

**Community Connections
for older adults**

Westside Services for Older Adults and Caregivers

A Quick Reference Guide in Large Print

Sponsored by the Older Adult Task Force

Made possible by the generosity of:

Alzheimer's Association

CapitalSource Bank

City of Santa Monica - Commission for the Senior Community

Los Angeles County Area Agency on Aging

Santa Monica College, Emeritus College Program

SCAN Health Plan

UCLA Healthcare 50 Plus

WISE & Healthy Aging

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Santa Monica Chamber of Commerce

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About this Guide

(1)

The Older Adult task Force created this guide as a free resource tool to assist in finding services for older adults and their caregivers in Santa Monica and neighboring communities. This guide includes public and private non-profit organizations in the Santa Monica area but not all available services are listed. The OATF cannot give quality guarantees about the listed providers.

How To Use This Guide

Step 1: Select a description of a situation in Section **A** that impacts you, a relative or a friend.

Step 2: Follow the line across to Section **B** where services are described.

Step 3: Then to Section **C** where telephone number and website of one or more providers is listed. Contact the provider for more detailed

information. If you are viewing this guide on a computer, you may **(2)** be able to go directly to the website by clicking on it.

Help Us Keep This Guide Up-to-Date.

This Guide was printed in Summer 2008. Please call if the information in this Guide is no longer correct. 310-394-9871

Acknowledgment: A special thank you to H.E.L.P. - the Torrance based non-profit education and counseling center for older adults and families - for its assistance with the organization and format of this guide. You can reach H.E.L.P. at www.help4srs.org

This large print version of the guide was prepared by the Virginia M. Woolf Foundation. Other large print publications may be found at www.extralargeprint.org

Your primary doctor is a knowledgeable resource regarding community based services and is a good place to start.

(3)

Specialized care management can help with these needs through a variety of organizations.

Definitions and footnotes appear on pages 33 to 36.

(A) My Relative or Friend. . .

feels isolated, needs to become involved with other seniors

(B) What's Needed

socializing, activities, volunteer programs

© For More Information Contact . . .

Retired Senior Volunteer Program, 310-394-9871

www.wiseandhealthyaging.org

City of Santa Monica Volunteer Program, 310-458-8300

(4)

www.smgov.net/comm_proogs

Emeritus College, 310-434-4306, www.smc.edu/emeritus

Santa Monica Public Library Events, 310-458-8600, www.smpl.org

Saint John's Health Center - TLC, 310-829-5511

www.stjohns.org/health/senior-tlc.htm

UCLA Healthcare 50 Plus, 800-516-5323, www.uclahealth.org

OASIS West LA, 310-475-4911 x2200, www.oasisnet.org

Santa Monica Family YMCA 310-393-2721, www.ymcasm.org

Senior Centers (1)

(A) My Relative or Friend. . .

(B) What's Needed

(5)

needs help with taxes

tax assistance

© For More Information Contact . . .

AARP Tax-Aide, 310-394-9871, www.aarp.org/money/taxaide

(A) My Relative or Friend. . .

(B) What's Needed

needs someone to talk to , is
socially isolated, is feeling
lonely and sad

friendly caller program, someone to visit
With, counseling, needs companionship

© For More Information Contact . . .

WISE & Healthy Aging, 310-394-9871, www.wiseandhealthyaging.org

Family Services of SM, 310-451-9747, www.vistadelmar.org/fssm.html

Antioch University Counseling Center, 310-574-2813 x366

(6)

www.antiochla.edu/community/general-category/aucc.html

Airport Marina Counseling Service, 310-670-1410, www.airportmarina.org

(A) My Relative or Friend. . .

(B) What's Needed

doesn't eat balanced meals, has trouble cooking

home delivered meals or meals provided in group setting, nutrition education

© For More Information Contact . . .

Meals-On-Wheels SM, 310-394-5133, <http://mealsonwheelswest.org>

Meals-On-Wheels West LA, 310-208-3439

Meals-On-Wheels Culver city, 310-559-0666

Your Doctor

(7)

Registered Dietician

Nutrition Sites (2)

(A) My Relative or Friend. . .

(B) What's Needed

unable to clean own home

in-home help, assistance

© For More Information Contact . . .

In Home Supportive Services, 800-638-6833

Check Yellow Pages for Home Care Agencies

Care Management (3)

(A) My Relative or Friend. . .

(B) What's Needed

(8)

has trouble managing finances and bill paying

assistance in managing finances and paying bills

© For More Information Contact . . .

Daily Money Management, 310-394-9871, www.wiseandhealthyaging.org

Care Management (3)

(A) My Relative or Friend. . .

(B) What's Needed

needs to be in an assisted living or nursing home

evaluation re: level of care needed, and options available

© For More Information Contact . . .

Long Term Care Medi-cal, 877-597-4777

(A) My Relative or Friend. . .

is a veteran who needs help

(B) What's Needed

evaluation, eligibility, financial aid

© For More Information Contact . . .

Veterans Administration, 310- 475-0299, www.va.gov/health

(A) My Relative or Friend. . .

needs help with legal and financial issues

(B) What's Needed

an elder law attorney for: power of attorney, trust, landlord/tenant or other Legal issues

© For More Information Contact . . .

LA Bar Association- referrals, 213-243-1525, www.lacba.org

(A) My Relative or Friend. . .

(B) What's Needed

is neglecting his / her health

health evaluation and treatment

© For More Information Contact . . .

UCLA Health System - Physician Referral Service, 800-825-2631

www.uclahealth.org

Saint John's Health Center - TLC, 310-829-5511

www.stjohns.org/health/senior-tlc.htm

Venice Family clinic, 310-392-8636, www.venicefamilyclinic.org

Your Doctor

(A) My Relative or Friend. . .

has physical limitations or impairments

(B) What's Needed

physical evaluation, diagnosis, treatment and rehabilitation

© For More Information Contact . . .

UCLA Health System - Physician Referral Service, 800-825-2631

www.uclahealth.org

Saint John's Health Center, 310-829-5511, www.stjohns.org/health/senior-tlc.htm

Westside Center of Independent Living, 310-390-3611, 888-851-9245,

www.wcil.org

Center for Partially Sighted, 310-458-3501, www.low-vision.org

Westside Family Health Center, 310-450-2191, www.wfhcenter.org

(A) My Relative or Friend. . .

is a poor driver, is reluctant to stop driving and is at risk of having an accident and/or causing serious injury to others

(B) What's Needed

evaluate ability to continue driving and recommend options

© For More Information Contact . . .

Driving Simulation Program - WISE Transportation, 310-394-9871

www.wiseandhealthyaging.org

Jewish Family Services - Home Secure, 323-937-5855, www.jfsla.org

Your Doctor

(A) My Relative or Friend. . .

(B) What's Needed

(13)

is alone at home and in danger
of falling

fall risk evaluation, changes to make home
safe

(C) For More Information Contact . . .

Jewish Family Services - Home Secure, 323-937-5855, www.jfsla.org

Westside Center for Independent Living, 310-390-3611, www.wcil.org

Care Management (3)

(A) My Relative or Friend. . .

(B) What's Needed

may not be prepared for an
emergency or disaster

emergency/disaster preparedness,
CPR/First Aid training, senior ID registry

Red Cross of Santa Monica, 310-394-3773, www.redcrossofsantamonica.org

Red Cross of Greater Los Angeles, 310-445-9900, www.redcrossla.org

Local Fire, Local Police

The Salvation Army, 310-451-1358, www.salvationarmy-socal.org

Lifeline Program, 310-423-5468, www.cedars-sinai.edu/lifeline

(A) My Relative or Friend. . .

is behaving very oddly . . . is
acting strange, confused

(B) What's Needed

mental health evaluation, counseling,
support groups

Resnick UCLA Neuropsychiatric Institute, 800-825-9989, www.npi.ucla.edu

Family Services of SM, 310-451-9747, www.vistadelmar.org/fssm.html

Didi Hirsch, Community Mental Health center, 310-390-6612, www.didihirsch.org

County of Los Angeles, Dept. Of Mental Health Older Adult navigator,
310-268-2516, jmills@dmh.lacounty.gov

Your Doctor

Care Management (3)

(A) My Relative or Friend. . .

(B) What's Needed

has home in need of repair

maintenance and repair assistance, money to cover expenses

Jewish family Services - Home Secure, 323-937-5855, www.jfsla.org

Westside Center for Independent Living, 310-390-3611, 888-851-9245,
www.wcil.org

(A) My Relative or Friend. . .

(B) What's Needed

is having problems with memory/
increased forgetfulness

medical resources and evaluation

(C) For More Information Contact . . .

Alzheimer's Association, 800-272-3900, www.alz.org

UCLA Alzheimer Disease Center, 310-794-3665, www.adc.ucla.edu

USC Alzheimer Disease Center, 323-442-7600, <http://geroweb.usc.edu/adrc>

Your Doctor

(A) My Relative or Friend. . .

is mentally unable to manage
medical, legal, and/or financial
matters

(B) What's Needed

medical evaluation and referral

(C) For More Information Contact . . .

Alzheimer's Association, 800-272-3900, www.alz.org

Bet Tzedek, 323-939-0506, www.bettzedek.org

Your Doctor

Care Management (3)

(A) My Relative or Friend. . .

(B) What's Needed

(18)

lives with me and I work during the day and worry about not being home

someone to be with relative/friend during the day

(C) For More Information Contact . . .

Santa Monica Public Library Shut-In Services, 310-458-8646
[www. Smgov.net/services/choc/676.htm](http://www.Smgov.net/services/choc/676.htm)

Adult Day Care - WISE & Healthy Aging, 310-452-7802,
www.wiseandhealthyaging.org

Adult day care - OPICA, 310-478-0226, www.opica.org

Check yellow pages for Home Care Agencies

Caregiver Support Services (4)

(A) My Relative or Friend. . .

places so many demands on me
(I feel angry, guilty or upset)

(B) What's Needed

repair services and caregiver

(C) For More Information Contact . . .

Adult Day Care - WISE & Healthy Aging, 310-452-7802,
www.wiseandhealthyaging.org

Adult Day Care - OPICA, 310-478-0226, www.opica.org

Check yellow pages for Home Care Agencies

Caregiver Support Services (4)

(A) My Relative or Friend. . .

(B) What's Needed

(20)

can't go out - homebound

services delivered to home, i.e., meals,
groceries, medical, books, personal care

(C) For More Information Contact . . .

Santa Monica Public Library Shut-In Services, 310-458-8646,

www.smgov.net/services/choc/676.htm

Meals-On-Wheels SM, 310-394-5133, <http://mealsonwheelswest.org>

Meals-On-Wheels WEST LA, 310-208-3439

Meals-On-Wheels Culver city, 310-559-0666

Check yellow pages for Home Care Agencies

Care Management (3)

(A) My Relative or Friend. . .

(B) What's Needed

can't go out alone

needs someone to accompany him/her to medical appointments, etc.

(C) For More Information Contact . . .

ITN Greater LA, 310-451-1343, www.ITNGraterLA.org

Check yellow pages for Home Care Agencies

Care Management (3)

(A) My Relative or Friend. . .

(B) What's Needed

can no longer drive or use public transportation (cont.)

transportation service

(C) For More Information Contact . . .

(22)

Culver city Senior Center, 310-253-6700,
www.culvercity.org/senior/socialservices.asp?sec.gov

City Ride, 310-808-7433, www.ladottransit.com

Check yellow pages for Home Care Agencies

(A) My Relative or Friend. . .

(B) What's Needed

needs help in home . . . wants to
remain at home as long as possible

evaluate ability to maintain independence

(C) For More Information Contact . . .

In Home Supportive Sevices, 800-638-6833

Check yellow pages for Home Care Agencies

(A) My Relative or Friend. . .

is having difficulty making rent,
utility or home payments

(B) What's Needed

financial evaluation and/or evaluation
of eligibility for subsidy programs

(C) For More Information Contact . . .

Supplemental Security Income (SSI), 310-481-4527

Medi-Cal, 310-481-4018

Utility assistance programs

(A) My Relative or Friend. . .

(B) What's Needed

(24)

needs a new place to live

housing assistance

(C) For More Information Contact . . .

Section 8 Housing, 213-894-8043

OPCC, 310-264-6646, www.opcc.net

Senior Housing (5)

(A) My Relative or Friend. . .

(B) What's Needed

has problems with care at a
nursing home or an assisted
living facility

advocacy for care

OMBUDSMAN, 800-334-9473, www.wiseandhealthaging.org

Elder Care Attorney

(A) My Relative or Friend. . .

(B) What's Needed

has care costs that are greater than money on hand

evaluation of eligibility of financial assistance

(C) For More Information Contact . . .

Supplemental Security Income (SSI), 800-772-1213

Jewish Free Loan Association, 323-761-8830, www.jfla.org

In Home Support Services, 800-638-6833, (888-944-4477)

Utilities Discounts - your local provider

Care Management (3)

(A) My Relative or Friend. . .

has problems with Medicare,
“medigap,” health insurance
and HMOs

(B) What’s Needed

evaluation of health insurance and
potential options

(C) For More Information Contact . . .

Center for Health Care Rights, 800-824-0780, www.healthcarerights.org

WISE & Health Aging, 310-394-9871, www.wiseandhealthyaging.org

UCLA Healthcare 50 Plus, 800-516-5323, www.uclahealth.org

(A) My Relative or Friend. . .

is a victim of fraud

(B) What's Needed

report to appropriate agencies

(C) For More Information Contact . . .

Adult Protective Services, 800-992-1660

LA County District Attorney

CA Dept. of Corporations, 866-275-2677

WISE & Healthy Aging, 310-394-9871, www.wiseandhealthaging.org

Local Police Department

U.S. Federal Trade Commission, 877-382-4357

(A) My Relative or Friend. . .

(B) What's Needed

(28)

has been physically or psychologically
abused or neglected or financially
exploited

elder abuse investigation

© For More Information Contact . . .

Adult Protective Service, 800-992-1660

Local Police Department

(A) My Relative or Friend. . .

(B) What's Needed

has medical needs not addressed,
no insurance

free or low cost primary medical care

Venice Family Clinic, 310-392-8636, www.venicefamilyclinic.org

Westside Family Health Center, 310-450-2191, www.wfhcenter.org

MediCal, 310-481-4018

(A) My Relative or Friend. . .

(B) What's Needed

is grieving over the death of a loved one

grief counseling, individual or group

© For More Information Contact . . .

Our House, 310-390-8896, www.ourhouse-grief.org

WISE & Health Aging, 310-394-9871, www.wiseandhealthyaging.org

End of Section

1. Senior Centers: Centers that offer a wide variety of recreation, meals, education, travel, and/or social services programs for seniors.

Santa Monica Senior Recreation Center, 310-458-8644

www.smgov.net/services/1seniors.htm

Westminster Senior Center, 310-392-5566

Culver City Senior Center, 310-253-6700

Felicia Mahood Senior Center, 310-479-4119

Israel Levin Senior Adult Center, 310-396-0205

2. Nutrition Sites: Community based centers that offer low cost and well balanced lunches served in group settings for people 60 and older.

Santa Monica Recreation Center, 310-458-8644

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Ken Edwards Center, 310-395-8478

Reed Park, 310-458-8315

Same web address for all nutrition sites: www.wiseandhealthyaging.org.

3. Case Management (aka Case Manager or Care Consultant):

A trained professional who helps older adults and their families determine their needs and find the best available resources through coordination and monitoring of support options.

WISE & Healthy Aging, 310-394-9871, www.wiseandhealthyaging.org

Jewish Family Services, 323-883-0330, www.jfsla.org

Felicia Mahood Senior Center, 310-479-4119

www.laparks.org/dos/senior/facility/feliciamahoodscscc.htm

Westside Center for Independent Living, 310-390-3611, www.wcil.org

(33)

National Association of Professional Geriatric Care Managers, Inc., 520-881-8008
www.caremanager.com

4. Caregiver Support Services: Educational and emotionally supportive services available to family caregivers.

WISE & Healthy Aging, 310-452-7802, www.wiseandhealthaging.org

Jewish Family Services, 323-883-0330, www.fsla.org

Alzheimer's Association, 800-272-3900, www.alz.org

Family Services of SM, 310-451-9747, www.vistadelmar.org/fssm.html

Los Angeles Caregiver resource Center, 800-540-4442, www.usc.edu/lacrc

5. Senior Housing: A variety of community-based housing that range **(34)** from independent living, to assisted living, to nursing homes.

Community Corporation of Santa Monica, 310-394-8487

Culver City Senior Housing, 310-390-2357

Santa Monica Housing & Redevelopment Dept., 310-458-8740

6. Information & Referral: A telephone or walk-in service that provides information about a variety of community services and programs for older adults.

WISE & Healthy Aging, 310-394-9871, www.wiseandhealthyaging.org

Westside Center for Independent Living, 310-390-3611, www.wcil.org

About the Older Adult Task Force

The Older Adult Task Force (OATF) is part of the Lifelong Learning Community

Project. Participating organizations are committed to providing outstanding **(35)** service to older adults in Santa Monica and neighboring communities.

The OATF promotes lifelong learning, community planning, and service initiatives that enhance collaboration between the agencies and individuals assisting older adults. Monthly meetings facilitate inter-agency communication and continue the 30+ year tradition of local senior agency providers working together to provide a better future for our older adult community.

Participating Organizations:

Allpoint Home Health

Alzheimer's Association

American Red Cross of Santa Monica

Ayres Residential Care Homes

Center for the Partially Sighted

City of Santa Monica-Human Services Division

City of Santa Monica-Santa Monica Public Library

Concepts for Living

Emeritus College Program of Santa Monica College
First United Methodist Church of Santa Monica
H.O.M.E. - Helping our Mobile Elderly
Homewatch CareGivers
Hospice Partners of Southern California
ITN Greater LA
Jewish Family Service of Los Angeles
L.A. County, Dept. Of Mental Health
Legal Aid Foundation of Los Angeles - Santa Monica
Saint John's Health Center - Senior TLC Community Education
Saint Monica Parish Community
Santa Monica Family YMCA
SCAN Health Plan
The Santa Monica Commission for the Senior Community
UCLA Healthcare 50 Plus
Westside Center for Independent Living
WISE & Healthy Aging

we're part of a Life Long LEARNING COMMUNITY