

SENIOR CITIZENS and ELDER CARE in Sacramento. Seniors housing care, home instead, health programs, medical resources, activities meals, elder care abuse, in home care services home care solutions
Go to: www.onefatherslove.com to view the online resource center.



Helping Individuals and Families
Achieve Self Sufficiency

Administration on Aging

Washington D.C. 20201, Ph. (202) 619-0724

Eldercare Locator: (to find services for an older person in his or her locality): 1(800) 677-1116

Great website for all types of information about aging, senior citizen, elder care, serving meals to seniors & senior nutrition.

Adult Protective Services Sacramento County

700 H Street, Sacramento, CA. 95814

Ph. (916) 874-9377 - M - F 8 - 5p.m

"Adult Protective Services(APS) is dedicated to maintaining the health and safety of elderly and dependent adults who are victims of abuse or neglect, including resources for senior health, in home support services, senior adult resource center, senior legal hotline.

Hart Senior Center (Triple R)

915 27th Street, Sacramento, CA. 95816, Ph. (916) 264-5462

Hours Mon. - Fri. 7:30a.m. - 6p.m. and 1st - 3rd Saturday 8a.m. - 4p.m.

Respite, Recreation and Recognition. Allows family members time away from their care giving responsibilities

Emergency Repairs

The ERP-A is a program designed to provide grants for emergency/health and safety repairs to owners of single family homes or mobile homes in the City and County of Sacramento.

Application Procedure:

Call SHRA at (916) 264-1500. After determining qualifications for the program, a construction technician will call you to schedule an appointment to inspect the property and schedule the work.

Rebuilding Together Sacramento

PO Box 255584, Sacramento, CA 95825-5584

Ph. (916) 455-1880 Email: info@rebuildingtogethersacramento.org

The Safe at Home Program provides minor repairs and safety modifications. Modifications include grab bars, toilet raisers, shower stools, stair railings, smoke and fire detectors, shower hoses, transfer poles, transition ramps.

Repairs are assessed on a case by case basis, but can include light, sprinkler and shower door replacements; concrete repair, carpentry issues, fence repair and other minor issues.

About Elder Care

1911 Douglas Blvd. Suite 85-198, Roseville, CA. 95661

For immediate assistance call: 1(888) 489-8779 or (916) 783-8779

A **FREE** local care facility referral and placement service for California seniors in Sacramento, Placer, El Dorado, Napa, San Joaquin, Contra Costa, Alameda Yolo, Solano and Nevada Counties. Includes senior citizen and elder care resources for in home care, assisted living facilities, Alzheimer's care, Independent living facilities and more.

American Assoc. of People (AAP)

Formerly known as AARP.

Ph. 1(866) 448-3614 or 1(888) 687-2277 M - F 7a.m. - 12 Midnight.

You no longer need to be retired for membership. Services to members 50 and older. Health care and a lot of different insurances services.

Area 4 on Aging

2260 Park Town Circle #100, Sacramento, CA. 95825
Ph. (916) 486-1876

[Caregiver Services / Caregiver Respite-Case Management-Disease Prevention\(Water Therapy\)- Drop-In Respite-Elder Abuse Prevention / Ombudsman -Employment - Mental Health Services- Information and Assistance - Health Insurance Counseling and Advocacy Program \(HICAP\) - Legal Services - In-Home Supportive Services - Kinship Care - Minor Home Modifications and Repair - Transportation Services](#)

Below are resources that provide financial help and placement into an assisted living facility.

The Light for Seniors, Inc.

A Non-Profit Corporation

Call us at (916) 438-3113 or Call TOLL FREE (888) 413-3113

WE OFFER DISCOUNTED AND FREE SERVICES SERVING ALL OF CALIFORNIA!

Free Long-Term Care Financial Counseling!!—One hour free telephone consultation. We will match YOUR care needs and YOUR care wants with YOUR financial situation and develop YOUR CARE PLAN that you can afford. You will know what programs are available and what is and is not available for your specific situation.

Free Resource and Referral Information!!

Discounted Medi-Cal Qualification & Maintenance!!

Why do you need our help to qualify for Medi-Cal?

1. A “Medi-Cal Worker” will interview you, provide you with forms, and provide a list of documents to submit, but will usually not help you position your assets properly to qualify.
2. The Medi-Cal process is complicated. Many people, especially seniors who are caring for an ill spouse, find the process too consuming and give up before completing the process.
3. A Medi-Cal decision can take up to 45 days. If a decision to deny is made after two months have passed, there is no way to go back and properly position assets for approval in those months, leaving you liable for medical costs.
4. If the Medi-Cal Worker denies a case in error, will you know enough to effectively argue your case to the worker and/or in a Fair Hearing?
5. If your assets exceed Medi-Cal limits or your assets are not properly positioned, we will provide options for qualification that comply with current Medi-Cal rules.

The Light for Seniors, Inc. works with agencies and professionals in the health care, tax, legal, and senior fields to enable us to fully serve the needs of our senior and disabled clients. We provide answers to your Long-Term Care financial questions, helping you find the right care for yourself and your loved ones.

Eskaton Senior Living Services - Assisted Living-Memory Care

Provides services for seniors including health, affordable housing, retirement communities, assisted living and much more. Eligibility is open and some services are FREE or accept Medical/Medicare, HMO's and Private insurance.

The Senior Connection

A Community Service of Eskaton
5105 Manzanita Avenue
Carmichael, CA 95608-0598
916-334-1072
888-334-3490 Toll Free

Eskaton Adult Day Health Center Carmichael

Adult Day Health Care
5105 Manzanita Avenue, Suite D
Carmichael, CA 95608-0598
916-334-0296

Eskaton Care Management

Senior Care Coordination & Consultation
5105 Manzanita Avenue
Carmichael, CA 95608-0598
916-334-1072
888-334-3490 Toll Free

Eskaton Home Care

Home Healthcare Services
9722 Fair Oaks Boulevard, Suite A
Fair Oaks, CA 95628-7011
916-536-3750
800-499-8662 Toll Free

TLC Telephone Reassurance Program

A Community Service of Eskaton
5105 Manzanita Avenue
Carmichael, CA 95608-0598
916-334-1072
888-334-3490 Toll Free

Eskaton Companionship Plus

Companionship & Escorted Transportation
5105 Manzanita Avenue
Carmichael, CA 95608-0598
916-334-1072
888-334-3490 Toll Free

Free Community Classes

These classes are sponsored by The Senior Connection and are a free community service of Eskaton. They are held in the Sacramento, California area. **Please make a reservation by calling TOLL FREE 1-888-334-3490 Monday-Friday, 8 am-5 pm PST, or by sending an email to info@eskaton.org stating your name, phone number (with area code) and name of class you would like to attend.**

Caregiver's Resource Guide:

The Senior Connection maintains an extensive directory of resources in the greater Sacramento area. The directory includes definitions of commonly-used terms, information on levels of care and guidance in determining associated costs.

Mercy Outpatient Rehabilitation Center

406 Sunrise Avenue, Suite 300, Roseville, CA 95661
Ph. (916) 536-2425

Provides outpatient treatment services and other specialty treatment programs for seniors with Medicare insurance. A good place to call if you need help finding a medical service that accepts Medicare.

Methodist Hospital of Sacramento

7500 Hospital Drive, Sacramento, CA 95823
Ph. (916) 423-3000-24hrs 689-9000-Elk Grove

Offers medical treatment programs for seniors who have Medicare insurance.

Sutter Oaks Nursing Center

2600 L Street, Sacramento, CA 95816
Ph. (916)552-2200

Offers long and short-term skilled nursing care, including occupational, speech and other therapies. Services are provided to seniors with Medicare, Medi-cal and private insurance.

Bruceville Terrace Skilled Nursing Facility

8151 Bruceville Road, Sacramento, CA 95823
Ph. (916) 423-6000

Offers a Medi-cal insured 171 bed skilled nursing and rehab facility.

Below are Senior resources for entertainment, activities and community centers

Hart Senior Enrichment Program

915 27th Street, Sacramento, CA 95816
Ph. (916) 808-5462

Provides a variety of programs, entertainment from Woodworking, Bingo and much more. Visit the website to see the list of activities and schedule of events..

C.L.U.B. (C-caring, L-laughing- understanding B-belonging)

10600b Coloma Road, Rancho Cordova
Ph. (916) 635-5992 ext 16 - Contact Flora Maloney, Director.

Provides respite for caregivers and a social program lead by qualified staff specializing in services for seniors with Alzheimer's disease, other dementias, stroke or Parkinson's diseases. The C.L.U.B. Program is held Mondays and Tuesdays (9:30 - 2:30 and Wednesday 9:30 - 1:30).

Senior Companion Program (DHA)

Ph. (916) 875-3582

The activities of the Senior Companion may include: Visiting clients in their homes, adult day care centers and group settings. Offering transportation to needed medical appointments, senior nutrition centers or shopping along with providing socialization/companionship and respite care for the spouse or primary caregiver. Assisting with correspondence, paying the bills, obtaining community resources, translation/interpretation and other related tasks.

Asian Community Center

7375 Park City Drive, Sacramento, CA 95831
Phone: (916) 393-9026x330 | Fax: (916) 393-9128
Phone: (916) 393-9020 | Fax: (916) 393-9025-ACC Nursing home.
Phone: (916) 395-0210 / (916) 395-0214-Greenhaven Terrace.
Phone: (916) 394-6399 | Fax: (916) 394-6392-Administration.

The ACC offers many valuable services that are sensitive to the cultural and language needs of the Asian community. The ACC services include a 5 hour drop-in respite that includes nutritious meals and activities, various classes including cooking classes, door-to-door transportation/rides.

Ethel MacLeod Hart Multipurpose Senior Center

915 27th Street, Sacramento, CA 95816

Ph. (916) 264-5462 or 808-5462

Provides support services to seniors 50+, includes Morning coffee, Nutritional lunch, Triple R Adult Day program, Food-Op, , health insurance counseling, Support groups, job match and more.

The below senior resources offer - Alzheimer's - Arthritis - Homecare and support services

Alzheimers Association

Chapter Headquarters for Sacramento - Northern California

1060 La Avenida, Mountain View, CA. 94043

Ph. 1 (800) 272-3900 24 Hour helpline. Or 1 (800) 438-4380 Alzheimer's education and referral center.

"The Alzheimer's Association Helpline operates 24 hours a day, seven days a week, in 140 languages. Our staff is highly trained and knowledgeable about all aspects of Alzheimer's disease. Call us if you have questions".

Arthritis Foundation

3040 Explorer Drive, Suite 1, Sacramento, CA. 95827

Ph. (916) 368-5599 x 203 or 1(800) 571-3456

"We offer a wide variety of programs and events throughout the Northeastern California/Northern Nevada region. If you do not find what you are looking for on this site, please call the chapter office. One of our friendly and knowledgeable staff will be happy to help you, includes Arthritis Foundation Aquatic Program, Exercise program, Self-help program and other California Arthritis programs.

Personalized Homecare & Homemaker Agency

Ph. (916) 979-4975

Senior citizen and elder care services include Activities of daily living **Bathing:** Bed bath, sponge bath, shower, and shaving. **Dressing Assistance:** Transfer and ambulation assistance. **Linen Change:** And laundry **Meals:** Planning, preparation and clean up. **Light Housekeeping:** Vacuuming, dusting, cleaning, damp mopping. **Shopping & MD Appointments:** (Only in patient's car) **Companionship & Socialization Assist with ROM exercise and activities:** Transfers, pivot transfers, hooyer lift transfers. **Medication Reminder.**

In-Home Supportive Services

Ph. (916) 874-9471

In-Home Supportive Services (IHSS) serves aged, blind, or disabled persons who are unable to perform activities of daily living and cannot remain safely in their own homes without help. Through IHSS, qualified recipients may receive assistance with daily tasks, such as:

- bathing - dressing - cooking - cleaning - grooming - feeding

To be eligible for IHSS services, a person must receive SSI or meet income and resource guidelines. In addition, the individual must be either: 65 years or older - blind - permanently disabled, or a disabled child requiring extraordinary care.

Below are senior resources for nutritional meals and meal services

"Meals on Wheels" Senior Nutrition Services (DHA)

Ph. (916) 444-9533 Toll Free 1(877) 434-8075

Senior Nutrition Services provides "**Meals On Wheels**" in Sacramento County. This program provide hot, nutritious meals for more that 1800 frail seniors in Sacramento County. Last year through the generous support we have received from great individuals and organizations throughout the County, we eliminated our waiting list of over 500 homebound seniors. And, by the end of the year we moved to a new larger facility in West Sacramento.

All Seasons Cafe-Senior Dining

Ph. (916) 444-9533

Provides nutritional lunches to seniors at 27 locations throughout Sacramento. Call the office to find the nearest location.

Meals a la Car

Ph. (916) 391-3837

Deliver hot nutritious meals to homebound elderly and disabled to help them to maintain independent living. Non-profit home-delivered meal program serving Sacramento and surrounding areas.

Legal services for Sacramento county seniors

Legal Center for the Elderly and Disabled

Ph. (916) 488-5298

Services provided: Free legal assistance in civil matters including Social Security, landlord/tenant, foreclosure defense, Medicare, MediCal, elder abuse. No criminal, probate, or family law cases. Call for more information.

Eligibility: Low-income Sacramento or San Joaquin County residents who are either over 60 years of age or are disabled.

Northern California Senior Legal Hotline

Ph. (916) 551-2140 or 1(800) 222-1753 (toll free N. Cal.)

Monday - Friday 9:00 am - 12:00 pm and 1:00pm - 4:00pm; Thursday until 7:30 pm.

Services provided: Free legal advice, information and referrals provided by an attorney or paralegal. *Eligibility:* 60 years of age or older. We provide free legal advice and brief services by phone to California residents 60 and over.

Grandparents with questions regarding custody or visitation of grandchildren can also receive assistance

Below are additional resources for Elder care and Senior citizens

California Registry

Ph. (800) 777-7575

We are a state licensed free referral agency for seniors and their families. We have been providing seniors with care options, counseling, referrals and facility evaluations free of charge since 1939. We are committed to providing every client with the best possible information and referral regardless of their financial situation. We can help you save time by locating a quality care facility with up-to-date information on over 8,100 facilities within California.

Seniors Eyecare Program

655 Beach Street, San Francisco, CA 94109

Ph. 1(800)-222-3937 24/7

You may call the toll free number any day or time and they will determine eligibility then refer a senior to a Sacramento based volunteer ophthalmologist providing **FREE** screenings for eye diseases.

Turning Point Community Programs

3440 Viking Drive, Sacramento, CA. 95827

Ph. (916) 364-8395-Administration

Ph. (916) 393-1222-Intergrated Services Agency

Provides 24hr outpatient services to seniors where mental health may be a challenge.

Stanford Settlement

450 W. El Camino Ave., Sacramento, CA 95833

Ph. (916) 927-1303

May offer transportation for seniors.