



Keeping Seniors Independent

# 2020-2021 Senior Resource Guide

A guide to programs and services  
for Placer County seniors

Publication of this guide is generously supported by:



KAISER  
PERMANENTE®

AGENCY  
ON AGING  
AREA 4



Sutter Health

Researched and produced by:

**Seniors First**

12183 Locksley Lane, Suite 205 • Auburn, CA 95602 • [www.seniorsfirst.org](http://www.seniorsfirst.org)



## **HELP AT HOME**

---

### SENIOR CARE

*When it comes to care,*  
you need a team with proven experience!

*We have been providing quality care for Seniors since 2004*

- Personal Care
- Errands & Transportation
- Medication Reminders
- Light Housekeeping
- Meal Preparation
- And so much more



**Call Help at Home Senior Care Today!**

**(916) 625-9172**

**(530) 885-7444**

**[www.hahcare.com](http://www.hahcare.com)**

**CA Lic 314700014**



Keeping Seniors Independent

12183 Locksley Lane, Suite 205  
Auburn, California 95602

**Our mission is to provide long-term support and services to help Placer County older adults maintain their independence and thrive.**

No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means, whether electronic, mechanical, photocopy, recording or otherwise, without prior permission from Seniors First, an independent California nonprofit agency serving Placer County, California.



@SeniorsFirst



facebook.com/sfplacer

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

## Services Provided Directly by Seniors First

- Information & Assistance
- Recreation & Respite –  
Adult Social Day  
Care Program
- Transportation Assistance
- Senior Café  
Meal Programs (7)  
For time, location and  
reservations call 530-878-5718
- MyMeals home delivered  
meal program
- Meals on Wheels Placer  
County
- Telephone Reassurance
- Friendly Visitors
- Geriatric & Dementia  
Care Specialist
- Volunteer Opportunities

### About This Publication

---

This publication is made possible by funding provided by Agency on Aging / Area 4, Sutter Auburn Faith Hospital, Sutter Auburn Faith Hospital Foundation, Sutter Roseville Medical Center and Kaiser Permanente.

If you are interested in supporting this publication by donating, leaving a bequest, becoming a sponsor, or otherwise offering financial assistance toward future publications, please contact Seniors First at 1-800-878-9222.

Seniors First Placer County Resource Guide (Senior Resource Guide) August 2019 lists associations, businesses, nonprofits, and governmental agencies that provide services for seniors in Placer County. Information printed in the Senior Resource Guide is provided voluntarily by the entity listed. Services may have changed locations and telephone numbers since initial printing of this publication – be sure you have reached the service you are interested in. Call Seniors First if the service you are looking for is not listed or if you find incorrect information. A copy of Seniors First's inclusion/exclusion policy is available upon request.

**Note:** *Inclusion of a service provider does not imply endorsement of its services, nor does exclusion reflect negatively on any agency's contribution to the community. Please check with each resource to determine if there is a fee for their service.*

## How to Use This Guide

---

The information in this guide is set up by category as outlined in the table of contents. The guide provides the most commonly used resources and is not all inclusive of every resource available. If you need further resources or have questions regarding options, call Seniors First to speak with a resource specialist at 530-889-9500.

**Attention:** Phone numbers starting with 800, 888, 877, 866, 855, 844, 833, 822 require a 1 if calling from a landline.

In addition to this guide, Seniors First has approximately 1200 resources available on their database for information and referral purposes. This database can be accessed on the website at:

**[www.seniorsfirst.org/sf-programs/information-assistance](http://www.seniorsfirst.org/sf-programs/information-assistance)**

### How to Use the Seniors First Database

---

Follow this procedure to access and search the database:

1. Access [www.seniorsfirst.org](http://www.seniorsfirst.org) website.
2. Click Our Programs and select Information & Assistance.
3. Scroll to the bottom of the page and click Online Searchable Database.
4. See How to Navigate the Senior Resource Database for information on the types of searches you can perform.
5. To perform a database search, select the category from the left panel. A list of related sub-categories displays.
6. Click the category you want to research and then click Continue to display a list of resources or services. Services or resources include location and phone number.
7. Click the service to display more detailed information.



**Seniors  
First**  
Keeping Seniors Independent

### Helping Seniors to Thrive

Seniors First offers a variety of programs to help Placer County seniors remain independent and thrive!

**Senior Nutrition** – Senior Cafes and MyMeals & Meals on Wheels home meal delivery

**Transportation** – Health Express non-emergency medical transportation & MyRides

**Social Daycare** – Rec & Respite day program for physically and memory impaired seniors

**Lifestyle Planning & Living Placement** – planning and placement for life-affirming care

**Information & Assistance** – information and resources for seniors and their families

**For more information call (530) 889-9500**

# AGENCY ON AGING AREA 4

Creating and supporting opportunities that enhance the lives of older adults and their families to be safe, healthy and independent.

"Aging is all about living"®



## **PLACER COUNTY SERVICES FUNDED BY AAA4**

Caregiver Respite

Caregiver Support

Disease Prevention & Health Promotion

Health Insurance Counseling

Information & Assistance

Job Readiness Program

Legal Services

Nutrition – Congregate & Home Delivered Meals

Ombudsman Services

Residential Repairs & Modifications

Transportation Services

Placer County ADRC

1401 El Camino Avenue, 4th Floor

Sacramento, CA 95815

**916-486-1876 | 800-211-4545**

**[www.AgencyonAging4.org](http://www.AgencyonAging4.org)**



Sutter Auburn Faith Hospital Foundation and Sutter Roseville Medical Center Foundation raise funds in support of patient care programs, capital projects, and other health related needs in our community. One hundred percent (100%) of the dollars raised are utilized to support these programs and purchase lifesaving and enhancing equipment for our respective facilities. You truly can be a partner in shaping the developing future of your local Sutter hospital through planned giving. Some gifts are advantageous to the donor by providing significant tax benefits and/or income for life while at the same time changing lives in the community.



As a not-for-profit healthcare organization, Kaiser Permanente's mission is to provide affordable, high-quality services to improve the health and well-being of its members and the communities it serves. Founded in 1945, Kaiser Permanente is one of the nation's largest not-for-profit health plans and is committed to helping shape the future of healthcare. Consistently ranked high in independent surveys for quality and service, it is recognized as one of America's leading health care providers and not-for-profit health plans, serving nearly 9.8 million members in eight states and the District of Columbia. Care for members and patients is focused on their total health and guided by their personal physicians, specialists, and team of caregivers.



## Table of Contents

About This Publication .....	2
How to Use This Guide .....	3
How to Use the Seniors First Database .....	4
Table of Contents .....	7
Abuse .....	11
Addiction and Substance Abuse .....	12
Advocacy .....	13
Animals .....	16
Assistive Devices/Durable Medical Equipment (DME) .....	17
Bereavement/Grief .....	18
Blind or Vision Impaired .....	19
Caregiver Support Information & Resources .....	19
Computer Access .....	22
Deaf & Hearing Impaired .....	23
Dementia/Memory Loss .....	23
Dental Care .....	26
Disability .....	28
Education .....	29
Emergency Resources .....	32
Employment for Seniors .....	35
Energy Assistance Programs .....	37

Financial Resources .....	37
Food Resources .....	39
Fraud .....	42
Funeral Options .....	44
Grandparent/Parent Family Resources (kinship) .....	45
Healthcare .....	46
Homelessness .....	49
Food Options .....	49
Shelter .....	50
Pets (of the homeless) .....	51
Hospice/Palliative Care .....	51
Hospitals .....	52
Housing Options .....	53
In-Home Care .....	55
Information and Assistance .....	58
Legal Services .....	59
Attorneys (private) .....	64
Fiduciaries .....	64
Medical Alert Devices .....	65
Medicare/Medi-Cal .....	65
Mental Health .....	67
Mobile Services .....	69
Moving Services/Organizing .....	70

Placer County Adult Services .....	70
Recreation .....	82
Parks and Recreation Centers .....	83
Senior Centers .....	83
Support Groups.....	84
Tahoe Area Resources .....	88
Transportation.....	91
Utility Assistance.....	93
Veterans .....	93
Volunteer Opportunities .....	93
Appendix.....	94
Acronyms.....	94
Discounts .....	96
Elder Abuse .....	99
Scams .....	100
Scam Prevention Tips.....	100
Scammed? Report It!.....	101
Fall Prevention .....	101
Life Planning for All of Us .....	102
Organizing Information .....	103
Suggestions for New Caregivers .....	104
How to Prepare Ahead of Time for a Quick Evacuation from Your Home .....	106
Websites for Senior Services .....	108



## PLACER COUNTY **PROTECT**

Providing Resources & Outreach To Elderly Citizens Together

A local collaboration between the District Attorney's Office, Victim Services, Adult Protective Services, law enforcement, and other local agencies and community representatives

### **FRAUD PREVENTION**

- Shred all documents
- Create a family password
- Protect your mail
- Always secure your purse
- Check your credit report
- Never give personal information
- Have a family member monitor your bank account
- Create a second smaller bank account for a family member or caregiver to access

### **CONCERNED ABOUT A LOVED ONE?**

Contact your local law  
enforcement agency  
or  
call Adult Protective  
Services at  
916-787-8860  
or 888-886-5401

### **ELDER ABUSE PREVENTION CLASS**

Contact us at  
916-543-8000 or  
[PROTECT@placer.ca.gov](mailto:PROTECT@placer.ca.gov)

### **FRAUD HOTLINE**

If you are worried about  
a scam – call our fraud  
hotline to speak to  
a representative

916-645-SCAM  
916-645-7226  
or email us at:  
[ElderFraud@placer.ca.gov](mailto:ElderFraud@placer.ca.gov)

## Abuse

Elder abuse is defined as neglect, exploitation, or “painful or harmful” mistreatment of anyone who is 65 or older (or anyone aged 18 to 64 who falls under the legal definition of a “dependent” adult). It can involve physical violence, psychological abuse, isolation, abandonment, abduction, false imprisonment, or a caregiver’s neglect. It could also involve the unlawful taking of a senior’s money or property.

Elder abuse involves various crimes, such as theft, assault or identity theft that happen to victims of all ages. However, when the victim is 65 years or older (or a dependent adult), the criminal could face stiffer penalties.

The following resources may assist you in following up with suspected abuse.

(Please see the appendix for additional information)

Adult Protective Services (APS) Placer County ..... 888-886-5401  
 Auburn & Countywide ..... 530-885-8585  
 Roseville ..... 916-787-8860  
[www.placer.ca.gov](http://www.placer.ca.gov)

California Advocates for  
 Nursing Home Reform (CANHR) ..... 415-974-5171  
[www.canhr.org](http://www.canhr.org)

Legal Services of Northern California ..... 530-823-7560  
[www.lsnr.net](http://www.lsnr.net)

Long Term Care (LTC) Ombudsman Program ..... 530-823-8422  
[www.agencyonaging4.org](http://www.agencyonaging4.org)

Placer County District Attorney's  
Victim Services ..... 916-543-2570  
[www.placer.ca.gov/departments/da](http://www.placer.ca.gov/departments/da)

Placer County District Attorney's  
Placer Protect Main Number ..... 916-543-8000  
Fraud Hotline..... 916-645-7226

Seniors First Information & Assistance ..... 530-889-9500  
[www.seniorsfirst.org](http://www.seniorsfirst.org)

Stand Up Placer  
Auburn ..... 530-885-0443  
Roseville ..... 916-773-7273  
24/7 Crisis Line ..... 800-575-5352  
[www.standupplacer.org](http://www.standupplacer.org)

**Addiction and Substance Abuse**

---

Al-Anon Family Group  
Meeting Line ..... 888-425-2666  
[www.al-anon.org](http://www.al-anon.org)

Alcoholics Anonymous District 21 Northern Cal Interior Area  
24/7 Hotline..... 916-454-1100  
[www.aasacramento.org](http://www.aasacramento.org)

Granite Wellness Center ..... 530-885-1961  
[www.corr.us](http://www.corr.us)

Forgotten Soldier Program, The ..... 530-889-2300  
[www.forgotptensoldierprogram.org](http://www.forgotptensoldierprogram.org)

Kaiser Permanente Chemical  
Dependence Recovery Program.....916-482-1132  
(walk-in only).....[www.kaiserpermanente.org](http://www.kaiserpermanente.org)

Placer County Adult System of Care  
Substance Use Services Program.....  
530-889-7240 .....  
[www.placer.ca.gov](http://www.placer.ca.gov)

Salt Mine Ministries.....916-645-3778  
(Lincoln and Sheridan)..... [www.thesaltmine.org](http://www.thesaltmine.org)

Sierra Mental Wellness Group  
Auburn .....530-885-0441  
Roseville .....916-783-5207  
[www.sierramentallowellness.org](http://www.sierramentallowellness.org)

WellSpace Health..... 916-737-5555  
[www.wellspacehealth.org](http://www.wellspacehealth.org)

Western Sierra Medical Clinic .....530-274-9762  
[www.wsmcmed.org](http://www.wsmcmed.org)

## **Advocacy**

---

Advocacy, support, or defense can be provided by individuals or organizations on behalf of other individuals or groups. The following agencies are available to assist in defending senior rights.

Adult Protective Services (APS) Placer County Intake  
Auburn & Countywide ..... 530-885-8585  
Roseville ..... 916-787-8860  
Toll Free 888-886-5401  
530-889-7240  
www.placer.ca.gov

**Agency on Aging / Area 4** ..... 916-486-1876  
www.agencyonaging4.org

California Advocates for  
Nursing Home Reform (CANHR) ..... 415-974-5171  
www.canhr.org

California Department of Business Oversight ..... 866-275-2677  
TTY 800-735-2922  
www.dbo.ca.gov

California Department of Consumer Affairs..... 800-952-5210  
TTY 800-326-2297  
www.dca.ca.gov

Multi-Senior Services Program (MSSP) ..... 916-374-7739  
www.healthcollaborative.org

California Senior Legislature ..... 916-552-8056  
www.4csl.org

Coalition for Compassionate Care CA ..... 916-489-2222  
www.coalitionccc.org

Congress of California Seniors..... 916-442-4474  
www.seniors.org



Disability Rights California .....	800-776-574 TTY 800-719-5798 <a href="http://www.disabilityrightsca.org">www.disabilityrightsca.org</a>
Grandparents Rights Center .....	248-646-7177 <a href="http://www.grandparentsrights.org">www.grandparentsrights.org</a>
Health Insurance Counseling and Advocacy Program (HICAP) Auburn/Rocklin Appointments.....	530-889-9500 Roseville/Lincoln Appointments .....
	916-376-8915 <a href="http://www.hicapservices.net">www.hicapservices.net</a>
Kaiser Permanente Membership Services.....	800-464-4000
Kaiser Permanente Senior Advantage HMO.....	800-747-2189 <a href="http://www.kaiserpermanente.org">www.kaiserpermanente.org</a>
Legal Services of Northern California .....	530-823-7560 <a href="http://www.lsn.net">www.lsn.net</a>
Livanta.....	877-588-1123 <a href="http://www.livanta.com">www.livanta.com</a>
Long Term Care (LTC) Ombudsman Program.....	530-823-8422 <a href="http://www.agencyonaging4.org">www.agencyonaging4.org</a>
Mobile Home Ombudsman .....	916-323-9801 800-952-8356 TTY 800-735-2929 <a href="http://www.hcd.ca.gov">www.hcd.ca.gov</a>
National Alliance on Mental Illness (NAMI).....	916-554-0554 <a href="http://www.namipc.org">www.namipc.org</a>

National Consumer Voice for Quality Long Term Care .....	202-332-2275 <a href="http://www.theconsumervoice.org">www.theconsumervoice.org</a>
Pat’s Medical Insurance Counseling .....	916-408-0411
Seniors First .....	530-889-9500 <a href="http://www.seniorsfirst.org">www.seniorsfirst.org</a>

**Animals**

---

Pets can be considered members of your family and in some cases an integral part of your support team. The following resources include “support animal groups”.	
Animal Spay and Neuter, Non-profit.....	530-889-8800 <a href="http://www.animalspayneuter.com">www.animalspayneuter.com</a>
Canine Companions for Independence.....	707-577-1700 800-572-2275 <a href="http://www.cci.org">www.cci.org</a>
Canine Support Teams.....	951-301-3625 <a href="http://www.caninesupportteams.org">www.caninesupportteams.org</a>
Pet Partners .....	425-679-5500 <a href="http://www.petpartners.org">www.petpartners.org</a>
Dogs 4 Diabetics, Inc .....	925-246-5785 <a href="http://www.dogs4diabetics.com">www.dogs4diabetics.com</a>
Early Alert Canines.....	925-349-5190 <a href="http://www.earlyalertcanines.org">www.earlyalertcanines.org</a>

Gold Country Wildlife Rescue ..... 530-885-0862  
[www.goldcountrywildliferescue.org](http://www.goldcountrywildliferescue.org)

Humane Society of the Sierra Foothills ..... 530-823-6828  
[www.animalplace.com](http://www.animalplace.com)

Placer County Animal Control Division ..... 530-886-5500  
[www.placer.ca.gov/animal](http://www.placer.ca.gov/animal)

Society for the Prevention of Cruelty to Animals (SPCA)  
Auburn ..... 530-823-7722  
Roseville ..... 916-782-7722  
[www.placerspca.org](http://www.placerspca.org)

### **Assistive Devices/Durable Medical Equipment (DME)**

Medicare Part B (Medical Insurance) may cover medically necessary durable medical equipment (DME) prescribed by your Physician.

Ability Tools ..... 800-390-2699  
[www.abilitytools.org](http://www.abilitytools.org)

Accessibility Connection..... 916-202-2863  
[www.besafebehome.com](http://www.besafebehome.com)

American MedEquip, LLC ..... 916-791-2266

Bischoff's Medical Roseville ..... 916-780-1062  
[www.bischoffmedical.com](http://www.bischoffmedical.com)

Freedom Mobility Center, LLC..... 800-980-5696  
[www.freedomhme.com](http://www.freedomhme.com)

Placer Independent Resource Services (PIRS) ..... 530-885-6100  
TTY 530-885-0326  
www.pirs.org

**Bereavement/Grief**

---

Everyone has periods of loss. It could be a child, spouse, relative, friend, pet, the loss of a home, or anything that is important to you. The following lists options for bereavement or grief support.

Note: Hospice may provide bereavement and grief counseling following the use of their services.

Bereaved Parents of the USA ..... 530-269-0729  
(family members who have lost someone to suicide) .....  
www.bereavedparentsusa.org

Heritage Oaks Memorial Chapel..... 916-791-2273

Heartstrings Counseling ..... 916-676-7405  
www.heartstringscounseling.org

Hope, Healing, and Help (grief support) ..... 916-791-2273  
800-316-1987  
www.hopehealinghelp.com

Insights Counseling Group..... 530-887-1300  
www.insightscounselinggroup.org

Lighthouse Counseling & Family Resource  
Center ..... 916-645-3300  
www.lighthousefrc.org

Maidu Community Center (Senior Wing) .....	916-774-5960 <a href="http://www.roseville.ca.us/fab50">www.roseville.ca.us/fab50</a>
Placer County Senior Peer Counseling .....	916-787-8859
Seniors First .....	530-889-9500 <a href="http://www.seniorsfirst.org">www.seniorsfirst.org</a>
Widowed Persons Association of California .....	916-624-1938
Sacramento Chapter .....	916-972-9722
Auburn .....	530-887-0623 <a href="http://www.sacwidowed.org">www.sacwidowed.org</a>

### **Blind or Vision Impaired**

---

American Council of the Blind .....	800-424-8666 <a href="http://www.acb.org">www.acb.org</a>
American Foundation for the Blind .....	212-502-7600 <a href="http://www.afb.org">www.afb.org</a>
Center for Visually Impaired Adults Auburn .....	530-863-7773 <a href="http://www.placerCVIA.org">www.placerCVIA.org</a>
Sacramento Society for the Blind .....	916-452-8271 <a href="http://www.societyfortheblind.org">www.societyfortheblind.org</a>

### **Caregiver Support Information & Resources**

---

See also In-Home Care and Support Groups.

Alzheimer's Association Administration Office .....	800-272-3900
---	--------------

24/7 Helpline.....	800-272-3900 www.alz.org/norcal
Alzheimer's Aid Society Caregiver Support Group .....	800-540-3340 www.alzaid.org
Cancer Care Co-Payment Assistance Foundation.....	800-813-4673 www.cancercare.org
Del Oro Caregiver Resource Center.....	916-728-9333 www.deloro.org
National Multiple Sclerosis Society .....	916-927-9113
Northern California Chapter	
Parkinson's Support Group.....	530-355-0742
Placer County Adult System of Care .....	530-889-7240 www.placer.ca.gov
Placer Independent Resource Services (PIRS) .....	530-885-6100 TTY 530-885-0326 www.pirs.org
Seniors First .....	530-889-9500 www.seniorsfirst.org
Silver Pathways .....	866-689-5413 www.silverpathways.org



### Caring for Families Who Care.

Del Oro Caregiver Resource Center (Del Oro) is a non-profit agency serving family caregivers of brain-impaired adults and the frail older adults. Our mission is to improve the well-being of family caregivers and provide support throughout the caregiving process. We strive to achieve our mission through a comprehensive package of services, including:

- Specialized Information
- Family Consultation/Case Management Services
- Respite Care
- Education and Training
- Short-Term Counseling
- Legal/Financial Consultation
- Support Groups

For residents of our 13 area Counties: Alpine, Amador, Calaveras, Colusa, El Dorado, Nevada, Placer, Sacramento, San Joaquin, Sierra, Sutter, Yolo, Yuba, all services are free to eligible family caregivers. Del Oro is funded through the California State Department of Health Care Services, Agency on Aging, Area 4 through the National Family Caregiver Support Program, private grants, donations and fundraising efforts.



**For more information, or to become a client, please contact us at (916) 728-9333 or visit us at [www.deloro.org](http://www.deloro.org).**

Sutter Care at Home/Hospice .....	916-797-7850
	<a href="http://www.suttercareathome.org">www.suttercareathome.org</a>
Sutter Roseville Cancer Clinic Wig Bank.....	916-781-5000
UC Davis Alzheimer’s Disease Center .....	916-734-5496
	<a href="http://www.health.ucdavis.edu/alzheimers">www.health.ucdavis.edu/alzheimers</a>

**Computer Access**

---

There are public computers available as well as training options for computer use at the following sites:

Auburn Library .....	530-886-4510
Colfax Library .....	530-346-8211
Foresthill Library .....	530-367-2785
Placer School for Adults.....	530-885-8585
	<a href="http://www.placeronline.org">www.placeronline.org</a>
Kings Beach Library .....	530-546-2021
Placer Independent Resource Services (PIRS) .....	530-885-6100
	TTY 530-885-0326
	<a href="http://www.pirs.org">www.pirs.org</a>
Rocklin Library .....	916-624-3133
Roseville Public Library .....	916-774-5221
	<a href="http://www.roseville.ca.us/government/departments/library">www.roseville.ca.us/government/departments/library</a>
Sparks Law Library .....	530-537-2078
	<a href="http://www.placer.ca.gov">www.placer.ca.gov</a>



Roseville Adult School ..... 916-782-3952  
[www.rjuhsd.us/Domain/140](http://www.rjuhsd.us/Domain/140)

Sierra College Osher  
Lifelong Learning Institute ..... 916-781-6290  
[www.sierracollege.edu](http://www.sierracollege.edu)

### **Deaf & Hearing Impaired**

---

California Relay Service ..... 800-618-4781  
[www.hamiltonrelay.com](http://www.hamiltonrelay.com)

CapTel Captioned Telephone..... 877-473-4003  
[www.oelius.org](http://www.oelius.org)

Kaiser Permanente Hearing Center..... 916-771-6680  
[www.kp.org](http://www.kp.org)

NorCal Services for Deaf and Hard of Hearing ..... 916-349-7500  
[www.norcalcenter.org](http://www.norcalcenter.org)

HearingLife Hearing Aid Center ..... 530-210-2028  
[www.hearinglife.com](http://www.hearinglife.com)

### **Dementia/Memory Loss**

---

See also the sections Caregiver Support Information & Resources, Support Groups, and the Appendix topic Suggestions for New Caregivers.

Often the first thought when you hear the term “memory loss” is dementia or Alzheimer’s. However, there are many causes of memory loss: stress, lack of sleep, side effects of medication, side effects of

medical conditions, urinary tract infections (UTI), brain tumors, the effect of drugs and alcohol, concussion, stroke and traumatic brain injury (TBI) to name a few.

Dementia does not necessarily mean Alzheimer's. Dementia is a disease symptom. There are over 100 diseases that may cause dementia. These include Alzheimer's, vascular dementia, and dementia with Lewy Bodies. It is important to obtain a medical diagnosis before proceeding with obtaining resources.

The following resources are specific to the needs of those who have memory loss due to dementia.

CountryHouse Residence ..... 916-727-6150  
www.countryhouse.net

Alzheimer's Aid Society ..... 916-483-2002

Alzheimer's Aid Society Northern Ca ..... 800-540-3340  
www.alzaid.org

Alzheimer's Association Administration Office ..... 916-930-9080  
24/7 Helpline..... 800-272-3900  
[www.alz.org/norcal](http://www.alz.org/norcal)

Alzheimer's Foundation of America ..... 866-232-8484  
www.alzfdn.org

Del Oro Caregiver Resource Center.....916-728-9333  
www.deloro.org

Kaiser Permanente Medical Offices Roseville ..... 916-784-4000  
www.kaiserpermanente.org

National Institute on Aging (NIA).....800-222-2225  
[www.nia.nih.gov](http://www.nia.nih.gov)

Seniors First Recreation and Respite  
Adult Social Day Care Program.....530-878-5735  
[www.seniorsfirst.org](http://www.seniorsfirst.org)

Silver Pathways .....866-689-5413  
[www.silverpathways.org](http://www.silverpathways.org)

UC Davis Alzheimer's Disease Center .....916-734-5496  
[www.health.ucdavis.edu/alzheimers](http://www.health.ucdavis.edu/alzheimers)

## Senior Care Planning

Experience. Understanding. Support.

Caring for an aging parent or loved one can be a stressful and lonely experience. Seniors First's geriatric care partner Silver Pathways is here to help.

Our services include:

- Assessments
- Family/Individual Consultations
- Living Placement
- FREE Workshops & Support Groups
- Care Plans

**Call 866-689-5413 to schedule a free consultation**



**Dental Care**

---

Affordable Dentures .....	800-336-8873
Yuba City.....	530-314-8112
Roseville .....	
916-432-3803 .....	
www.affordabledentures.com	
Carrington College .....	916-361-1660
	www.carrington.edu
Chapa De Indian Health Program .....	530-887-2800
	www.chapa-de.org
Dental Hygiene Out & About (mobile).....	916-849-6695
	www.judyboothby.com
Eureka Dental Group .....	916-783-2273
	www.eurekadental.com
Mobile1Dental .....	530-210-6974
	www.mobile1dental.com
Sacramento City College Dental Health Clinic.....	916-558-2303
	www.scc.losrios.edu
Sacramento District Dental Society.....	916-446-1211
Smile Brands, Inc.....	714-668-1300
	www.smilebrands.com



The Placer County Aging and Disability Resource Connection (ADRC) providing a coordinated network of services to the aging and disabled population and their circles of support.

- Enhanced Information, Referral, and Awareness
- Options Counseling and Assistance
- Short Term Service Coordination
- Person-Centered Transition Support

**Assisting older adults and person of all ages with disabilities find the resoures they need.**



916-486-1876



530-885-6100



916-728-9333



1-800-878-9222

**Disability**

---

As people age, they often develop a disability: a mental or physical condition that limits their movements, senses, or activities. The following resources may not only apply to seniors but to their dependent adult children as well.

- Alta Regional Center..... 916-978-6400  
www.altaregional.org
- California State Council on  
Developmental Disabilities ..... 916-263-7919  
Toll Free ..... 833-818-9886  
www.scdd.ca.gov
- Canine Companions ..... 707-577-1700  
800-572-2275  
www.cci.org
- Disability Rights California ..... 800-776-5746  
www.disabilityrightsca.org
- Disabled American Vets..... 916-364-6797  
Placer County Service Office ..... 916-780-3290  
www.dav.org
- Easter Seals Superior CA, Northern CA..... 916-485-6711  
www.myeasterseals.org
- Placer County In-Home Support Services- Auburn ..... 888-889-7115  
www.placer.ca.gov

Placer Independent Resource Services (PIRS) .....	530-885-6100 www.pirs.org
United Cerebral Palsy .....	916-565-7700 www.ucpsacto.org

## Education

---

As a senior you may decide to pursue either professional or alternative education that you were unable to do in your earlier years. The following lists a few of the opportunities available to you in both formal and informal educational settings.

AARP Safe Driver Program .....	888-687-2277 www.aarp.org
American Red Cross .....	800-733-2767 www.redcross.org
American River College .....	916-484-8011 www.arc.losrios.edu
Auburn Area Recreation and Park District. ....	530-885-8461 www.auburnrec.com
Auburn Senior Center .....	530-823-8172 www.auburnseniorcenter.com
California Department of Rehabilitation .....	800-952-5544
Auburn .....	530-823-4040
Roseville .....	916-774-4400 www.dor.ca.gov



## **Placer Independent Resource Services**

11768 Atwood Road, Suite 129, Auburn, CA 95603

530-885-6100 in Auburn - Toll-free 1-800-833-3453

TTY 530-885-0326 - Fax 530-885-3032

Placer Independent Resource Services (PIRS) advocates for the rights of people with disabilities, educates the community about disability issues, empowers and provides services to persons with disabilities to live independent, productive lives. Any person with a disability is eligible for our services, which are free and include

- INDIVIDUAL AND SYSTEMS ADVOCACY
- INDEPENDENT LIVING SKILLS TRAINING
- INFORMATION AND REFERRAL
- PEER SUPPORT
- PERSONAL ASSISTANT REFERRAL
- ASSISTIVE TECHNOLOGY SERVICES
- MINOR HOME MODIFICATION
- TRANSITION SERVICES

# **1-800-833-3453**



CSU Sacramento.....	916-278-6011 <a href="http://www.csus.edu">www.csus.edu</a>
E-Z Way Driving School .....	530-885-8109 <a href="http://www.ezwaydrivingschool.com">www.ezwaydrivingschool.com</a>
Kaiser Permanente Health Education Dept .....	916-688-2428 <a href="http://www.thrive.kaiserpermanente.org">www.thrive.kaiserpermanente.org</a>
Lincoln Parks and Recreation .....	916-434-3220 <a href="http://www.lincolnrec.net">www.lincolnrec.net</a>
Maidu Community Center, Senior Wing .....	916-774-5960 <a href="http://www.roseville.ca.us/fab50">www.roseville.ca.us/fab50</a>
Osher Lifelong Learning Institute .....	916-781-6290 <a href="http://www.sierracollege.edu">www.sierracollege.edu</a>
Placer Farm Advisors.....	530-889-7385 <a href="http://www.placer.ca.gov">www.placer.ca.gov</a>
Placer Nature Center.....	530-878-6053 <a href="http://www.placernaturecenter.org">www.placernaturecenter.org</a>
Placer School for Adults .....	530-885-8585 <a href="http://www.placeronline.org">www.placeronline.org</a>
Roseville Parks and Recreation .....	916-774-5505 <a href="http://www.roseville.ca.us">www.roseville.ca.us</a>
Well Connected .....	877-797-7299
(Senior Center Without Walls) .....	<a href="http://www.covia.org">www.covia.org</a>

Sierra College .....	916-624-3333 www.sierracollege.edu
Sierra College Community Education.....	916-781-6280 www.sierracommunityed.org
Sutter Roseville Medical Center .....	916-781-1000

**Emergency Resources**

---

See also Homelessness for food assistance and shelters.

If the emergency is life threatening call 911 immediately!

Throughout life there are emergency situations that require some type of response to protect your health and minimize the impact of these situations. This may include, but not be limited to, community wide events such as flooding, tornadoes, heat waves, car accidents, perceived physical danger, or even limited access to utilities and food.

If the issues do not have an immediate need, check some of the following resources:

Adult Protective Services (APS) Placer County Intake Auburn & Countywide .....	530-885-8585
Roseville .....	916-787-8860 Toll Free 888-886-5401 www.placer.ca.gov/departments/hhs

Al-Anon Family Groups

Meeting Line .....	888-425-2666 www.al-anon.org
--------------------	---------------------------------

Stay informed during emergencies!



# PlacerAlert

## REGIONAL MASS NOTIFICATION

PlacerAlert is a regional mass notification system, done in partnership between three counties: Sacramento, Yolo and Placer.

Sign up through the citizen opt-in portal at [placer-alert.org](http://placer-alert.org). You can receive emergency notifications through a number of different devices. Be sure to add all the devices and ways you'd like to receive notifications, including:

- email
- landline phones
- cellular phones
- TTY devices

Sign up today: **Placer-Alert.org**

Alcoholics Anonymous (AA)  
24/7 Hotline.....916-454-1100  
[www.aasacramento.org](http://www.aasacramento.org)

American Red Cross .....800-733-2767  
[www.redcross.org](http://www.redcross.org)

Kaiser Permanente Hospital .....916-784-4000  
[www.kp.org](http://www.kp.org)

Placer County

District Atty Victim Services .....916-543-2570

Office of Emergency Services .....530-886-5300

Public Information Officer

Main Line .....530-889-4080  
[www.placer.ca.gov](http://www.placer.ca.gov)

Seniors First Information & Assistance .....530-889-9500  
(Call for current information on cooling centers, sandbags, etc.)

Stand Up Placer

Hotline.....800-575-5352

Auburn .....530-885-0443

Roseville .....916-773-7273  
[www.standupplacer.org](http://www.standupplacer.org)

Suicide Prevention

Auburn .....530-885-2300

Lincoln.....916-645-8866

Roseville .....916-773-3111

Toll free & Veterans Crisis Line .....800-273-8255

Sutter Faith Hospital Auburn .....	530-888-4500 <a href="http://www.sutterauburnfaith.org">www.sutterauburnfaith.org</a>
UC Davis Medical Center.....	916-734-2011 <a href="http://www.health.ucdavis.edu">www.health.ucdavis.edu</a>
VA Health Care System Mather Hospital .....	916-366-5366 <a href="http://www.northerncalifornia.va.gov">www.northerncalifornia.va.gov</a>

## **Employment for Seniors**

---

Seniors often decide to return to work for a variety of reasons: social interaction, additional money to augment their retirement and mental stimulation. The employment market can be daunting if you have not been job hunting recently. There are numerous agencies that offer classes in resume development, job skills training, interview experience, and job search opportunities. They include government agencies, private employment agencies and specialized services just for seniors. Employment agencies are typically funded by a commission from the employer. Government agencies provide their services based on tax dollars and grants.

AARP Employment .....	855-847-6899 <a href="http://www.aarp.org/backtowork50plus">www.aarp.org/backtowork50plus</a>
-----------------------	--

## **Agency on Aging Area 4**

Senior Employment .....	916-486-1876 <a href="http://www.agencyonaging4.org">www.agencyonaging4.org</a>
Blue Ribbon Personnel Services .....	530-823-0556 <a href="http://www.brpjobs.com">www.brpjobs.com</a>

California Department of Employment Development .....	866-333-4606 <a href="http://www.edd.ca.gov">www.edd.ca.gov</a>
California Department of Rehabilitation Auburn .....	530-823-4040
Roseville .....	916-774-4400 800-952-5544 <a href="http://www.dor.ca.gov">www.dor.ca.gov</a>
Express Employment Services .....	916-781-0177 <a href="http://www.expresspros.com">www.expresspros.com</a>
Golden Sierra Job Training .....	916-773-8540
One Stop Career Center.....	916-746-7722 <a href="http://www.goldensierra.com">www.goldensierra.com</a>
Placer School for Adults Auburn Career Center .....	530-885-8585 <a href="http://www.placeronline.org">www.placeronline.org</a>

## Energy Assistance Programs

---

There are a variety of energy programs available to assist you with reducing your cost for heating, cooling, and cooking. These may include home assessment, assistance with insulation, new windows, appliance upgrades, and financial assistance to pay your bills.

### California Alternative Rates for Energy

Pacific Gas & Electric (PG&E) ..... 866-743-2273  
 TTY/TDD 800-735-2929  
[www.pge.com/care](http://www.pge.com/care)

Pacific Gas & Electric (PG&E)  
 Cooling Center Locator ..... 877-474-3266  
 FERA/Medical Baseline Program ..... 800-743-5000  
[www.pge.com](http://www.pge.com)

Project Go HEAP ..... 800-655-7705  
[www.projectgoinc.org](http://www.projectgoinc.org)

Roseville Electric ..... 916-774-5300  
[www.roseville.ca.us](http://www.roseville.ca.us)

Dollar Energy Fund (Salvation Army) ..... 800-933-9677

## Financial Resources

---

See also Energy Assistance Programs.

As you age your need for assistance may increase and it is important to be aware of the funding options that may be available.

Private resources may include:

- Income: retirement pensions (both yours and your spouse’s), social security benefits, VA benefits (both yours and your spouse’s), monies from trusts, rental property etc.
- Liquid Assets: personal savings in the form of Individual Retirement Accounts (IRAs), 401Ks, annuities, savings accounts, and long-term care insurance.
- Property, such as your home, rental, business property, or reverse mortgages.

Government assistance may include:

Social Security as a retirement or disability benefit, private disability income, VA benefits (pension, medical aid and attendance options), Medi-Cal (Medicaid), CalFresh (food stamps), Medicaid Waiver program options (assisted living).

California Insurance Commission..... 800-927-4357  
TTY ..... 1-800-482-4833  
[www.insurance.ca.gov](http://www.insurance.ca.gov)

California State Controller  
Property Tax Postponement Program ..... 800-952-5661  
[www.sco.ca.gov](http://www.sco.ca.gov)

Fairway Independent Mortgage..... 916-690-6374  
[www.fairwayreverse.com](http://www.fairwayreverse.com)

Kaiser Permanente Medical Financial Assistance ..... 866-399-7696  
[www.kp.org](http://www.kp.org)



Placer County CalFresh (food stamps) .....	888-385-5160 <a href="http://www.mybenefitscalwin.org">www.mybenefitscalwin.org</a>
Medi-Cal (Medicaid) .....	916-784-6000 <a href="http://www.mybenefitscalwin.org">www.mybenefitscalwin.org</a>
Placer County In-Home Supportive Services (IHSS) .....	916-787-8860 <a href="http://www.placer.ca.gov/departments/hhs/adult">www.placer.ca.gov/departments/hhs/adult</a>
Placer County Veterans Service Office .....	916-780-3290 <a href="http://www.placer.ca.gov">www.placer.ca.gov</a>
Seniors First Information & Assistance .....	530-889-9500 <a href="http://www.seniorsfirst.org">www.seniorsfirst.org</a>
Social Security Administration Auburn .....	866-931-6087 TTY 800-325-0778
Roseville .....	866-348-7830 TTY 800-325-0778
Fraud Hotline.....	800-269-0271 <a href="http://www.socialsecurity.gov">www.socialsecurity.gov</a>

## **Food Resources**

---

The following section lists distribution locations and programs:

Abundant Life Fellowship Church Roseville .....	916-783-1989 <a href="http://www.alfchurch.org">www.alfchurch.org</a>
--	--

## JOIN US FOR LUNCH!



Seniors First provides a hot, healthy lunch five days a week to seniors age 60 and over at seven Senior Café locations throughout Placer County including Auburn, Lincoln, Rocklin and Roseville.

Our Senior Cafés are lively gathering places that help maintain our clients' sense of community and connectedness.

There is a small suggested contribution, age 60+ is \$3.00 guests under 60, \$6.00.

Cash and checks are accepted for meal contributions.

Reservations are required.

### CAFE LOCATIONS

Auburn - Seniors First - 12183 Locksley Lane, Suite 108

Lincoln - Lincoln Senior Center - 391 H Street

Rocklin - Rolling Oaks Apartments - 5725 Shannon Bay Drive

Roseville - Maidu Village Apartments - 101 Sterling Court

Roseville - Manzanita Apartments - 1019 Madden Lane

Roseville - Sutter Terrace - 6725 Fiddymont Road

Roseville - Woodcreek Terrace Apartments - 1295 Hemmingway Drive

**For more information or to make a reservation please call**

**(530) 878-5718**

Auburn Interfaith Food Closet, .....	530-885-1921 <a href="http://www.auburnfoodcloset.org">www.auburnfoodcloset.org</a>
Auburn Seventh Day Adventist Church, .....	530-885-4232
Adventist Community Service.....	530-823-0345 <a href="http://www.aubsda.org">www.aubsda.org</a>
Harvest Community Church, Roseville.....	916-771-4781
Human Services-CalFresh (food stamps).....	530-889-7610 916-784-6000 <a href="http://www.mybenefitscalwin.org">www.mybenefitscalwin.org</a>
Life Community Church New Food Closet, Roseville .....	916-788-2697 <a href="http://www.lifeconline.com">www.lifeconline.com</a>
First United Methodist Church of Loomis .....	916-652-0469
Placer Food Bank .....	916-783-0481 <a href="http://www.placerfoodbank.org">www.placerfoodbank.org</a>
PlacerGROWN and Foothill Farmers Market Association....	530-863-7487 <a href="http://www.placergrown.org/farmers-markets">www.placergrown.org/farmers-markets</a>
Salt Mine Ministries, Lincoln & Sheridan .....	916-645-3778 <a href="http://www.thesaltmine.org">www.thesaltmine.org</a>
Salvation Army, Auburn.....	530-889-3990 <a href="http://www.auburn.salvationarmy.org">www.auburn.salvationarmy.org</a>
Salvation Army, Roseville .....	916-784-3382 <a href="http://www.roseville.salvationarmy.org">www.roseville.salvationarmy.org</a>

Meals on Wheels Placer County Seniors First.....530-878-5718  
www.seniorsfirst.org

Sierra First Baptist Church, Alta.....530-389-2168  
www.sfbcalta.org

Sierra Reach Ministries, Applegate .....530-878-2705  
www.sierrareachministries.org

Sierra Senior Services Truckee/Tahoe.....530-550-7600

Meals on Wheels .....530-550-7600  
www.sierraseniors.org

St. Vincent de Paul Society

Auburn .....530-885-2920

Lincoln.....916-645-7201

Roseville .....916-781-3303  
www.svdp.auburncatholic.com

## Fraud

Adult Protective Services Intake, Placer County ..... 888-886-5401  
www.placer.ca.gov

Better Business Bureau ..... 916-443-6843  
www.bbb.org

California Medical Board ..... 800-633-2322  
TTY 916-263-9035  
www.mbc.ca.gov

California Department of Business Oversight ..... 866-275-2677

	TTY 800-735-2922 <a href="http://www.dbo.ca.gov">www.dbo.ca.gov</a>
Centers for Medicare and Medicaid .....	800-633-4227 TTY 877-486-2048 <a href="http://www.cms.gov">www.cms.gov</a>
Health Insurance Counseling and Advocacy Program (HICAP) .....	800-434-0222
Auburn & Rocklin.....	530-889-9500
Roseville & Lincoln.....	916-376-8915 <a href="http://www.hicapservices.net">www.hicapservices.net</a>
Identity Theft Resource Center .....	888-400-5530 <a href="http://www.idtheftcenter.org">www.idtheftcenter.org</a>
Long Term Care (LTC) Ombudsman Program.....	530-823-8422 <a href="http://www.agencyonaging4.org">www.agencyonaging4.org</a>
Placer County District Attorney .....	916-543-8000 <a href="http://www.placer.ca.gov">www.placer.ca.gov</a>
Placer County Protect.....	916-543-8000
Fraud Hotline.....	916-645-SCAM (7226)
Placer County Sheriff, Non-Emergency .....	530-886-5375 <a href="http://www.placer.ca.gov">www.placer.ca.gov</a>
Police Departments, Non-Emergency	
Auburn .....	530-823-4237
Lincoln.....	916-645-4040
Roseville .....	916-774-5000

Rocklin.....916-625-5400

Social Security Administration Fraud Hotline .....800-269-0271

TTY 866-501-2101

[www.socialsecurity.gov](http://www.socialsecurity.gov)

## Funeral Options

Funerary customs comprise the complex beliefs and practices used by a culture to remember and respect the dead, from interment to monuments and rituals undertaken in their honor. Customs vary widely within our nation and burials may include many different options. Typically, funeral rites and services are funded privately. However, if the deceased is active military or a veteran, some of the services may be assisted by the Veterans Administration (VA). If the individual is indigent and has very limited income or has no next of kin, the county coroner can assist with burial.

Blue Oaks Cremation and Burial Service Roseville.....916-787-6257

[www.blueoakscbs.com](http://www.blueoakscbs.com)

Chapel of the Hills Funeral Service Auburn .....530-885-3773

[www.chapelofthehills-auburn.com](http://www.chapelofthehills-auburn.com)

Heritage Oaks Memorial Chapel Rocklin.....916-791-2273

[www.heritageoaksmemorialchapel.com](http://www.heritageoaksmemorialchapel.com)

Lambert Funeral Home Roseville.....916-783-0474

[www.lambertfuneralhome.com](http://www.lambertfuneralhome.com)

Lassila Funeral Chapel  
 Auburn 24/7 ..... 530-885-6271  
[www.lassilafuneralchapels.com](http://www.lassilafuneralchapels.com)

Lincoln Funeral Home ..... 916-645-2347  
[www.lincolnfuneralchapel.com](http://www.lincolnfuneralchapel.com)

Placer County Coroner..... 530-889-7800  
[www.placer.ca.gov](http://www.placer.ca.gov)

Placer County Veterans Service Office ..... 916-780-3290  
[www.placer.ca.gov](http://www.placer.ca.gov)

Stein & Sons Funeral and Cremation Service  
 Auburn ..... 530-802-1718  
[www.steinandsons.com](http://www.steinandsons.com)

Trident Society, Cremation ..... 916-771-5300  
[www.tridentsociety.com](http://www.tridentsociety.com)

## **Grandparent/Parent Family Resources (kinship)**

---

Alta Regional Center..... 916-978-6400  
[www.altaregional.org](http://www.altaregional.org)

AARP Grandparents Information Center ..... 888-687-2277  
[www.aarp.org](http://www.aarp.org)

Generations United..... 202-289-3979  
[www.gu.org](http://www.gu.org)

Kids First Family Resource Center  
 Auburn ..... 530-887-3536

Roseville ..... 916-774-6802  
www.kidsfirstnow.org

Lilliput Families..... 530-722-2233  
www.lilliput.org

United Advocate for Children and Family ..... 916-643-1530  
www.uacf4hope.org

WarmLine Family Resource Center  
Rocklin..... 916-455-9500  
www.warmlinefrc.org

## Healthcare

Healthcare is provided by primary care physicians who often work in physician groups. Secondary healthcare is provided in hospital settings (acute care) which may lead to specialized hospital or medical referrals. These services are funded for seniors by:

- Medi-Cal, the state of California's Medicaid program.
- Medicare (Part A for hospitalization and Part B for medical services) along with a Medicare advantage plan (Part C) which includes prescription coverage; or a supplemental health care plan and prescription coverage (Part D).
- Private insurance
- VA benefits
- Retirement health care coverage from CalPERS, Federal Retirement, Tri-Care, or other retirement coverage.



To learn more about Medicare and options associated with the coverage you may meet with a Health Insurance Counseling and Advocacy Program (HICAP) counselor by calling Seniors First for an appointment.

The listings below include a limited listing of healthcare options available in Placer County.

California Advocates for

Nursing Home Reform (CANHR) ..... 415-974-5171  
[www.canhr.org](http://www.canhr.org)

California Medi-Cal Information ..... 800-541-5555  
[www.medi-cal.ca.gov](http://www.medi-cal.ca.gov)

Centers for Medicare and Medicaid ..... 800-633-4227  
[www.cms.gov](http://www.cms.gov)

Chapa De Indian Health Program ..... 530-887-2800  
[www.chapa-de.org](http://www.chapa-de.org)

Health Insurance Counseling Advocacy Program (HICAP)

Auburn/Rocklin Appointments ..... 530-889-9500

Roseville/Lincoln Appointments ..... 916-376-8915  
[www.hicapservices.net](http://www.hicapservices.net)

Kaiser Permanente

Home Health ..... 916-486-5400

Physical Medicine & Rehab Dept.

Stroke Support ..... 916-771-6611

Skilled Nursing Facility ..... 916-648-6881

Kaiser Permanente Home Health ..... 916-486-5400

Roseville Health Education.....	916-688-2428 www.kp.org
Sutter Auburn Faith Hospital.....	530-888-4500 www.sutterauburnfaith.org
Medicare Rights Center Hotline .....	800-333-4114
Patient Advocate Foundation .....	800-532-5274 www.patientadvocate.org
Placer County Human Services, Medi-Cal .....	888-385-5160 www.mybenefitscalwin.org
Placer County Public Health.....	530-889-7141 www.placer.ca.gov/departments/public-health
Social Security Administration	
Auburn .....	866-931-6087
Fraud Hotline.....	800-269-0271
Roseville .....	866-348-7830 www.socialsecurity.gov
Sutter Auburn Faith Hospital	
Infusion Care .....	530-886-6760
Oncology Nurse Navigator.....	530-886-6712
Wound and Ostomy Care .....	530-886-6750
Sutter Walk in Care .....	800-972-5547
Sutter Health Coordination Program .....	888-833-4566

Sutter Roseville Wound Care Center ..... 916-781-1386  
[www.sutterauburnfaith.org](http://www.sutterauburnfaith.org)

WellSpace Health..... 916-737-5555  
[www.wellspacehealth.org](http://www.wellspacehealth.org)

Western Sierra Medical Clinics ..... 530-274-9762  
 Auburn, CORR Site, Downieville, Kings Beach  
[www.wsmcmed.org](http://www.wsmcmed.org)

## Homelessness

---

The following resources may be helpful if you have no permanent home or are in danger of losing your home and have limited financial resources. The following resources are not reflective of all available resources. Please call Seniors First Information & Assistance for current information.

## Food Options

Auburn Interfaith Food Closet ..... 530-885-1921  
[www.auburnfoodcloset.org](http://www.auburnfoodcloset.org)

Placer County Human Services CalFresh  
 Auburn, Rocklin, Tahoe ..... 888-385-5160  
[www.placer.ca.gov](http://www.placer.ca.gov)

Salvation Army  
 Auburn ..... 530-889-3990  
 Roseville ..... 916-784-3383  
[www.salvationarmyusa.org](http://www.salvationarmyusa.org)

Sierra Reach Ministries, Applegate .....530-878-2705  
www.sierrareachministries.org

St. Vincent de Paul Food Locker  
Roseville .....916-781-3303  
www.placersvdp.com

What Would Jesus Do Inc  
Auburn, Colfax, Foresthill, Roseville .....916-786-9953  
www.wwjdinc.org

**Shelter**

Adventist Community Services, Auburn .....530-823-0345  
www.aubsda.org

Cirby Clubhouse, Roseville .....916-787-8995

Gathering Inn, The, Roseville .....916-791-9355  
www.thegatheringinn.com

Mid Placer Emergency Shelter .....833-375-2237  
916-791-9355

Salvation Army  
Auburn .....530-889-3990  
www.auburn.salvationarmy.org

Roseville .....916-784-3382  
www.roseville.salvationarmy.org

St. Vincent de Paul

Lincoln ..... 916-645-7201

Roseville ..... 916-781-3303

[www.placersvdp.com](http://www.placersvdp.com)

**Pets (of the homeless)**

Humane Society of the Sierra Foothills ..... 530-823-6828

[www.animalplace.com](http://www.animalplace.com)

Placer County Animal Shelter ..... 530-886-5500

Placer County SPCA

Auburn ..... 530-823-7722

Roseville ..... 916-782-7722

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

**Hospice/Palliative Care**

---

Hospice care is a specialized care designed to provide support to you and your loved ones during an advanced illness. Hospice care focuses on comfort and quality of life, rather than cure. The goal of hospice care is to live each day as fully as possible. Hospice care affirms life and views death as a natural process.

Hospice services must be prescribed by a physician, typically when life expectancy is anticipated to be six months or less. It can be provided in the home or in a residential or nursing facility and includes the termination of curative treatment of the disease.

Palliative care focuses on providing relief from the symptoms and stress of a serious illness. The goal of both hospice and palliative care is to

improve quality of life for both the patient and the family. This may be accomplished by nurses, medical and religious staff, caregivers, and financial professionals. Funding of hospice care is provided by Medicare, Medicare Advantage plans, supplemental insurance, and Medi-Cal.

- Bristol Hospice .....916-782-5511  
www.bristolhospice.com
- California Hospice and Palliative Care Association.....888-252-1010  
www.calhospice.org
- Coalition for Compassionate Care .....916-489-2222  
www.coalitionccc.org
- Green Valley Hospice .....916-757-6800  
www.greenvhospice.com
- Hospice of the Foothills.....530-272-5739  
www.hospiceofthefoothills.org
- Kaiser Permanente Hospice .....916-486-5300  
www.kaiserpermanente.org
- Sutter Auburn Faith VNA & Hospice .....530-886-6650  
www.sutterhealth.org
- Sutter Roseville Care at Home/Hospice .....916-797-7850  
www.sutterhealth.org

**Hospitals**

---

- Kaiser Permanente Acute Care Hospital .....916-784-4000  
www.kp.org

Sacramento VA Medical Center.....	916-366-5366
Transportation Coordinator.....	916-843-7000
	<a href="http://www.northerncalifornia.va.gov">www.northerncalifornia.va.gov</a>
Sutter Auburn Faith Hospital.....	530-888-4500
	<a href="http://www.sutterauburnfaith.org">www.sutterauburnfaith.org</a>
Sutter Roseville Medical Center .....	916-781-1000
	<a href="http://www.sutterhealth.org">www.sutterhealth.org</a>
UC Davis Medical Center.....	916-734-2011
	<a href="http://www.health.ucdavis.edu">www.health.ucdavis.edu</a>

## **Housing Options**

---

There are a variety of residential options available for seniors that include but not limited to:

- Living in your own home(independently or with support)
- Sharing housing with a senior roommate
- Living in a room and board, where the rent includes the provision of meals and housekeeping
- Licensed, supervised board and care (B&C)
- Assisted living communities
- Skilled Nursing /LTC
- Memory Care

As your needs for assistance increase, or possibly in preparation for future needs for assistance, you may choose to move to an assisted

living community (licensed under state regulation by Community Care Licensing (CCL)) which may consist of private homes or apartments with communal dining room meals and housekeeping provided. In addition to communal dining, apartments or homes in assisted living communities have kitchens for preparing your own food. The residence has staff available to assist you with medication and activities for daily living as you need them. There may also be a specific part of the community set aside for individuals with dementia who have more advanced needs. Assisted living is typically funded with Long Term Care (LTC) insurance or private funds. California has funding available under the assisted living waiver pilot project in seven counties for individuals who have full scope Medi-Cal.

Board and care (B&C) facilities are typically small residential homes in the community (typically 6–15 beds) called Residential Care Facilities for the Elderly (RCFE). These homes are licensed through CCL and provide room and board (private or semi-private), meals, housekeeping, and nonmedical staff to assist you. B&C facilities are typically funded privately.

If you need medical assistance or rehabilitation, there are rehabilitation facilities, typically used when someone is being discharged from the hospital but continues to require therapeutic follow up. This may be funded by Medicare for up to 100 days if the individual continues to make progress with their therapies. If there is no progress, Medicare will discontinue funding.

Skilled nursing facilities (SNF) offer medical services but are not typically paid by Medicare. Medi-Cal does fund these services in specific facilities that accept that payment for service.



Community Care Licensing (State of California Dept of Social Services) .....	916-657-2592
Adult and Senior Care Sacramento Regional Office. ....	916-263-4700 <a href="http://www.cdss.ca.gov">www.cdss.ca.gov</a>
Centers for Medicare & Medicaid Services .....	415-744-3602 <a href="http://www.medicare.gov">www.medicare.gov</a>
Placer County Housing Authority .....	530-889-7676 <a href="http://www.placer.ca.gov">www.placer.ca.gov</a>
Silver Pathways Kristina Blocker, Geriatric Specialist. ....	866-689-5413 <a href="http://www.silverpathways.org">www.silverpathways.org</a>
Seniors First (for current low-income housing list) .....	530-889-9500 <a href="http://www.seniorsfirst.org">www.seniorsfirst.org</a>

## **In-Home Care**

---

Caregiving generally begins at home with family members providing care. Care may also be provided through licensed and bonded care agencies, which are privately funded. The range of payment is typically \$20 - \$30 per hour based on services required. These agencies may be funded with private funds or long-term care insurance.

There is also a registry of individuals (see PIRS below) who have been screened and are willing or interested in providing in-home care and would be privately employed directly by the individual requiring the care. These individuals may or may not be licensed or bonded.

It is possible for family members or others to be paid through the In-Home Support Services (IHSS) through Placer County. This program funds up to 283 hours of in-home care per month. This may include personal care services, cleaning, cooking, shopping, and assistance with activities of daily living (ADL's). The number of hours provided is determined by the county based upon a formula that is used throughout the state.

The Veterans Administration also has a program of aid and attendance that provides funding for Veterans, and widow or widower of a Veteran, for in-home care or assisted living.

- Age Advantage  
Auburn .....530-269-8321  
Roseville .....916-864-3480  
www.adeadvantage.com
- Amada Senior Care .....916-945-3515  
www.amadaroseville.com
- Anytime Anywhere Senior Care .....916-742-5564  
www.anytimeseniorcareca.com
- ApexCare .....916-924-9111  
(see ad) ..... www.apexcare.com
- BrightStar Healthcare.....916-781-6500  
(see ad) ..... www.brightstarcare.com/roseville
- Multi-Purpose Senior Services Program (MSSP) ..... 916-374-7739  
www.healthcollaborative.org

Help at Home Senior Care.....	877-404-6636
(see ad) .....	530-885-7444
	<a href="http://www.hahcare.com">www.hahcare.com</a>
Home Care Assistance .....	916-226-3737
	916-472-0810
	<a href="http://www.homecareassistanceplacercounty.com">www.homecareassistanceplacercounty.com</a>
Home Instead Senior Care .....	530-885-3904
	Toll Free 888-484-5759
	<a href="http://www.homeinstead.com">www.homeinstead.com</a>
Integra In-Home Care.....	916-678-5800
	Toll Free 888-982-5955
	<a href="http://www.integrahomecare.com">www.integrahomecare.com</a>
Kaiser Permanente Home Health Dept.....	916-486-5400
	<a href="http://www.kp.org">www.kp.org</a>
Living Well at Home by Eskaton .....	916-459-3220
(see ad) .....	<a href="http://www.eskaton.org">www.eskaton.org</a>
Partners in Care (see ad) .....	530-268-7423
	<a href="http://www.picseniorcare.com">www.picseniorcare.com</a>
Placer County Adult System of Care	
Roseville .....	916-787-8800
Placer County Communicable Disease	
After Hours Line .....	530-889-7240
In Home Supportive Services (IHSS) Placer County.....	530-889-7115
	<a href="http://www.placer.ca.gov">www.placer.ca.gov</a>

Placer County Public Health.....	530-889-7141
	<a href="http://www.placer.ca.gov/public-health">www.placer.ca.gov/public-health</a>
Placer Independent Resource Services (PIRS) .....	530-885-6100
	<a href="http://www.pirs.org">www.pirs.org</a>
Sutter Auburn Faith Visiting Nurse Association & Hospice .....	530-886-6650
	<a href="http://www.sutterauburnfaith.org">www.sutterauburnfaith.org</a>
Sutter Care at Home/Hospice .....	916-797-7850
Home Healthcare.....	916-797-7979
	<a href="http://www.suttercareathome.org">www.suttercareathome.org</a>
Welcome Home Care .....	916-778-7150
	<a href="http://www.welcomehomecareca.com">www.welcomehomecareca.com</a>

**Information and Assistance**

---

Information & Assistance, Seniors First .....	530-889-9500
All counties offer an Information and Assistance line for its senior residents. Here are the numbers to Placer’s neighboring counties.	
El Dorado County.....	530-621-6369
Nevada County.....	877-847-0499
Placer County .....	530-889-9500
Sacramento County .....	916-498-1000
Sutter and Yuba County Legal Center for Seniors .....	530-742-2334
Information and Assistance .....	530-742-4474

Eldercare Locator ..... 800-677-1116  
[www.eldercare.gov](http://www.eldercare.gov)

## **Legal Services**

---

Throughout your life you may find a need for assistance with legal services. Common reasons for contacting an attorney or paralegal:

- Fraud
- Landlord/tenant disputes
- Restraining orders
- Identity theft
- Development of trusts and wills
- Completion of advanced directives
- Assignment of power of attorney for health care
- Decisions and financial decisions
- Execution of wills and trusts

There are a few agencies that provide services at no cost, with the majority being private pay.

California Advocates for  
Nursing Home Reform (CANHR) ..... 415-974-5171  
[www.canhr.org](http://www.canhr.org)

California Bar Assn. .... 415-538-2000  
[www.calbar.ca.gov](http://www.calbar.ca.gov)



**PERSONAL CARE ♥ HOMEMAKER SERVICES  
COMPANION CARE ♥ PLACEMENT SERVICES  
ALZHEIMER'S & DEMENTIA CARE**

Proudly Serving Sacramento, Placer, Yolo, Solano,  
Contra Costa, San Joaquin, and Stanislaus counties.

**Schedule your FREE in-home  
assessment today by calling (916) 924-9111**

**[www.apexcare.com](http://www.apexcare.com)**

**BrightStar Care®**  
A HIGHER STANDARD OF HOME CARE



**LET US HELP YOU CARE  
FOR YOUR LOVED ONE**



**We specialize in:**

- › Personal Care
- › Companion Services
- › Homemaker Services
- › Respite
- › Hospice Support
- › Alzheimer's
- › Parkinson's
- › Heart Failure
- › Post-surgical Care
- › Multiple Sclerosis

***We assist you with Long Term  
Care insurance processing.***

***No deposit required.***

***Nurse oversight included.***

*Independently Owned & Operated  
HCO Lic.# 314700005*

**Insured & Bonded – Roseville, CA · 916 781 6500**

**Marivel Añorve-Jacobson**

Gerontological Specialist/Administrator

cell (916) 397-5680

phone/fax (916) 966-9370

***Residential Care Facility for the Elderly***

**Brookview RCFE, Inc.**  
2061 Butterfield Lane  
Lincoln, CA 95648  
License # 315001404

**Ferrari RCFE, Inc.**  
1462 Eaglesfield Lane  
Lincoln, CA 95648  
License # 315002015

# Professional In-Home Senior Care



## AGE ADVANTAGE SENIOR CARE SERVICES

*tjammal@ageadvantage.com* (916) 864-3480

735 Sunrise Blvd #220  
Roseville, CA 95661

**Where People Matter Most!**  
Serving Roseville and Surrounding areas  
**It is our passion, our life's mission,  
our honor.**



Serving Seniors in Roseville, CA – It is our passion, our life's mission, our honor. They have spent their lives building the world we enjoy. They have fought for our freedoms, paved our streets, built our schools, and invented our necessities. Some brought us into the world and invested everything they had for us. Our children now swing from the trees they planted. These beautiful lives that have experienced the gains and losses, the successes and failures, the laughter and tears of life are the lives we serve.

Over the years, Age Advantage has built a reputation for quality service and dependable care. We are known for being detailed and involved, which includes a free in-home assessment for a prospective client. We take the time to get to know you, discuss care needs, your expectations, and determine a schedule that fits your lifestyle to determine a personalized plan of care. Also, our clients and caregivers can quickly reach us with an urgent question or care need due to our 24/7 access to management.

**[www.AgeAdvantageRoseville.com](http://www.AgeAdvantageRoseville.com)**



Legal Services of Northern CA	
Auburn .....	530-823-7560
Sacramento .....	916-376-8915
	<a href="http://www.lsn.net">www.lsn.net</a>
Patient Advocate Foundation .....	800-532-5274
	<a href="http://www.patientadvocate.org">www.patientadvocate.org</a>
Placer County District Attorney .....	916-543-8000
Victim Services .....	916-543-2570
	<a href="http://www.placer.ca.gov">www.placer.ca.gov</a>
Placer Dispute Resolution Services .....	916-771-0108
	<a href="http://www.pdrs.org">www.pdrs.org</a>
Senior Legal Hotline – Free legal advice .....	916-551-2140
	800-222-1753
	<a href="http://www.lsn.net">www.lsn.net</a>
Sparks Law Library.....	530-537-2078
	<a href="http://www.placer.ca.gov">www.placer.ca.gov</a>
Superior Court Legal Help Center .....	916-408-6446
	<a href="http://www.placer.courts.ca.gov">www.placer.courts.ca.gov</a>
Voluntary Legal Services .....	916-551-2102
	<a href="http://www.vlsp.org">www.vlsp.org</a>

## Attorneys (private)

Cunningham Legal .....530-269-1515  
www.cunninghamlegal.com

Riley-Quinn, Trudi ..... 916-782-8212  
www.tsriley.com

Robinson and Fulton .....530-823-2010  
www.fulton-law.com

## Fiduciaries

Typically, a fiduciary takes care of money or other assets for a person. Professional fiduciaries are registered with the California Department of Consumer Affairs Professional Fiduciaries Bureau and are paid to manage your affairs.

Advocate Fiduciary Services .....916-434-1022  
www.adamsfiduciary.com

Barry White.....530-305-9036

Cochrane, Lori Licensed Professional Fiduciary  
Cochrane Support Services ..... 916-705-7309  
[www.cochranecss.com](http://www.cochranecss.com)

Professional Fiduciary Association of California ..... 949-681-8046  
Toll Free 844-211-3151  
[www.pfac-pro.org](http://www.pfac-pro.org)

Robinson and Fulton Law .....530-823-2010

## Medical Alert Devices

Medical alert devices are used for fall detection or to alert someone that help is needed. Today's devices range from a simple call button worn around the neck to be pushed by the individual to summon help, to cameras and motion detectors installed for surveillance from off-site caregivers. Installation may be at no cost to the consumer or there may be a fee. When shopping for your service:

- Compare services of several agencies
- Request an evaluation of your specific needs
- Inquire about all options available
- Mention Seniors First as a referral for potential discounts or request a discount through AAA or AARP.

Dog 4 Diabetics, Inc ..... 925-246-5785  
[www.dogs4diabetics.com](http://www.dogs4diabetics.com)

ADT Home Security..... 1-844-828-2914  
[www.adt.com](http://www.adt.com)

Medic Alert Foundation International ..... 888-633-4298  
[www.medicalert.org](http://www.medicalert.org)

## Medicare/Medi-Cal

See also Healthcare Medicare

HICAP (Health Insurance Counseling & Advocacy Program) offers free, unbiased, and confidential counseling and advocacy services. Medicare

Health Insurance Counseling and Advocacy Program (HICAP) of  
Northern California ..... 800-434-0222  
Auburn and Rocklin Appointments ..... 530-889-9500  
Roseville and Lincoln Appointments ..... 916-376-8915  
[www.hicapservices.net](http://www.hicapservices.net)

## Notes

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Placer County Human Services Medi-Cal ..... 888-385-5160  
[www.mybenefitscalwin.org](http://www.mybenefitscalwin.org)

## Mental Health

Advocates for Mentally Ill Housing ..... 530-878-5088  
[www.amihousing.org](http://www.amihousing.org)

### Adult Crisis & Intake

Auburn ..... 530-889-7240  
 Roseville ..... 916-787-8860  
 Toll Free ..... 888-886-5401

Anxiety and Depression Association of America ..... 240-485-1001  
[www.adaa.org](http://www.adaa.org)

Auburn Renewal Center Clinic ..... 530-887-8673  
[www.aubsda.org/arc](http://www.aubsda.org/arc)

Chapa De Indian Health Program ..... 530-887-2800  
[www.chapa-de.org](http://www.chapa-de.org)

Cirby Clubhouse ..... 916-787-8995  
[www.placer.ca.gov](http://www.placer.ca.gov)

Friendship Line (support & talk) ..... 800-971-0016

Insights Counseling Group ..... 530-887-1300  
[www.insightscounselinggroup.org](http://www.insightscounselinggroup.org)

### Lighthouse Counseling and Family

Resource Center ..... 916-645-3300  
[www.lighthousefrc.org](http://www.lighthousefrc.org)

National Alliance on Mental Illness (NAMI).....916-554-0554  
www.namipc.org

Placer County Mental Health

Auburn .....530-889-7240

Roseville .....916-787-8860  
www.placer.ca.gov

Placer County Senior Peer Counseling.....916-787-8859  
www.placer.ca.gov/departments/hhs

Placer Independent Resource Services (PIRS) .....530-885-6100  
www.pirs.org

Sierra Mental Wellness Group

Auburn .....530-885-0441

Roseville .....916-783-5207

Tahoe City.....530-581-4054  
www.sierramentalwellness.org

Suicide Prevention & Crisis Services

Auburn .....530-885-2300

Roseville .....916-773-3111

Lincoln.....916-645-8866

Toll Free and Veterans Support.....800-273-8255

Sutter Center for Psychiatry

24-hour Emergency .....916-386-3000  
www.suttermedicalcenter.org

WellSpace Health.....916-737-5555  
www.wellspacehealth.org

Western Sierra Medical Clinic ..... 530-274-9762  
[www.wsmcmed.org](http://www.wsmcmed.org)

## Mobile Services

You may not be able to get out of your home for hair, manicure, pedicure, dental care, or other services. The following lists a few available mobile services that will come to you.

Bookmobile Library ..... 530-886-4561  
[www.placer.ca.gov/directory.aspx](http://www.placer.ca.gov/directory.aspx)

Dental Hygiene Out and About ..... 916-849-6695  
[www.judyboothby.com](http://www.judyboothby.com)

Forgotten Soldier Program, The ..... 530-889-2300  
[www.forgottensoldierprogram.org](http://www.forgottensoldierprogram.org)

Hair Care by Kimberly..... 916-837-1637

Health and Harmony Wellness Coaching ..... 530-863-8149

Healthy Feet Plus ..... 916-698-3176

Lisa's Mobile Hair Care ..... 530-575-4223

Mobile 1 Dental Care ..... 530-210-6974  
[www.mobile1dental.com](http://www.mobile1dental.com)

Meals on Wheels Placer County, Seniors First ..... 530-889-9500  
[www.seniorsfirst.org](http://www.seniorsfirst.org)

Mobile Dignity Dental ..... 916-765-8559  
[www.mobiledignitydental.com](http://www.mobiledignitydental.com)

Pathways to Health .....530-888-6534  
www.pathwaysauburn.com

Sierra Phlebotomy Service .....530-906-4305

**Moving Services/Organizing**

---

All in Organizing.....916-660-3948  
www.allinorganizing.com

Auburn Moving Company .....530-823-8685  
Toll Free.....888-233-8685  
www.auburnmoving.com

Caring Transitions .....916-347-3022  
www.caringtransitions.com

Fuller Moving, Senior Moving Services .....916-349-1119  
www.fullermoving.com

Home Transitions.....916-202-1297  
www.sachometransitions.com

Two Men and a Truck .....916-596-9374  
.....www.twomensacramento.com

**Placer County Adult Services**

(all services accessible through [www.placer.ca.gov](http://www.placer.ca.gov))

---

Placer County Adult System of Care  
Auburn .....530-889-7240  
Roseville .....916-787-8860



DO YOU HAVE AN EXTRA ROOM IN YOUR HOME? **OR**, ARE YOU LOOKING FOR AN AFFORDABLE PLACE TO LIVE IN PLACER COUNTY?



Would you be interested in participating in a home matching program designed to match seniors to available rooms to rent or potential roommates for seniors renting a room?

To sign-up to receive information about this program please email:

**[seniorhomematch@gmail.com](mailto:seniorhomematch@gmail.com)**

When was the last  
time someone really  
**listened**  
to you?



## **FREE, CONFIDENTIAL, IN-HOME PEER SUPPORT**

On a short-term basis for Placer County adults 55+ dealing with  
age-related adjustment issues.

Call today to learn about  
Senior Peer Counseling:

**(916) 787-8859**



"My husband's Alzheimer's was  
progressing. I was in a mess, not  
knowing where to start.

*What would I have done  
without her?*

She guided me and came  
alongside me."

- Graduated Placer County  
Senior Peer Counseling Client  
(not pictured)



Our mission is to provide long-term support and services to help Placer County older adults maintain their independence and thrive.



Do you or a loved one have needs in the following areas?

- ♥ Information Referrals & Assistance
- ♥ Meals on Wheels - Home Delivered Meals
- ♥ Transportation Assistance
- ♥ Senior Cafés - Serving lunch Monday - Friday
- ♥ Recreation & Respite - Adult Day Social Program
- ♥ Friendly Visitors
- ♥ Call Reassurance Program
- ♥ Assisted Living and Lifestyle Planning Assistance

**WE CAN HELP!**

**800-878-9222**

**[www.seniorsfirst.org](http://www.seniorsfirst.org)**

**12183 Locksley Lane, Suite 205 Auburn, California 95602**

**mailing address: P.O. Box 6090, Auburn, California 95604**



@seniorsfirst



sfplacer



## INFORMATION AND RESOURCES FOR SENIORS

# SENIOR411.ORG

**Senior411.org** is the 'go to' source for older adults and those that care for them. Visit **senior411.org** for information, resources and referrals on:



**Nutrition Services**



**Housing**



**Transportation**



**Mental Health Services**



**Caregiver Support**



**Legal Services**

**SENIOR411.ORG • (800) 878-9222**

AGENCY  
ON AGING  
AREA 4

Seniors  
*First*  
Keeping Seniors Independent

## Volunteer Drivers Needed in the North Tahoe and Truckee Regions



Make a positive impact in your community in as little as two hours a week. Become a Volunteer Driver for MyRides.

Daily life can be a challenge when you're without a car or access to public transportation, leaving one feeling overwhelmed, helpless and isolated.

When you become a MyRides volunteer, you help local seniors and families remain active, independent and connected.

### About MyRides

MyRides is a volunteer based transportation service for seniors who do not have transportation. The program provides transportation to eligible Placer County Residents for non-emergency medical appointments and other essential services.

Volunteer Drivers are screened and approved by Seniors First, and are reimbursed monthly at a standard mileage rate for eligible mileage driven. Volunteers must be 21 years of age or older, hold a valid driver's license, proof of insurance and drive their own vehicle. Volunteers must also submit a Volunteer Application and complete a short driver's orientation.



Interested in becoming a MyRides volunteer? Call us today!

**916-782-4202**

or visit <http://www.seniorsfirst.org/my-rides>

# County programs for older adults

---

## Adult Protective Services

The Adult Protective Services program helps older adults (65 years and older) and people with disabilities (18-64) when they are unable to meet their own needs, or are victims of abuse, neglect or exploitation.

**[www.placer.ca.gov/aps](http://www.placer.ca.gov/aps)**

**To report elder abuse, please call  
the 24-HOUR confidential hotline  
at:**

**916-787-8860 or 1-888-886-5401**

## Older Adult Advisory Commission

This group provides a voice for older adults in county government and advises on matters relating to the creation and delivery of services that improve the quality of life for Placer County's older adults.

**[www.placer.ca.gov/oaac](http://www.placer.ca.gov/oaac)**

**530-889-7249**

## Senior Peer Counseling

Senior Peer Counseling is a free, voluntary, in-home peer support program for Placer County residents aged 55 years or better, who are dealing with age-related adjustment issues.

**[www.placer.ca.gov/spc](http://www.placer.ca.gov/spc)**

**916-787-8859**

## In-Home Supportive Services

The In-Home Supportive Services program provides in-home assistance to eligible aged, blind and disabled individuals as an alternative to out-of-home care and enables recipients to remain safely in their own homes.

**[www.placer.ca.gov/ihss](http://www.placer.ca.gov/ihss)**

**(for consumers)**

**[www.placer.ca.gov/pa](http://www.placer.ca.gov/pa)**

**(for providers)**

**530-889-7115**

# County programs for older adults

## Mental Health Services

Placer County Adult System of Care provides an array of mental health and supportive services for those who live with mental illness.

**[www.placer.ca.gov/adultservices](http://www.placer.ca.gov/adultservices)**

**101 Cirby Hills Drive, Roseville and  
11512 B Avenue, Auburn**

**Adult Crisis & Intake 24 Hour Phone  
Line: 916-787-8860 or  
1-888-886-5401**

## Public Assistance Programs

Residents may be eligible for food and nutrition assistance (CalFresh), medical coverage, and more.

**[www.placer.ca.gov/hhs](http://www.placer.ca.gov/hhs)**

**1000 Sunset Boulevard 220, Rocklin  
and 11542 B Avenue, Auburn  
and 5225 N Lake Boulevard,**

**Carnelian Bay**

**916-784-6000**

**530-889-7610**

**530-546-1900**

## Housing Programs

The county manages transitional and supportive housing programs, Housing Choice Vouchers and also connects homeless individuals with resources.

**530-886-7240**

**Homeless Resource Helpline:**

**1-833-3PLACER**



*Other programs and resources may be available to you. Visit [www.placer.ca.gov/hhs](http://www.placer.ca.gov/hhs) to explore further.*

Alcohol and Drug Screening Clinic	
Auburn .....	530-889-7224
Alcohol and Drug Screening Clinic	
Roseville .....	916-787-8800
Housing Program.....	530-889-7257
In Home Support Services(IHSS) .....	530-889-7115
Substance Abuse Services .....	916-787-8800
Placer County Assessor .....	530-889-4300
Placer County Animal Control.....	530 -886-5500
Placer County Board of Supervisors	
Auburn .....	530-889-4010
Placer County Contractors Association .....	916-771-7229
Placer County Coroner.....	530-889-7800
Placer County District Attorney’s Victim Services	
Main Line .....	916-543-2570
Intake.....	916-543-2562
Toll Free.....	888-889-7011
Placer County Elections Office .....	530-886-5650
Toll Free.....	800-824-8683
Placer County	
Environmental Health Services.....	530-745-2300
Placer County Fire Department .....	530-823-4155



Placer County Housing Authority

Auburn .....530-889-7610  
Toll Free.....888-385-5610

Placer County Human Services – Auburn

Main Line .....888-385-5160  
General Assistance .....888-385-5160  
Cal-Fresh.....530-889-7610  
CalWorks.....888-385-5160  
Medi-Cal .....530-889-7910  
Toll Free.....888-385-5160

Placer County Human Services – Tahoe & Carnelian Bay

Main Line .....530-889-7606  
General Assistance .....530-546-1900  
CalFresh.....530-889-7606  
CalWorks.....530-889-7610  
Medi-Cal .....530-546-1900  
Toll Free..... 888-385-5160

Placer County Human Services – Rocklin

Main Line .....530-889-7606  
General Assistance .....916-784-6000  
CalFresh.....530-889-7606  
CalWorks.....916-784-6000  
MediCal .....916-784-6000  
Toll Free.....888-385-5160

Placer County Libraries:

Applegate Library .....530-878-2721

Auburn Library	
Main Line .....	530-886-4500
Reference Desk.....	530-886-4510
Bookmobile Library.....	530-823-1272
Colfax Library .....	530-346-8211
Foresthill Library .....	530-367-2785
Granite Bay Library .....	916-791-5590
Kings Beach Library.....	530-546-2021
Loomis Library .....	916-824-2905
Penryn Library.....	916-663-3621
Rocklin Library .....	916-624-3133
Downtown Library, Roseville.....	916-774-5221
Maidu Library, Roseville.....	916-774-5221
Martha Riley Community Library, Roseville .....	916-774-5221
Roseville Public Library .....	916-774-5221
Sparks Law Library.....	530-537-2078
Tahoe City Library .....	530-583-3382
Placer County Main Switchboard	
Main Line .....	530-889-4000
Toll Free.....	800-488-4308
County Placer Master Gardeners .....	530-889-7388

## Placer County Mental Health

Main Line .....916-787-8860

24/7.....888-886-5401

Hotline.....800-273-8255

## Placer County

Office of Emergency Services .....530-886-5300

## Placer County

### Older Adult Advisory Commission (OAAC)

Main Line .....530-886-3683

Placer County Prevention Program .....530-889-7141

(health education)

Placer County Public Defender .....916-644-1157

Placer County Public Guardian .....530-886-2900

## Placer County

Public Health Nursing .....530-889-7141

## Placer County

Public Information Officer .....530-886-4629

## Placer County

Senior Peer Counseling .....916-787-8859

## Placer County Sheriff

Emergency Line .....530-823-4411

Placer County Sheriff, Non-Emergency	
Main Line .....	530-889-7800
At Risk Program .....	916-652-2400
Welfare Check .....	530-886-5375
Placer County SPCA	
Main Line .....	916-782-7722
Auburn .....	530-823-7722
Roseville .....	916-782-7722
Thrift Store .....	916-782-2434
Placer County Superior Court	
Auburn .....	530-745-2000
Roseville .....	916-408-6000
Legal Help Center .....	916-408-6446
Placer County Transit Dial-A-Ride/Health Express (Placer County Transit and Health Express scheduling)	
Auburn .....	530-745-7560
Lincoln/Roseville .....	916-745-7560
TTY/TDD .....	530-745-8732
Placer County Treasurer, Tax Collector, Business Licenses.....	530-889-4120
Placer County Veterans Services Office .....	916-780-3290

**Recreation**

---

Recreational activities are typically done for enjoyment, amusement, or pleasure, and are considered fun.

Local communities have much to offer, some listings are age specific to seniors, but most are all inclusive.

See also Discounts in the Appendix.

## Parks and Recreation Centers

Auburn Parks and Recreation .....	530-885-8461
	<a href="http://www.auburnrec.com">www.auburnrec.com</a>
Lincoln Parks and Recreation.....	916-434-3220
	<a href="http://www.lincolnrec.net">www.lincolnrec.net</a>
Roseville Parks and Recreation .....	916-774-5505
	<a href="http://www.roseville.ca.us">www.roseville.ca.us</a>

## Senior Centers

Auburn Senior Center .....	530-823-8172
	<a href="http://www.auburnseniorcenter.com">www.auburnseniorcenter.com</a>
Lincoln Senior Center.....	916-917-1237
	<a href="http://www.lincolnseniorcenter.org">www.lincolnseniorcenter.org</a>
Maidu Community Center (Roseville)	
Senior Wing .....	916-774-5960
Rocklin Senior Club.....	916-625-5200
	TTY 916-632-4013
	<a href="http://www.rocklin.ca.us/classes-and-programs">www.rocklin.ca.us/classes-and-programs</a>
Sierra Vista Community Center.....	530-346-8726
	<a href="https://sierravistacolfax.wordpress.com">https://sierravistacolfax.wordpress.com</a>

Senior Life Center of Loomis .....916-660-0543  
www.loomisseniorlifecenter.com

Well Connected .....877-797-7299  
(Senior Center Without Walls) .....www.covia.org

**Support Groups**

---

AARP Grandparents Information Center .....888-687-2277  
www.aarp.org

Al-Anon Family Group  
Meeting Line .....888-425-2666  
www.al-anon.org

Alcoholics Anonymous (AA)  
24/7 hotline .....916-454-1100  
www.aasacramento.org

ALS Association Lou Gehrig’s Disease.....916-979-9265  
www.alssac.org

Alzheimer’s Aid Society Caregiver  
Support Group ..... 800-540-3340  
www.alzaid.org

Alzheimer’s Association Administration Office .....916-930-9080  
24/7 Helpline.....800-272-3900  
www.alz.org/norcal

American Diabetes Association of Northern CA.....916-924-3232  
www.diabetes.org

C Horse Ranch.....	530-888-7766 <a href="http://www.chorseranchauburn.com">www.chorseranchauburn.com</a>
California Hospice Foundation .....	916-925-3770 <a href="http://www.calhospice.org">www.calhospice.org</a>
Center for Visually Impaired Adults, Auburn .....	530-863-7773 <a href="http://www.placercvia.org">www.placercvia.org</a>
Cirby Clubhouse.....	916-787-8995 <a href="http://www.placer.ca.gov">www.placer.ca.gov</a>
Del Oro Caregiver Resource Center.....	916-728-9333 <a href="http://www.deloro.org">www.deloro.org</a>
Forgotten Soldier Program, The .....	530-889-2300 <a href="http://www.forgottensoldierprogram.org">www.forgottensoldierprogram.org</a>
Gold Country Amputee Support Group .....	530-368-7281 <a href="http://www.goldcountryamputees.com">www.goldcountryamputees.com</a>
Grief Support Coalition .....	916-791-2273 <a href="http://www.heritageoaksmemorialchapel.com">www.heritageoaksmemorialchapel.com</a>
Kaiser Permanente Cancer Support Group.....	916-784-5626
Stroke Support Group .....	916-771-6611 <a href="http://www.kp.org">www.kp.org</a>
Lighthouse Counseling and Family Resource Center.....	916-645-3300 <a href="http://www.lighthousefrc.org">www.lighthousefrc.org</a>

Maidu Community Center, Senior Wing .....	916-774-5960
NorCal Mental Health America .....	916-366-4600 <a href="http://www.norcalmha.org">www.norcalmha.org</a>
National Multiple Sclerosis Society .....	916-927-9133
Northern California Chapter .....	<a href="http://www.nationalmssociety.org">www.nationalmssociety.org</a>
National Alliance on Mental Illness .....	916-554-0554 <a href="http://www.namipc.org">www.namipc.org</a>
Parent and Friends of Lesbian & Gay Support Group (PFLAG).....	916-863-9622 <a href="http://www.pflagplacercounty.org">www.pflagplacercounty.org</a>
Parkinson’s Support Group.....	530-355-0742
Placer County Senior Peer Counseling.....	916-787-8859 <a href="http://www.placer.ca.gov/departments/hhs">www.placer.ca.gov/departments/hhs</a>
Placer Independent Resource Services (PIRS) .....	530-885-6100 TTY/TTD 530-885-0326 <a href="http://www.pirs.org">www.pirs.org</a>
Salt Mine Ministries Lincoln & Sheridan.....	916-645-3778 <a href="http://www.thesaltmine.org">www.thesaltmine.org</a>
Well Connected .....	877-797-7299 <a href="http://www.covia.org">www.covia.org</a>
Sierra Foothills AIDS Foundation .....	530-889-2437 <a href="http://www.sierrafoothillsaids.org">www.sierrafoothillsaids.org</a>





# What will your legacy inspire?

Placer Community Foundation can help inspire ideas and ignite action for charitable causes you support locally, nationally or abroad.

530.885.4920 | Placer**GIVES**.org

Sierra Mental Wellness Group	
Auburn .....	530-885-0441
Roseville .....	916-783-5207
	<a href="http://www.sierramentallwellness.org">www.sierramentallwellness.org</a>
Stand Up Placer .....	530-823-6224
Hotline.....	800-575-5352
	<a href="http://www.standupplacer.org">www.standupplacer.org</a>
Sutter Auburn Faith Hospital Lupus	
Support Group .....	530-889-8575
	<a href="http://www.sutterauburnfaith.org">www.sutterauburnfaith.org</a>
Sutter Roseville Cancer Support Groups .....	916-781-5000
	<a href="http://www.sutterhealth.org">www.sutterhealth.org</a>
Sierra Foothills Veterans Outpatient Clinic .....	530-889-0872
	<a href="http://www.va.gov">www.va.gov</a>
TRICARE West Military & Veterans .....	844-866-9378
.....	<a href="http://www.tricare-west.com">www.tricare-west.com</a>
Widowed Persons Club of Auburn.....	530-823-5321

**Tahoe Area Resources**

---

The following resources are specific to the Placer County Lake Tahoe area.	
Adult Protective Services	
24/7 helpline .....	916-787-8860
Placer County Toll Free.....	888-886-5401
	<a href="http://www.placer.ca.gov/departments/hhs">www.placer.ca.gov/departments/hhs</a>

Bear League 24/7 Helpline.....	530-525-7297 <a href="http://www.savebears.org">www.savebears.org</a>
Health Insurance Counseling and Advocacy Program (HICAP) .....	530-878-5738 <a href="http://www.hicapservices.net">www.hicapservices.net</a>
Kings Beach Library.....	530-546-2021 <a href="http://www.placer.ca.gov">www.placer.ca.gov</a>
Long Term Care(TLC) Ombudsman Services Program .....	530-823-8422 <a href="http://www.agencyonaging4.org">www.agencyonaging4.org</a>
MyRides, Seniors First.....	530-889-9500 <a href="http://www.seniorsfirst.org">www.seniorsfirst.org</a>
North Tahoe Family Resource Center .....	530-546-0952 <a href="http://www.northtahoeffc.org">www.northtahoeffc.org</a>
Placer County Human Services.....	888-385-5160
Tahoe & Carnelian Bay .....	530-546-1900 <a href="http://www.mybenefitscalwin.org">www.mybenefitscalwin.org</a>
Project Mana—Food Bank .....	775-298-4161 <a href="http://www.projectmana.org">www.projectmana.org</a>
Seniors First .....	530-889-9500 <a href="http://www.seniorsfirst.org">www.seniorsfirst.org</a>
Sierra Mental Wellness Group-Tahoe City .....	530-581-4054



**Volunteer Drivers Needed for Seniors  
in the North Tahoe/Truckee Region**

MyRides is a volunteer based transportation service for seniors who do not have transportation. The program provides transportation to eligible Placer County Residents for non-emergency medical appointments and other essential services.

Volunteer Drivers are screened and approved by Seniors First, and are reimbursed monthly at a standard mileage rate for eligible mileage driven. Volunteers must be 21 years of age or older, hold a valid driver's license, proof of insurance and drive their own vehicle. Volunteers must also submit a Volunteer Application and complete a short driver's orientation.

**Interested in becoming a MyRides volunteer?**  
**Call us today or visit <http://www.seniorsfirst.org/my-rides> 916-782-4202**

Sierra Senior Services- Truckee/Tahoe .....	530-550-7600
Meals on Wheels .....	530-550-7600
.....	<a href="http://www.sierraseniors.org">www.sierraseniors.org</a>
Tahoe City Library .....	530-583-3382
.....	<a href="http://www.placer.ca.gov">www.placer.ca.gov</a>
Tahoe Safe Alliance .....	530-546-7804
24/7 helpline .....	800-736-1060
.....	<a href="http://www.tahoesealliance.org">www.tahoesealliance.org</a>
Western Sierra Medical Clinic	
Kings Beach .....	530-584-9762
	<a href="http://www.wsmcmed.org">www.wsmcmed.org</a>

## Transportation

There are many options for transportation in Placer County. Although many seniors prefer to drive themselves, there may come a time when you are no longer able to continue driving yourself. That should not preclude you from continuing to be independent. You may opt to ride with friends or family, use public transportation, or make use of services available through Seniors First. These services may have a charge or may be at no cost to you. Call Seniors First to discuss options available to you and the potential costs.

Access in Motion .....916-660-3934  
[www.accessinmotion.com](http://www.accessinmotion.com)

American Cancer Society  
 Transportation Program .....800-227-2345  
[www.cancer.org](http://www.cancer.org)

## Keeping Seniors Independent

Seniors First offers non-emergency transportation to medical appointments and other essential needs for Placer County residents age 60 and over. Eligible rides include:

- Medical
- Dental
- Vision
- Mental Health
- Grocery Shopping
- Food Banks
- Pharmacy
- and more!

Advanced Reservation Required. Volunteers needed.

**For information or reservations call (800) 878-9222**



Auburn Transit .....	530-745-7560
Direct line to city bus .....	530-960-3700
	TDD 888-745-7885
	<a href="http://www.auburn.ca.gov">www.auburn.ca.gov</a>
Dial a Ride, South Placer County .....	855-745-7560
Roseville .....	916-745-7560
	TDD 888-745-7885
	<a href="http://www.placer.ca.gov">www.placer.ca.gov</a>
Lincoln Transit.....	916-745-7560
	TDD 888-745-7885
	<a href="http://www.lincolncalifornia.gov">www.lincolncalifornia.gov</a>
Placer County Transit .....	530-745-7570
	TDD 530-745-8732
	<a href="http://www.placer.ca.gov/1768/placer-co-transit">www.placer.ca.gov/1768/placer-co-transit</a>
Roseville Transit .....	916-745-7560
	<a href="http://www.roseville.ca.us">www.roseville.ca.us</a>
Health Express, Seniors First .....	530-889-9500
	<a href="http://www.seniorsfirst.org">www.seniorsfirst.org</a>
MyRides, Seniors First.....	530-889-9500
	<a href="http://www.seniorsfirst.org">www.seniorsfirst.org</a>

## **Utility Assistance**

---

See Energy Assistance Programs.

## **Veterans**

---

California Department of Veterans Affairs. ....800-952-5626  
[www.calvet.ca.gov](http://www.calvet.ca.gov)

Disabled American Veterans .....916-364-6797

Disabled American Vets Grass Valley.....916-364-6797  
[www.dav.org](http://www.dav.org)

Placer County Veterans Service Office

Rocklin.....916-780-3290  
[www.placer.ca.gov](http://www.placer.ca.gov)

Western Sierra VA Clinic.....530-274-9762

VA Northern Healthcare- Mather Hospital .....916-366-5366  
[www.northerncalifornia.va.gov](http://www.northerncalifornia.va.gov)

Veterans Crisis Line .....800-273-8255

## **Volunteer Opportunities**

---

Seniors First .....530-492-5411  
[www.seniorsfirst.org](http://www.seniorsfirst.org)

## Appendix

## Acronyms

The following is a list of acronyms (abbreviations formed from the initial letters of words) that are used within this guide.

AA	Alcoholics Anonymous
AAA4	Agency on Aging / Area 4
AAA	American Automobile Assn
ADA	Americans with Disabilities Act
ADHC	Adult Day Health Care
ADL	Activities of Daily Living
ADRC	Aging Disability Resource Connection
AL	Assisted Living
APS	Adult Protective Services
ASOC	Adult System of Care (Placer County)
CBAS	Community Based Adult Service
CCL	Community Care Licensing
CDPH	California Dept. of Public Health
CHHS	California Health and Human Services
CMS	Center for Medicare & Medicaid Services (federal)
DHHS	Department of Health and Human Services (county)
DSS	Department of Social Services (state)
HCFA	Health Care Financing Administration



HEAP .....	Home Energy Assistance Program
HICAP .....	Health Insurance Counseling & Advocacy Program
HUD.....	Housing and Urban Development
I & A .....	Information & Assistance
I & R .....	Information and Referral
IHSS .....	In-Home Supportive Services
ILC.....	Independent Living Center
LTC .....	Long Term Care
LIHEAP .....	Low Income Home and Energy Assistance Program
MOW .....	Meals on Wheels
MSSP .....	Multipurpose Senior Services Project
NCIL.....	National Council on Independent Living
OAA .....	Older Americans Act
OAAC.....	Old Adult Advisory Commission
PIRS .....	Placer Independent Resource Services
RSVP .....	Retired and Senior Volunteer Program
SF .....	Seniors First
SNF.....	Skilled Nursing Facility
SSA.....	Social Security Administration
SSI/SSP .....	Supplemental Security Income/Supplemental Security Payments
VA.....	Veterans Administration
VOA .....	Volunteers of America

### Discounts

Who is a senior? Although not clearly defined, we generally think of a Senior as someone who is 65+ years old. However, for the purpose of discounts it can be anywhere from age 50+ for the Humane Society, 55+ at the veterinarian, 60+ for home delivered meals from Seniors First. It is always worth asking if agencies have a discount and what age is applicable. The following are a few of the discounts available for seniors.

As a senior citizen 62 years or older you can purchase a lifetime Senior Pass under the America the Beautiful program for \$10. This pass provides you with access to all national parks and federal recreation lands for the rest of your life. (There may also be a discount at state parks based upon each state's regulation.) See [www.nps.gov](http://www.nps.gov)

Low income seniors, disabled individuals, and honorably discharged disabled Veterans can obtain a California resident fishing license at a reduced fee of \$6.95 per year versus the regular \$47.00 fee. See [www.wildlife.ca.gov](http://www.wildlife.ca.gov)

Silver Sneakers Fitness: Your Medicare supplemental or Medicare Advantage Plan may participate in the Silver Sneakers program and pay for your gym membership.

If you are a member of the American Automobile Association (AAA) you may receive the following discounts: 20% off Turbo Tax, 30% off LensCrafters, 25% off Papa John's pizza, 30% off movie tickets, free maps and travel guides. For a complete list of discounts see [www.AAA.com](http://www.AAA.com) or call 800-222-4357.

AARP membership may make you eligible for up to 10% off AT&T services (includes cell phone services), grocery coupons, reduced movie tickets, car rental discounts, travel discounts, health and car insurance discounts, and restaurants. For a complete list of discounts see [www.aarp.org](http://www.aarp.org) or call 1-888-OUR-AARP. The following table lists some local discounts. These discounts are accurate as of August 2019 and are subject to change.

Ace Hardware (60+)	10%
Amtrak (62+)	15%
Applebees (60+)	10%
Arby's (55+)	10%
AT&T (65+) Senior Nation 200 cellular plan \$29.99	
Big Lots	10%
Burger King (60+)	10%
Denny's	15%
Dairy Queen	10%
Kohls (Wed)	15%
Michaels (55+) entire purchase and includes sales items	10%
Ross (55+ Tues)	10%
Sizzler (60+)	15%
Stein Mart (55+ Mon)	20%
Salvation Army	50%
Subway (60+)	10%
Verizon (65+) Nationwide 65 Plus Plan \$29.99	
Walgreens (1st Tues of the month)	20%
Sunrise Natural Foods (Every Wednesday)	15%
Chik Fil-A	10%



## **PLACER COUNTY PROTECT**

Providing Resources & Outreach To Elderly Citizens Together

A local collaboration between the District Attorney's Office, Victim Services, Adult Protective Services, law enforcement, and other local agencies and community representatives

### **FRAUD PREVENTION**

- Shred all documents
- Create a family password
- Protect your mail
- Always secure your purse
- Check your credit report
- Never give personal information
- Have a family member monitor your bank account
- Create a second smaller bank account for a family member or caregiver to access

### **CONCERNED ABOUT A LOVED ONE?**

Contact your local law enforcement agency or call Adult Protective Services at 916-787-8860 or 888-886-5401

### **ELDER ABUSE PREVENTION CLASS**

Contact us at 916-543-8000 or [PROTECT@placer.ca.gov](mailto:PROTECT@placer.ca.gov)

### **FRAUD HOTLINE**

If you are worried about a scam – call our fraud hotline to speak to a representative

916-645-SCAM  
916-645-7226  
or email us at: [ElderFraud@placer.ca.gov](mailto:ElderFraud@placer.ca.gov)

## Elder Abuse

Elder abuse is causing physical, emotional, or financial harm to an older person, whether intentionally or unintentionally. There are many possible signs of abuse:

- Bruises, pressure marks, broken bones, abrasions, and burns may be signs of physical abuse, neglect or mistreatment.
- Unexplained withdrawal from normal activities, a sudden change in alertness, and unusual depression may indicate emotional abuse.
- Sudden financial losses may be the result of exploitation.
- Bedsores, unattended medical needs, poor hygiene, and unusual, unexplained weight loss might be signs of neglect.
- Behavior such as belittling, threats, and other uses of power and control by spouses or other adults may signify verbal or emotional abuse.
- Strained or tense relationships and frequent arguments between the caregiver and older person can suggest mistreatment, either by the caregiver or the person receiving care.

Included in elder abuse is self-neglect. Self-neglect describes situations in which older people put themselves at high risk. People who neglect themselves may have a disorder that impairs their judgement or memory. They may have a chronic disease. Knowing where to draw the line between a person's right to independence and self-neglect can be hard.

Here are some signs that may mean it's time to intervene, although they can be hard to recognize during a short visit:

- Hoarding
- Failure to take essential medications or refusal to seek medical treatment for serious illness
- Leaving a burning stove unattended

- Poor hygiene
- Not wearing suitable clothing for the weather
- Confusion
- Inability to attend to housekeeping
- Dehydration

### Scams

There are many common scams. The following is a list of tips to avoid being scammed. If you think you are being scammed, contact A Project of Wise & Healthy Aging [www.wiseandhealthyaging.org](http://www.wiseandhealthyaging.org) (310) 394-9871.

#### Scam Prevention Tips

Don't answer the phone if you don't recognize the number. If it's someone who needs to talk to you for a legitimate reason, they will leave a message.

Don't wire money to cover travel, medical emergencies, hotel bills, hospital bills, visas, losses from a temporary financial setback. In fact, it's a good idea to never wire money period, unless you know for sure that your family or friend is abroad and needs it.

Don't send money to tide someone over after a mugging or robbery, and don't do anyone a favor by making an online purchase or forwarding a package to another country for them.

Don't use public Wi-Fi to check sensitive financial information, or to make purchases using your credit card.

Social media: If you are on sites like Facebook, make sure that your privacy settings don't allow strangers to view your information. Follow @placerprotect on Facebook to be alerted of scams and other types of fraud.

Reach out: Get involved in your community. Call a friend. Talk to your neighbors.

Ask someone: Run offers and deals by people you trust to see if they are

legitimate.

Check your statements including credit cards and Medicare statements to ensure that there are no unauthorized charges or service not provided.

### **Scammed? Report It!**

Local Law Enforcement—It's important to report all scams to your local police or sheriff's station.

FBI—Takes reports on all scams. [www.ic3.gov](http://www.ic3.gov)

Federal Trade Commission (FTC)—Takes reports on all types of scams.  
1-877-382-4357

US Postal Inspectors—Takes reports on scams that use the mail.  
1-877-876-2455

Senior Medicare Patrol (SMP)—If your Medicare account information has been misused. 1-855-613-7080

Department of Consumer Affairs—Report any suspected incidents of scams.  
1-800-952-5210

### **Fall Prevention**

Injuries from falls are the leading reason seniors lose their independence. However, falls are preventable through exercise, medication management, eye exams, and home modifications.

- Stay physically active. Regular exercise makes you stronger. Weight-bearing activities, such as walking or climbing stairs, may slow bone loss from osteoporosis.
- Have your eyes and hearing tested regularly. Always wear your glasses. If you have a hearing aid, be sure it fits well, and wear it.
- Find out about the side effects of any medicine you take. Have your physician and pharmacist do a medication review for you to insure you are taking

appropriate medications. If a drug makes you sleepy or dizzy, tell your doctor and pharmacist.

- Get enough sleep. The average person needs between 7 -9 hours of sleep per night. If you are sleepy you are more likely to fall.
- Limit the amount of alcohol you drink. Even a small amount can affect balance and reflexes.
- Stand up slowly after eating, lying down, or sitting. Getting up too quickly can cause your blood pressure to drop, which can make you feel faint.
- Wear rubber-soled, low-heeled shoes that fully support your feet. Wearing only socks or shoes/slippers with smooth soles on stairs or floors without carpet can be unsafe.
- Have your home evaluated for fall risk: Install grab bars in the tub and shower, remove throw rugs.

You can find more about fall prevention at [www.nia.nih.gov](http://www.nia.nih.gov)

Notes

### **Life Planning for All of Us**

We are all aging and aging forces change. We are living longer, healthier lives with more options available than previous generations. To ensure that your wishes for your future are followed you need to research your options, initiate conversations with your chosen support team and put your wishes in writing. Planning for your future should include the “40—70” Checklist described later.

There are many resources available to help you with the development of your “action plan for successful aging.” One tool is entitled exactly that: An Action Plan for Successful Aging (Plan) researched and written by Home Instead Senior Care. This plan can be found at [www.caregiverstress.com](http://www.caregiverstress.com). The Plan encourages you to ACT (Assess, Consider, Talk). It provides questions and an outline to start your assessment of your potential needs and wants and includes discussion and references to assist



you in reviewing your options. The Plan may also be helpful in developing a plan for your family members.

“Experts have said that by the time you’re approaching 40 and a loved one is around 70, you should have had the “talk” about issues so many families want to avoid.” Typically, you will find conversations about these topics are not initiated until there is a crisis. The Plan refers to the “40–70 Rule” which includes “tips” on how to initiate these conversations.

The “40–70” Rule Checklist will assist you in developing and tracking your action plan progress in the following areas:

- Living Choices
- Financial Choices
- Health
- Relationships and Dating
- Driving
- End of Life

The following websites are identified in the Plan to assist you with your research:

- [www.MakingHomeSaferforSeniors.com](http://www.MakingHomeSaferforSeniors.com) (for a room to room assessment of your current home)
- Genworth Cost of Care study
- [www.StagesofSeniorCare.com](http://www.StagesofSeniorCare.com)

### **Organizing Information**

What information should a family caregiver organize? The answer to this question is different for every family. You might want to help organize the following information and update it regularly. This list is just a starting point.

- Full legal name and residence

- Birthdate and place, with a copy of birth certificate
- Social Security and Medicare numbers and cards
- Education and military records (DD 214)
- Employment history with dates and addresses
- Sources of income and assets:
  - investment income
  - stocks and bonds
  - property
  - insurance policies
  - bank accounts
  - deeds
  - investments and other valuables
- Most recent income tax return
- Money owed, to whom and when payments are due
- Plan for future care and needs

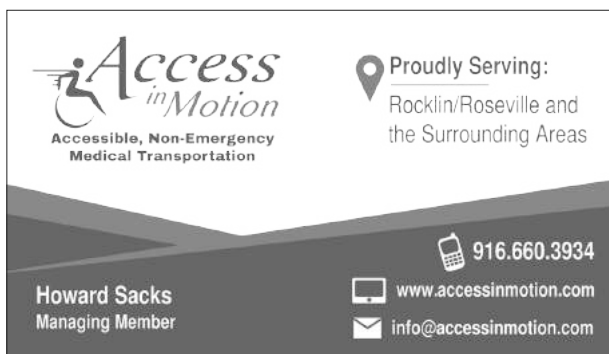
### **Suggestions for New Caregivers**

When you are starting out as a family caregiver it is hard to know where to begin. It may be that you and other family members have observed changes in your family member's behavior or personality, cognitive decline, or confusion. It is time to act. The following suggestions describe how to begin.

- Obtain a medical diagnosis. Gather observations from those who know your family member well and attend the doctor's appointment prepared to share those observations. Do not send your family member to the appointment alone. If they are having cognitive or memory problems, they will not be a good reporter

for the physician, nor will they be able to bring back accurate information to you.

- Educate yourself about the medical procedures used to determine an appropriate medical diagnosis and act as an advocate on your family member's behalf.
- Discuss your family member's resources and future wishes. This is often difficult to discuss with parents, as we do not want to be invasive, however, we want to keep our family members safe and secure and we may be approaching a time where we must take charge of their financial affairs.
  - Health care benefits—you may need a Health Insurance Counseling and Advocacy Program (HICAP) appointment to fully understand what health care coverage your family has in place.
  - Finances: income, assets, property. ( See Appendix topic Organizing Information.)
  - Future wishes as to how they would like to live their life and what type of care they would like to receive as the diagnosis progresses
- Learn about the diagnosis, treatment options, community resources, and support groups.
- Find support groups for yourself, join, and attend.



### How to Prepare Ahead of Time for a Quick Evacuation from Your Home

- ❑ 1. Sign up to receive emergency alerts
  - El Dorado County (Code Red): [www.ready.edso.org](http://www.ready.edso.org)
  - Placer, Yolo, Sacramento Counties (Everbridge) - [www.sacramento-alert.org](http://www.sacramento-alert.org), [www.yolo-alert.org](http://www.yolo-alert.org), [www.placer-alert.org](http://www.placer-alert.org)
  - Nevada County (Code Red): <https://www.mynevadacounty.com/1293/CodeRED-Emergency-Alerts>
  - Ensure everyone in your household is signed up; encourage others to do so as well.
- ❑ 2. Develop the habit of keeping your keys, wallet/purse, and cell phone in the same consistent location so that you don't waste time looking for them when you need to quickly evacuate.
  - Encourage everyone in your household to do the same.
- ❑ 3. Develop the habit of keeping at least a quarter tank of gas in your car at all times.
  - Gas stations get crowded during evacuations.
  - Cars get stranded on the road while idling during evacuations.
- ❑ 4. Identify multiple evacuation driving routes from your home to major roadways.
  - Your normal driving routes may be crowded, closed, or dangerous during evacuations. Be familiar with alternatives.
- ❑ 5. Keep a pet carrier readily accessible.
  - Whether for a dog, cat, rat or reptile, keep something readily accessible that your pet can stay in comfortably and reliably as you evacuate. Your pet may need to stay in this carrier at your next temporary destination.

- ❑ 6. Keep your smart phone contacts up-to-date.
  - Ensure family, friends, work, health care, insurance, etc. contacts are always up-to-date.
  - Keep a cell phone charger in your car at all times.
  - Memorize essential phone numbers (in case you can't access such numbers on your phone). Consider printing out a back-up copy.
- ❑ 7. Plan where you may go if evacuated from your home.
  - Hotels fill up quickly.
  - You may need or want to get as far away as possible.
  - Consider family or friends outside of the impacted area. Talk to them ahead of time.
- ❑ 8. Plan what you will take (if there is time) and what you will take it in.
  - Prescription pharmaceuticals.
  - Important documents, photos, computer back-ups, etc.
  - Clothing, shoes, toiletries (may be purchased later).
  - Sleeping bags, pillows, blankets (may be purchased later).
  - Food and water (may be purchased later).

<a href="http://www.aarp.org">www.aarp.org</a>	AARP enhances the quality of life for all as we age. Champions for positive social change and deliver value through advocacy, information, and service.
<a href="http://www.agencyonaging4.org">www.agencyonaging4.org</a>	Agency on Aging Area 4's mission is creating and supporting opportunities that enhance the lives of older adults and their families to be safe, healthy and independent.
<a href="http://www.benefitscheckup.org">www.benefitscheckup.org</a>	National council on Aging (NCOA): free online resource to find benefits available to seniors in your specific geographic area.
<a href="http://www.benefits.gov">www.benefits.gov</a>	Benefits research can be done on a state specific basis, this is not senior resources specific.
<a href="http://www.caring.com">www.caring.com</a>	Caregiver information for housing options, in-home care, support groups which includes reviews of services, and checklists of questions to ask when looking for residential and caregiver options.
<a href="http://www.caregiverstress.com">www.caregiverstress.com</a>	Includes checklists and how to have the conversation on life planning.
<a href="http://www.deloro.org">www.deloro.org</a>	Resources for Placer and local counties regarding county, caregiver options, events, support groups, free legal consultation, free short-term counseling, and limited respite services available at no cost to caregiver.
<a href="http://www.freegovernmentcellphones.net">www.freegovernmentcellphones.net</a>	Free cell phones
<a href="http://www.identitytheft.gov">www.identitytheft.gov</a>	Is someone using your personal information to open new accounts, make purchases, or get a tax refund? Identitytheft.gov can walk you through each step of the recovery process.
<a href="http://www.lsn.net">www.lsn.net</a>	Legal Services of Northern California provides quality legal services that empower the poor to identify and defeat the causes and effects of poverty.
<a href="http://www.medicare.gov">www.medicare.gov</a>	The Medicare website has all the information you need to better understand your Medicare options, your current status with Medicare, and help you find the appropriate plan options for you.
<a href="http://www.nia.nih.gov">www.nia.nih.gov</a>	National Institute on Aging
<a href="http://www.pirs.org">www.pirs.org</a>	Placer Independent Resource Services advocates for the rights of people with disabilities.
<a href="http://www.silverpathways.org">www.silverpathways.org</a>	Placer County geriatric specialist care planning, including free training seminars on the 'Stages of Dementia' and 'Life as a Caregiver'.
<a href="http://www.seniorsfirst.org">www.seniorsfirst.org</a>	Includes access to Seniors First data base.

# Senior Care Planning

## Experience. Understanding. Support.

Caring for an aging parent or loved one can be a stressful and lonely experience. Seniors First's geriatric care partner Silver Pathways is here to help.

The Silver Pathways team has over 25 years of experience helping families develop lifestyle care plans for their loved ones.

Our services include:

- Assessments
- Living Placement
- Care Plans
- Family/Individual Consultations
- FREE Workshops & Support Groups



**Call 866-689-5413 to schedule a free consultation**



*Silver Pathways*

• LIFESTYLE PLANS FOR SENIORS •

[Silverpathways.org](http://Silverpathways.org)

Pain Isn't Always Obvious

**KNOW  
THE SIGNS**

Suicide Is Preventable.org



Depression and thoughts of suicide are not a necessary or normal part of aging. There is help – effective treatments are available, and there is hope to re-connect with life and the joys of living. By recognizing the signs of depression and suicide risk among the older adults in your life, you have the power to make a difference.

The power to save a life.

**Suicide Crisis Line: 1-800-273-8255**

**Lincoln: 916-645-8866**

**Auburn: 530-885-2300**

**Roseville: 916-773-3111**

**Adult System of Care**

**Crisis Intake Line:**

**1-888-886-5401**

