Meal Services
Meals on Wheels, (213) 388-4444
Home Delivered Meals, (323) 264-6210
L.A. City Senior Nutrition Programs, (213) 473-7066

Support Groups for Caregivers
Rancho Adult Day Services, Downey (562) 401-7991
Beverly Hospital, Montebello (323) 725-5033
Caregivers Circle, Norwalk (562) 929-5673
Sunshine Gardens Assisted Living, Long Beach (562) 522-3117
Intercommunity Medical Ctr/Social Serviced Dept, Whittier (562) 698-0811 ext.2453
Regency Park-El Molino, Pasadena (626) 578-0460
Verdugo Hills Hospital, Glendale (818) 952-3580
Torrance Memorial Medical Center, Torrance (310) 517-4666
Faithful Central Bible Church, Inglewood (310) 497-3576
Alzheimers/Dementia Family Support Groups, Los Alamitos (562) 493-1555, Culver City (310) 390-6612
www.caregiver.com/supportgroups (list of all support groups in CA)

Websites
www.eldercare.gov
www.aarp.org/caregiving
www.elderweb.com
www.AOA.gov
www.caregiver.com/supportgroups (for list of groups in California)
www.caremanager.org (to hire specialist in eldercare)
www.medicare.gov (to compare nursing homes in your area)
www.healthgrades.com (independent evaluations of nursing homes)
www.drugs.com (to check on drug interactions)
www.drugdigest.org/DD/Home (another site for drug interactions)

Recommended Readings


ELDER SERVICES

- A Place For Mom (Referral Service)
  www.aplaceformom.com; 1-888-764-7786

- Administration on Aging
  www.aoa.hhs.gov

- Alzheimer’s Association/L.A. County
  www.alz.org/socal; 1-323 938-3370;

- Alzheimer’s Disease Education & Referral Center
  www.nia.nih.gov/alzheimers; 1-800- 438-4380

- American Association of Retired People (AARP)
  www.AARP.org; 1-213- 380-1800

- California Department of Aging
  www.aging.ca.gov; 1-916-322-3887

- California Registry – Free referrals to long-term care facilities in California
  www.elderlink.com; 1-800- 777-7575

- Elder Abuse Hotline
  1-800- 992-1660

- Geriatric Neurobehavior and Alzheimer Center – Rancho Los Amigos Natl. Rehab –
  Clinic for Assessment for Alzheimers
  Downey 1-562-401-8130

- Institute of Geropsychiatry – Los Alamitos
  Medical Center, 3751 Katella Avenue, Los Alamitos, CA 90720 1-562-799-3234

- John Douglas French Foundation– Research for Alzheimer’s Disease –
  www.jdfaf.org; 11620 Wilshire Blvd. #270,
  LA, CA  90025

- L.A. City Department of Aging
  aging.lacity.org; 1-213-482-7252

- L.A. County Community and Senior Services Area Agency;
  www.agingcare.com/local/Los-Angeles-County-Community-and-Senior-Services-Area-Agency
☐ L.A. County Department of Public Social Services In Home Supports and Adult Protective Services;  
   www.ladpss.org/elderly.cfm

☐ Los Angeles Caregiver Resource Center –Los www.losangelescrc.org; 1-800-540-4442

☐ Medicare Telephone Helpdesk  
   www.medicare.gov; www.mymedicare.gov

☐ National Assn. of Professional Geriatric Care 1-520- 881-8008 www.caremanager.org

☐ Orange Caregiver Resource Center – A Program of St. Jude Medical Center, Fullerton, CA; www.caregiveroc.org; 1-800-543-8312;  
   1-714-446-5030

☐ Social Security Administration  
   www.socialsecurity.gov

☐ Visiting Nurses Association/Counseling –  
   www.vnahomehealthandhospice.com

* I’ll Take Care of You - by Joseph Llardo & Carole Rothman
The time may come when you, a friend or a family member may need the services available in our community. Just call the number above for assistance in locating services designed especially for seniors.

Our Information specialists will refer you to a provider in your neighborhood for services such as:

- Noontime meals
- Home delivered meals
- Personal care
- Respite Care
- Medicare/Medical counseling
- Other community-based long term care services
- Tax assistance
- Transportation
- Adult day care
- Senior housing
- Ombudsman
- Legal assistance
- Case/Care Management