassistedliving.com
The Victorian Assisted Living (605) 342-1913 https://www.victorianseniorliving.com/
Westhills Village (605) 342-0255 www.westhillsvillage.com
Westhills Village Courtyard (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 https://www.edgewoodhealthcare.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.empres.com
Dakota Hills Assisted Living (605) 423-8084 www.sturgisassistedliving.com
Foothills Assisted Living (605) 347-4460 www.keycityassistedliving.com
Key City Assisted Living (605) 347-2770

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 www.pinehillsretirement.com
Golden Ridge Regional Senior Care* (605) 722-6380 Lead www.goldenridgeseniorliving.com
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 https://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
Avantara St. Cloud (605) 343-4738 Black Hills
Avantara North (605) 343-4958 Arrowhead
Avantara Arrowhead (605) 348-0285 Prairie Hills
Avantara Mountain View (605) 343-8577 www.empres.com
Fountain Springs Health Care (605) 343-3555 www.westhillsvillage.com
Westhills Village Health Care (605) 342-0255

Black Hills Area:
Rolling Hills Healthcare (605) 892-3331 Belle Fourche www.rollinghillshealthcare.com
Bennett Co. Nursing Home (605) 859-6586 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 www.vetaffairs.sd.gov
Kadoka Care Center (605) 837-2270 Kadoka
<table>
<thead>
<tr>
<th>Western Caregiver Resource Guide</th>
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</thead>
<tbody>
<tr>
<td>Five Counties Nursing Home</td>
<td>(605) 374-3871</td>
</tr>
<tr>
<td>Good Samaritan Society</td>
<td>(605) 754-6489</td>
</tr>
<tr>
<td>Philip Nursing Home</td>
<td>(605) 859-2583</td>
</tr>
<tr>
<td>Spearfish Canyon Healthcare</td>
<td>(605) 642-2716</td>
</tr>
<tr>
<td>Regional health Sturgis Hospital</td>
<td>(605) 755-HOME (4663)</td>
</tr>
<tr>
<td>Seven Sisters Living Center</td>
<td>(605) 745-3460</td>
</tr>
<tr>
<td>White River Health Care Center</td>
<td>(605) 259-3161</td>
</tr>
</tbody>
</table>

### Adult Day Care:

- Adult Day Centers of the Black Hills | (605) 791-0436/ | Rapid City | www.adultdaycenterbh.com |

### Caregiver Resources:

- Alzheimer’s Association | (605) 339-4543 |
- Better Choices, Better health | (888) 484-3800 |
- Braille & Talking Book Program | (800) 423-6665 | SD State Library | http://library.sd.gov/PTB |
- CAREgivers Free Support Services | (605) 275-7681/(800) 360-6161 | www.caregiverssd.org |
- CapTel Free Telephone | (800) 233-9130 |
- Captioning Services |
- DHS—Long Term Services and Supports | See website for phone information by city | www.dhs.sd.gov/ltss |
- ADRC Resource Directory | (605) 367-5250 | Rapid City | http://southdakota.assistguide.net/ |
| | (605) 773-3438 | Pierre |
- Love, Inc. of the Black Hills | (605) 718-5683 | Rapid City | www.loveinconline.com |
- Medicare Services | (800) 437-4762 |
- Project Lifesaver | (605) 394-6113 |
- Library Services for Adults homebound | (605) 394-6139, Ext. 2230 | Rapid City | www.rcgov.org |
- Retired Senior Volunteer Program (RSVP) | (605) 394-2507 | Rapid City | www.rcgov.org |
- Black Hills State University RSVP | (605) 642-5198 | Spearfish | www.bhsu.edu/RSVP |
- Senior Companion Program | (605) 361-1133 | Rapid City | www.good-sam.com/scpsd |
- SHIINE | (605) 342-8635 | Senior Health Information & Insurance Education |
- Services for the Blind & Visually Impaired | (605) 394-2261/(800) 439-8861 | www.ssa.gov |
- Social Security Administration | (605) 342-1819/(800) 772-1213 |
- South Dakota Parkinson’s Foundation | (605) 271-6113 |

### Consultants:

- Amazing Grace | (605) 939-5792 | Rapid City | www.amazing-grace.vpweb.com |
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(rightsizing and relocation services)
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Black Hills Advocate (605) 519-5051 Rapid City
Jenny Schmidt/Amy Matson http://www.blackhillsadvocate.com/
Certified Aging in Place Specialists
Kristi Barber (605) 342-7006 Ext. 219 Rapid City
David Asbridge Dreammaker (605) 716-2266

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.org

Medical Equipment/Supplies:
Apria Healthcare (605) 341-2273 Rapid City https://www.apria.com/
Lincare (605) 342-3890 Rapid City http://www.lincare.com/
Partner Medical (Kreisers) (605) 342-2773 Rapid City https://www.partnermedicalhc.net/index.htm
Performance Respiratory Home Medical (605) 341-0567 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) 717-8930 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.com
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 www.facebook.com/MCSeniorCitizensCenter/
Minneluzahan Senior Citizen Center (605) 394-1887 Rapid City www.facebook.com/Minneluzahan
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):

Residents in the following cities/areas need to contact their local program to sign up for meals. Residents in these cities, contact: Western South Dakota Senior Services at (605) 394-6002

- Belle Fourche
- Bison
- Custer
- Dupree
- Edgemont
- Faith
- Hot Springs
- Isabel
- Lemmon
- Newell
- Rapid City
- Timber Lake
- Wall

Deadwood/Lead residents should contact: Regional Health Lead-Deadwood Hospital Meal Delivery Service (605) 717-6035

Eagle Butte residents should contact: Cheyenne River Elderly Nutrition Center (605) 964-8056

Philip residents should contact: Bennett County Senior Center (605) 685-6642

Pine Ridge residents should contact: Social Nutrition (605) 867-5913

Spearfish residents should contact: Ponderosa Apartments (605) 642-1277

Sturgis residents should contact: Prairie Hills Transit (605) 642-6613

Transportation:

- Prairie Hills Transit (605) 374-3189
- Cheyenne River Sioux Transit (605) 964-7433
- Dial-A-Ride (605) 394-6631
- E. Pennington County Transit (605) 279-2430
- Haakon County Transit (605) 441-1495
- Oglala Sioux Transit (605) 867-2332
- Prairie Hills Transit (605) 642-6668/(877) 673-3687

Serving Northern Hills, Sturgis, Southern Hills

Rapid Transit System (605) 394-6631
Rosebud Sioux Tribe (605) 747-2381
Shirley Adult Day Services/Chair Lift (605) 791-0436
Vet Center (605) 348-0077

Created by: Helpline Center
Funded by: Home Instead Senior Care

Please contact the Helpline Center (database@helplinecenter.org) to inquire on listing your organization or make changes to your listing.