**In Home Care**

* **In Home Support Services (IHSS)**
* Low Income County Program: (888) 944-4477 or (213) 744-4477
  + English, Spanish, & Mandarin, Cambodian, Armenian, Japanese & Cantonese
  + Assists in paying for a caregiver
  + Must be 65 years old or meet disability requirements
  + Must also be eligible for Medi-Cal.

**24Hr Home Care**

* (626) 656-7693
* Accent Care (Your Extended Family): (800) 834-0649 or (626) 395-7257
  + English & Spanish only

**Accredited Home Care Services**

* (626) 573-1234
  + English & Spanish only
* Affordable Care Givers (Orange County only): (562) 930-0073
  + English only

**Affordable Home Care Solutions (AHCS)**

* Main: (877) 670-9388 or Benedict (909) 973-5987
  + English, Spanish, Korean, Cantonese & Vietnamese
  + Also offers a 3-day transitional caregiving service for post-hospitalization caregiving needs.

**All Valley Home Care**

* (949) 722-4777
  + English, Spanish, French, & Tagalog
* American Companion & Caregivers: (909) 231-7820 or (714) 398-1388
  + English, Spanish, Mandarin & Tagalog

**Benchmark Home Care Services, Inc.**

* (714) 773-0081 or (714) 337-8170
  + www.benchmarkhomecare.com
* Brightstar Health Care: (714) 861-4101
  + English, Spanish & Tagalog

**Centennial Home Care**

* (866) 589-8703
  + English & Spanish only.
* Comfort Keepers
  + (626) 254-0100 Arcadia
  + (888) 916-5566 Claremont
  + English, Spanish, Arabic, Vietnamese, Tagalog, Sign language, & Portuguese

**Dependable Care**

* (818) 789-0356
  + English Only

**Far East Home care**

* (213) 386-8297 or (800) 945-2396
  + English, Spanish, & Tagalog

**Graceful Hearts, Inc.**

* (800) 484-2787 or (626) 833-1841
  + www.gracefulheartsinc.com
  + A referral agency for caregiver services

**GNC Home Care Solutions**

* (866) 618-0976
  + English, Spanish, Mandarin and Tagalog
  + Services Southern California
  + Bonded, Insured and worker’s compensation covered

**Good Company Senior Care**

* Ginger Barcus
  + (323) 932-8700 or (614) 483-2000
* Home Instead Senior Care
  + Downey -- (562) 401-0010
    - English only
  + Whittier – (562) 698-8600
    - English & Spanish
  + West Covina – (626) 938-0113
    - English & Spanish

**Home Care Providers/Home Care Nurses**

* (626) 233-6400 or (714) 671-6877
  + English, Spanish, Tagalog, Mandarin, Cantonese
  + Serves San Gabriel Valley and Brea area
  + Fully licensed, bonded, insured, 2 hour minimum per visit

**Oxford Health Care**

* (877) 687-7317
* Rest Care & Home Care (L.A. / Pasadena Areas): (888) 806-9943

**Right at Home**

* Covina -- (626) 584-8130
* Other locations available

**Independent Living**

* (562) 862-6531

**TLC Home Care Services**

* (866) 852-8584

**Visiting Angels**

* Main line: (800) 365-4189
  + Contact- Chris Johnson: (909) 860-0333

**Lower-Cost Caregiver Registries:**

* Personal Assistance Services Council: (818) 206-7000 or (877) 565-4477
  + Need to have IHSS benefit to access listing
  + Provides list of caregivers registered with IHSS.

**Human Services Association**

* (626) 358-1185
  + Provides list of caregivers for hire, private pay or IHHS caregivers

**Home Safety and Equipment**

* Medic Alert: (800) 432-5378
* Rescare Rest Assured: (866) 737-2273
* EARS (Emergency Alert Response System): (800) 510-2020
* Lifeline Medical Alert Service: (800) 543-3546
* Life Station: (866) 880-6196
* Handyworker Program: Refer to local City Hall
* Tunstall California: (866) 435-2617

**Housing Options and Care Facility Referrals**

* A Place for Mom: (877) 666-3239
* California Registry: (800) 777-7575
* Connections: (800) 330-5993
* Elderlink: (800) 613-5772
* Affordable Living for the Aging: (323) 650-7988
* Care Placement: (949) 660-8814
* Placement Helpers: (866) 825-4275
* New Lifestyles: (800) 869-9549

**Meals and Food**

* Meals on Wheels: (888) 998-6325
* Project Angel Food: (800) 761-8889
* YWCA San Gabriel Valley: (626) 960-2995
* 211 Los Angeles County: (800) 339-6993 or 211
  + For listing of food banks and food distribution centers
* Mom’s Meal’s: (877) 508-6667 (Non-Kaiser members)

**Medi-Cal**

* Information: (877) 597-4777
* In Home Supportive Services (IHSS): (888) 944-4477
* IHSS Ombudsman: (888) 678-4477
* Long Term Medi-Cal: (626) 854-4987

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**Legal Services/Elder Law**

* Bet Tzedak: (323) 939-0506
* National Academy of Elder Attorneys: (703) 942-5711
* Elder Law Services: (310) 348-2995
* Victim Assistance Program: (800) 380-3811
* CANHR: (800) 474-1116
  + www.canhr.org
* Center For Healthcare Rights: (213) 383-4519
* Civil Rights Hotline: (562) 908-8501
* Medi-Care Medicare/Social Security/SSI: (800) 772-1213

**Senior Centers**

* Julia McNeil Senior Center, Baldwin Park: (626) 813-5247
* Montebello Senior Center: (323) 887-1699
* West Covina Senior Center: (626) 331-5366
* Diamond Bar Senior Center: (909) 839-7068
* San Dimas Senior Center: (909) 394-6290
* La Puente Senior Center: (626) 855-1585

**State Disability**

* EDD Office: (800) 480-3287
* West Covina EDD: 626-814-8234

**Transportation Services**

* Access Para-Transit: (800) 827-0829
* Dial a Ride: Contact Local City Hall or Call 211
* Baldwin Park Dial-a-Ride: (626) 337-1555
* Diamond Bar Dial-a-Ride: (909) 839-7045

**Veterans Resources**

* VA West Los Angeles: (310) 478-3711
* VA Long Beach: (562) 826-8000
* US Department of Veterans Affairs: (800) 827-1000
  + www.va.gov
* Veterans Counseling Center: (310) 641-0326
  + www.211la.org/veteran-services
* Homeless Veteran’s Helpline: (877) 424-3838
* Angel Connection: (800) 876-8063

**Volunteer Opportunities**

* Corporation for National & Community Service
  + Senior Corps: www.seniorcorps.org

**Abuse Prevention**

* Elder Abuse Hotline/Adult Protective Services: (877) 477-3646
* CA State Ombudsman Program: (800) 334-9473

**Adult Day Care:**

* California Association of Adult Day Services: (916) 552-7400
  + www.casds.org
* Wise and Healthy Aging: (310) 478-0226
* Department of Aging: (916) 419-7500
* People Coordinated Services: (323) 735-5799
* Opica Adult Day health: (310) 478-0226

**Alzheimer’s Disease/Dementia Caregiver Support**

* Alzheimer’s Association helpline: (800) 272-3900
* Alzheimer’s Association LA Chapter: (323) 938-3379
* City of Los Angeles Department of Aging: (800) 510-2020
  + www.aging.lacity.org
* The Leeza Gibbons Memory Foundation: (888) 655-3392
  + www.leezascareconnection.org
* USC Family Caregiver Support Center: (800) 540-4442

**Cancer Resources**

* American Cancer Society: (800) 227-2345
  + www.cancer.org
* City of Hoppe Cancer Connection: (626) 256-4673
  + www.cityofhope.org
* The Cancer Support Community: (888) 793-9355
  + www.thecancersupportcommunity.org

**Health Associations and Foundations**

* AARP: (888) 687-2277
  + www.aarp.org
* American Diabetes Association: (323) 966-2890
* American Heart Association:(213) 580-1408
* American Parkinson’s Disease Association: (800) 223-2732
* Arthritis Foundation: (800) 283-7800
* Breathe California of Los Angeles County: (323) 935-8050

**Multiple Sclerosis Society:**

* (310) 479-4456

**Stroke Association of Southern California**

* (310) 575-1699

**Companion Programs**

* Affordable Living for the Aging: (323) 650-7988

**Conservator and Guardianship**

* Bet Tzedek Legal Services: (323) 939-0506
* Office of the Family Law Facilitator: (213) 974-5004
* Public Guardian’s Office: (213) 974-0515/1234
* Community Legal Services: (800) 834-5001

**Eyesight Disorder Resources**

* American macular Degeneration Foundation: (888) 622-8527
  + www.macular.org
* Braille Institute: (800) 272-4553
  + www.brailleinstitute.org
* Center for the Partially Sighted: (310) 988-1970
  + www.lowvision.org
* Dayle MacIntosh Center: (714) 621-3300

**Grief and Bereavement**

* Compassionate Friends of LA: (310) 474-3407
  + 24hr support line for bereaved parents

**Deaf and Disables Telecommunications Program:**

* (800) 806-1191 or (877) 546-7414 or (TTY) 800-867-4323
  + www.ddtp.org