

WISE & Healthy Aging

Complex Needs - Practical Solutions

2022 -
2023

A Guide for Families Caring for Someone with Dementia and an Intellectual/Developmental Disability



The beautiful, unique handmade doll project was introduced to the L.A. GOAL Artists by one of our volunteers. More details inside.

INSIDE: RESOURCES FOR
Disability Services | Health Care
Care Services | Insurance
Financial & Legal



WISE
Healthy Aging

This project is supported by Grant No. 90ADPI0015-01-00, awarded to WISE & Healthy Aging by the U.S. Department of Health and Human Services, Administration for Community Living.

WISE & Healthy Aging is a non-profit, social services organization | www.wiselandhealthyaging.org

Welcome to the Complex Needs - Practical Solutions Guide

This resource guide is supported by Grant No. 90ADP10015-01-00, awarded to WISE & Healthy Aging by the U.S. Department of Health and Human Services, Administration on Community Living.

As with any resource guide, it is impossible to capture all of the relevant resources within an area as large as Los Angeles County. This guide contains many resources that would normally be found in an Aging Resources Guide. Many programs that serve Older Adults also serve individuals with Intellectual and Developmental Disabilities (I/DD). Families caring for their adult children who are aging and professionals working on behalf of their clients can look to many of these resources for help.

This Resource Guide is not a listing of vendors that serve this population, but mostly generic resources that can work hand-in-hand with the I/DD community. Though the focus of this Resource Guide is on individuals who are aging with a developmental/intellectual disability...it is also for the family caregivers who are aging along with their loved one. Many of the families need assistance/caregiving themselves, yet may not know the resources. Hopefully, this Resource Guide will direct them to services normally found in the Aging System of Care.

This Guide can also be found on-line at www.wiseandhealthyaging.org/acl. The online guide will contain the latest updates. We welcome your feedback. For questions, please contact Phyllis Amaral, PhD at (310) 394-9871 or email: pamaral@wiseandhealthyaging.org.



1527 4th Street, 2nd Floor
Santa Monica, CA 90401
(310) 394-9871
www.wiseandhealthyaging.org



About the Cover Image:

The beautiful, unique handmade doll project was introduced to the L.A. GOAL Artists by one of our volunteers. As a doll maker, she really wanted to share her love of hand sewing with the Artists and to teach them how to create their own art dolls. Step by step, our Artists learned to create patterns using their own drawings as a guide and inspiration. This experience was very well received as each artist designed, painted, and hand-assembled –piece by piece– these detailed and vibrant works of art.

Complex Needs - Practical Solutions Resource Guide

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RESOURCES

REGIONAL CENTERS

Regional centers are private non-profit agencies throughout California that provide services and supports to individuals with developmental disabilities. Services and supports are provided based on the individual needs of the person. Services may include:

- Information and referral
- Assessment and diagnosis
- Case management
- Family support and counseling
- Collaboration and referrals to other care providers
- Planning, placement, and monitoring of in-home and out-of-home care services
- Supporting individuals towards employment
- Assistance in finding and using other community resources
- Advocacy for the protection of legal, civil and service rights
- Training and educational opportunities for individuals and families

REGIONAL CENTER CONTACT INFORMATION:

Eastern Los Angeles Regional Center

Phone: (626) 299-4700

Communities Served: Eastern Los Angeles county including the communities of Alhambra and Whittier

San Gabriel/Pomona Regional Center

Phone: (909) 620-7722

Communities Served: El Monte, Monrovia, Pomona, and Glendora

Frank D. Lantermen Regional Center

Phone: (213) 383-1300

Communities Served: Glendale, Hollywood-Wilshire, and Pasadena

South Central Los Angeles Regional Center

Phone: (213) 744-7000

Communities Served: Compton, San Antonio, South, Southeast, and Southwest

Harbor Regional Center

Phone: (310) 540-1711

Communities Served: Bellflower, Harbor, Long Beach, and Torrance

Westside Regional Center

Phone: (310) 258-4000

Communities Served: Inglewood and Santa Monica-West

North Los Angeles County Regional Center

Phone: (818) 778-1900

Communities Served: The health districts of East Valley, San Fernando, and West Valley

RESOURCES

FAMILY RESOURCE CENTERS

Family Resource Centers (FRC's) are unique in that they reflect the needs of their community. They may operate as independent sites or be based in regional centers, local education agencies, public health facilities, hospitals or homes. Family support services are available in many languages and are culturally responsive to the needs of the individual family. Each FRC is staffed by parents of special needs children and adults and provide information and parent-to-parent support.

Each FRC provides Resource and Referral and Caregiver Support in the Catchment Area of a specific Regional Center. There is no fee for service. The services provided include: trainings, workshops and support groups that assist family members of individuals with intellectual/developmental disabilities to understand and navigate systems of care and social services in their service area. They are as follows:

Family Focus Resource & Empowerment Center located at California State University Northridge and affiliated with North Los Angeles Regional Center serving the San Fernando Valley, Santa Clarita and the Antelope Valley
Phone: (818) 677-6854

Eastern Los Angeles Family Resource Center co-located at East Los Angeles Regional Center but not a part of the regional center. Serving East Los Angeles County including the communities of Alhambra and Whittier and various communities in the North East portion of LA County.
Phone: (626) 300-09171

Harbor Regional Center Resource Library & Empowerment Center serving the communities of Bellflower, Harbor, Long Beach and Torrance
Phone: (888) 540-1711 or (310) 543-0691

Other Locations:

- **Carolyn Kordish Family Resource Center** serving the communities of Harbor City, Wilmington, Lomita, San Pedro, Carson and Torrance Gateway
- **Southeast Family Resource Center** serving the communities of Lakewood, Bellflower, Norwalk, Cerritos, Artesia and Hawaiian Gardens
Phone: (562) 526-2115
- **Long Beach Family Resource Center** at Memorial Hospital serving the communities of Signal Hill, Long Beach zip codes: 90802 to 90808, 90810, 90813 to 90815, 90840 & Catalina Island 90704
Phone: (562) 933-8050 or (562) 933-8045

Koch-Young Center at Frank Lanterman Regional Center serving the communities of Glendale, Hollywood-Wilshire and Pasadena
Phone: (213) 252-5600 or (213) 383-1300

Mc Claney Family Resource Center at the South Central Los Angeles Regional Center serving the communities of South Los Angeles including the communities of Hyde Park, Leimert Park, View Park, Baldwin Hills, Gardena, Carson and the Southeast LA cities of Bell, Bell Gardena, Maywood, Paramount, Cudahy, Downey, Huntington Park, South Gate, Compton, Lynwood and Vernon
Phone: (213) 744-8882

Westside Family Resource & Empowerment Center at Westside Regional Center serving the communities of West L.A., Inglewood, Hawthorne, Santa Monica, Lawndale, Venice, Gardena, Lennox and parts of Los Angeles
Phone: (310) 258-4063

San Gabriel Pomona Parent Place (FRC) affiliated with San Gabriel Pomona Regional Center serving the communities of El Monte, Monrovia, Pomona and Glendora
Phone: (626) 919-1091

RESOURCES

PUBLIC BENEFITS

Medi-Cal

(800) 541-5555

www.medi-cal.ca.gov

Medicare

(800) 633-4227 or (877) 486-2048 (TTY)

www.medicare.gov

Medi-Cal Managed Care – Health Care Options

(800) 452-8609

Report Medicare Fraud

(800) 447-8477

Social Security & SSI

(800)772-1213 or (800) 325-0778 (TTY)

Social Security Fraud Hotline

(800) 269-0271 or (866) 501-2101 (TTY)

Social Security Disability Income (SSDI)

<https://ssa.gov/benefits/disability>

Special Needs Trusts

<https://www.specialneedsalliance.org/the-voice/two-different-types-of-special-needs-trusts/> or
www.dhcs.ca.gov/services/pages/special-needs-trusts.aspx

Able Accounts

<https://www.calable.ca.gov>

In-Home Supportive Services

<https://www.cdss.ca.gov/in-home-supportive-services>

Denti-Cal - Medi-Cal Dental Program

(800) 423-0507

<https://www.denti-cal.ca.gov> or

Mental Health Managed Care

(855) 347-3310

RESOURCES

Adult Day Care – Respite Programs

Autumn Cottage

1510 No. Kenmore Ave. Los Angeles, CA 90027
Phone: (323) 666-1121
autumncottage-inc.com

Social Model Day Care providing health, social activities & case management for older adults including the I/DD community who can no longer function independently. **Services include:** social/recreational including outings, exercise, arts & crafts, gardening and cooking, Nutritional lunch plus 2 snacks, assessment of each client's needs, Medication monitoring, referral to family support groups, educational classes for individual family members.

Groups Served: adults 50+ and individuals with I/DD

Language(s): English & other languages available

Catchment Area: LA County

Fee Structure: Refer to the website for fee schedule; Regional Center funding

Referral Process: call the main number for additional information and to schedule a tour

Community Assistance Program for Seniors (CAPS)

3740 E. Sierra Madre Blvd., Pasadena, CA 91107
Phone: (626) 351-5427
<http://heritageclinic.org/caps/>

CAPS provides engagement that is tailored to address individual cognitive and physical stimulation, including exercise, companionship, a nutritious lunch, assistance with personal care needs, transportation, music, arts & crafts, etc. We provide community resources & Information/referrals upon request. We offer respite to the family caregiver and offer supports groups as well.

Groups Served: Ages 55+ with any kind of dementia diagnosis or any diagnosis that causes memory loss/impairment, including Parkinson's disease, history of traumatic brain injury or other types of disabilities.

Language(s): English, Spanish, Chinese

Catchment Area: all of LA County, focusing primarily on the San Gabriel Valley

Fee Structure: \$150.00 per day (\$74 private pay/\$76 paid by the county)

Referral Process: Contact can be established by calling: (626) 351-5427 or E mailing: enemadeau@heritageclinic.org

EL ARCA, INC

3839 Selig Place Los Angeles, CA 90031
Phone:(323) 223-3079
Fax: (323)223-4684
elarcainc.org

Enhancing the quality of life for seniors and adults with developmental disabilities and their families by providing quality programs, special transportation, education, Adult Day Care and support in a compassionate and caring environment.

Groups Served: I/DD adults over the age of 18

Eligibility Requirements: must be over the age of 18 and be registered with a Regional Center

Language(s): English & Spanish

Catchment Area: LA County

Fee Structure: State Funded

Referral Process: Family sets up an appointment for a tour, if the family is interested in the program, they must contact their Service Coordinator from their Regional Center. The Service Coordinator prepares & sends the consumer file packet to El Arca to review & determine if the consumer is appropriate for the day program. An intake meeting takes place & the guardian completes the paperwork and the Regional Center approves the Purchase Order...the consumer is able to begin the program.

L.A. GOAL

3911 Overland Avenue, Culver City, CA 90230
Phone: (310) 838-5274
lagoal.org

Providing opportunities for adults with developmental disabilities to increase their independence and employability through educational, vocational and recreational programs. L.A. GOAL's art and outreach activities educate the community about the abilities of people with disabilities.

Groups Served: Adults with Developmental Disabilities aged 18+

Language(s): English and Spanish

Catchment Area: Greater Los Angeles area.

Fee Structure: Members pay a membership fee ranging from \$5 - \$40 per month

Referral Process: Application process is required. The process consists of an initial screening, followed by detailed documentation analysis and an intake interview and tour of the agency.

RESOURCES

Adult Day Care – Respite Programs *(Continued)*

ONEgeneration Adult Day Health Care/ Social Day Care Program

17400 Victory Blvd, Van Nuys, CA 91406
Phone: (818) 708-6625
Fax: (818) 708-6633
www.onegeneration.org

ONEgeneration's Adult Day Health Care provides care by a multi-disciplinary team that includes an RN, LCSW, PT, OT Speech Pathologist, and Registered Dietitian. Programming is provided throughout the day that is person centered, provides cognitive stimulation, socialization, and keeps participants active and engaged. The center provides breakfast, lunch and an afternoon snack. Intergenerational programming takes place daily with the children in the agency's childcare program. The center also provides caregiver support groups and education. Extended hours are available from 7:00 am – 6:00 pm for an additional fee.

Groups Served: The Adult Day Health Care primarily serves adults 50+, although is licensed for individuals 18 and over; individual who have an intellectual/developmental disability.

Language(s): English, Spanish

Catchment Area: San Fernando Valley

Fee Structure: Accepts Medi-Cal Managed Care, Regional Center and contracted with the Department of Veterans Affairs. Private pay rate is \$75.00 per day..

Referral Process: Please call the center at (818) 708-6625 or email adultdaycare@onegeneration.org

OPICA Adult Day Program & Counseling Center Inc.

11759 Missouri Ave., Los Angeles, CA 90025
Phone: (310) 478-0226
Fax: (310) 478-2026
www.opica.org

Social model adult day program. Specialize in programs for adults with dementia. Strong emphasis on socialization and engagement including daily art and music programs.

Note: lunch and snacks are served to on-site clients

Groups Served: Age 62+ or younger adults who need care and supervision. Focus on adults with dementia.

Language(s): English, Spanish

Catchment Area: Eastern Boundary: 110 Freeway, Western Boundary: Pacific Ocean, Northern Boundary: San Fernando Valley, Southern Boundary: South Bay

Fee Structure: Fee determined by the Regional Center.

Referral Process: Westside Regional Center

WISE & Healthy Aging Adult Day Service Center

1527 4th Street, 2nd floor, Santa Monica, CA 90401
Phone: (310) 394-9817
Fax: (424) 214-6140
www.wiseandhealthyaging.org

The program provides supportive, enjoyable, and stimulating activities, tailored to the needs of each participant. A light, early morning snack, lunch and an afternoon snack are offered each day. The Center is open 8.5 hours each weekday. These extended hours allow caregivers the opportunity to work outside of the home, tend to other tasks, or take a much-needed break, knowing their loved one is enjoying the day in a safe and comfortable environment. Spanish language programming is offered two days each week and bilingual, bicultural staff are available each day. Caregiver education and support groups are available free of charge.

Groups Served: Open to participants aged 50 and older, with an emphasis on individuals living with dementia.

Language(s): English, Spanish

Catchment Area: No specific geographical boundaries

Fee Structure: Private pay rate is between \$65 and \$85, for a 5 hour day depending on level of care. Extended care is an additional flat fee \$25.00 for anything over 5 hours

Subsidies are available for eligible participants. Contracted with the Department of Veteran Affairs.

Referral Process: Please call (310) 394-9871, ext. 482 for enrollment information.

Advocacy

Americans with Disabilities Act Information Line

Phone: (800) 514-0301 (800) 514-0383 (TTY)
www.ada.gov

Center for Health Care Rights

520 S. Lafayette Park Place, Suite 214 Los Angeles, CA 90057
Phone: (213) 383-4519 or Toll-free (800) 824-0780
Fax: (213) 383-4598
www.healthcarerights.org

Brief Description of Services Provided: The Center for Health Care Rights is a nonprofit health care advocacy organization dedicated to providing free education, counseling, informal advocacy, and legal services to Medicare beneficiaries in Los Angeles County. The Center for Health Care Rights, also known as the Health Insurance Counseling and Advocacy Program (HICAP), operates a toll-free telephone hotline that provides easy access to one-on-one counseling services on Medicare, Medi-Cal and other health care topics. Volunteer counselors also provide in-person counseling services at sites across Los Angeles County.

RESOURCES

Advocacy *(continued)*

Center for Health Care Rights *(continued)*

Groups Served: Medicare beneficiaries of any age, including those 65+ and those under 65 who are disabled.

Language(s): English, Spanish and translation service for all other languages

Catchment Area: Los Angeles County

Fee Structure: free

Referral Process: Call to set up a free appointment to speak with one of our counselors Monday – Friday 9am-5:30pm

Disability Rights California

350 S Bixel Street, Suite 290, Los Angeles, CA 90017

Phone: (800) 776-5746

Fax: (916) 678-5385

www.disabilityrightscal.org

DRC is California's protection and advocacy system. DRC helps people with disabilities using different strategies such as legal advice or representation, impact litigation. DRC offers training to help people learn self-advocacy. Our staff conducts outreach and education to the community. In addition, we investigate abuse and neglect cases.

We work with people with disabilities. We want to advance their legal rights. We help them live integrated lives. We help them live meaningful, self-directed lives. We want them to have the supports they need. We work for equal opportunity.

One of DRC's programs is called the Office of Payee and Beneficiary Assistance (OPRABA). OPRABA reviews representative payees to ensure that they are serving Social Security beneficiaries appropriately.

Groups Served: Disabled population – 18+

Language(s): English, American Sign Language, Spanish, Chinese, Tagalog, Korean, Armenian, Vietnamese, Farsi, Japanese, and Russian.

Catchment Area: California.

Fee Structure: Free

Referral Process: Call the intake line, (800) 776-5746, or email INTAKEPGCAL@disabilityrightscal.org

Disability Voices United

Phone: (530) JOIN-DVU / (530) 564-6388

disabilityvoicesunited.org

DVU does not provide direct services to individuals or families. We are an advocacy organization that fights for better policies for people with disabilities and trains self-advocates and families. Please join our mailing list to find out about trainings at <https://disabilityvoicesunited.org/e-newsletter-signup/>

Groups Served: All ages including disabled population

Language(s): English, Spanish, Korean

Catchment Area: Los Angeles County

Fee Structure: free

Referral Process: No referrals

WISE & Healthy Aging Ombudsman

Phone: (800) 334-9473

24-hour Crisis Line: (800) 231-4024

<https://www.wiselandhealthyaging.org/ombudsman>

The Ombudsman Program is an advocacy group of trained professionals who help protect and ensure the quality of care of individuals living in long-term care facilities. Ombudsmen educate residents and their families about their rights in these facilities, help to resolve complaints and address a variety of issues.

As we age, many of us will need to spend time in a nursing home rehabilitating from occurrences such as a hip fracture, knee surgery or stroke. Others may find that they cannot live independently and need assistance with activities of daily living (bathing, toileting, dressing) that an assisted living facility may provide. For some, the high cost of receiving care at home requires the transition to a long-term care setting. The highly effective WISE & Healthy Aging Long-Term Care Ombudsman Program exists to provide brief interventions, improving quality of care and quality of life in long-term care facilities.

Catchment Area: The Long-Term Care Ombudsman Program advocates for seniors and adults with disabilities living in the more than 76,000 beds in long-term care facilities throughout Los Angeles County. Regional offices: Santa Monica, Van Nuys, Pasadena, Long Beach, Montebello

RESOURCES

Advocacy (continued)

State Council on Developmental Disabilities

Address: 411 N Central Ave. Suite 620 Glendale Ca
Phone: (818) 543-4631
www.scdd.ca.gov

SCDD provides advocacy support to individuals with developmental / intellectual disabilities and their families. We provide technical assistance (answer people's questions over the phone) and provide trainings (to groups of 20+) on various topics. Support is also provided to professionals/systems that serve the I/DD population.

Groups Served: Individuals with developmental / intellectual disabilities, of all ages

Language(s): English, Spanish

Catchment Area: Los Angeles County

Fee Structure: Free

Referral Process: Call (818) 543-4636 ask to speak to an advocate.

University of Southern California (USC) University Center for Excellence in Developmental Disabilities (UCEDD)

Phone: (323) 361-7827
Fax: (323) 361-8342
uscucedd.org

The USC UCEDD provides training, consultation and program development related to aging and aging caregivers

Groups Served: Everyone

Language(s): English, Spanish, Russian

Catchment Area: Los Angeles County

Fee Structure: depending on the service

Referral Process: Contact Fran Goldfarb, Director of Community Education (323) 361-3831 or fgoldfarb@chla.usc.edu

WISE & Healthy Aging: HEART (Holistic Elder Abuse Response Team)

Phone: (310) 394-9871 or (562) 570-5919
Fax: (562) 925-2346
HEART@wiseandhealthyaging.org

Elder Abuse prevention and intervention through field-based case management, counseling & advocacy. Case management, Crisis Intervention, Individual/group counseling, criminal/civil legal advocacy. Case management, Crisis intervention, Individual/group counseling, criminal/civil legal advocacy, I & R, Education/outreach and collaboration with community partners.

Groups Served: Adults, older adults and the disabled community

Language(s): English, Spanish

Catchment Area: Primarily Serves clients in the Long Beach Region, this service, is co-located at the Long Beach Police Department & the Lakewood LTC Ombudsman office.

Fee Structure: funding made possible through the US Department of Justice, Victims of Crime Act

Referral Process: call for more information

All Inclusive Care - PACE Sites

AltaMed PACE

Phone: (855) 252-7223
www.altamed.org/pace

AltaMed PACE (Program of All-Inclusive Care for the Elderly) is a health program exclusively for seniors with medical conditions who wish to enjoy the independence of living at home and the peace of mind of receiving personalized medical care by a team of health care experts. AltaMed PACE offers: Primary medical care, Transportation, Social Activities, Physical and Occupational therapy, Prescription medications, In-home care services

Groups Served: 55 years and older and the disabled population
Language(s): All

Catchment Area: AltaMed PACE has offices in: Covina, Downey, East LA, El Monte, Grand Plaza(LA), Huntington Park, Long Beach, Lynwood, South LA

Fee Structure: Medi-Cal and Medicare, all services are FREE if you have Medi-Cal

Referral Process: Patient Service Center – (888) 885-0598 – Monday through Friday 9 am to 5 pm

Brandman Centers for Senior Care

7150 Tampa Avenue, Reseda, CA 91335
Phone: (818) 774-244
(818) 774-5907
http://brandmanseniorcare.org/

One Stop Shop for all Medical Services (Primary Care, Specialists, Hospital, Rehabilitation Therapy, Emergency and Urgent Care, Medical Supplies and Equipment, Pharmacy, Facility, Adult Day Healthcare, Nutritional Counseling and Meals, Social Worker Services, Nursing, and Preventative Healthcare, Transportation and much more)

Groups Served: 55 or older including the disabled population

Language(s): English, Spanish, Korean, Farsi, and Tagalog

Catchment Area: San Fernando Valley, please call for specific zip codes

Fee Structure: Free, Medicare or Medical only

Referral Process: Please call (818) 774-8444 for information and to set up an appointment.

RESOURCES

All Inclusive Care - PACE Sites *(continued)*

WelBeHealth PACE program – Coastline PACE Center

1220 E 4th St Long Beach CA

Phone: (562) 283-8822

Fax: (562) 283-8822

<https://welbehealth.com/coastline/>

WelbeHealth is a PACE program that was founded to bring PACE to underserved communities. Our goal is to serve the seniors in our community with better quality and compassion through comprehensive services that are designed to keep them living in their homes. Our staff develops a care plan specific to their needs, giving them peace of mind knowing that there is a full team supporting them and their family to reach their care goals. The leadership team includes exemplary PACE operators and seasoned health-care innovators who bring top-tier expertise in senior care and a passion for helping seniors reach their full potential.

Groups Served: 55+ live in our service (please call to check) and individuals with disabilities

Language(s): English, Spanish, Chinese, and others(may need to use translators)

Catchment Area: approved zip codes for our PACE
90045, 90066, 90094, 90230, 90232, 90245, 90254, 90266, 90274, 90275, 90277,90278, 90291, 90292,90293, 90501, 90502, 90503, 90505, 90701, 90703, 90710, 90715, 90716, 90717, 90731,90732, 90744, 90745, 90755, 90802, 90803, 90804, 90806, 90807,90808, 90810,90813,90814, 90815, 90831

Fee Structure: Free with Medi-Cal, accept Medi/Medi, have share of cost programming.

Referral Process: please call (562) 283-8822. Joining program can take 2- 6 weeks. If needing Medi-Cal application completed we will help complete the application and gain approval, please add 30-60 days for Medi-Cal application process.

WelBeHealth PACE program – Pacific Pace Center

50 Alessandro Place, Suite A20, Pasadena CA

Phone: (562) 283-8822

Fax: (562) 283-8822

<https://welbehealth.com/pacific/>

Groups Served: 55+,live in our service (please call to check) and individuals with disabilities

Language(s): English, Spanish, Chinese, Arminian and many others(may need to use translator.)

Catchment Area: We help seniors in the following service area: 90046, 90068, 91001, 91011, 91020,91030, 91040,91046, 91101, 91103, 91104, 91105, 91106, 91201, 91202, 91203, 91206, 91207, 91208, 91210,91214, 91331, 91352, 91501, 91502, 91504,91505, 91506, 91601, 91602, 91605, 91606, 91608

Fee Structure: Free with Medi-cal, accept medi/medi, have share of cost programming.

Referral Process: please call (562) 283-8822. Joining program can take 2- 6 weeks. If needing medi-cal application completed we will help complete the application and gain approval, please add 30-60 days for medi-cal application process.

Caregiver Resources

Alzheimer's Los Angeles

4221 Wilshire Blvd, Ste 400, Los Angeles, CA 90010

Phone: (844) 435-7259

www.alzheimersla.org

Resources/referrals, emotional support, counseling, education and respite for people with dementia and their families/ caregivers

Groups Served: Individuals with dementia, most often over 65 years old, and their families/caregivers including individuals with I/DD and their families

Language(s): English, Spanish

Catchment Area: All of Los Angeles County

Fee Structure: free

Referral Process: Can call our Helpline at (844) 435-7259 or e-mail us the ALZ Direct Connect referral form (request form at help@alz.org or from our Helpline)

Alzheimer's Association – Southland Chapter

9606 South Santa Monica Blvd. 2nd floor, Los Angeles, CA 90210

Phone: (323) 309-8821

www.alz.org/socal

We provide services & support such as a 24/7 Helpline, education programs, support groups, early stage social engagement programs, care consultation, online tools and information and referral services.

Groups Served: Individuals living with Alzheimer's or related dementia, family members caring for someone living with ADRD, general community seeking information on ADRD and professionals including individuals with I/DD and their families.

Language(s): 24/7 Helpline (800) 272-3900 in over 200 languages served

Catchment Area: LA County including other counties such as San Bernardino, Riverside, Kern, Kings, Tulare and Inyo Counties

Fee Structure: no cost care and support program

Referral Process: 24/7 Helpline (800) 272-3900

RESOURCES

Caregiver Resources (Continued)

In-Home Supportive Services Program (IHSS)

(888) 944-4477 (Toll-Free)
(213) 744-4477 (Application Line)
dpss.lacounty.gov/dpss/ihss/

The IHSS Program will help pay for caregiver services.

In-Home Supportive Services - Personal Assistance Services Council (PASC)

(877) 565-4477
www.pascla.org

A back-up attendant program for temporary, replacement home-care workers.

Leeza's Care Connection

501 S. Buena Vista Blvd. South Tower, Burbank, CA 91505
Phone: (818) 847-3686
<https://leezascareconnection.org/>

Resources Center, Support Groups for family caregivers and educational programming. Free support groups for family caregivers coping with Alzheimer's or Dementia. Also, we are a Resource center, provide resources, literature and vetted sources to anyone that inquires.

Groups Served: Ages Served including the disabled population. Our current population we service is anywhere between 25-75.

Language(s): English

Catchment Area: Los Angeles County

Fee Structure: free

Referral Process: You may refer to the website and specify to call our Burbank office (818) 847-3686. Prior to joining our support groups a prospective new caregiver is met via telephone with our coordinator.

Tierra del Sol Foundation – Julie Snyder

9919 Sunland Blvd., Sunland, CA 91040
Phone: (818) 415-2331
Fax: (818) 353-0777
jsnyder@tierradelsol.org

Late life planning for families and Individuals with IDD – Person Centered planning- Aging services resources and quality assurance.

Groups Served: All ages served for individuals with IDD and or their families

Language(s): English, Spanish

Catchment Area: Los Angeles County and can provide services from anywhere via phone and virtually

Fee Structure: To be determined on an individualized basis

Referral Process: Make initial contact at (818) 415-2331

USC Family Caregiver Support Center

3715 McClintock Ave., Los Angeles, CA 90089
Phone: (800) 540-4442
Fax: (213) 821-2920
www.fcscgero.org

Caregiver support services: information & referral, support groups, education, training, respite

Groups Served: nonprofessional family caregivers

Language(s): English, Spanish, other languages available through translation/interpretation

Catchment Area: Los Angeles County

Fee Structure: free or low cost

Referral Process: Visit www.fcscgero.org to fill out a CareNav information form. Our intake specialist will contact you for further information and follow-up.

Family Caregiver Support Program (FCSP)

The purpose of the program is to help minimize the negative emotional, physical, and financial consequences of unpaid family caregiving. The following services categories are provided under FCSP:

- Information – Public & Community Education Activities
- Access Assistance – Caregivers are provided with one-on-one guidance by an attorney or with an individual under the supervision of an attorney
- Support Services includes case management, counseling, support groups and training
- Respite Services include In-Home Supervision, Homemaker Assistance, Personal Care, Out-of Home Care
- Supplemental Services includes assistive devices, Home
- Adaptation, Registry to match qualified self-employed homemaker or respite care workers will be matched with family caregivers who are willing to utilize their personal resources to pay for assistance
- Caregiving Emergency Cash/Material Aid

Groups Served: unpaid caregivers caring for an older relative or for older relatives caring for younger family members or the disabled.

Language(s): English/Spanish

Catchment Area: Los Angeles County

Fee Structure: free

FCSP Program Providers: Santa Clarita Valley (COA)

22900 Market St., Newhall, CA 91321
(661) 259-9444

RESOURCES

Caregiver Resources *(Continued)*

USC/LA Caregiver Center

3715 Mc Clintock Ave., Los Angeles, CA 90089
(855) 872-6060 or (800) 540.4442

USC/LA Caregiver Resource Center (Rosemead)

4807 Earle Ave., Rosemead, CA 91770
(855) 872-6060 or (800) 540-4442

Case Management

County of Los Angeles – Integrated Care Management (ICM) Linkages Program

Phone: (800) 510-2020

Linkages Program provides comprehensive care management that serves and links older individuals with a full range of appropriate services. The goal of the program is to prevent premature or inappropriate institutionalization of at risk individuals by promoting and maintaining independent living for frail older adults, adults with disabilities and residents of residential care facilities who are scheduled to be discharged within 30 to 60 days from the date of referral.

Services Provided include: *Intake Screening, In-Home Assessment, Annual Reassessment, Care Planning, Informal Support Services, Arranged Services, Purchase of Services, Case Monitoring/Follow-Up

Groups Served: Older Adults 60 & Disabled Adults 18+

Language(s): Various Languages Available

Catchment Area: Los Angeles County

Fee Structure: free

Linkages Program Providers:

Human Services Association - Supervisorial District 1

6800 Florence Avenue, Bell Gardens, CA. 90201
(562) 806-5400

Special Services for Groups- Supervisorial District 2

605 W. Olympic Blvd. #600, Los Angeles, CA 90015
(213) 553-1884

WISE & Healthy Aging – Supervisorial District 3

1527 4th St. 2nd Floor, Santa Monica, CA 90401
(310) 394-9871

Southeast Area Social Services Funding Agency (SASSFA) – Supervisorial District 4

10400 Pioneer Blvd. Ste. 9, Santa Fr Springs, CA 90670
(562) 699-3231

Santa Clarita Valley Committee on Aging (SCVCOA) – Supervisorial District 5

27180 Golden Valley Road, Santa Clarita, CA 91350
(661) 259-9444

Cemetery/Funeral Services

Armstrong Family Malloy-Mitten Mortuary

31 Venice Blvd. Los Angeles, CA 90015
Phone: (213) 747-9121 (800) 286-6789
Fax: (213) 748-6156
www.armstrongmortuary.com

Funeral services and low-cost cremation services

Language(s): English, Spanish

Catchment Area: All of Los Angeles County

Fee Structure: set fee. Direct Cremation: \$710
Traditional Funeral Services starting at \$2200

McKenzie Cremation & Burial Inc.

3843 E. Anaheim Street, Long Beach, CA 90804
Phone: (562) 961-9301
Fax: (562) 961-9302
www.mckenziemortuary.com

Complete funeral arrangements including pre-need

Language(s): English, Spanish

Catchment Area: All of Los Angeles County

Fee Structure: free, sliding scale, set fee

Referral Process: Phone Call, or visit our website

City of Santa Monica Woodlawn Cemetery, Mausoleum & Mortuary (FD #2101)

1847 14th Street, Santa Monica, CA 90404
Phone: (310) 458-8717 (on-call - 24/7)
www.woodlawns.com | woodlawn.cemetery@smgov.net

Helping families honor, remember, and celebrate life.

- Traditional Burial
- Green/Natural Burial
- Cremation
- Funeral Planning & Mortuary Services

RESOURCES

Counseling/Support Groups

Alzheimer's Los Angeles

4221 Wilshire Blvd, Ste 400, Los Angeles, CA 90010
Phone: (844) 435-7259
www.alzheimersla.org

Resources/referrals, emotional support, counseling, education and respite for people with dementia and their families/caregivers

Groups Served: Individuals with dementia, most often over 65 years old, and their families/caregivers including individuals with I/DD and their families

Language(s): English, Spanish

Catchment Area: All of Los Angeles County

Fee Structure: free, sliding scale, set fee: Free

Referral Process: Can call our Helpline at (844) 435-7259 or email us the ALZ Direct

Connect referral form (request form at help@alz.org or from our Helpline)

NEW SUPPORT GROUP – STARTING IN EARLY 2022

Groups Served: Family Caregivers/Siblings caring for an adult with I/DD & ADRD (Alzheimer's Disease & Related Disorders)

Referral Process: Call Alzheimer's LA Helpline: (844) 435-7259

Fee Structure: free

Alzheimer's Association – Southland Chapter

9606 South Santa Monica Blvd. 2nd floor, Los Angeles, CA 90210
Phone: (323) 309-8821
www.alz.org/socal

We provide services & support such as a 24/7 Helpline, education programs, support groups, early stage social engagement programs, care consultation, online tools and information and referral services.

Groups Served: Individuals living with Alzheimer's or related dementia, family members caring for someone living with ADRD, general community seeking information on ADRD and professionals including individuals with I/DD and their families.

Language(s): 24/7 Helpline (800) 272-3900 in over 200 languages served

Catchment Area: LA County including other counties such as San Bernardino, Riverside, Kern, Kings, Tulare and Inyo Counties

Fee Structure: no cost care and support program

Referral Process: 24/7 Helpline (800) 272-3900

Down Syndrome Association of Los Angeles (DSALA)

PO Box 2535 North Hills, CA
Phone: (818) 786-0001
Fax: (818) 786-0004
www.dsala.org

At the DSALA, we support families at all stages of life through support groups, peer mentoring, and other social programs to connect families to the Down syndrome community and service providers. The DSALA brings families together to learn, share and support each other throughout this lifelong journey.

Groups Served: Ages Served including the disabled population

Language(s): English, Spanish

Catchment Area: Los Angeles County

Fee Structure: free, sliding scale, set fee: Free

Referral Process: Email: info@dsala.org. Call (818) 786-0001. Fax (818) 786-0004

Jewish Family Service LA/HaMercaz Program

8838 W. Pico Blvd. Los Angeles, CA 90035
Phone: (866) 287-8030
www.hamercarz.org

One-stop education and support resource program for families and individuals with diverse abilities and special needs. Program offers ongoing assistance, advocacy and support for individuals, families and children, support groups and counseling, parent and professional workshops and trainings.

Groups Served: Adults with disabilities

Language(s): English, Spanish, Russian and Farsi

Catchment Area: Los Angeles County

Fee Structure: free

Referral Process: Contact (866) 287-8030 or email hamercarz@jfsla.org

Leeza's Care Connection

501 S Buena Vista Blvd. South Tower, Burbank, CA 91505
Phone: (818) 847-3686
<https://leezascareconnection.org/>

Resources Center, Support Groups for family caregivers and educational programming. Free support groups for family caregivers coping with Alzheimer's or Dementia. Also, we are a Resource center, provide resources, literature and vetted resources to anyone that inquires.

Groups Served: Ages Served including the disabled population. Our current population we service is anywhere between 25-75.

Language(s): English

Catchment Area: Los Angeles County

Fee Structure: free

Referral Process: You may refer to our website and specify to call our Burbank office (818) 847-3686. Prior to joining our support groups a prospective new caregiver is met via telephone with our coordinator.

RESOURCES

Counseling/Support Groups *(continued)*

OPICA Adult Day Program & Counseling Center Inc.

11759 Missouri Ave., Los Angeles, CA 90025

Phone: (310) 478-0226

Fax: (310) 478-2026

www.opica.org

The Counseling Center provides individual & family counseling for people struggling with memory loss and the families that care for them which includes caregivers of those with I/DD

Groups Served: All ages

Language(s): English, Spanish

Catchment Area: Eastern Boundary: 110 Freeway, Western Boundary: Pacific Ocean, Northern Boundary: San Fernando Valley, Southern Boundary: South Bay

Fee Structure: Sliding scale

Referral Process: Contact Anne Galbraith, LMFT at (310) 478-0226 or email: anne@opica.org

USC Family Caregiver Support Center

3715 McClintock Ave., Los Angeles, CA 90089

Phone: (800) 540-4442

Fax: (213) 821-2920

www.fcscgero.org

Caregiver support services: information & referral, support groups, education, training, respite

Groups Served: nonprofessional family caregivers

Language(s): English, Spanish, other languages available through translation/interpretation line

Catchment Area: Los Angeles County

Fee Structure: free or low cost

Referral Process: Visit www.fcscgero.org to fill out a CareNav information form.

Our intake specialist will contact you for further information and follow-up.

WISE & Healthy Aging – Peer Counseling and Support Groups

1527 4th Street, 2nd floor, Santa Monica, CA 90401

Phone: (310) 394-9817

Fax: (424) 214-6140

www.wiseandhealthyaging.org/peer-counseling

Our paraprofessional peer counselors provide individual counseling at out office in Santa Monica or at a client's residence. They also facilitate support groups to provide older adults with social interaction & emotional support. The peer counselors are volunteers, ages 55 + who receive extensive training & ongoing supervision with a mental health professional. We offer a variety of support groups focused on areas ranging from men's issues, women's issues, caregiver issues, bereavement support and workshops on special topics.

Groups Served: Open to participants aged 55 and older including caregivers of those with I/DD

Language(s): English, Spanish

Catchment Area: No specific geographical boundaries

Fee Structure: Sliding fee schedule

Referral Process: For information about Peer Counseling & out Support Groups please call (310) 394-9871 ext.373

Diagnostic Services

Linda D. Nelson, Ph.D., ABPN, Inc.

1137 Second Street, Suite 204, Santa Monica, CA 90403

Phone: (310) 458-4581

Fax: (714) 893-8104

<http://laneuropsych.com/>

Telehealth psychotherapy; on-site psychological and neuropsychological assessments of adults and people with developmental and intellectual disabilities.

Groups Served: Ages Served including the disabled population 18+

Language(s): English, non-verbal also available

Catchment Area: Greater Los Angeles County; surrounding areas within 20 miles of Downtown LA

Fee Structure: Anthem Blue Cross, Blue Shield, Medicare and secondary

Referral Process: call 310-458.4581

RESOURCES

Diagnostic Services *(continued)*

UC Irvine Down Syndrome Program

UCI Medical Center Department of Pediatrics
101 The City Drive, ZC 4482 Orange, CA 92868
Phone: (714) 456-8443
Fax: (714) 456-8466
<https://www.mind.uci.edu/research-studies/down-syndrome-program/>

Our programs clinical services include both pediatric and adult primary care clinics as well as the medical specialties of behavioral health and neurology/memory care. We provide innovative research opportunities that are primarily focused on the links between Down syndrome and Alzheimer's disease, a condition that is much more common in people with Down syndrome and affects them at much younger ages than what is seen in the general population.

Groups Served: Individuals with Down syndrome of any age and their families

Language(s): English, Spanish with interpreters available for many other languages

Catchment Area: Southern California and Beyond

Fee Structure: For clinical visits both public and private insurances accepted. Participation in research is free

Referral Process: For information about our clinical and research program please contact our program staff through phone, fax or our email downsyndrome@uci.edu

Disabled Resource Centers/ Independent Living Centers In Los Angeles County

Phone: see listing of all DRC/ILC for individual phone numbers
Provides assistance to disabled consumers to more independently, through peer counseling, employment assistance, assistive technology assistance, loan programs for AT, Benefit Education, assistance with completing applications for Covered California, Housing Services, Cal Fresh, etc. Mobility Management Training/travel training, Personal Assistance Services, Information & Referral (I & R)

Groups Served: People with disabilities/older adults.

Language(s): English, Spanish (contact with the specific DRC/ILC in your area for other languages spoken)

Catchment Area: 6 DRC's/ILC's are located in Los Angeles County

Fee Structure: All Services & Programs are free

Referral Process: Self referral or referral from Social Service organization

Listing of DRC/ILC in LA County:

Communities Actively Living Independently & Free

634 So. Spring Street St, 2nd floor Los Angeles, CA 90014
Phone: (213) 627-2477 TTY: (213) 623-9502
E mail: info@calif-ilc.org
Service area: 50 zip codes in LA County covering South and Central LA & neighboring communities.

Disability Community Resource Center (DCRC)

Address: 12901 Venice Blvd. Los Angeles, CA 90066
Phone: (310) 390-3611 or (888) 851-9245
Website: <http://www.dcrc.co>

Other Locations:

- WISE & Healthy Aging (310) 394-9871 Santa Monica
- Bartlett Senior Center (310) 390-3611 South Bay
- West Hollywood Office (310) 390-3611 Ext. 227

Catchment Area: Baldwin Hills, Beverly Hills, Brentwood, Century City, Cheviot Hills, Culver City, Fox Hills, Harbor City, Hawthorne, Hermosa Beach Inglewood, Ladera Heights, Lawndale, Lomita, Manhattan Beach, Mar Vista Palms, Palos Verdes, Playa del Rey, Redondo Beach, Santa Monica, San Pedro, Torrance, Westchester, West Hollywood, West LA and Westwood

Disabled Resources Center (DRC)

Address: 2750 East Spring St. Long Beach, CA 90806
Phone: (562) 427-1000
Email: info@drcinc.org
Website: <http://www.drcinc.org>

Catchment Area: Serves the cities of Artesia, Avalon, Cypress, Hawaiian Gardens, Lakewood, La Palma, Seal Beach, Signal Hill & all 52 zip codes in Long Beach
14407 Gilmore #101 Van Nuys, CA 91401
(818) 785.6934 or (800) 524.5272
TTY: (818) 785-7097

RESOURCES

Disabled Resource Centers/Independent Living Centers in Los Angeles County *(continued)*

Independent Living Center of Southern California Main Office

Address: 14407 Gilmore St. #101, Van Nuys, CA 91401

Phone: (818) 785-6034 or (800) 524-5272

TTY: (818) 785-7097

E mail: ilcsc@ilcsc.org

Website: <http://www.ilcsc.org>

Other locations:

- Training House Job Placement
Phone: (818) 908-1199, TYY: (818) 908-8574
- Darrell McDaniel Service Office
(818) 988-9525, (877) 452-4227 or TYY: (818) 988-3533
- Lancaster Service Office
(661) 942-9727, TYY: (661) 723-2509

Catchment Area: Glendale, Burbank San Fernando Valley, Santa Clarita, Lancaster, Northern LA County

Service Center for Independent Living (SCIL)

Address: 107 S. Spring St. Claremont, CA 91711

Phone: (909) 621-6722

Website: <https://www.scil-ilc.org>

Catchment Area: Claremont, Pomona (call for other areas served)

Southern California Resource Services (SCRS) Main Office

7830 Quill Dr. Suite D, Downey, CA 90242

Phone: (562) 862-653

Website: <http://www.scrc-ilc.org>

Other locations:

- Pasadena Office: (626) 587-5010
- Arcadia Office: (310) 617-7035
- Downey Office: (562) 862-6531

Catchment Area: San Gabriel Valley

Falls Prevention/Home Safety

We All Fall

Phone: (310) 974-3074

Fax: (310) 861-8228

www.weallfall.com

Groups Served: Adults including the disabled population

Languages: English

Catchment Area: City of LA for in person and County of LA for virtual evaluations

Fee Structure: Sliding fee

Referral Process: Call or E mail

University of Southern California - Fall Prevention Center of Excellence

Phone: 213-740-1364

homemods@usc.edu

Dedicated to promoting aging in place and independent living for persons of all ages & abilities. The center offers training and technical assistance opportunities for professionals who wish to respond to the increasing demand for home modification services and address fall prevention in the home environment. FPCE also serves as an information clearinghouse for consumers for information on resources available in the community.

Groups Served: Consumers & Professionals

Languages: English/Spanish – other languages available

Catchment Area: LA County

Fee Structure: free

Referral Process: Call for more information

Financial/Legal

Adult Protective Services (APS)

3333 Wilshire Blvd., 4th Floor, Los Angeles, CA 90010
(213) 351-5401

Bet Tzedek Legal Services

3250 Wilshire Blvd., 13th Floor, Los Angeles, CA 90010

Phone: (323) 939-0506

Fax: (213) 471-4569

www.bettzedek.org

Conservatorships, Power of Attorney, Elder and Dependent Adult Restraining Orders

Groups Served: Adults (18+)

Language(s): All

Catchment Area: Los Angeles County

Fee Structure: free

Referral Process: Call (323) 939-0506 for phone intake, Conservatorship Clinic: (323) 549-5863 Or clinic@bettzedek.org

RESOURCES

Financial/Legal *(continued)*

Center for Health Care Rights

520 S. Lafayette Park Place, Suite 214 Los Angeles, CA 90057
Phone: (213) 383-4519 or Toll-free (800) 824-0780
Fax: (213) 383-4598
www.healthcarerights.org

The Center for Health Care Rights is a nonprofit health care advocacy organization dedicated to providing free education, counseling, informal advocacy, and legal services to Medicare beneficiaries in Los Angeles County. The Center for Health Care Rights, also known as the Health Insurance Counseling and Advocacy Program (HICAP), operates a toll-free telephone hotline that provides easy access to one-on-one counseling services on Medicare, Medi-Cal and other health care topics. Volunteer counselors also provide in-person counseling services at sites across Los Angeles County.

Groups Served: Medicare beneficiaries of any age, including those 65+ and those under 65 who are disabled.

Language(s): English, Spanish and translation service for all other languages

Catchment Area: Los Angeles County

Fee Structure: free

Referral Process: Call to set up a free appointment to speak with one of our counselors Monday – Friday 9am-5:30pm

Disability Rights California

350 S Bixel Street, Suite 290, Los Angeles, CA 90017
Phone: (800) 776-5746
Fax: (916) 678-5385
www.disabilityrightsca.org

DRC is California's protection and advocacy system. We help people with disabilities utilizing different strategies. One strategy is legal advice or representation, another one is impact litigation. We teach individuals how to self-advocate. We provide outreach and educate the community. We investigate abuse and neglect as well as develop public policy.

Our focus is on advancing their legal rights. Another focus is to assist our consumers live integrated, meaningful and self-directed lives. DRC provides the support they need to improve the quality of life for our consumers. DRC provides equal opportunity for our consumers

One of DRC's programs is called the Office of Payee and Beneficiary Assistance (OPRABA). OPRABA reviews representative payees to ensure that they are serving Social Security beneficiaries appropriately.

Groups Served: Ages Served including the disabled population
Language(s): English, American Sign Language, Spanish, Chinese, Tagalog, Korean, Armenian, Vietnamese, Farsi, Japanese, and Russian.

Catchment Area: People with disabilities throughout California.

Fee Structure: Free

Referral Process: Call the intake line, (800) 776-5746, or email INTAKEPGCAL@disabilityrightsca.org

JLA Special Needs Trust & Services

6505 Wilshire Blvd, Suite 450, LA 90048
Phone: (310) 773-9728
Fax: (310) 943-3535
www.jlatrust.org

Affordable pooled special needs trusts, both 1st and 3rd party

Groups Served: All ages

Language(s): English, Spanish

Catchment Area: Los Angeles County

Fee Structure: Based on total assets that will be placed into the special needs trust

Referral Process: Call main office number or email mwolf@jlatrust.org

Linda L. Chappel & Associates, Inc.

P.O. Box 3362 Crestline, CA 92345
Phone: (909) 338-9611
Fax: (909) 338-0859

SSI/SSDI benefits appeals and new applications.

Groups Served: Everyone

Language(s): English, Spanish

Catchment Area: Los Angeles County

Fee Structure: If the claim progresses past the level of the first hearing, claimant agrees to pay a fee of 25% of past due benefits not to exceed \$6000, even if that amount is greater than the amount set forth in 42 U.S.C. 406(a)(2). In that event, Organization would be required to submit a petition for fees to the Social Security Administration and/or Federal Court, and a copy of same will be sent to client.

If the claimant is awarded benefits, and there are no past-due benefits available, Organization may file a fee petition for services provided. Representatives cannot collect a fee unless it is approved by the Social Security Administration. Representatives may charge for any out-of-pocket medical records expense.

Referral Process: Contact office for new client intake

RESOURCES

Health Care

UC Irvine Down Syndrome Program

UCI Medical Center Department of Pediatrics
101 The City Drive, ZC 4482 Orange, CA 92868
Phone: (714) 456-8443
Fax: (714) 456-8466

<https://www.mind.uci.edu/research-studies/down-syndrome-program/>
Our programs clinical services include both pediatric and adult primary care clinics as well as the medical specialties of behavioral health and neurology/memory care. We provide innovative research people with Down syndrome and affects them at much younger ages than what is seen in the general population.

Groups Served: Individuals with Down syndrome of any age and their families

Language(s): English, Spanish with interpreters available for many other languages

Catchment Area: Southern California and Beyond

Fee Structure: For clinical visits both public and private insurances accepted. Participation in research is free.

Referral Process: For information about our clinical and research program please contact our program staff through phone, fax or our email downsyndrome@uci.edu

The Achievable Foundation

5901 Green Valley Circle Ste 405 Culver City, CA 90230
Phone: 424-266-7474
Fax: (310) 596-8268
<https://achievable.org/>

Primary health care and mental health services.

Groups Served: Birth and up with a special focus of seeing people with intellectual and developmental disabilities

Language(s): Staff - English/Spanish, translation for other languages available

Catchment Area: Boundary of West to the beach, East just adjacent to the Vermont corridor, South to Hawthorne, and North to Palms

Fee Structure: Medi-cal, Medicare, Global Care IPA, Prospect IPA. Have an insurance &; enrollment coordinator on site to assist with insurance.

Referral Process: Contact 424-266-7474 for an appointment to be seen by a general provider. General provider (doctor, nurse practitioner) then refers to a specialist in insurance network if necessary.

R.O.A.D.S. Community Clinic-Colleen Dinsmore Mock Health Center

4800 E. Los Coyotes Diagonal Long Beach, CA 90815
Phone: (562) 561-313
roadsfoundation.org/R-O-A-D-S-clinic-longbeach

Primary Care; Mental Health Services; Pediatrics other services offered at the Compton Clinic are Dental, Podiatry and an Activity Center. Ms. Mock worked at Harbor Regional Center for many years. This clinic carries her legacy to help the I/DD population who are also suffering from a Mental Illness

Groups Served: All ages served including individuals with I/DD or those with a Dual Diagnosis

Language(s): English, Spanish

Catchment Area: Los Angeles County

Fee Structure: Medicare/MediCal, Medi/Cal; Covered California; Discounted Sliding Scale; no one will be denied access to services if they do not have insurance.

Referral Process: Call for an appointment or to ask questions about the clinic opportunities that are primarily focused on the links between Down syndrome and Alzheimer's disease, a condition that is much more common in

Hospice/Palliative Care

Providence TrinityCare Hospice and Palliative Care

5315 Torrance Blvd, Ste B1, Torrance, CA 90503
Phone: (800) 829-8660
Fax: (424) 322-2857
www.providence.org/locations/trinitycare-hospice-torrance

Our hospice care services provide comforting and empowering support to patients and families coping with end-of-life care, extending from medical and care support to grief counseling and bereavement services for family and friends. The palliative care services help patients cope with temporary pain that is a part of a treatment process, as well as helping patients and their families keep pain from interfering with a patient's quality of life as they near the end of their journey.

Groups Served: all ages including the disabled population

Language Capability: Translation services provided for all language needs

Catchment Area: All of Los Angeles and Orange Counties

RESOURCES

Hospice/Palliative Care *(continued)*

Providence TrinityCare Hospice and Palliative Care *(continued)*

Fee Structure: Services provided by our network will be billed to your insurance. We will obtain necessary authorizations from your insurance and physicians to determine hospice care coverage eligibility. We will provide you with a financial responsibility letter outlining your insurance benefits and cost specific to the services rendered by our agency. This will help you make an informed decision about your care. For patients with Medicare, Medi-Cal and or Private Insurance, we will bill your insurance directly. Patient responsibility, identified by your insurance carrier, will be billed to you on a monthly basis. For patients that do not have insurance coverage, we will bill you or your guarantor directly for the services rendered. As the patient, you are ultimately responsible for payment for the services rendered. If you are concerned about financial burden, Providence TrinityCare can work with you directly. We have a Foundation program that can assist qualifying patients.

Referral Process: You can call Providence TrinityCare at 800-829-8660 and our Admissions

Department will be able to arrange for a physician order. Our staff will make an appointment to visit the patient, complete an assessment, sign consents and develop a plan of care.

Skirball Hospice-Los Angeles Jewish Home

Address: 6345 Balboa Blvd. Suite 315 Encino, CA 91316

Phone: (818) 774-3040

Fax: (818) 774-3089

www.skirballhospice.org

Skirball Hospice develops a personalized plan of care to meet an individual's specific needs. Dedicated staff members work closely as an integrated team that includes: physicians; nurses; chaplains; medical social workers, and certified home health aides. Skirball Hospice believes everyone should come to the end of life free of pain and in loving comfort, combining the power of choice with peace and dignity.

Groups Served: 18 & Up

Language(s): English, Spanish, Tagalog, Russian, Farsi, Korean and Yiddish

Catchment Area: San Fernando Valley & Westside cities south as far as Playa Vista

Fee Structure: Set fee based on Medicare rates

Referral Process: Admission to hospice is voluntary. The process is started by inquiry or a referral from a physician, which an individual or family can request. After an inquiry or a referral is received, the individual or family member will be contacted promptly to schedule a virtual or in person visit to discuss specific needs. When someone chooses to elect hospice services, they

sign a required consent form. An individual can withdraw from hospice care at any time by signing a revocation form. Actual admission will be completed by a registered nurse, who will perform a complete medical assessment, confer with the hospice physician, and arrange for delivery of any needed medications and supplies.

A dedicated team of professionals oversee and coordinate care. Members of the team will begin visits to become familiar with the individual's specific needs and to establish a specific care plan. The team works in close coordination with the individual—and each other—to meet all care needs.

In-Home Care

24 Hour Home Care

200 N Sepulveda Blvd Suite 300, El Segundo, CA 90245

Phone: (310) 258-9525

www.24hrcares.com

Non-Medical Caregiving Services – Personal Care, Meal Preparation, Medication Management, Light Housekeeping, Fall Prevention, Transportation, Companionship

Groups Served: Aging adults 55+ & individuals with I/DD

Language(s): English, Spanish

Catchment Area: Los Angeles County (Malibu area accepted on a case-by-case basis)

Fee Structure: Hourly Rate – Sliding Scale based on Geographic Location

24 Hour Home Care *(continued)*

Referral Process: Calling 24 Hour Home Care to set up a formal consultation either by phone or in-person. During the consultation, services will be discussed, and a customized care plan will be developed. From there, pending signatures and a form of payment – We will initiate caregiving services based upon the agreed schedule.

Cambrian Homecare

Phone: (877) 422-2270

Fax: (562) 498-1829

www.cambrianhomecare.com

Respite care services for developmentally disabled individuals. Senior care services assist Activities of Daily Living, medication, meal preparation according to the recommended diet and client safety. Services include personal care assistance, social interaction, and behavioral activities. Cambrian is a service provider with the Regional Center system throughout Los Angeles County. Los Angeles County.

RESOURCES

In-Home Care *(continued)*

Cambrian Homecare *(continued)*

Groups Served: Everyone

Language(s): English, Spanish, Farsi

Catchment Area: Los Angeles County

Fee Structure: set fee

Referral Process: Call (877) 422-2270 to speak with the Intake department. The intake department will assist with providing an understanding of the services available and answer questions. Care Managers are available to provide an assessment

ComForCareHome Care

20121 Ventura Blvd, Suite #210, Woodland Hills, CA 91364

Phone: (818) 714-2299

www.sanfernandovalley.comforcare.com

Non-medical home care offering companionship, fall risk prevention, personal care, transportation, medication reminders

Groups Served: Adults including those with I/DD

Language(s): English, Spanish, Tagalog

Catchment Area: LA County

Fee Structure: hourly, minimum 4 hr shifts, no daily minimum, no contracts. Regional Center Vendor

Referral Process: call direct to the main office number

PASC – Personal Assistance Council – the public authority for IHSS in LA County

3452 E. Foothill Blvd Suite 900, Pasadena, CA 91107

Phone: 877-565-4477

info@pascla.org

PASC Homecare Registry provides a free process through which IHSS consumers in need of assistance and IHSS provider applicants in need of employment can be referred to each other & then decide themselves whether they wish to form an employment relationship. PASC also provides assistance on interviewing, hire and supervise homecare providers.

Groups Served: Adults including those with I/DD – Must have or be eligible for IHSS

Language(s): English/Spanish & other languages

Catchment Area: LA County

Fee Structure: based upon the reimbursement rates for IHSS – all other PASC services are free

Referral Process: call for information & to register

Information & Referral

USC Family Caregiver Support Center

3715 McClintock Ave., Los Angeles, CA 90089

Phone: (800) 540-4442

Fax: (213) 821-2920

www.fcscgero.org

Caregiver support services: information & referral, support groups, education, training, respite

Groups Served: nonprofessional family caregivers

Language(s): English, Spanish, other languages available through translation/interpretation line

Catchment Area: Los Angeles County

Fee Structure: free or low cost

Referral Process: Visit www.fcscgero.org to fill out a CareNav information form.

Our intake specialist will contact you for further information and follow-up.

Alzheimer's Los Angeles

4221 Wilshire Blvd, Ste 400, Los Angeles, CA 90010

Phone: (844) 435-7259

www.alzheimersla.org

Resources/referrals, emotional support, counseling, education and respite for people with dementia and their families/caregivers

Groups Served: Individuals with dementia, most often over 65 years old, and their families/caregivers including individuals with I/DD and their families

Language(s): English, Spanish

Catchment Area: All of Los Angeles County

Fee Structure: free, sliding scale, set fee: Free

Referral Process: Can call our Helpline at 844-435-7259 or e-mail us the ALZ Direct Connect referral form (request form at help@alz.org or from our Helpline)

Alzheimer's Association – Southland Chapter

9606 South Santa Monica Blvd. 2nd floor, Los Angeles, CA 90210

Phone: 323-309-8821

www.alz.org/socal

We provide services & support such as a 24/7 Helpline, education programs, support groups, early stage social engagement programs, care consultation, online tools and information and referral services.

RESOURCES

Alzheimer's Association – Southland Chapter *(continued)*

Groups Served: Individuals living with Alzheimer's or related dementia, family members caring for someone living with ADRD, general community seeking information on ADRD and professionals including individuals with I/DD and their families.

Language(s): 24/7 Helpline 800-272-3900 in over 200 languages served

Catchment Area: LA County including other counties such as San Bernardino, Riverside, Kern, Kings, Tulare and Inyo Counties

Fee Structure: no cost care and support program

Referral Process: 24/7 Helpline 800-272-3900

Libraries

Los Angeles Public Library

Address: APL has 73 branches across the city

Phone: (213) 228-7272 (Main #)

LAPL.org Location/Hours on the website will list all of the branch names and locations

Section of LAPL's website for older adults - lapl.org/seniors
Street Fleet- mobile library service. Must complete a form online to request the van for outreach events, visitation at Senior Centers/Assisted Living facilities - lapl.org/street-fleet
Virtual/in-person programs at branch libraries, including financial literacy, book and movie discussion groups, arts & crafts, exercise opportunities, self-care such as meditation, and much more. All branches are ADA compliant which includes computers for disabled individuals, large print books.

To request special ADA accommodations to attend an in-person or virtual event, call 213-228-7430 at least 72 hours before the event.

Groups Served: All Ages

Language(s): All Main Languages Spoken in Los Angeles

Catchment Area: The City of Los Angeles

Fee Structure: free

Referral Process: Certain Services such as Street Fleet or the rest for accommodation require advanced notice

Los Angeles Library Urban Outreach Bookmobile

Phone: 626-338.8373

<https://lacountylibrary.org/urban-outreach-bookmobile/>

Groups Served: all ages & Disabilities

Language(s): English and Spanish

Catchment Area: All of LA County including the cities and unincorporated areas of LA County: East Los Angeles, La Puente, Montebello, Pomona, Rowland Heights, Azusa and Whittier

Fee Structure: free

Torrance Public Library

Phone: Katy Geissert Civic Center Library- (310) 618-5959

Word on Wheels- (310) 618-5950:

<https://www.library.torranceca.gov/>

The Torrance Public Library provides materials and services for individuals with sensory, physical or mobility disabilities. The Words on Wheels (W.O.W.) program makes many materials available via the library's home delivery program for those unable to physically visit or effectively use the library. The library also offers large print books, audio books on CD, and Playaway, and many DVDs with closed captions. eBooks and audiobooks and Book Group Kits are available to promote social engagement

Groups Served: All Ages Served

Language(s): English, Spanish & other languages spoken in Los Angeles

Catchment Area: South Bay Area of Los Angeles County and surrounding areas

Fee Structure: free

Managed Health Care

L.A. Care Health Plan

Address: 1055 W. 7th St. Los Angeles, CA, 90017

Phone: (213) 694-1250

www.lacare.org

For L.A. Care Health Plan members, the Managed Long-Term Services and Supports (MLTSS) are services that help people at home and in their community. MLTSS is made up of seven service areas including:

In-Home Supportive Services (IHSS) are personal care services for people who need help to live safely in their homes. If you currently get IHSS, you do not have to change your IHSS providers, and you can still hire, fire, and manage your providers. There will be no change in how your provider is paid.

Community-Based Adult Services (CBAS) is daytime health care at centers that provide nursing, therapy, activities and meals for people with certain chronic health conditions. If you get CBAS, nothing will change.

Multipurpose Senior Services Program (MSSP) provides social and health care coordination services for people ages 65 and older. If you currently get MSSP, you do not have to change your MSSP provider.

RESOURCES

Managed Health Care *(continued)*

L.A. Care Health Plan *(continued)*

Nursing home care: Long-Term Care (LTC) Nursing Facility services are available if you get care in a nursing home, your health plan will work with your doctor and nursing home to better coordinate your care. If you are currently in a nursing home, you do not have to change your nursing home.

Access to community services:

MLTSS staff can help find the right community programs for you. Examples include: Help with food, utility discounts and transportation.

For both L.A. Care members and non-members, L.A. Care, in partnership with Blue Shield of California Promise Health Plan, has eight Community Resource Centers across LA County that offer a variety of health care and community resources, including free food pantries, free wifi for telehealth services, linkage to assistance programs, Medi-Cal enrollment support, fitness and exercise classes, health education classes, nutrition and healthy cooking classes, and classes for kids and family. *

L.A. Care also offers L.A. Care Community Link that helps connect members and non-members with community agencies for assistance with housing, food, bills, and lots more. A quick online survey helps us identify your needs so we can connect you with community and social service programs in addition to the health services you get.

Groups Served: L.A. Care's MLTSS serves members age 65 and older including the disabled who qualify for the services.

L.A. Care's CBAS serves members age 18 and older including the disabled who qualify for services.

L.A. Care's Community Resource Centers are open to the entire community, regardless of age.

L.A. Care Community Link is accessible to the entire community, regardless of age.

Language(s): English, Armenian, Spanish, Chinese, Farsi, Korean, Khmer, Russian, Tagalog and Vietnamese.

Catchment Area: Los Angeles County

Fee Structure: Free. Some services available only to L.A. Care members, and based on qualifications

Referral Process: Call us at 1-855-427-1223 to find out how to access these benefits

Mental Health Services

Linda D. Nelson, Ph.D., ABPN, Inc.

1137 Second Street, Suite 204, Santa Monica, CA 90403

Phone: (310) 458-4581

Fax: (714) 893-8104

<http://laneuropsych.com/>

Telehealth psychotherapy; on-site psychological and neuropsychological assessments of adults and people with developmental and intellectual disabilities.

Groups Served: Ages Served including the disabled population 18+

Language(s): English, non-verbal also available

Catchment Area: Greater Los Angeles County; surrounding areas within 20 miles of downtown LA

Fee Structure: Anthem Blue Cross; Blue Shield; Medicare and secondary.

Referral Process: call (310) 458-4581.

R.O.A.D.S. Community Clinic-Colleen Dinsmore Mock Health Center

4800 E. Los Coyotes Diagonal Long Beach, CA 90815

Phone: (562) 561-313

roadsfoundation.org/R-O-A-D-S-clinic-longbeach

Primary Care; Mental Health Services; Pediatrics other services offered at the Compton Clinic are Dental, Podiatry and an Activity Center. Ms. Mock worked at Harbor Regional Center for many years. This clinic carries her legacy to help the I/DD population who are also suffering from a Mental Illness

Groups Served: All ages served including individuals with I/DD or those with a Dual Diagnosis

Language(s): English, Spanish

Catchment Area: Los Angeles County

Fee Structure: Medicare/MediCal, Medi/Cal; Covered California; Discounted Sliding Scale; no one will be denied access to services if they do not have insurance.

Referral Process: Call for an appointment or to ask questions about the clinic

RESOURCES

Mental Health Services *(continued)*

The Achievable Foundation

5901 Green Valley Circle Ste 405 Culver City, CA 90230
Phone: 424-266-7474 Fax: (310) 596-8268
<https://achievable.org/>

Primary health care and mental health services.

Groups Served: Birth and up with a special focus of seeing people with intellectual and developmental disabilities

Language(s): Staff - English/Spanish, translation for other languages available

Catchment Area: Boundary of West to the beach, East just adjacent to the

Vermont corridor, South to Hawthorne, and North to Palms

Fee Structure: Medi-cal, Medicare, Global Care IPA, Prospect IPA. Have an insurance; enrollment coordinator on site to assist with insurance.

Referral Process: Contact 424-266-7474 for an appointment to be seen by a general provider. General provider (doctor, nurse practitioner) then refers to a specialist in insurance network if necessary.

The Lotus Project LA/Barbara Sultan, LMFT

Phone: 310-926-2958
www.weallfall.com

Trauma and recovery program that addresses the unique needs of men and women with developmental disabilities. Program components include small group counseling, individual therapy, music therapy, poetry writing, survivor art and educational enrichment that address such issues as: dating, reproductive health, conflict resolution, stress management, self-protection skills and more.

Groups Served: Adults with a developmental disability

Language Capability: English

Home safety and fall Prevention evaluation and training.

Catchment Area: Los Angeles County

Fee Structure: Funded with approval from the regional center

Referral Process: Contact the program director or the regional center service coordinator

Wesley Health Centers, Non-profit & Federally Qualified Health Care with HRSA Designation

Phone: (562) 867-7999 or (866) 733-5924
jwchinstitute.org

Primary Medical Care, Behavioral/Mental Health, Chiropractic Services, Dental & Vision Care, Recuperative Care.

Groups Served: Over the Lifespan including I/DD adults/older adults

Language(s): English, Spanish (other languages available - call for specific Information)

Catchment Area: Wesley Health Care has clinics in: Bellflower, Bell Gardens, Downey, Downtown LA, Hacienda Heights, Lynwood North/South, East Hollywood, Pasadena, Palmdale East, PATH Clinic in Los Angeles, Norwalk, Palmdale, Whittier, Vermont Annex, Lancaster. Solutions Family Resource Center in Compton, Adult Day Health Care in Lancaster.

Fee Structure: Sliding fee discount program. Many patients have limited means to pay for medical care therefore this program determines the appropriate fee to charge patients depending on their ability to pay. No one is turned away if they do not have insurance.

Referral Process: Call the main number for an appt or go on-line to complete an appointment form and submit it

Heritage Clinic

3600 Wilshire Blvd. Suite #2200 Los Angeles, CA 90010
Phone: (213) 382-4400 Fax: (213) 382-4494
<http://heritageclinic.org/>

Mental Health Services for older adults including families caring for someone with a disability

Groups Served: PEI (prevention & early intervention and the Outpatient Care Services (OPC) program ages are 50+ and older. The FSP (Family Services Program) is 60 years and older including Disabled adults.

Languages: English, Spanish, Armenian

Catchment Area: Service Area 2 & 4

Fee Structure: Full scope Medi-Cal accepted. Indigent funding available for those with straight Medicare or no insurance

Referral Process: Online referral form: <http://heritageclinic.org/intake-referral-form/>

Other locations:

- 43807 10 St. West, Suite #D Lancaster, CA 93534
(Languages: English, Spanish and Farsi)
- 3939 Atlantic Ave. Suite #103, Long Beach, CA 90807
(Languages: English & Spanish)
- 447 N. El Molino, Pasadena, CA 91191
(Languages: English, Spanish, Armenian)

RESOURCES

Mental Health Services *(continued)*

Warm/Friendship/Crisis Lines:

Institute on Aging: 24 hour toll-free Friendship Line and Crisis Line for people age 60 years & older and adults living with disabilities. Provides round-the-clock emotional support, elder abuse reporting, well-being checks, grief support through assistance and reassurance, information & referral for isolated older adults and the disabled.

This resource can also be utilized by family caregivers.

Phone: (800) 971-0016

LA County Department of Mental Health: the warm line provides telephone support to people living in LA County. Services include telephone support and live chat. The Warm Line does not give advice but offers support and guidance to assist callers to find their own resolutions. All calls are handled confidentially, and referrals are available for additional or ongoing services if needed.

Hours of Operation: M-F: 5 pm to 10 pm
Sat-Sun: 11 am to 4 pm

English: (855) 952-9276 **Spanish:** (888) 448-4055

Multipurpose Programs

Momentum

6430 Independence Avenue, Woodland Hills, CA 91367
Phone: (818) 782-2211 Fax: (818) 909-9106
<https://momentum4all.org/>

Momentum (formerly United Cerebral Palsy of Los Angeles) has been making an impact on people's lives for 75 years. Our mission is to advance the independence, productivity and full citizenship of children and adults.

At Momentum, we know that one size does not fit all. We understand the importance of being able to make choices in how you live your life. That is why we support people in choosing how they live their day to day lives, from providing for their basic needs, to offering an unrivaled variety of opportunities through innovative technology and services. We are proud to be one of the largest providers of direct care in Southern California. Provide Residential programming, Adult Community Integration Services, Community Living Service, Independent Living Apartments, Arts Programming, and an art gallery.

Groups Served: Life Span Services

Language(s): English, ASL, assistive communication

Catchment Area: Santa Barbara, Ventura, Los Angeles, Buena Park, Stanton, Santa Ana, Irvine, and Montclair

Fee Structure: Primarily reimbursement for services from the Regional Center, Medi-Cal

Referral Process: Phone Call, or visit our website and Regional Center

Pasadena Senior Center

85 E Holly St, Pasadena, CA 91103

Phone: (626) 795-4331

Fax: (626) 577-4235

www.PasadenaSeniorCenter.org

Social wellness ensures social connectedness, optimal quality of life, and maximized independence. Every year, more than 10,000 older adults age 50+ from a variety of backgrounds, with differing needs, abilities and interests come to PSC for a sense of community and so much more. In this place, they continue lifelong learning, discover new opportunities for social interaction, engage in a multitude of activities to keep their minds sharp, bodies healthy and spirits soaring. Our programming includes a full range of free social service programs for older adults who face chronic health issues, poor nutrition, social isolation, income insecurity, lack of access to transportation and more. We understand that older adults want to remain independent for as long as possible, and we work hard to help them do so with a sense of dignity, happiness, and safety in an environment where they are valued.

Groups Served: 50+ served including the disabled population

Language(s): English, Spanish onsite, Mandarin virtually

Catchment Area: All of Los Angeles County

Fee Structure: et fee for Membership, Fitness Center and Classes

Referral Process: Contact Carmen Macias, Social Services

Manager, (626) 685-6732 or

CarmenM@PasadenaSeniorCenter.org

Life Steps Foundation

Address: Life Steps Foundation SoCal Adult Services 500 E. 4th Street, Long Beach, CA 90802

Phone: (310) 410-8190

Fax: (310) 410-8196

www.lifesteps.org

Life Steps Foundation SoCal Adult Services provides life skills training, socialization opportunities, and in-home assistance for adults with developmental disabilities.

Groups Served: LSF SoCal Adult Services serves adults 18 years and older with a range of developmental disabilities including autism, cerebral palsy, Down syndrome, epilepsy and seizures, and other intellectual, emotional, and physical disabilities.

RESOURCES

Life Steps Foundation *(continued)*

Language(s): English, Spanish, Russian, Tagalog

Catchment Area: Los Angeles County

Fee Structure: Free

Referral Process: Life Steps Foundation partners with California's network of regional centers serving the developmentally disabled. The regional centers refer individuals requiring services to our organization.

Personal Emergency Response/ Wandering Devices

Workforce Development Aging and Community Service – LA Found

3175 W. 6th Street Los Angeles CA 90020

Phone: (833)-569-7651

<https://lafound.lacounty.gov>

LA Found provides a free tracking bracelet to individuals impacted by Alzheimer's, dementia, autism or other cognitive impairments. The bracelet works with Radio Frequency technology and in the event the individual wanders, the Los Angeles Sheriff's Department Mental Evaluation Team (MET) can be deployed to assist in the search and rescue efforts. In addition to Tracking Technology, LA Found focuses on providing County Resources to families impacted by these cognitive impairments and Enhanced Emergency Coordination, aimed to better address wandering incidents of this specific population.

Groups Served: Ages 2+ diagnosed with Alzheimer's dementia, autism or cognitive impairment.

Language(s): English, Spanish

Catchment Area: Los Angeles County

Fee Structure: Free Program

Referral Process: <https://lafound.wdacs.lacounty.gov/referral-form>

Respite

Cambrian Home Care

Phone: (877) 422-2270

Fax: (562) 498-1829

www.cambrianhomecare.com

Respite care services for developmentally disabled individuals. Our senior care services assist Activities of Daily Living, medication, meal preparation according to the recommended diet and client safety. Services include personal care assistance, social interaction, and behavioral activities. Cambrian is a service provider with the Regional Center system throughout Los Angeles County.

Groups Served: Everyone

Language(s): English, Spanish, Farsi

Catchment Area: Los Angeles County

Fee Structure: set fee

Referral Process: Call (877) 422-2270 to speak with the Intake department. The intake department will assist with providing an understanding of the services available and answer questions. Care Managers are available to provide an assessment.

Socialization/Recreation Programs

Life Steps Foundation SoCal Adult Services

500 E. 4th Street, Long Beach, CA 90802

Phone: (310) 410-8190

Fax: (310) 410-8196

www.lifesteps.org

Life Steps Foundation SoCal Adult Services provides life skills training, socialization opportunities, and in-home assistance for adults with developmental disabilities.

Groups Served: LSF SoCal Adult Services serves adults 18 years and older with a range of developmental disabilities including autism, cerebral palsy, Down syndrome, epilepsy and seizures, and other intellectual, emotional, and physical disabilities.

Language(s): English, Spanish, Russian, Tagalog

Catchment Area: Los Angeles County

Fee Structure: Free

Referral Process: Life Steps Foundation partners with California's network of regional centers serving the developmentally disabled. The regional centers refer individuals requiring services to our organization.

Modern Support Services (MSS)

Address: P.O. Box 10365, Glendale, CA. 91209

Phone: 818-244-2677 / 310-316-4042

Fax: (818-244-2489)

www.modernsupportservices.org

Provide Community based services to Intellectually/ Developmentally Disabled individuals ages 18 and over

Groups Served: Adults with an Intellectual/Developmental Disability

Language(s): English, Spanish, Persian, Russian, Armenian, ASL, Tagalog

Catchment Area: Los Angeles County

Fee Structure: Regional Center Funding

Referral Process: Contact MSS directly 818-244-2677 ext. 101 or ext 102

RESOURCES

Socialization/Recreation Programs (continued)

Pasadena Senior Center

85 E Holly St, Pasadena, CA 91103

Phone: (626) 795-4331

Fax: (626) 577-4235

www.PasadenaSeniorCenter.org

The Pasadena Senior Center is a vital community asset. As a donor supported nonprofit organization, we work hard to keep membership and class fees as low as possible so that everyone can participate. While those fees help, they do not cover the operating costs of the Center. We need to raise the money through private donations, foundation grants, corporate sponsorships, and community philanthropy to support the Center's operational expenses as well as social wellness programs.

Social wellness ensures social connectedness, optimal quality of life, and maximized independence. Every year, more than 10,000 older adults age 50+ from a variety of backgrounds, with differing needs, abilities and interests come to PSC for a sense of community and so much more. In this place, they continue lifelong learning, discover new opportunities for social interaction, engage in a multitude of activities to keep their minds sharp, bodies healthy and spirits soaring.

Our dynamic programming also includes a full range of free social service programs for older adults who face chronic health issues, poor nutrition, social isolation, income insecurity, lack of access to transportation and more. We understand that older adults want to remain independent for as long as possible, and we work hard to help them do so with a sense of dignity, happiness, and safety in an environment where they are valued.

Groups Served: 50+ served including the disabled population

Language(s): English, Spanish onsite, Mandarin virtually

Catchment Area: All of Los Angeles County

Fee Structure: set fee for Membership, Fitness Center and Classes

Referral Process: Contact Carmen Macias, Social Services Manager, (626) 685-6732 or CarmenM@PasadenaSeniorCenter.org

Jewish Family Service LA/ Chaverim Program

12821 Victory Blvd., North Hollywood, CA 91606

Phone: (818) 464-3360

<https://www.jfsla.org/program/chaverim/>

Social friendship program providing 6 – 8 activities and outings per month (14-16 Zoom activities per month during COVID-19). Activities include: game nights, mindfulness, improv, music and more.

Groups Served: 18+ with diverse abilities

Language(s): English

Catchment Area: San Fernando Valley and Los Angeles

Fee Structure: Monthly dues of \$25, but can be reduced as needed.

Referral Process: Call (818) 464-3360 or email chaverim@jfsla.org

ONEgeneration – Senior Enrichment Center

18255 Victory Blvd, Reseda, CA 91335

Phone: (818) 705-2345

FAX: (818) 705-2592

www.onegeneration.org

ONEgeneration provides community resources, information and support to assist older adults find the help they need. Assistance and referral services include: completion of various forms, Social Security benefit information, tax aide assistance, low income utility assistance, and enrolling in government benefits.

Groups Served: Adults 60+

Language(s): English and Spanish

Catchment Area: San Fernando Valley

Fee Structure: free

Referral Process: Please call the center at (818) 708-2345 for additional information

Special Needs Dentistry

Denti-Cal

(800) 322-6384

www.denti-cal.ca.gov

Dental Services are currently provided as one of the many benefits under the Medi-Cal program.

Herman Ostrow School of Dentistry at USC-Dr. Roseann Mulligan Special Patient Clinic

925 W. 34th St. Los Angeles, CA 90089

Phone: (888) 872 3368

General Info: (213) 740-2800 or (213) 740-2805

<https://dentistry.usc.edu/patient-care/dental-care-services/>

Services Include exam, cleaning, fillings, extractions, root canal & X-Rays

Groups Served: Special needs consumers

Language(s): English, Spanish

Catchment Area: No Geographic Restrictions

Fee Structure: Medi-Cal; Medicare; Delta Dental & Denta-Cal

Referral Process: Call to apply, referrals are required for orthodontic services and for services for people who have disabilities or who require special medical attention

RESOURCES

Special Needs Dentistry *(continued)*

In Motion Dentists, In Home Dental Care

929 Foothill Blvd. Suite A, La Verne, CA 91750

Phone: (626) 594-0374

Fax: (626) 594-0813

www.InMotionDentists.com

In Motion Dentists provides comprehensive house-call dental services in the comfort of your home or place of residence. The services include X-rays, oral exams, dental cleanings, fillings, crowns, bridges, dentures, root canals, and tooth removals. In addition to our mobile services, we also have a private office that patients can visit where we offer additional services including dental implants. In the near future we will be providing general anesthesia to our patients who need it. Our traditional dental practice also provides a variety of options to keep our patients entertained, anxious free, and relaxed during their treatment. In Motion Dentists aims to serve each and every patient with a warm and welcoming approach

Groups Served: Our patient population mainly consists of seniors and those who have some form of intellectual or physical disability. Our services are provided in private homes, senior living facilities, and nursing homes. The main goal of our house call services is to promote access to oral care to those who cannot visit a traditional dental office.

Language(s): English, Spanish, Tagalog. We also have translation services in most languages.

Catchment Area: Los Angeles County, Orange County as well as parts of San Bernardino and Riverside Counties.

Fee Structure: In Motion Dentists is a fee for service practice that is out of network with most insurances. We are in network with Aetna and Humana PPO insurance. If you have another PPO insurance provider, the fee for our services is due at the time of the appointment but we will file a claim on your behalf so you can be reimbursed at their allowable benefits. Unfortunately, we do not work with HMO plans, but we do offer in-house payment options including Care Credit. Please visit our website for more information about our services and financial options.

Referral Process: Facilities and health care providers can refer patients to us via phone call or email. Our phone number is (626) 594- 0374 and email address is Office@InMotionDentists.com.

Rancho Los Amigos Medical Center- Dental Services

7601 E. Imperial Hwy. Downey, CA 90242

Phone: (877) 726-2461 or (562) 401-7251

General dentistry, Periodontics, Maxillofacial prosthodontics, Oral surgery, Endodontics, Pediatric Dentistry and Hospital Dentistry

Groups Served: Children and Adults with Special Needs

Language(s): Various Languages

Catchment Area: Los Angeles County

Fee Structure: Accepts Medi-Cal & Medi-Cal Managed Care through LA Care and Health Net

Referral Process: Contact the Patient Access Center (PAC) team is here to guide

Special Patient Care/Hospital Dentistry at UCLA

10833 Le Conte Ave AO-156A CHS Los Angeles, CA 90095

Phone: (310) 825-6510

Fax: (310) 206-4201

<https://dentistry.ucla.edu/clinic/39>

The Special Patient Care Clinic, formerly known as the Hospital Dentistry Clinic, provides advanced comprehensive general dentistry for patients with severe medical, physical, and mental problems (pre and post organ transplant patients, cancer patients, immunocompromised patients, special needs patients). This clinic also provides dental services under IV sedation in an operating room setting, for patients unable to receive treatment in a routine dental setting. Dental services are also provided on an emergency basis after hours for both in-patients and out-patients.

Faculty cost of care is very comparable to LA-area private practice dentists and specialists. Post-graduate cost of care is lower than the private sector.

To contact the team for the Outpatient Referral process please call: 562-385.6536 or Toll-free: 1 (877) RANCHO-1

Training

Disability Voices United

Phone: (530) JOIN-DVU / (530) 564-6388

disabilityvoicesunited.org

DVU does not provide direct services to individuals or families. We are an advocacy organization that fights for better policies for people with disabilities and trains self-advocates and families. Please join our mailing list to find out about trainings at <https://disabilityvoicesunited.org/e-newsletter-signup/>

Groups Served: All ages including disabled population

Language(s): English, Spanish, Korean

Catchment Area: Los Angeles County

Fee Structure: free

Referral Process: No referrals

RESOURCES

Training *(continued)*

Jewish Family Service LA/HaMercaz Program

8838 W. Pico Blvd. Los Angeles, CA 90035
Phone: (866) 287-8030
www.hamercaz.org

One-stop education and support resource program for families and individuals with diverse abilities and special needs. Program offers ongoing assistance, advocacy and support for individuals, families and children, support groups and counseling, parent and professional workshops and trainings.

Groups Served: Adults with disabilities
Language(s): English, Spanish, Russian and Farsi
Catchment Area: Los Angeles County
Fee Structure: free
Referral Process: Contact 866-287-8030 or email hamercaz@jfscla.org

University of Southern California - Fall Prevention Center of Excellence

Phone: 213-740-1364
homemods@usc.edu

Dedicated to promoting aging in place and independent living for persons of all ages & abilities. The center offers training and technical assistance opportunities for professionals who wish to respond to the increasing demand for home modification services and address fall prevention in the home environment. FPCE also serves as an information clearinghouse for consumers for information on resources available in the community.

Groups Served: Consumers & Professionals
Languages: English/Spanish – other languages available
Catchment Area: LA County
Fee Structure: free
Referral Process: Call for more information

State Council on Developmental Disabilities

Address: 411 N Central Ave. Suite 620 Glendale Ca
Phone: (818) 543-4631
www.scdd.ca.gov

SCDD provides advocacy support to individuals with developmental / intellectual disabilities and their families. We provide technical assistance (answer people's questions over the phone) and provide trainings (to groups of 20+) on various topics. Support is also provided to professionals/systems that serve the I/DD population.

Groups Served: Individuals with developmental / intellectual disabilities, of all ages
Language(s): English, Spanish
Catchment Area: Los Angeles County
Fee Structure: Free
Referral Process: Call (818) 543-4636 ask to speak to an advocate.

University of Southern California (USC) University Center for Excellence in Developmental Disabilities (UCEDD)

Phone: (323) 361-7827
Fax: (323) 361-8342
uscucedd.org

The USC UCEDD provides training, consultation and program development related to aging and aging caregivers

Groups Served: Everyone
Language(s): English, Spanish, Russian
Catchment Area: Los Angeles County
Fee Structure: depending on the service
Referral Process: Contact Fran Goldfarb, Director of Community Education (323) 361-3831 or fgoldfarb@chla.usc.edu

Transportation

Access Services

Phone: (800) 883-1295
Paratransit transportation program for Los Angeles County committed to improving the mobility on public transit of persons with disabilities.
<https://accessla.org/home>

GoGo Grandparent

(855) 464-6872
<https://gogograndparent.com/>

GoGo turns on demand transportation companies like Lyft into services that can be accessed and monitored without a smart-phone. Assigned drivers usually arrive within 15 minutes and can take you up to 100 miles in any direction (or commuter trips like San Diego to LA).

RESOURCES

Transportation *(continued)*

LA CityRide Program

Phone: (310) 808-7433

https://www.ladottransit.com/cityride/pdf/Cityride_Program_Guide
Or call the above number for details.

This program offers reduced cost rides to individuals 65 years of age or older and qualified persons with disabilities living in the city of Los Angeles and select areas of Los Angeles County.

LA County Public Works Paratransit

Phone: (800) 827-0829

<https://pw.lacounty.gov/transit/>

Access Paratransit provides Americans with Disabilities Act (ADA) mandated paratransit services for eligible people with disabilities who are unable to use public fixed route transportation systems

LAnow

(818) 493-6211

<https://www.ladottransit.com/lanow/>

LAnow is a new on demand shared-ride service. Hail a ride through the LAnow smartphone app, online or by phone. Once reserved, meet the shuttle at the scheduled LAnow pick-up/drop-off point

Managed Care Organization (i.e. HealthNet, SCAN Health Plan, or L.A. Care Health Plan)

If you have managed Medi-Cal in Los Angeles assigned to either HealthNet or LA Care, then you can call them to arrange transportation to/from medical appointments. You will only be able to get services from one of these Managed Care Organizations if you are enrolled into their health plan and you are a member:

- **HealthNet Transportation for HealthNet Medi-Cal Members:** (866) 779-5165
- **Medi-Cal L.A. Care Health Plan:** (888) 839-9909 (TTY 711) for complete details.
- **SCAN Health Plan Members (MediCARE):** Call MedTrans at (844) 714-2218 (TTY: 711) to schedule your ride

Metro Micro

Phone: (323) 466-3876 / (323) GO METRO

<https://micro.metro.net/>

Micro is Metro's new on-demand rideshare service, offering trips within several zones in LA County. The new service is for short

local trips and uses small vehicles (seating up to 10 passengers). Micro is part of Metro's family of services and has been designed hand-in-hand with our NextGen Bus Plan. <https://www.metro.net/about/plans/nextgen-bus-plan/> The service is meant to be a fast, safe and convenient option for quick trips around town

Ridewith 24

(833) 743-3924 / (833) RIDEW24

RideWith24™ gives you the accessibility of ordering on-demand rides without the use of a smartphone or app. All it takes is a simple phone call to one of our 24/7 concierge representatives.

Taxicab Program

Phone: (888) 863-7411

<https://newfreedom.lacounty.gov>

The New Freedom Taxicab Services Program is offered free of charge to eligible individuals every month. Priority is reserved for individuals who are at least 60 years of age and/or are disabled. Individuals can take a maximum of four one-way trips totaling 40 miles per month. Taxicab services are available 7 days per week and special accommodations, such as wheelchair accessible vans and ramps may be requested. <https://ridewith24.com/>

Travel/Leisure

New Directions for people with disabilities, inc. (New Directions Travel)

5276 Hollister Ave., Ste #207, Santa Barbara, CA 93111

Phone: (805) 967-2841

Fax: (805) 964-7344

www.newdirectionstravel.org

New Directions for people with disabilities, inc. (New Directions Travel) is a 501(c)(3) non-profit organization providing leisure and educational travel opportunities for adults who have mild to moderate intellectual and/or developmental disabilities, such as cerebral palsy, Down Syndrome and autism. Since 1985, we have taken over 20,000 people with special needs on tours all over the world.

Groups Served: Adults and seniors with IDD

Language(s): English

Catchment Area: All of LA County and beyond

Fee Structure: Trips have set fees, scholarships available

Referral Process: Register for tours on our website

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- Liz Rodgers, East Los Angeles Regional Center
- Sylvia Thompson, Westside Regional Center

ACL Advisory Group:

- Petite Konstantin, LA Goal
- Rhiannon Maycumber, Westside Regional Center
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