

# Community Resources for Seniors: How to find information and services

## GENERAL SERVICES

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

**Website: [www.aging.lacity.org](http://www.aging.lacity.org)**  
Information and referral for senior programs including transportation, legal services, in home services, senior activities.

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

**County of Los Angeles Services Information**  
Phone: 211

**Website: [www.lacounty.gov](http://www.lacounty.gov)**  
Information on your local Senior Center and county services available in your area.

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

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

**Website: [www.ladpss.org](http://www.ladpss.org)**  
Assists eligible seniors to remain safely in their homes.

**National Institute on Aging**

Phone: (800) 222-2225

**Website: [www.nih.gov/NIA](http://www.nih.gov/NIA)**

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

**Alzheimer's Association**

Phone: (800) 272-3900

**Website: [www.alz.org](http://www.alz.org)**

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

**Partners In Care Foundation**

Phone: (818) 837-3775 ext. 129

**Website: [www.picf.org](http://www.picf.org)**

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

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

Phone: (213) 252-4072

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

**California Telephone Access Program**

(800) 806 - 1191

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

**Home Secure Program**

(818) 762 - 5892

Free safety modifications for renters and homeowners of all ages.

**Heart Touch Project**

(310) 391 - 2558

**Website: [www.hearttouch.org](http://www.hearttouch.org)**  
Healing touch/massage for seniors, non-ambulatory, hospice or HIV.

## TRANSPORTATION

**Your local Senior Center and:**

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

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

**Access Services**

Phone: (800) 827-0829

**Website: [www.asila.org](http://www.asila.org)**

## MEALS

**Your local Senior Center and:**

**Meals on Wheels**

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