



SIERRA SACRAMENTO VALLEY  
MEDICAL SOCIETY ALLIANCE

*presents*

# COMMUNITY RESOURCES FOR OLDER ADULTS

*with support from*

**UC DAVIS**  
**HEALTH SYSTEM**

SACRAMENTO AREA  
2015-2016

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# COMMUNITY RESOURCES FOR OLDER ADULTS

## SACRAMENTO AREA

compiled by



**Sierra Sacramento Valley  
Medical Society Alliance**

*Physician spouses dedicated  
to a healthy community*

(916) 731-4315

[www.ssvma.org](http://www.ssvma.org)

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**UC DAVIS**  
**HEALTH SYSTEM**

(800) 2-UCDAVIS



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This 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.

**UC Davis Health System** is an academic medical center that includes a top-ranked school of medicine, an innovative school of nursing, a 619-bed acute care hospital, a National Cancer Institute-designated comprehensive cancer center, the MIND Institute for the study of neurodevelopmental disorders, a comprehensive children's hospital, a level 1 trauma center and outpatient clinics in communities throughout the Sacramento region. Consistently ranked among the nation's top medical schools and best hospitals, UC Davis has established itself as a national leader in telehealth, rural medicine, cancer, neurodevelopmental disorders, vascular medicine, trauma and emergency medicine and psychiatry and behavioral sciences. For more information, visit [healthsystem.ucdavis.edu](http://healthsystem.ucdavis.edu).

**THIS BOOKLET MAY BE COPIED IN FULL OR IN PART WITHOUT OBTAINING PERMISSION.**

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## TABLE OF CONTENTS

Information/Help Lines.....	1	Hospitals .....	7
Adult Day Care/Respite.....	2	Housing.....	7-8
Advocacy/Issues on Aging.....	2	Legal Aid .....	8
Alcohol/Drugs.....	2	Libraries .....	8
Bereavement .....	3	Medical Supplies & Equipment.....	8
Case Management/Assessment/Referral .....	3	Mental Health/Counseling .....	9
Consumer Affairs.....	3	Nursing Homes/Convalescent Hospitals .....	10
Education/Training.....	3-4	Nutrition .....	10
Employment/Services.....	4	Safety.....	10-11
Financial Assistance.....	4	Senior Centers/Programs.....	11
Health Services:		Support Groups.....	11
Agencies/Organizations/Support Groups.....	5	Transportation .....	12
Medicare/Medi-Cal.....	5	Veterans.....	12
Companion/Homemaker.....	6	Visiting.....	12
Information & Referral .....	6	Volunteerism .....	12
Hospice.....	7		

Please note that all phone numbers listed are in the (916) area code unless otherwise indicated. For all other area codes and for Toll-Free (800) (866) or (888) numbers, you must first dial a (1) when calling from the Sacramento area.

## 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 .....	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.....	800-638-8299	Medicare Customer Service .....	800-633-4227
American Lung Association – Helpline .....	800-548-8252	TTY .....	877-486-2048
American Red Cross.....	993-7070	National Health Information Center.....	240-453-8280
American Speech-Language-Hearing Assoc. ....	800-638-8255	Parkinson Association No. California.....	800-473-4636
Amyotrophic Lateral Sclerosis (ALS) Assoc. ....	979-9265	Poison Control Center .....	800-222-1222
Animal Care Services – City .....	311 or 875-5232	Postal Info./National Zip Code.....	800-275-8777
Sacramento County.....	368-7387	Psychiatric Crisis Services (Indigent & Medi-Cal) .....	732-3637
Animal Shelter (SPCA).....	383-7387	Sacramento County Mental Health Crisis Line	
Better Business Bureau .....	443-6843	Rape Crisis/Sexual Assault (WEAVE) – 24 hour.....	920-2952
Better Hearing Institute.....	800-327-9355	Sacramento County Sheriff’s Dept.	
Braille & Talking Book Library.....	800-952-5666	Emergencies & Crimes in Progress.....	911
California Advocates for		Non-emergency .....	874-5115
Nursing Home Reform (CANHR).....	800-474-1116	TTY .....	874-7128
California Dept. of Social Services .....	800-952-5253	Sacramento Police Dept. (non-emergency) .....	264-5471
California State Disability Insurance Program.....	800-480-3287	Senior Legal Hotline.....	551-2140 or 800-222-1753
TTY .....	800-563-2441	Social Security Benefits/Info .....	800-772-1213
California State Franchise Tax Board .....	800-852-5711	TTY .....	800-325-0778
TDD.....	800-822-6268	Suicide Prevention/Crisis Intervention.....	368-3111
California Telephone Access Program .....	800-806-1191	Travelers Aid Assistance Agency.....	399-9646
Clear Point Credit Counseling Solutions.....	800-736-2227	United Cerebral Palsy of Greater Sacramento.....	565-7700
Domestic Violence (WEAVE Crisis Line).....	920-2952	Victims of Crime Resource Center .....	800-842-8467
Eldercare Locator (outside Sacramento) .....	800-677-1116	Voter Registration – Sacramento County .....	875-6451
Eyecare America Senior Program .....	877-887-6327	El Dorado County.....	530-621-7480
Health Insurance Counseling and		Yolo County.....	530-666-8133
Advocacy Program (HICAP) .....	800-434-0222		

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## ADULT DAY CARE/RESPIRE

Citizens Who Care (Davis) .....	530-758-3704
Del Oro Caregiver Resource Center.....	800-635-0220
Eskaton Adult Day Health Center (Carmichael) .....	334-0296
Eskaton Respite Care (Orangevale) .....	988-2200
Health for All .....	391-5591
St. Francis Assisted Living.....	393-2324
Somerford Place .....	772-6500
Sutter Senior Care (Midtown) .....	446-3100
Sutter Senior Care (South Area).....	424-8412
Triple R Adult Day Program .....	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.....	486-1876 or 800-211-4545
California Advocates for Nursing Home Reform (CANHR).....	800-474-1116
California Assoc. of Area Agencies on Aging.....	443-2800
California Health Advocates .....	800-434-0222
California Partnership for Long-Term Care .....	552-8990
California Retired Teachers Association.....	923-2200
Community Care Licensing — Sacramento (non-medical day or residential care complaints).....	844-538-8766
Community Link Capital Region.....	447-7063
Congress of California Seniors.....	442-4474 or 800-543-3352
General Consumers Alliance of No. Calif.....	486-3552
Grey Panthers National Office .....	800-280-5362
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.....	376-8910
Yolo County .....	530-668-5775
24 hr. Crisis Line .....	800-231-4024

Resources for Independent Living .....	446-3074
UC Davis Alzheimer’s Disease Center.....	734-5496
Volunteers of America (www.voa.org/talk) .....	442-3691
Woodland Senior Center .....	530-661-2001

## ALCOHOL/DRUGS Substance Abuse Assistance

Alcohol and Drug Services Sacramento County .....	874-9754
Al-Anon Information Services .....	334-2970
Alcoholics Anonymous Hotline.....	454-1100
Betty Ford Center (Rancho Mirage, CA).....	800-854-9211
California Smokers Helpline.....	800-662-8887
Heritage Oaks Hospital .....	489-3336
Life Practice Counseling Group .....	300-6576
Narcotics Anonymous (Help Line)	
American River Area .....	866-565-2135
Sierra Foothills Area.....	888-423-3428
National Council on Alcoholism & Drug Dependence (Sac. Region) .....	922-9217
St. Helena Hospital Alcohol & Chemical Recovery Program .....	800-454-4673
Strategies For Change .....	473-5764
WellSpace Health.....	737-5555
Yolo County Dept. of Mental Health.....	530-666-8630
Davis .....	530-757-5530
West Sacramento .....	916-375-6350
Woodland.....	530-666-8630

**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.**

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## BEREAVEMENT

Bereavement Network Resources of Sacramento Inc. (education, information, referral) .....	557-5882
Mercy San Juan Medical Center Chaplin's Office .....	537-5098
UC Davis Medical Center Dept. of Social Services .....	734-2583
Widowed Persons Association of California .....	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 Health Collaborative .....	374-7739
Multipurpose Senior Services Program, Sacramento, Placer and Yolo Counties	
California Assisted Living Association .....	448-1900
Del Oro Caregiver Resource Center .....	800-635-0220
Eskaton Home Support Network .....	334-1072
Sacramento County Department of Health and Human Services	
SSI/Medi-Cal .....	874-3100
In Home Support Services .....	874-9471
Long-term Care/Medi-Cal .....	874-9460
Senior Resources – City of Sacramento .....	Dial 211, Press 6

### 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.**

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

## CONSUMER AFFAIRS

Better Business Bureau .....	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 .....	574-7870	
California Dept. of Public Health: Health Facility Licensing and Certification .....		800-554-0354
Call Kurtis (KOVr Channel 13) .....	374-1313	
Community Care Licensing, Residential Care (Assisted Living) .....		263-4700
Consumer Hotline .....	800-952-5210	
Contractors State License Board .....	800-321-2752	
Identity Theft Resource Center .....	858-693-7935	
Insurance, Dept. of, Consumer Hotline .....	800-927-4357	
KCRA Investigates (KCRA Channel 3) .....	446-3333	
Medical Board of California, Complaints .....	800-633-2322	
Ombudsman Services of No. California .....	376-8910	
Senior Legal Hotline .....	551-2140	
Seniors Against Investment Fraud (SAIF) Program	866-275-2677	

## EDUCATION/TRAINING

AARP – Senior Community Service Employment Program .....		483-5991
A. Warren McClaskey Adult Center Computer training only .....		277-6625
American River College .....	484-8011	
California State University Sacramento College of Continuing Education .....		278-4433

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Cosumnes River College .....	691-7344
Del Oro Caregiver Resource Center .....	728-9333 or 800-635-0220
Road Scholar/Elder Hostel .....	877-426-8056
Eskaton Home Support Network .....	334-1072
Folsom Lake College .....	608-6500
Mental Health Association .....	366-4600
Osher Lifelong Learning Institute .....	530-752-9695
Renaissance Society, The (CSUS) .....	278-7834
Sacramento Employment and Training Agency (SETA) .	263-3800
Senior Health Education Program/ Sacramento County DHHS.....	875-6022
Sunrise Tech Center.....	971-7654
(SJUSD Adult Education)	

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

## EMPLOYMENT/SERVICES

A Helpmate (in home help) .....	364-8763
AARP Senior Employment Program .....	483-5991
Area 4 Agency on Aging .....	486-1876
California Dept. of Rehabilitation .....	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.....	263-3800
Sacramento Professional Network .....	www.sacpronet.com
Sacramento Works — One-Stop Career Center TTY .....	800-735-2929
Sacramento County Locations include:	
Broadway.....	324-6202
Citrus Heights.....	676-2540
Franklin .....	563-5151
Galt.....	209-744-7702
Greater Sacramento Urban League .....	286-8601

Hillsdale.....	263-4100
Lemon Hill.....	433-2620
Mark Sanders .....	227-0301
Rancho Cordova .....	563-5147
South County (Elk Grove) .....	525-4717

## FINANCIAL ASSISTANCE

AARP Tax Aid Program .....	888-227-7669
Adult Services Center — Sacramento County .....	874-9460
(Medi-Cal Long Term Care)	
Cal Fresh Program — Sacramento County .....	874-2072
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 .....	808-8500
(City Utility Tax Rebate for limited income seniors)	
Clear Point Credit Counseling Solutions.....	800-736-2227
Franchise Tax Board 7am—8pm .....	800-852-5711
Recorded Info: 800-338-0505 TTY: 800-822-6268	
General Assistance—Sacramento County .....	874-2072
Heat, Utility Bill, Assistance Program.....	567-5200
Internal Revenue Service .....	800-829-1040
Medi-Cal — Sacramento County To Apply.....	874-2215
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 .....	442-0331
Family Services Dept.....	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.....	874-6811
Weatherization Program .....	567-5220 ext. 2229



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## HEALTH SERVICES

### **Agencies/Organizations/Support Groups**

AIDS Medical and Social Services (CARES Prog.)	443-3299
ALS Association	979-9265
Alzheimer's Aid Society of No. Cal.	483-2002 or 800-540-3340
Alzheimer's Association/Greater Sacramento Area Chapter	800-272-3900
Alzheimer's Disease Center, UC Davis	734-5496
American Cancer Society	446-7933
American Heart and Stroke Association	446-6505
American Lung Association	554-5864
Arthritis Foundation	368-5599
Breathe California of Sacramento	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.	925-3770
Canine Companions for Independence	707-577-1700
Center for Hearing Health	732-9040
Del Oro Caregiver Resource Center	800-635-0220
Diabetes Association of Sacramento	800-342-2383
Easter Seal Superior California	485-6711
Eye Care America	800-222-3937
Family Caregiver Alliance	800-445-8106
Fibromyalgia Support Group	530-756-9153
Guide Dogs for the Blind	800-295-4050
Health Education Council	556-3344
HICAP (Health Insurance Counseling and Advocacy Program)	800-434-0222
Multiple Sclerosis Society	927-8000
Muscular Dystrophy Association	921-9518
Norcal Center on Deafness	349-7500
Parkinson's Disease Association	800-473-4636
Prostate Cancer Support Groups Mercy San Juan/UC Davis	537-5237
Yolo County (Davis and Woodland)	530-756-9153
Public Health – Sacramento County	875-5881

Public Health – Yolo County	530-666-8645
Sacramento Blood Source	800-995-4420
Sacramento County Department of Health and Human Services	875-6091
Senior & Adult Services Hotline	874-9377
Sacramento County Department of Human Assistance (Medi-Cal Applications)	874-2215
Sacramento Society for the Blind	452-8271
Seniors Eyecare Program (online referral only)	800-222-3937
Sutter Memory Clinic	454-6850
Sutter Senior Care (South Area)	424-8412
Sutter Stroke Support Group	888-287-2270
UC Davis Alzheimer's Disease Center	734-5496
UC Davis Eye Center	734-6603
United Cerebral Palsy	565-7700
We CARE! Cancer Peer Navigator Program	734-5959

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

Accent Care Medical Services	852-5888
Advanced Home Health	978-0744
Always Home	989-6420
Eskaton Home Health Care (Medi-Cal/Medicare)	536-3750
First Call Home and Hospice Care	725-2580
Gentiva Health Care Services	929-2229 or 800-422-6606
Health Rights Hotline	551-2100
In-Home Supportive Services (IHSS) Sacramento County	874-9471
Interim Health Care	484-3965
Mercy Hospice	281-3900
Ombudsperson, Sac. County. Dept. of Human Assistance	875-3555
RX Staffing and Home Care	485-8200
Sutter Senior Care (Midtown)	446-3100
Sutter Senior Care (South Area)	424-8412
Sutter Visiting Nurses Association	388-6200
Tender Loving Care	646-4852
UC Davis Medical Center Hospice and Home Care	734-2458



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### **Companion/Homemaker Services: In-Home**

A Helping Hand .....	530-647-0266
A Helpmate.....	364-8763
Accent Care.....	800-834-3059
All For You.....	479-8554
ApexCare.....	924-9111
Better Living Home Care .....	361-3000 or 800-404-4849
Brightstar Healthcare.....	781-6500 or 481-9600
Comfort Zone Elderly Inhome Services Inc. ....	453-1344
Craig Cares .....	782-7121
Gentiva Health Care Services .....	929-2229
Home Instead Senior Care.....	920-2273
Help at Home Senior Care.....	625-9172
Indecare.....	973-1264
Interim Health Care Home Health.....	484-3965
In-Home Supportive Services – (IHSS)	
Sacramento County.....	874-9471
Woodland.....	530-661-2955

### **Caregiver Help Online**

**Go to [www.medicare.gov/caregivers](http://www.medicare.gov/caregivers) for information on navigating through Medicare, health care services, links to partner organizations that assist caregivers and more.**

JB Home Care Referral Agency.....	489-6941
Maxim Health Care Services.....	488-8819
Palm Valley In-Home Care.....	972-7429
Panda’s Complete Domestic Agency.....	985-7676
Personalized Homecare & Homemaker Agency .....	979-4975
Primrose (Alzheimer’s, Dementia, Memory Care).....	392-3510
Quality In Home Care Specialists.....	530-621-2273
ResCare Home Care Services .....	484-7701
Right at Home Services.....	779-0601
Seniors Helping Seniors .....	372-9640
Visiting Angels.....	971-9333

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

### **Information and Referral**

211 Sacramento (InfoLine).....	211
About Elder Care Referral Services Placerville.....	530-626-5900
ACC Senior Services .....	393-9026
California Partnership for Long Term Care.....	552-8990
Consumer Guide .....	800-434-0222
Davis Senior Center (Yolo) .....	530-757-5696
Del Oro Caregiver Resource Center.....	800-635-0220
El Dorado County Senior Assistance .....	530-621-6369
Eskaton Home Support Network .....	334-1072
Health for All, Inc.....	391-5591
Health Insurance Counseling & Advocacy Program (HICAP) .....	800-434-0222
Health Rights Hotline.....	888-354-4474
TTY .....	551-2180
Immunization Program Sacramento County .....	875-7468
Lifeline Systems Inc. ....	800-543-3546
Medical Society, Sierra Sacramento Valley .....	452-2671
Medi-Cal Info (Day) .....	874-2072
Medicare Customer Service .....	800-633-4227
Mental Health America of No. Sacramento.....	366-4600
Primrose (Alzheimer’s, Dementia, Memory Care).....	392-3510
Resources for Independent Living (disabled persons) ...	446-3074
Sacramento City Older Adult Services.....	808-5462
Sacramento District Dental Society .....	446-1211
Sutter Health Information – 24 hours .....	733-8800
UC Davis Health System 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 875-9393 or go to [www.dontflushyourmeds.com](http://www.dontflushyourmeds.com)**

## HOSPICE

National Hospice and Palliative Care Organization	800-658-8898
www.caringinfo.org	
California Hospice and Palliative Care Association	925-3770
First Call Hospice	725-2580
Kaiser-Permanente Hospice	486-5300
Mercy Hospice	281-3900
Mercy San Juan Medical Center	537-5000
Sutter Access to Care	866-652-9178
(Initial Contact for Hospice)	
Sutter Hospice/Sacramento General Info	388-6255
Sutter Hospice/Roseville	797-7850
UC Davis Medical Center Hospice	734-2458
Hospice of the Foothills (Western Nevada County)	530-272-5739
Snowline Hospice (El Dorado County)	530-621-7820
Sutter Auburn Faith Hospice	530-886-6650
(Placer County; parts of El Dorado & Nevada Counties)	
Yolo Hospice	800-491-7711
(Yolo County; parts of Solano, Sacramento, Colusa & Sutter counties)	

### Advance Directive

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

## HOSPITALS

Kaiser Permanente (Sacramento)	973-5000
TTY/TDD — Appts	480-2590, Info 483-8444
Emergency Room TTY/TDD	486-3806
Kaiser Permanente (South)	688-2000
TTY/TDD	800-777-1370
Emergency Room TTY/TDD	688-2105
Kaiser Permanente (Roseville)	784-4000
TTY/TDD	784-5990
Emergency Room TTY/TDD	784-5663

Marshall Medical Center	530-622-1441
TTY/TDD	530-626-2970
Mercy Folsom	983-7400
Emergency Room TTY/TDD	983-7409
Mercy General (Sacramento)	453-4545
TTY/TDD	453-4522
Mercy San Juan Medical Center	537-5000
TTY	537-5123
Methodist Hospital of Sacramento	423-3000
TTY	682-3323
Sutter Auburn Faith	530-888-4500
Sutter Davis	530-756-6440
Sutter General	454-2222
Sutter Roseville	781-1000
UC Davis Medical Center	734-2011
TTY/TDD	451-1974 or 800-735-2922
VA Northern California Health Care System	800-382-8387

## HOUSING

### General Assistance

211 Sacramento (InfoLine)	211
Community Residential Care Association of Calif.	455-0723
Older Adult Resource Center (Residential Care Info Clearing House)	874-9492
Sacramento Self-Help Housing Low Income Housing	341-0593
YWCA of Sacramento County Single, female, low income housing	264-8066

### Information/Placement/Referral

About Elder Care Referral Services, Placerville	530-626-5900
Eskaton Home Support Network	334-1072
Home Options	606-1479
Housing Options Made Easy For Elders — HOME	977-0188
In Home Support Services Sacramento County	874-9471

Resources for Independent Living .....	446-3074
Senior Care Solutions .....	965-5565
California Nursing Home Search .....	www.calnhs.org

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.....	874-9377
Yolo County .....	888-675-1115
Del Oro Caregiver Resource Center.....	800-635-0220
Legal Services of Northern California.....	551-2150
Senior Legal Hotline.....	551-2140
McGeorge School of Law – Community Legal Services	
Elder Law Clinic .....	340-6080
Sacramento Mediation Center.....	441-7979
Sacramento County Sheriff’s Department	
Sexual and Elder Abuse Bureau.....	874-5115
(Crimes committed in Sacramento County Only)	
Sacramento County Vital Records	
(death certificates) .....	875-5345
Senior Legal Hotline (Sacramento County Only) ...	800-222-1753
Victim and Witness Assistance Program .....	874-5701
Sacramento County	
Victims of Crime Resource Center .....	800-842-8467
Voluntary Legal Services Program.....	551-2102

## Free Legal Guide Seniors and the Law

1-888-875-LAWS  
Seniors@calbar.ca.gov

## LIBRARIES

California State Library .....	654-0261
Braille and Talking Books.....	654-0640 or 800-952-5666
Sacramento Public Library .....	800-561-4636 or 264-2700
TDD.....	264-2998 or 264-2855
Branch Libraries: See White Pages Business Listings under S for Sacramento Public Library	
Adult Literacy Services.....	264-2920
Book Mobile .....	433-2029
Telephone Reference Service .....	264-2920
Sutter Resource Library, Medical Library.....	733-3880
F. William Blaisdell, M.D., Medical Library.....	734-3529
Woodland Public Library .....	530-661-5980
Yolo County Library .....	530-666-8005

## MEDICAL SUPPLIES AND EQUIPMENT

American Cancer Society – Sacramento .....	446-7933
California Telephone Access Program (equipment only)	
English (voice) .....	800-806-1191
(TTY).....	800-806-4474
Website: www.ddtp.org (Free specialized phones to persons with hearing, speech, cognitive, mobility or vision disabilities. Medical professional must verify eligibility.)	
Easter Seals Superior California.....	485-6711
Eyecare America .....	www.eyecareamerica.org
Life Alert.....	800-344-4533
Manual Mobility Equipment.....	679-3287
Loan Closet	
Medic Alert (bracelets/necklaces) .....	800-432-5378

See Yellow Pages: Medical Equipment and Supplies.

**Free Health Information Kit**  
**Offered 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. Order by going to [www.publications.usa.gov](http://www.publications.usa.gov) or call 888-878-3256**

Widowed Persons Association of California.....	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.

## MENTAL HEALTH/COUNSELING

CSUS Center for Counseling and Diagnostic Services....	278-6252
Del Oro Caregiver Resource Center.....	800-635-0220
El Hogar Sierra Elder Wellness Program.....	363-1553
Emotions Anonymous (Info Line) .....	366-0699
Heritage Oaks Hospital .....	489-3336
Mental Health America of No. California .....	366-4600
Mental Health Medical Info Line.....	800-896-4042
Mercy Med Clinic Behavioral Health.....	924-6400
National Alliance for Mental Illness (NAMI) .....	567-0163
National Suicide Prevention Lifeline .....	800-273-TALK
TTY:.....	800-799-4TTY
New Horizons Counseling Center .....	485-1211
Recovery Int'l Mental Health Support.....	483-5616
Sacramento County Mental Health	
Adult Service Access Team.....	875-1055
After-Hours Information Line.....	888-881-4881
Southeast Asian Assistance Center .....	421-1036
Suicide Prevention Crisis Line	
Sacramento County.....	368-3111
Auburn.....	530-885-2300
Davis/Yolo County.....	530-756-5000
Woodland.....	530-666-7778
West Sacramento .....	530-372-6565
Sutter Center for Psychiatry .....	386-3000 or 800-801-3077

### Domestic Violence & Sexual Assault Emergency Response Services

- WEAVE Crisis Line 866-920-2952 or 920-2952
- Yolo County Residents 530-662-1133
- West Sacramento 371-1907
- My Sister's House 428-3271

### 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) and selected free educational supplements are available on the Helpguide site.**

**Visit [www.helpguide.org](http://www.helpguide.org)**

### Mental Health Services:

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

## NURSING HOMES/ CONVALESCENT HOSPITALS

California Association of Health Facilities ..... 441-6400  
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

**To download a free copy of  
Talking with Your Doctor, a  
50-page guide and workbook  
by the National Institute on Aging,  
visit [www.niapublications.org/  
pubs/talking/index.asp](http://www.niapublications.org/pubs/talking/index.asp).**

## NUTRITION

### **Congregate and/or Home-Delivered Meals**

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

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

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

### **Food**

California Emergency Foodlink ..... 387-9000

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

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

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

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

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

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

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

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

United Christian Centers ..... 372-0200 ext. 1040

Yolo Wayfarer Center (Woodland) ..... 530-661-1218

## SAFETY

AARP Driver's Safety Course ..... 1-888-227-7669

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

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

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

Lifeline ..... 800-543-3546

(A personal emergency response system)

Local Lifeline Contacts:

Sutter Medical Centers ..... 379-4315

Sutter Roseville Hospital ..... 782-4989

Sutter Auburn Faith Hospital ..... 530-888-4556

UC Davis Medical Center ..... 734-2401

ApexCare ..... 924-9111

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Medic Alert (bracelets/necklaces) .....	800-432-5378
Rebuilding Together (Home Safety Equipment) .....	455-1880
Safety Center, Inc. (Mature Driver Class) .....	800-825-7262
Sexual & Elder Abuse Sheriff's Department.....	874-5115
(Crimes committed in Sacramento County Only)	
Telecare (telephone reassurance) .....	781-1060
Telephone Reassurance Program - Eskaton.....	334-1072

Sunrise Rec. & Park Dist .....	725-1585
Swanston Community Center.....	333-6464
West Sacramento Senior Center .....	373-5819
Winters Senior Center.....	530-795-4241
Woodland Senior Center .....	530-661-2001

## SENIOR CENTERS/PROGRAMS

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

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) .....	566-1593
America the Beautiful National Park Senior Pass...888-275-8747	
<a href="http://www.nps.gov/findapark/passes.htm">www.nps.gov/findapark/passes.htm</a>	
California Dept. Fish and Game (license info.).....	928-5805
California State Parks (Capital District) .....	653-6995
Reservations .....	800-444-7275
Coloma Community Center .....	808-6060
Elk Grove Senior Center .....	685-3160
Fulton-El Camino Rec. & Park Dist. ....	927-3802
Oak Park Community Center.....	808-6151
Rusch Park Community Center .....	725-1585
YMCA of Superior California (Sacramento Central) .....	452-9622

**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 4 Agency on Aging at 916-486-1876
- AARP 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. [www.dmv.ca.gov/about/senior](http://www.dmv.ca.gov/about/senior)

## TRANSPORTATION

A Helpmate.....	364-8763
ACC Rides – A Community of Caring	
Senior Services .....	393-9026 ext. 33
AMTRAK .....	800-872-7245
Dial-a-Ride (Folsom residents/55+) .....	355-8347
DMV (Driver’s Licenses) .....	800-777-0133
E-van (Elk Grove residents) .....	683-8726
Folsom Stageline (Folsom residents) .....	355-8395
Greyhound Bus.....	800-231-2222
MedStar Van Service .....	669-0550
MV Transportation (Private Pay).....	854-2638
Paratransit Information .....	429-2009
Reservations (pre-registered).....	429-2744
Regional Transit and Light Rail (senior discount) .....	321-2877
Road Conditions (CALTRANS) .....	800-427-7623
Stanford Settlement Senior Center	
(Medical escort, Natomas, No. Sac. residents).....	927-1303

## VETERANS

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

## VISITING

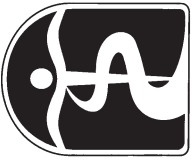
Eskaton Friendly Visitor Program .....	334-1072
Senior Companion Program .....	875-4463
(Sacramento County)	
Senior Link Program (El Hogar) .....	369-7872

## VOLUNTEERISM

American Cancer Society Discovery Shop .....	484-0227
American Red Cross – Sierra-Delta Chapter .....	993-7070
American Red Cross – Northeastern CA Chapter.....	530-673-1460
Blood-Source .....	453-3054
Davis Senior Center .....	530-757-5696
El Dorado County Dept. Human Services.....	530-621-6150
Eskaton TLC Program.....	334-1072
Foster Grandparent Program .....	875-3569
Friends of the Sacramento Public Library .....	264-2880
League of Women Voters of California.....	442-7215
RSVP – Retired Senior Volunteer Program .....	875-3631
Sacramento County Dept. Health & Human Services	
Volunteer Prog. Coordinator.....	875-2027
Sacramento Food Bank & Family Services.....	456-1980
Senior Companion Program .....	875-3622
Volunteers of America.....	442-3691
Volunteer Opportunities –	
West Sacramento Community Center .....	617-4620
Volunteer Opportunities –	
Woodland Senior Center .....	530-661-2001

**The Sacramento Community Services Directory is an excellent source for information regarding community resources. It is published by the Community Services Planning Council and may be purchased at local bookstores or by calling 447-7063.**





SIERRA SACRAMENTO VALLEY  
MEDICAL SOCIETY ALLIANCE

**5380 Elvas Avenue**  
**Sacramento, CA 95819**