

Senior Resources

(See the Sonoma County Senior Resource Guide for extensive resources: www.socoaaa.org)

☺ = Spanish speaking agency

☺ **Adult Protective Services, Sonoma County Human Services Dept: 800 667-0404 or 565-5940.**
www.sonoma-county.org/human/aps.htm

Investigation and prevention of abuse, neglect, and exploitation of elder or dependant adults; **24-hour response for life threatening emergencies.**

Alzheimer's Association: www.alznorcal.org, 573-1210 or 800 660-1993

Support for families and caregivers, early stage services, education and training, special groups. Have several day centers for those with Alzheimer's or dementia.

☺ **California's HMO Guide for Seniors: to order a free copy call 1-800-466-8900**

Published by the State of California Office of the Patient Advocate. To download go to www.opa.ca.gov/english/about/consumer_information/HMO_Guide_Seniors.aspx. Also available in Spanish.

☺ **Catholic Charities Senior Services: www.srcharities.org, 528-8712**

Provides the following services:

I'm Home Alone: telephone program carries out daily calls at pre-arranged times for seniors.

Alzheimer's Respite Center-Catholic Charities: 528-8712x185.

Provides respite care and supervision to help caregivers.

CARES: Transportation, in-home visits and other help accessing services provided to older and disabled clients.

☺ **Council on Aging of Sonoma County, 525-0143 or 1-800-675-0143**

Offers a wide range of services and knowledge for seniors; low-cost protective day care for frail elderly; case management; financial assistance/information; maintains a list of screened home caregivers

☺ **Department of Motor Vehicles: (800) 777-0133**

Handicapped parking placards available to those in need.

☺ **Family Service Agency: 545-4551**

Programs include peer counseling and peer counseling training, men's and women's support groups, coping with loss group, and Step Into Life discussion group.

☺ **Friends' Day Health Care: www.friendshouse.org 538-0152**

Provides residency for elders needing rehabilitation and nursing services; Medi-Cal and Medicare may cover costs. Also provide Adult Day Services though Santa Rosa Community Health Center: **573-4522**

☺ **Health Insurance Counseling & Advocacy Program (HICAP): 526-4108 or 1-800-434-0222**

Provides counseling on Medicare, explains how Medicare works with other insurances such as Medicare supplemental policies, HMO's and long term care insurance policies, information about Medicare Part D.

☺ **In-Home Support Services: 565-5900**

County program for low-income frail elderly to finance domestic assistance, personal care services and transportation; must be medically necessary and doctor-recommended.

Ives Pool Aqua Therapy Classes: www.ivespool.org, 823-8693

Therapeutic swimming and/or movement in warm water, led by experienced instructor in a fun setting. All facilities are handicapped accessible.

Jewish Family and Children's Services: 571-8131

Non-sectarian individual counseling, friendly visitor program and case management. Medicare OK.

☺ **Meals on Wheels of Sonoma County: 525-0143x135**

Dining sites and home delivered meals; serves all areas of Sonoma County except the coast and Petaluma. Four dollar donation per meal requested but not required.

☺ **Medic-Alert: www.medicalert.org 1-800-432-5378 or 1-888-633-4298**

Provides bracelets or necklaces to alert others to medical conditions.

☺ **Medicare: 1-800-633-4227**

☺ **Multipurpose Senior Services Program: www.sonoma-county.org/human/mssp.htm 565-5970**

Assistance for frail elderly over age 65, Medi-Cal eligible who are at risk of becoming institutionalized. Determine services needed in order to stay at home safely and independently.

☺ **Older Adult Services: 565-4857**

Mental health services for those over 60 years; offers crisis interventions, short-term treatment, and evaluation and referral services. Also provide case management services with consultation to family.

☺ **Ombudsman Program, www.ltombudsman.org, 526-4108 or -800-231-4024.**

Investigation and prevention of inadequate care in residential care and assisted living facilities and nursing homes, from small concerns to abuse.

Redwood Caregiver Resource Center: www.redwoodcrc.org, 542-0282 or 1-800 834-1636

Offers support groups and services for caregivers of adults with brain disorders; resource referrals.

☺ **Redwood Empire Food Bank: www.refb.org, 523-7900**

Brown Bag program/ emergency Feeding Assistance Program (EFAP) for Seniors 60 + on fixed low income, call above number to learn of various distribution sites.

Russian River Senior Resource Center: 869-0618

Provides home delivered meals and many other programs; 15010 Armstrong Woods Rd. in Guerneville.

SRJC "Active Seniors" Program: 527-4533

Free classes for seniors in our community to participate in lifelong learning; topics include exercise/stress reduction, arts & crafts, writing, music, current events, and more; classes held throughout the county.

☺ **Sebastopol Area Senior Services Center: www.sebastopolseniorcenter.org, 829-2440**

Located at 167 High Street (next to Library) in Sebastopol; classes, events and activities for seniors.

Transportation Program: 829-2440

Volunteer drivers give rides to seniors (60+) to and from medical appointments

☺ **Social Security Administration: 1-877-870-6384**

Supplemental Security Income (SSI) for aging, blind, and disabled.

☺ **Sonoma County Area Agency on Aging:** www.socoaaa.org, 565-5950 or 1-800-510-2020

Responsible for coordination county senior services; information and assistance, case management.

☺ **St. Joseph Health System of Sonoma County:** www.stjosephhealth.org 546-3210

Home Care Network: 206-9124

Primary care for homebound/frail elders without a regular physician or medical care; chronic disease management, health education, resource referral: **free service for eligible persons.**

☺ **Veteran Services of Sonoma County:** www.scvets.org 565-5960

Information and assistance with applying for benefits for veterans.

Windsor Senior Center Aquatics Program: 838-1250

Therapeutic warm water fitness program, May-October; easy access for physically challenged participants