



SIERRA SACRAMENTO VALLEY  
MEDICAL SOCIETY ALLIANCE

presents

# COMMUNITY RESOURCES FOR OLDER ADULTS

**Sacramento Area**

**Fall 2018**

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# Community Resources for Older Adults

## SACRAMENTO AREA

*Compiled by*



**Sierra Sacramento Valley Medical Society Alliance**

(916) 731-4315 [www.ssvmsa.org](http://www.ssvmsa.org)

**T**his directory is designed to help seniors, their families and those who provide services to seniors in our community. As this is not a total listing of resources, **please call 2-1-1 the Information and Referral Service for the Sacramento area**, which maintains specialized information for seniors and is a comprehensive resource.

Listing in this directory does **NOT IMPLY A RECOMMENDATION OR AN ENDORSEMENT** by the Sierra Sacramento Valley Medical Society Alliance. Check references carefully and verify that the information is still accurate since agencies and services change frequently. Information has been determined to be accurate at the time of publication. Please call (916) 731-4315 with any corrections or possible additions. The Alliance reserves the right to select and limit listings in this publication.

**Sierra Sacramento Valley Medical Society**

5380 Elvas Avenue

Sacramento, CA 95819

Telephone: (916) 452-2671 Website: [www.ssvms.org](http://www.ssvms.org)

Resource booklets are available at our office during the hours of  
8:30 a.m.-noon and 1-4:30 p.m. Monday-Friday.

Thank you to Kathy Harris and the students of A. Warren McClaskey Adult School  
for assisting us with the printing of this guide.

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Sacramento, CA 95831

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\*As of Feb 2018, in the greater Sacramento area you must first dial a (1) plus the area code of the number you wish to dial. Toll free area codes are (800), (866), and (888).

## Important Phone Numbers

EMERGENCY CALLS ONLY: **9-1-1**

Police \_\_\_\_\_ Doctor \_\_\_\_\_

Fire \_\_\_\_\_ \_\_\_\_\_

Sheriff \_\_\_\_\_ Pharmacy \_\_\_\_\_

Highway Patrol \_\_\_\_\_ Relative \_\_\_\_\_

Ambulance \_\_\_\_\_ Neighbor \_\_\_\_\_

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## Information/Help Lines

211 Sacramento (InfoLine) .....	Dial 2-1-1	HMO Help Center (California) .....	888-466-2219
Adult Protective Services .....	916-874-9377	Internal Revenue Service.....	800-829-1040
Alzheimers Association-- Sacramento .....	800-272-3900	International Hearing Society .....	800-521-5247
American Cancer Society .....	800-227-2345	Lifeline Systems, Inc. ....	800-543-3546
American Council of the Blind .....	800-424-8666	Living Bank, The (organ donation).....	800-528-2971
American Foundation for the Blind-- Info .....	800-232-5463	Lung/Respiratory Advice .....	800-222-5864
American Kidney Fund-- Helpline.....	866-300-2900	Medicare Customer Service .....	800-633-4227
American Lung Association-- Helpline .....	800-586-4872	TTY .....	877-486-2048
American Red Cross-- Sierra Delta Chapter.....	916-993-7070	National Health Information Center .....	240-453-8280
American Speech-Language-Hearing Assoc.....	800-638-8255	National Parkinson's Foundation .....	800-473-4636
Amyotrophic Lateral Sclerosis (ALS) Assoc. ....	916-979-9265	Parkinson Association of No. California.....	916-357-6641
Animal Care Services--		Poison Control Center.....	800-222-1222
City .....	311 or 916-808-PETS	Postal Info./National Zip Code .....	800-275-8777
Sacramento County .....	916-368-7387		
Animal Shelter (SPCA).....	916-383-7387	Psychiatric Crisis Services (Indigent & Medi-Cal) Sacramento	
Better Business Bureau .....	916-443-6843	County Mental Health Crisis Line.....	916-732-3637
Better Hearing Institute .....	800-327-9355	Rape Crisis/Sexual Assault (WEAVE)-24 hour.....	916-920-2952
Braille & Talking Book Library .....	800-952-5666	Regional Burn Center(UC Davis Med Center).....	916-734-3636
California Advocates for		Sacramento County Sheriff's Dept.	
Nursing Home Reform (CANHR).....	800-474-1116	Emergencies & Crimes in Progress.....	911
California Dept. on Aging.....	800-510-2020	Non-emergency .....	916-874-5115
California Dept. of Social Services .....	800-952-5253	TTY .....	916-874-7128
California State Disability Insurance Program.....	800-480-3287	Sacramento Police Dept.(non-emergency).....	916-264-5471
TTY .....	800-563-2441	Senior Legal Hotline.....	800-222-1753 or 916-551-2140
California State Franchise Tax Board .....	800-8525711	Social Security Benefits/Info.....	800-772-1213
TDD .....	800-822-6268	TTY.....	800-325-0778
California Telephone Access Program.....	800-806-1191	Suicide Prevention/Crisis Intervention.....	916-368-3111
Clear Point Credit Counseling Solutions.....	800-750-2227	Travelers Aid Assistance Agency.....	916-399-9646
Domestic Violence (WEAVE Crisis Line).....	916-920-2952	United Cerebral Palsy of Greater Sacramento.....	916-565-7700
Eldercare Locator (outside Sacramento).....	800-677-1116	Victims of Crime Resource Center.....	800-842-8467
Eyecare America Senior Program .....	877-887-6327	Voter Registration--Sacramento County .....	916-875-6451
Health Insurance Counseling and		El Dorado County.....	530-621-7480
Advocacy Program (HICAP).....	800-434-0222	Yolo County .....	530-666-8133

## Adult Day Care/Respite

Citizens Who Care (Yolo County).....	530-758-3704
Del Oro Caregiver Resource Center.....	916-728-9333
Eskaton Adult Day Health Center (Carmichael ).....	916-334-0296
Eskaton Respite Care (Orangevale) .....	916-988-2200
Revere Court Memory Care .....	916-392-3510
Somerford Place of Roseville.....	916-772-6500
St. Francis Assisted Living.....	916- 393-2324
Sutter Senior Care (Midtown) .....	916-446-3100
Sutter Senior Care (South Area) .....	916-424-8412
Triple R Adult Day Program .....	916-808-8375
Yolo Adult Day Health Center .....	530-666-8828

## Advocacy/Issues on Aging

American Association of Retired Persons(AARP)....	866-448-3614
Area 4 Agency on Aging .....	800-211-4545 or 916-486-1876
California Advocates for Nursing Home Reform (CANHR).....	800-474-1116
California Assoc. of Area Agencies on Aging.....	916-443-2800
California Dept. on Aging.....	800-510-2020
California Health Advocates.....	800-434-0222
California Partnership for Long-Term Care .....	916-552-8990
California Retired Teachers Association.....	916-923-2200
Community Care Licensing – Sacramento (non medical day or residential care complaints).....	844-538-8766
Community Link Capital Region .....	211 or 916-447-7063
Congress of California Seniors...800-543-3352 or 916-442-4474	
Funeral Consumers Alliance of No. Calif.....	650-325-2000
Grey Panthers San Francisco Office .....	415-552-8800
Health Insurance Counseling and Advocacy Program (HICAP)	
Medicare Beneficiary only.....	800-434-0222
Ombudsman Services of No. California (For residents of long-term care facilities)	
Sacramento County.....	916-376-8910
Yolo County .....	530-668-5775
24 hr. Crisis Line .....	800-231-4024

Resources for Independent Living .....	916-446-3074
UC Davis Alzheimer’s Disease Center.....	916-734-5496
Volunteers of America (www.voa.org/talk).....	916-265-3400
Woodland Senior Center.....	530-661-2001

## Alcohol/Drugs Substance Abuse Assistance

Alcohol and Drug Services Sac. County .....	916-874-9754
Al-Anon Information Services .....	916-334-2971
Alcoholics Anonymous Hotline.....	916-454-1100
Betty Ford Center (Rancho Mirage, CA).....	855-419-6230
California Smokers Helpline .....	800-662-8887
DrugRehab.com .....	877-589-4784
Heritage Oaks Hospital .....	916-489-3336
Life Practice Counseling Group.....	916-300-6576
Mountain Vista Farm .....	800-300-6716
Narcotics Anonymous (Help Line)	
American River Area .....	866-565-2135
Sierra Foothills Area .....	888-423-3428
National Council on Alcoholism & Drug Dependence (Sac. Region) .....	800-622-2255
Smoking Helpline.....	1-800 QUIT NOW or 916-784-8669
Strategies For Change .....	916-473-5764
WellSpace Health.....	916-737-5555
Yolo County Dept. of Mental Health.....	530-666-8630
Yolo County Mental Health Crisis and Access Line.....	888-965-6647

**DrugRehab.com is an informative website  
for alcohol and drug addiction resources  
DrugRehab.com or 877-589-7484**

**Area 4 Agency on Aging offers  
information on a wide range of services and  
programs for seniors.  
Go to [www.a4aa.com](http://www.a4aa.com) or call  
800-211-4545**

## Bereavement

Bereavement Network Resources of Sacramento Inc.  
 (education, information, referral).....916-557-5882  
 Mercy San Juan Medical Center Chaplin's Office.....916-537-5098  
 UC Davis Med. Center Dept. of Social Services.....916-734-2583  
 Widowed Persons Association of California..... 916-972-9722

## Case Management/ Assessment/Referral

Case management usually consists of a comprehensive assessment of the client's psychosocial and health needs, resulting in an individualized care plan, linkage with community resources, and periodic reassessment and monitoring.

California Assisted Living Association ..... 916-448-1900  
 California Health Collaborative ..... 916-374-7739  
 Multipurpose Senior Services Program, Sacramento,  
 Placer and Yolo Counties  
 Del Oro Caregiver Resource Center .....916-728-9333  
 Eskaton Home Support Network.....916-334-1072  
 Sacramento County Department of Health and Human Services  
 SSI/Medi-Cal.....916-874-3100  
 In Home Support Services ..... 916-874-9471  
 Long-term Care/Medi-Cal.....916-874-9460  
 Senior Resources--City of Sacramento ..... Dial 211

### THE DO NOT CALL REGISTRY

Your phone number will stay on the Do Not Call list unless you direct the Federal Trade Commission to remove it. Sign up at [www.donotcall.gov](http://www.donotcall.gov) or call 888-382-1222 or TTY 866-290-4236

Information on federal government recalls can be found at [www.recalls.gov.com](http://www.recalls.gov.com)

## Consumer Affairs

Better Business Bureau ..... 916-443-6843  
 California Attorney General's Office: Consumer  
 Complaints, Refunds, More .....800-952-5225  
 California Dept. of Consumer Affairs .....800-952-5210  
 Cemetery and Funeral Bureau .....916-574-7870  
 California Dept. of Public Health: Health Facility  
 Licensing and Certificatio.....800-554-0354  
 Call Kurtis (KOVr Channel 13).....916-374-1313  
 Community Care Licensing, Residential Care  
 (Assisted Living)..... 800-538-8766  
 Consumer Hotline ..... 800-952-5210  
 Contractors State License Board .....800-321-2752  
 Identity Theft Resource Center .....888-400-5530  
 Insurance, Dept. of, Consumer Hotline ..... 800-927-4357  
 KCRA Investigates (KCRA Channel 3) ..... 916-446-3333  
 Medical Board of California, Complaints ..... 800-633-2322  
 Ombudsman Services of No. California..... 916-376-8910  
 Senior Legal Hotline .....916-551-2140  
 Seniors Against Investment Fraud  
 (SAIF) Program..... 866-275-2677

## Education/Training

AARP- Senior Community Service Employment  
 Program.....916-483-5991  
 American River College ..... 916-484-8011  
 California State University Sacramento  
 College of Continuing Education .....916-278-4433

Cosumnes River College .....	916-691-7344
Del Oro Caregiver Resource Center.....	916-728-9333
Eskaton Home Support Network.....	916-334-1072
Folsom Lake College .....	916-608-6500
Mental Health Association .....	916-366-4600
Osher Lifelong Learning Institute (UC Davis).....	530-752-9695
Renaissance Society, The (CSUS).....	916-278-7834
Road Scholar/Elder Hostel.....	800-454-5768
Sacramento Employment and Training Agency (SETA) .....	916-263-3800
Senior Health Education Program/ Sacramento County DHHS.....	916-875-6022
Sunrise Tech Center (SJUSD Adult Education).....	916-971-7654

Local churches, hospitals, other district and recreation centers also offer educational programs.

## Employment/Services

AARP Senior Employment Program .....	916-749-4165
Area 4 Agency on Aging .....	916-486-1876
California Dept. of Rehabilitation.....	916-324-1313
California Employment Development Dept. (EDD) Disability Claims .....	800-480-3287 (TTY 800-563-2441)
Paid Family Leave .....	877-238-4373
PRIDE Industries .....	800-550-6005
Sacramento Employment Training Agency.....	916-263-3800
Sacramento Professional Network .....	www.sacpronet.com
Sacramento Works – America's Job Center Hearing or Speech Impaired.....	711
Sacramento County Locations include: Broadway/Asian Resoures.....	916-324-6202
Citrus Heights/Crossroads.....	916-676-2540
Folsom/Cordova.....	916-294-9107
Franklin.....	916-563-5151
Greater Sacramento Urban League .....	916-286-8601

Sacramento Works locations-cont'd Hillsdale.....	916-263-4100
Lemon Hill/ La Familia.....	916-433-2620
Mark Sanders.....	916-227-0301
South County (Elk Grove) .....	916-525-4717

## Financial Assistance

AARP Tax Aid Program .....	888-227-7669
Adult Services Center – Sacramento County.....	916-874-3100 (Medi-Cal Long Term Care)
Cal Fresh Program – Sacramento County .....	916-874-3100
California Advocates for Nursing Home Reform.....	800-474-1116
Cash Assistance Program for Immigrants .....	800-929-8118 (Legal non-citizens, ages 65+, blind or disabled)
City of Sacramento, Revenue Division.....	916-808-7736 (City Utility Tax Rebate for limited income seniors)
Clear Point Credit Counseling Solutions .....	800-750-2227
Franchise Tax Board 7am-5pm .....	800-852-5711 Recorded Info: 800-338-0505 TTY:.....800-822-6268
General Assistance–Sacramento County.....	916-874-3100
Heat, Utility Bill, Assistance Program.....	916-567-5200
Internal Revenue Service.....	800-829-1040
Medi-Cal – Sacramento County To Apply.....	916-874-2215
Medi-Cal-- Yolo County.....	866-226-5415
PG&E Medical Baseline Program .....	800-743-5000 www.pge.com/medicalbaseline for customers with a qualifying medical condition
Reverse Mortgage for Seniors – U.S. HUD Insured program message .....	800-225-5342
Salvation Army – Social Services Center.....	916-442-0331 Family Services Dept.....916-678-4010
Social Security--Sacramento Dist. Office .....	877-274-5419 National toll free.....800-772-1213
SMUD Assistance Programs .....	888-742-7683 Medical equipment discount; Low-income assistance; Senior I.D. Program
Veterans' Service Office--Sacramento County.....	916-874-6811
Weatherization Program .....	916-567-5220 ext. 2224 Community Resource Project, Inc.

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## Health Services

### Agencies/Organizations/Support Groups

ALS Association .....	916-979-9265
Alzheimer's Aid Society of No. Cal.....	916-483-2002 or 800-540-3340
Alzheimer's Association/Greater Sacramento Area Chapter .....	800-272-3900
Alzheimer's Disease Center, UC Davis..	916-734-5496
American Cancer Society.....	916-446-7933
American Heart and Stroke Association .....	916-446-6505
American Lung Association .....	916-554-5864
Arthritis Foundation- Helpline .....	844-571-4357
Breathe California of Sacramento .....	916-444-5900
CA Dept. Managed Health Care Help Center.....	888-466-2219
California Dept. of Social Services .....	800-952-5253
California Hospice & Palliative Care Assn.....	916-925-3770
Canine Companions for Independence .....	800-572-1700
Del Oro Caregiver Resource Center .....	916-728-9333
Diabetes Association of Northern California.....	800-342-2383
Easter Seals Superior California .....	916-485-6711
Eye Care America .....	800-222-3937
Family Caregiver Alliance .....	800-445-8106
Fibromyalgia Support Group .....	916-204-7199
Guide Dogs for the Blind .....	800-295-4050
Health Education Council.....	916-556-3344
HICAP (Health Insurance Counseling and Advocacy Program) .....	800-434-0222
Multiple Sclerosis Society .....	916-927-8000
Muscular Dystrophy Association .....	916-921-9518
Norcal Center on Deafness .....	916-349-7500
One Community Health .....	916-443-3299
Parkinson's Disease Association .....	800-473-4636
Prostate Cancer Support Groups Mercury San Juan/UC Davis .....	916-537-5237
Yolo County (Davis and Woodland) .....	530-756-9153

Public Health - Sacramento County.....	916-875-5881
Yolo County.....	530-666-8645
Sacramento Blood Source .....	800-995-4420
Sacramento County Department of Health Services .....	916-875-6091
Senior & Adult Protective Services .....	916-874-9377
Sacramento County Department of Human Assistance (Medi-Cal Applications).....	916-874-2215
Sacramento Society for the Blind .....	916-452-8271
Seniors Eyecare Program (online referral only).....	800-222-3937
Sutter Memory Clinic.....	916-454-6850
Sutter Senior Care (PACE) .....	800-698-1273
Sutter Stroke Support Group .....	888-287-2270
UC Davis Alzheimer's Disease Center.....	916-734-5496
UC Davis Eye Center.....	916-734-6602
United Cerebral Palsy .....	916-565-7700
We CARE! Cancer Peer Navigator Program.....	916-734-5959

### Medicare/Medi-Cal: In-Home

Accent Care Medical Services .....	916-852-5888
Advanced Home Health and Hospice.....	916-978-0744
Always Home.....	800-662-8146
Eskaton Home Health Care (Medi-Cal/Medicare).....	916-536-3750
First Call Home and Hospice Care.....	916-725-2580
Health Rights Hotline.....	888-354-4474
In-Home Supportive Services (IHSS) Sacramento County.....	916-874-9471
Interim Health Care.....	916-484-3965
Kindred at Home .....	866-546-3733
Mercy Hospice.....	916-281-3900
Ombudsperson, Sac. County Dept. of Human Assistance.....	916-875-2000
RX Staffing and Home Care.....	916-485-8200
Sutter Senior Care (Midtown).....	916-446-3100
Sutter Senior Care (South Area).....	916-424-8412
Sutter Visiting Nurses Association .....	916-388-6200
UC Davis Medical Center Hospice and Home Care .....	916-734-2458



## Companion/Homemaker Services: In-Home

123 Home Care.....	916-233-0024 or 866-977-7503
A Better Living Home Care.....	916-361-3000 or 800-404-4849
A Helping Hand.....	530-647-0266
Accent Care .....	800-834-3059
All For You Home Care.....	916-479-8554
Amada Senior Care .....	916-945-3515
ApexCare .....	877-916-9111 or 916-924-9111
Brightstar Healthcare .....	916-781-6500
Craig Cares .....	916-782-7121
Help at Home Senior Care.....	916-625-9172
Home Instead Senior Care .....	916-920-2273
Indecare.....	916-973-1264
Interim Health Care Home Health.....	916-484-3965
In-Home Supportive Services--(IHSS)	
Sacramento County.....	916-874-9471
Woodland .....	530-661-2955

### Medicare Help Online

Go to [www.medicare.gov](http://www.medicare.gov) for information on navigating through Medicare, health care services, your benefits and more.

JB Home Care Referral Agency.....	916-489-6941
Kindred at Home .....	866-546-3733
Maxim Health Care Services .....	916-488-8819
Panda's Complete Domestic Agency.....	916-985-7676
Personalized Homecare & Homemaker Agency.....	916-979-4975
Quality In Home Care Specialists .....	866-439-2121
Revere Court Memory Care .....	916-392-3510
ResCare Home Care Services .....	916-484-7701
Right at Home Service.....	916-779-0601
Seniors Helping Seniors .....	916-372-9640
Visiting Angels.....	916-971-9333

Check Yellow Pages under Nurses and Nurses Registries or Home Health Services for further resources.

## Information and Referral

211 Sacramento (InfoLine).....	211
ACC Senior Services .....	916-393-9026
California Partnership for Long Term Care .....	916-552-8990
Consumer Guide.....	800-434-0222
Davis Senior Center .....	530-757-5696
Del Oro Caregiver Resource Center .....	916-728-9333
El Dorado County Dept of Human Services.....	530-621-6150
Eskaton Home Support Network.....	916-334-1072
Health Insurance Counseling & Advocacy Program (HICAP).....	800-434-0222
Health Rights Hotline .....	888-354-4474
Immunization Program Sacramento County .....	916-875-7468
Lifeline Systems Inc. ....	800-543-3546
Medical Society, Sierra Sacramento Valley.....	916-452-2671
Medi-Cal Info (Day) .....	916-874-2072
Medicare Customer Service .....	800-633-4227
Mental Health America of Nor. Cal .....	916-366-4600
Resources for Independent Living (disabled persons).....	916-446-3074
Revere Court Memory Care .....	916-392-3510
Sacramento City Older Adult Services.....	916-808-5462
Sacramento District Dental Society.....	916-446-1211
UC Davis Health Consumer Resource Center .....	800-282-3284
UC Davis Medical Center--Poison Control.....	800-222-1222

For information on the local disposal of unused or expired medications, call 916-875-9393 or go to [www.dontflushyourmeds.com](http://www.dontflushyourmeds.com)

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## Hospice

National Hospice and Palliative Care Organization.....	800-658-8898
<a href="http://www.caringinfo.org">www.caringinfo.org</a>	
Advanced Home Health and Hospice .....	916-874-3100
California Hospice and Palliative Care Associ.....	916-925-3770
First Call Hospice .....	916-725-2580
Hospice of the Foothills (Placer/Nevada Cty).....	530-272-5739
Interim Healthcare Hospice.....	916-779-0811
Kaiser-Permanente Hospice.....	916-486-5300
Mercy Hospice.....	916-281-3900
Sutter Access to Care .....	866-652-9178
(Initial Contact for Hospice)	
Sutter Hospice/Sacramento General Info.....	916-388-6255
Sutter Hospice/Roseville .....	916-797-7850
UC Davis Medical Center Hospice.....	916-734-2458
Snowline Hospice (El Dorado County) .....	530-621-7820
(Sacramento County).....916-817-2338	
Sutter Auburn Faith Hospice .....	530-886-6650
(Placer County, and parts of El Dorado & Nevada Counties)	
Yolo Hospice .....	800-491-7711 or 530-758-5566
(Yolo County, and parts of Solano, Sacramento, Colusa & Sutter counties)	

### Advanced Directive

Making end of life wishes known please  
go to [www.makingyourwishesknown.com](http://www.makingyourwishesknown.com)

## Hospitals

Use the California Relay Service 711 for hearing/speech  
impaired services

Kaiser Permanente (Sacramento).....	916-973-5000
Kaiser Permanente (South) .....	916-688-2000
Kaiser Permanente (Roseville) .....	916-784-4000

Marshall Medical Center.....	530-622-1441
Mercy Folsom .....	916-983-7400
Mercy General (Sacramento).....	866-553-3261 or 916-453-4545
Mercy San Juan Med. Center.....	844-813-8633 or 916-537-5000
Methodist Hospital of Sacramento .....	916-423-3000
Sutter Auburn Faith .....	530-888-4500
Sutter Davis .....	530-756-6440
Sutter General.....	916-887-0000
Sutter Roseville.....	916-781-1000
UC Davis Medical Center .....	916-734-2011
TTY/TDD.....916-451-1974	
VA Northern California Health Care System .....	800-382-8387
Valley Division.....916-843-7000	
Woodland Memorial Hospital.....	530-662-3961 or 844-632-6383

## Housing

### General Assistance

211 Sacramento (InfoLine).....	211
Older Adult Resource Center (Residential Care Info Clearing House).....	916-874-9492
Sacramento Self-Help Housing Low Income Housing.....	916-341-0593
YWCA of Sacramento County Single, female, low income housing .....	916-264-8066

### Information/Placement/Referral

A Senior Connection .....	916-208-3338
About Elder Care Referral Services, Placerville.....	530-626-5900
ApexCare .....	877-916-9111 or 916-924-9111
Eskaton Home Support Network.....	916-334-1072
Housing Options Made Easy For Elders -HOME.....	916-977-0188
In Home Support Services (IHSS) Sacramento County.....	916-874-9471

Resources for Independent Living .....916-446-3074  
 Senior Care Solutions .....916-965-5565  
 CalQualityCare- nursing home ratings. [www.calqualitycare.org](http://www.calqualitycare.org)

**Free Legal Guide : “Seniors” & the Law: A  
 Guide for Maturing Californians**  
 1-888-875-LAWS  
[www.calbar.ca.gov](http://www.calbar.ca.gov)

Placement/referral usually consists of a living needs assessment followed by recommendation to a residential care home or assisted living environment. Some services work on a face-to-face basis while others rely on hospital discharge assessment. Many of the listees provide information and referral to other types of services such as in-home care, etc. Also see the Yellow Pages under Retirement & Life Care Communities and Homes.

## Legal Aid

Adult Protective Services  
 El Dorado County .....530-642-4800  
 Sacramento County.....916-874-9377  
 Yolo County.....888-675-1115  
 Del Oro Caregiver Resource Center.....916-728-9333  
 Legal Services of Northern California.....916-551-2150  
 Senior Legal Hotline .....916-551-2140  
 McGeorge School of Law – Community Legal Services  
 Elder Law Clinic .....916-340-6080  
 Sacramento Mediation Center.....916-441-7979  
 Sacramento County Sheriff’s Department  
 Sexual and Elder Abuse Bureau.....916-874-5115  
 (Crimes committed in Sacramento County Only)  
 Sacramento County Vital Records  
 (death certificates) .....916-875-5345  
 Senior Legal Hotline(Sacramento County Only).....800-222-1753  
 Victim and Witness Assistance Program .....916-874-5701  
 Sacramento County  
 Victims of Crime Resource Center.....800-842-8467  
 Voluntary Legal Services Program.....916-551-2102

## Libraries

California State Library.....916-654-0261  
 Braille and Talking Books...800-952-5666 or 916-654-0640  
 Marshall Community Health Library .....530-626-2778  
 Sacramento Public Library.....800-561-4636 or 916-264-2700  
 TDD .....916-264-2998 or 916-264-2855  
 Branch Libraries: See White Pages Business Listings\*  
 under S for Sacramento Public Library or Saclibrary.org  
 Adult Literacy Services.....916-264-5032  
 Book Mobile .....916-433-2029  
 Telephone Reference Service .....916-264-2920  
 Sutter Resource Library, Medical Library.....916-887-4420  
 F. William Blaisdell, M.D., Medical Library.....916-734-3529  
 Woodland Public Library .....530-661-5980  
 Yolo County Libraries- Info .....530-666-8005

## Medical Supplies and Equipment

American Cancer Society--Sacramento .....916-446-7933  
 California Telephone Access Program (equipment only)  
 English (voice).....800-806-1191  
 (TTY).....800-806-4474  
 Website: [www.ddtp.org](http://www.ddtp.org) (Free specialized phones to persons  
 with hearing, speech, cognitive, mobility or vision disabilities.  
 Medical professional must verify eligibility.)  
 Easter Seals Superior Calif. (warmwater pool).....916-485-6711  
 Eyecare America .....[www.eyecareamerica.org](http://www.eyecareamerica.org)  
 Life Alert .....800-338-9090  
 Manual Mobility Equipment (Loan Closet) .....916-679-3287  
 Medic Alert (bracelets/necklaces) .....800-432-5378

See Yellow Pages: Medical Equipment and Supplies.

### Health Information Publications

Offered to download/print by U.S. Food and Drug Administration, Office of Women’s Health. Topics include managing medicines, reporting adverse reactions and side effects, food safety and avoiding health scams. Access by going to [www.fda.gov/ForConsumers/ByAudience/ForWomen/FreePublications](http://www.fda.gov/ForConsumers/ByAudience/ForWomen/FreePublications)

## Mental Health/Counseling

CSUS Center for Counseling and Diagnostic Services.....	916-278-6252
Del Oro Caregiver Resource Center .....	800-728-9333
El Hogar Sierra Elder Wellness Program.....	916-363-1553
Emotions Anonymous (Info Line).....	916-366-0699
Heritage Oaks Hospital .....	916-489-3336
Mental Health America of No. California .....	916-366-4600
Mental Health Medi-Cal Info Line .....	800-896-4042
Mercy Medical Group Behavioral Health .....	916-924-6400
National Alliance for Mental Illness (NAMI).....	916-364-1642
National Suicide Prevention Lifeline .....	800-273-TALK
TTY:.....	800-799-4TTY
Recovery Int'l Mental Health Support.....	916-483-5616
Sacramento County Mental Health	
Adult Service Access Team.....	916-875-1055
After-Hours Information Line .....	888-881-4881
Southeast Asian Assistance Center.....	916-421-1036
Suicide Prevention Crisis Line	
Sacramento County.....	916-368-3111
Auburn .....	530-885-2300
Davis/Yolo County .....	530-756-5000
Roseville.....	916-773-3111
West Sacramento .....	530-372-6565
Woodland .....	530-666-7778
Sutter Center for Psychiatry.....	800-801-3077 or 916-386-3000
Widowed Persons Association of California.....	916-972-9722

Yolo County Alcohol, Drug and Mental Health Services.....	888-965-6647
TDD .....	800-735-2929
Yolo Family Service Agency .....	530-662-2211

See Yellow Pages under Psychologists, Physicians (Psychiatrists) and Mental Health Services.

### Domestic Violence & Sexual Assault Emergency Response Services

- WEAVE Crisis Line 916-920-2952 or 866-920-2952
- Yolo County Residents 530-662-1133
- West Sacramento 916-371-1907
- My Sister’s House 916-930-0626

Helpguide.org is a nonprofit organization which provides advice on:

- Mental Health Topics
- Healthy Lifestyles
- Seniors & Aging Topics

Helpguide collaborates with Harvard Health Publications(Harvard Medical School). Selected free educational supplements are available on the helpguide site. Visit [www.helpguide.org](http://www.helpguide.org)

### Mental Health Services

- 24hour Mental Health Crisis Line 888-965-6647
- Sacramento County 888-881-4881

## Nursing Homes/ Convalescent Hospitals

California Association of Health Facilities.....916-441-6400  
[www.cahf.org](http://www.cahf.org)  
 See Yellow Pages: Hospitals and Nursing Homes.

### How to Check Out Nursing Homes

- California Advocates for Nursing Home Reform: Nursing Home Guide  
 Web site searchable by city, county or facility, online at  
[www.nursinghomeguide.org](http://www.nursinghomeguide.org) or call  
 800-474-1116
- California Health Care Foundation  
[calqualitycare.org](http://calqualitycare.org)
- Foundation Aiding the Elderly  
 A Sacramento nonprofit foundation offering advice and advocacy  
 916-481-8558 or toll free 877-481-8558  
 or online at [www.4fate.org](http://www.4fate.org)
- Eskaton Information and Assistance Offers resources to meet the needs of seniors,  
 call 888-334-3490  
[www.eskaton.org](http://www.eskaton.org)

Source: California Department of Health Services

The National Institute on aging offers an online video and speaker presentations of "Talking with your Doctor": along with many other health topics.

Visit the National Institute on Aging,  
 at <https://www.nia.nih.gov/>

## Nutrition

### Congregate and/or Home-Delivered Meals

Meals on Wheels by ACC .....916-444-9533

Meals on Wheels by ACC provides a nutritious lunch, home-delivered or at various sites, Monday through Friday. Call 916-444-9533 for the site nearest you. Transportation available to some sites. Suggested contribution of \$2.00 per meal.

More info at [mowsac.org](http://mowsac.org)

Meals on Wheels of Yolo County .....530-662-7035

### Food

California Emergency Foodlink ..... 916-387-9000

Food Bank, Elk Grove..... 916-685-8453

Food Closets, Call Info Line Sacramento..... 2-1-1

Food Closet, Woodland ..... 530-662-7020

Food Stamps/Sacramento County (Cal Fresh)..... 916-874-3100

Food Stamps/Yolo County (Cal Fresh) .....530-661-2750

Fourth and Hope (Woodland).....530-661-1218

Pole Line Rd. Baptist Church (Davis) .....530-753-4315

River City Food Bank ..... 916-446-2627

Sacramento Food Bank and Family Services.....916-456-1980

North Sacramento .....916-925-3240

Shores of Hope(W. Sac).....916-372-0200

Yolo Foodbank (Woodland).....916-668-0690

## Safety

ApexCare (Lifeline).....916-924-9111

AARP Driver's Safety Course ..... 888-227-7669

Adult Protective Services Sacramento County..... 916-874-9377

El Dorado County .....530-642-4800

Yolo County.....888-675-1115

Lifeline Alert Systems..... 800-543-3546

Medic Alert (bracelets/necklaces) .....800-432-5378

safety cont. next page.....

Rebuilding Together (Home Safety Equipment)....916-455-1880  
 Safety Center, Inc. (Mature Driver Class) .....800-825-7262  
 Sexual & Elder Abuse Sheriff’s Department..... 916-874-5115  
 (Crimes committed in Sacramento County Only)  
 Telephone Reassurance Program - Eskaton ..... 916-334-1072

## Senior Centers/Programs

Arden Manor Rec. & Park Dist. .... 916-487-7851  
 ACC Senior Services ..... 916-393-9026  
 Belle Cooledge Community Center .....916-808-5610  
 Carmichael Senior Club ..... 916-487-5525  
 City of Sacramento Older Adult Services..... 916-808-5462  
 Coloma Community Center ..... 916-808-6060  
 Cordova Senior Center ..... 916-366-3133  
 Davis Senior Center .....530-757-5696  
 Dixon Senior Center .....707-678-7022  
 El Dorado County Senior Services ..... 530-621-6150  
 Elk Grove Senior Center ..... 916-685-3160  
 Ethel M. Hart Senior Center..... 916-808-5462  
 Fair Oaks Rec. & Park Dist.....916-966-1036  
 Folsom Park & Rec. Dist. .... 916-355-7285  
 Fruitridge Community Center ..... 916-422-7610  
 Fulton-El Camino Rec. & Park Dist..... 916-927-3802  
 Hagginwood Community Center ..... 916-808-6439  
 Jose Rizal Community Center.....916-395-0601  
 Maidu Community Center (Roseville).....916-774-5960  
 Sam Pannell Meadowview Community Center.....916-808-6680  
 Mission Oaks Community Center.....916-972-0336  
 Mission Oaks Rec. & Park Dist. .... 916-488-2810  
 North Highlands Community Center ..... 916-332-7440  
 Oak Park Community Center..... 916-808-6151  
 Rio Linda Elverta Rec. & Park Dist. .... 916-991-5929  
 Rusch Park Community Center.....916-725-1585  
 Sierra 2 – Senior Center..... 916-455-6339  
 Stanford Settlement Senior Center.....916-927-1303  
 Sunrise Rec. and Park District.....916-725-1585  
 West Sacramento Senior Center .....916-617-5320

Winters Senior Center .....530-795-4241  
 Woodland Senior Center .....530-661-2001

Facilities listed may provide a wide range of activities, including senior nutrition, health/wellness, education, and recreation/fitness programs. Not all services are available at all the centers listed. For more information dial 2-1-1 (**Sacramento InfoLine**)

## Recreation/Fitness Programs

50+ Wellness Program (City of Sacramento)..... 916-566-1593  
 America the Beautiful National Park Senior Pass 888-275-8747  
 www.nps.gov/findaparkpasses.htm..... 888-275-8747  
 California Dept. Fish and Game (license info.)..... 800-565-1458  
 California State Parks (Capital District)..... 916-653-6995  
 Reservation California..... 800-444-7275  
 Carmichael Rec and Park District .....916-485-5322  
 Coloma Community Center ..... 916-808-6060  
 Easter Seals Warm Water Therapy Pool ..... 916-485-6711  
 Elk Grove Senior Center ..... 916-685-3160  
 Fulton-El Camino Rec. & Park Dist. .... 916-927-3802  
 Oak Park Community Center.....916-808-6151  
 Parks and Rec Services Sacramento City.....916-808-6060  
 Rusch Park Community Center.....916-725-1585  
 YMCA of Superior California (Sacramento Central).916-452-9622  
 YMCA Woodland .....530-666-9623

## Answers to Health Questions

Visit [www.sharecare.com](http://www.sharecare.com) for health advice on a variety of topics.

## Support Groups

Hospitals (social services departments), churches, and specific agencies (for example, Alzheimer’s Association) have information about support groups available by telephone.

## Senior Driver Safety Classes

- Road to Driving Wellness classes at Area Agency on Aging at 916-486-1876
- AARP Foundation Driver Safety Program 888-227-7669
- AAA Foundation - Helping Seniors Drive Safer and Longer. [www.SeniorDriving.AAA.com](http://www.SeniorDriving.AAA.com).
- State of California - Information for senior drivers. <https://www.dmv.ca.gov/portal/dmv/detail/about/>

## Transportation

123 Easy Rides.....	866-977-7503
ACC Rides – A Community of Caring	
Senior Services .....	916-393-9026
AMTRAK .....	800-USA-RAIL 800-872-7245
Dial-a-Ride (Folsom residents/55+) .....	916-461-6751
DMV (Driver’s Licenses).....	800-777-0133
E-van (Elk Grove residents) .....	916-683-8726
E-Tran(Elk Grove Transit) .....	
Folsom Stageline (Folsom residents) .....	916-461-6750
Greyhound Bus .....	800-231-2222
MedStar Van Service .....	916-669-0550
Paratransit Information .....	916-429-2009
Reservations (pre-registered).....	916-429-2744
TDD.....	916-429-2568
Regional Transit and Light Rail(senior discount).....	916-321-2877
Road Conditions (CALTRANS) .....	800-427-7623
Stanford Settlement Senior Center	
(Medical escort, Natomas, No. Sac. residents)....	916-927-1303
Woodland Community Care car.....	530-862-7800

## Veterans

Federal and State Veteran Benefit Programs	
website: <a href="http://www.govbenefits.gov">www.govbenefits.gov</a>	
Sacramento County Veteran Services .....	916-874-6811
Veterans Administration	
Northern Calif. Clinic System .....	916-366-5366
Medical Appointments .....	800-382-8387
Veterans Crisis Line .....	800-273-8255

## Visiting

Eskaton Companion Program.....	916-334-1072
Senior Companion Program .....	916-875-4463
(Sacramento County)	
Senior Link Program (El Hogar) .....	916-369-7872

## Volunteerism

American Cancer Society Discovery Shop.....	916-484-0227
American Red Cross-Gold Country Chapter.....	916-993-7070
American Red Cross- Northeastern CA Chapter.....	530-673-1460
Davis Senior Center .....	530-757-5696
El Dorado County Dept. Human Services .....	530-621-6150
Eskaton Volunteer Program.....	916-334-1072
Foster Grandparent Program .....	916-875-3569
Friends of the Sacramento Public Library .....	916-264-2880
Book Den .....	916-731-8493
Hands on Sacramento .....	916-447-7063
League of Women Voters of California .....	916-442-7215
RSVP – Retired Senior Volunteer Program.....	916-875-3631
Sacramento Blood Source .....	800-995-4420
Sacramento County Dept. Health & Human Services	
Volunteer Prog. Coordinator.....	916-875-2027
Sacramento Food Bank & Family Services.....	916-456-1980
Senior Companion Program .....	916-875-3631
Volunteers of America.....	916-265-3400
Volunteer Opportunities –	
West Sacramento Community Center .....	916-617-4620
Woodland Senior Center .....	530-661-2001

The Community Services Planning Council  
is an excellent source for information  
regarding community resources and  
volunteer opportunities.  
916-447-7063



SIERRA SACRAMENTO VALLEY  
**MEDICAL SOCIETY ALLIANCE**  
5380 ELVAS AVENUE SACRAMENTO, CA 95819

Address Service Requested