



NOT SURE WHERE TO START? START HERE

UCASSIST.ORG



844-482-4636

assist@ucassist.org



Sarah Birdwell

PUTNAM COUNTY

931-528-1127

INFORMATION AND ASSISTANCE

UTILITY AND RENT RELIEF

HOME WEATHERIZATION

FOOD ASSISTANCE

ENSURE SALES

580 S. Jefferson Ave.

Cookeville, TN

38501

PUBLIC TRANSPORTATION

800-828-7477

BUS ROUTES, MEDICAL APPOINTMENTS, JOB ACCESS



EMPOWER UC

833-367-9782

NAVIGATOR SERVICES FOR FAMILIES WITH CHILDREN

AGING & DISABILITY SERVICES

866-836-6678

MEAL DELIVERY, ALZHEIMER'S RESPITE

MEDICARE ASSISTANCE

866-836-7677

HELP WITH PRESCRIPTION PLANS AND APPLICATIONS

UCDD

931-432-4111

CALL FOR INFORMATION & ASSISTANCE



UCHRA

931-528-1127

CALL FOR INFORMATION & ASSISTANCE

LOW-INCOME HOUSING COMPLEXES

SERVICE COORDINATION SERVICES

EMERGENCY HOME REPAIRS



TRANSITIONAL HOUSING

MOBILITY MANAGEMENT

RIDE TO RECOVERY

FAMILY CAREGIVER ASSISTANCE

RELATIVE CAREGIVER SUPPORT

SENIOR CENTER ACTIVITIES

CERTIFIED PEER RECOVERY SPECIALISTS

DRIVERS EDUCATION PROGRAM

DUI SCHOOL

GRANT WRITING AND ADMINISTRATION

TOURISM ASSISTANCE AND SUPPORT

SMALL BUSINESS DEVELOPMENT



JOB TRAINING FOR SENIOR CITIZENS

CHILDCARE NUTRITION PROGRAM

RRECOVERY TO WORK

