

Community Resources for Seniors: How to find information and services

GENERAL SERVICES

Los Angeles City Department of Aging, Senior Service Programs
Phone: (213) 252-4030

Website: www.aging.lacity.org
Information and referral for senior programs including transportation, legal services, in home services, senior activities.

A newsletter on available services, Senior Focus, is downloadable from website. Call to request a Directory of Los Angeles County Services. Admission requirements: 60 years +

County of Los Angeles Services Information
Phone: 211

Website: www.lacounty.gov
Information on your local Senior Center and county services available in your area.

Los Angeles County Public Social Services, In-Home Supportive Services

Phone: (888) 944 - 4477 or
(213) 744 -4477

Website: www.ladpss.org
Assists eligible seniors to remain safely in their homes.

National Institute on Aging

Phone: (800) 222-2225

Website: www.nih.gov/NIA

Information and tips on healthy aging, care giving, medications, dietary supplements, and diseases, including Alzheimer's disease.

Alzheimer's Association

Phone: (800) 272-3900

Website: www.alz.org

Information and referrals to day care, support groups, legal services, case management, home health services

Partners In Care Foundation

Phone: (818) 837-3775 ext. 129

Website: www.picf.org

Case management for those 65 years+ who are functionally impaired, at risk of nursing home placement

Los Angeles City Department of Aging, Emergency Alert Response System (EARS)

Phone: (213) 252-4072

EARS provided to frail elderly
Admission requirements: 60 years + and meet income requirements

California Telephone Access Program

(800) 806 - 1191

Free specialized telephone equipment to qualified Californians with difficulty hearing, seeing, moving, and remembering.

Home Secure Program

(818) 762 - 5892

Free safety modifications for renters and homeowners of all ages.

Heart Touch Project

(310) 391 - 2558

Website: www.hearttouch.org
Healing touch/massage for seniors, non-ambulatory, hospice or HIV.

TRANSPORTATION

Your local Senior Center and:

L.A. City Ride/SCV Dial-A-Ride

Phone: (818) 808-7433 or
(661) 294-9327

Access Services

Phone: (800) 827-0829

Website: www.asila.org

MEALS

Your local Senior Center and:

Meals on Wheels

Phone: (818) 374 - 5350 or
(661) 259-9444