



Home & Community Resources for Biopsychosocial Needs

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Older Americans Act 1965 established the National Aging Network

Area Agencies on Aging (local level) provide Information, advocacy & access to Home and Community-based Services

- Adult Day Care
- Caregiver Training/Support
- Case Management/Aide
- Chore
- Congregate Meals
- Companionship
- Counseling (Gerontological): Individual
- Emergency Alert Response
- Escort
- Financial Risk Reduction - Assessment/Maintenance
- Home Delivered Meals
- Homemaker
- Housing Improvement
- Medication Management
- Nutrition Counseling
- Personal Care
- Pest Control - Initiation/Maintenance
- Respite - In Home
- Specialized Medical Equipment and Supplies
- Transportation



<https://www.211la.org/resources>



Search Resources by Category



COVID-19 Info & Supports



Food



Healthcare



Housing



Income & Employment



Education



Mental Health



Re-Entry Services



Legal Services



Crisis Services



Transportation



Utilities & Community Services



Immigration



Youth Services



Family & Children



LGBTQ



Disability Services



Seniors + Older Adults



Veteran Services

Select Language

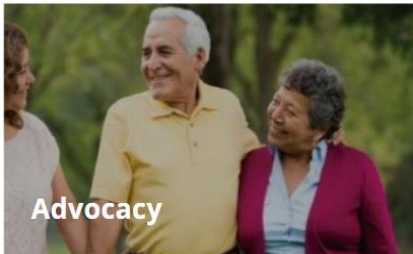
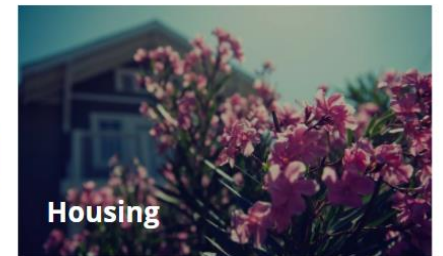
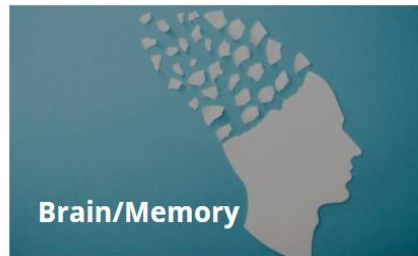
- Select Language
- Afrikaans
- Albanian
- Amharic
- Arabic
- Armenian
- Azerbaijani
- Basque
- Belarusian
- Bengali
- Bosnian
- Bulgarian
- Catalan
- Cebuano
- Chichewa
- Chinese (Simplified)
- Chinese (Traditional)
- Corsican
- Croatian
- Czech

211 Services for Older Adults

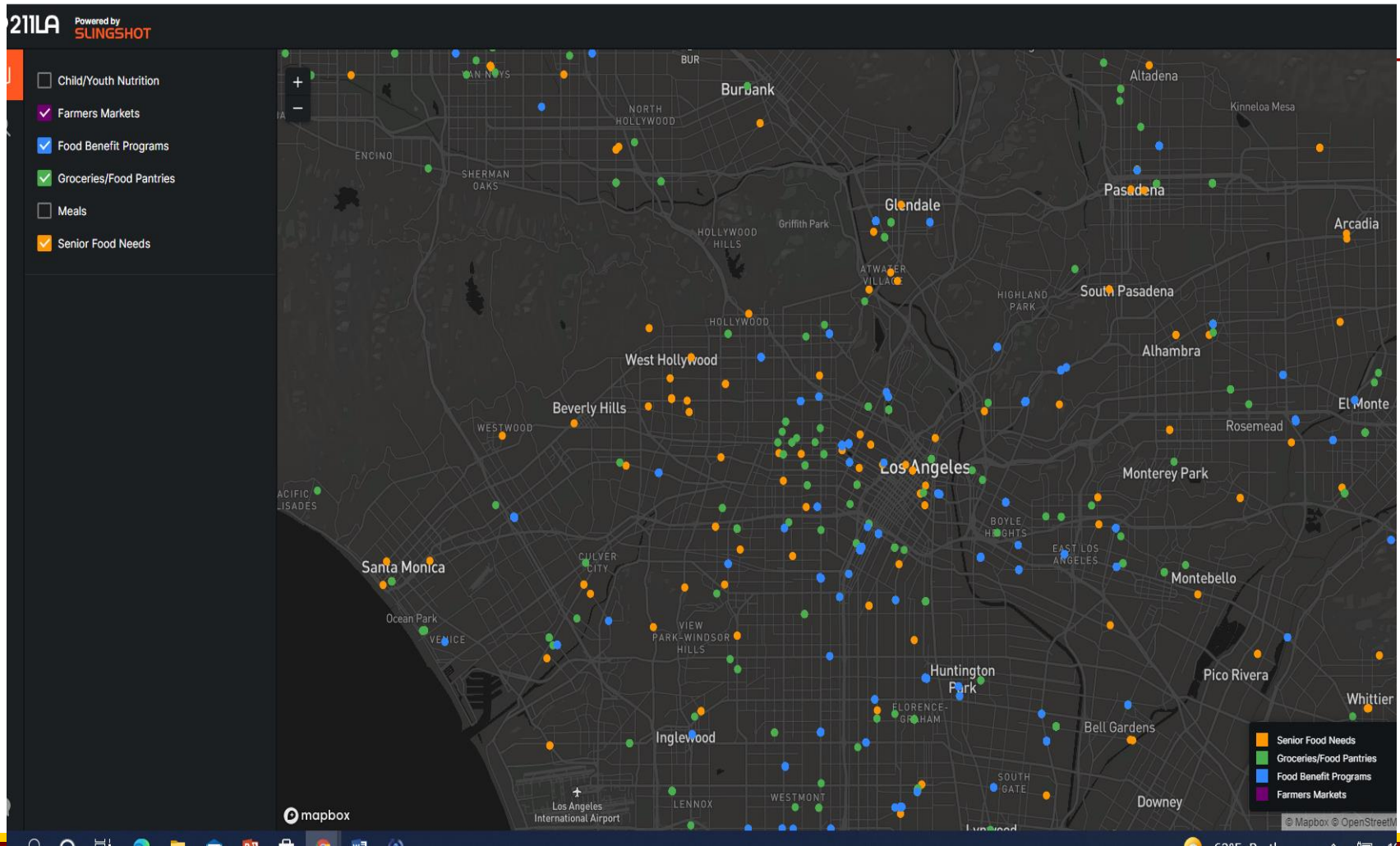


Resources | Seniors + Older Adults

Narrow your search or **VIEW ALL SENIORS + OLDER ADULTS RESOURCES**



211 Food Finders



211 Home Repairs/Expense



**Example
Resource:**

Home Maintenance and Minor Repair Services (Older Adults)

Provided by: CITY OF LOS ANGELES HOUSING AND COMMUNITY INVESTMENT DEPARTMENT,
1200 W. 7th St., 9th Fl., Los Angeles, CA 90017

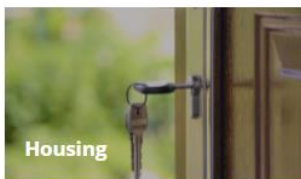
The program provides housing services for residents of the City of Los Angeles. Services include first time home buyer programs for low and moderate income families; home rehabilitation/repair grants for low income households. The program targets older adults, age 62 and older, disabled adults,...

211LA ADRC - Aging and Disability Resource Connection | Referral and Resource Directory



<https://www.211la.org/adrc-aging-and-disability-resource-connection-referral-and-resource-directory>

ADRC | Referral and Resource Directory



Workforce Development Aging and Community Services

<https://wdacs.lacounty.gov/services/older-dependent-adult-services/>



Linkages Program

The Linkages Program provides comprehensive care management that serves and links older individuals with a full range of appropriate services. The goal of the program is to prevent premature or inappropriate institutionalization of at risk individuals by promoting and maintaining independent living for frail older adults, adults with disabilities, and residents of residential care facilities who are scheduled to be discharged within 30 to 60 days from the date of the referral.

Services provided include:

1. Intake Screening
2. In-Home Assessment
3. Annual Reassessment
4. Care Planning
5. Informal Support Services
6. Arranged Services
7. Purchase of Services
8. Case Monitoring/Follow-up

For more information call [\(800\) 510-2020](tel:8005102020)

[Click here for Linkages Program Providers.](#)

Linkages Program Providers

Supervisorial District 1 Human Services Association 6800 Florence Avenue Bell Gardens, CA 90201 (562) 806-5400	Supervisorial District 2 Special Service for Groups 605 West Olympic Blvd., #600 Los Angeles, CA 90015 (213) 553-1884	Supervisorial District 3 WISE and Healthy Aging 1527 4th. St., 2nd Fl. Santa Monica, CA 90401 (310) 394-9871
Supervisorial District 4 Southeast Area Social Services Funding Agency (SASSFA) 10400 Pioneer Blvd., Ste. 9 Santa Fe Springs, CA 90670 (562) 699-3231	Supervisorial District 5 Santa Clarita Valley Committee on Aging (SCVCOA) 27180 Golden Valley Rd. Santa Clarita, CA 91350 (661) 259-9444	



For more information call (800)510-2020

Care Giving Services Older & Dependent Adults



Family Caregiver Support Program(FCSP)

This program provides support to unpaid caregivers caring for elderly relatives, or to older caregivers of younger family members. The purpose of the program is to help minimize the negative emotional, physical, and financial consequences of unpaid family caregiving.

[Click here to learn more](#)

Family Caregiver Support Program (FCSP) Providers

Santa Clarita Valley (COA) 22900 Market Street Newhall, CA 91321 (661) 259-9444	USC/LA Caregiver Center 3715 McClintock Ave. Los Angeles, CA 90089-0191 (855) 872-6060 or (800) 540-4442	USC/LA Caregiver Resource Center (Rosemead) 4807 Earle Ave. Rosemead, CA 91770 (855) 872-6060 or (800) 540-4442
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Mental Health Screening Tips

- **Screening Depression & Anxiety** (PhQ-9, GAD-7)
 - starting the conversation:
“as an IPE student we have learned about brief screening for depression & anxiety, do I have your permission to practice a screening with you? It will take about 10 minutes”
 - what to do after:
Thank them for allowing you to practice, encourage them to follow up with their primary care provider; provide appropriate resources for mental health from IPGC website/slides today; reach out to your social work or faculty member from your team if your still not sure what to do
- **Grief & Loss During the Holidays**
 - Encourage use of social support, life review
 - **Tips for Grief** - <https://whatsyourgrief.com/64-tips-grief-at-the-holidays/>

2020 Medicare Current Beneficiary Survey



Figure 1. A Quarter of Older Adults Reported Anxiety or Depression Amid the Coronavirus Pandemic, while Some Groups Reported Higher Rates

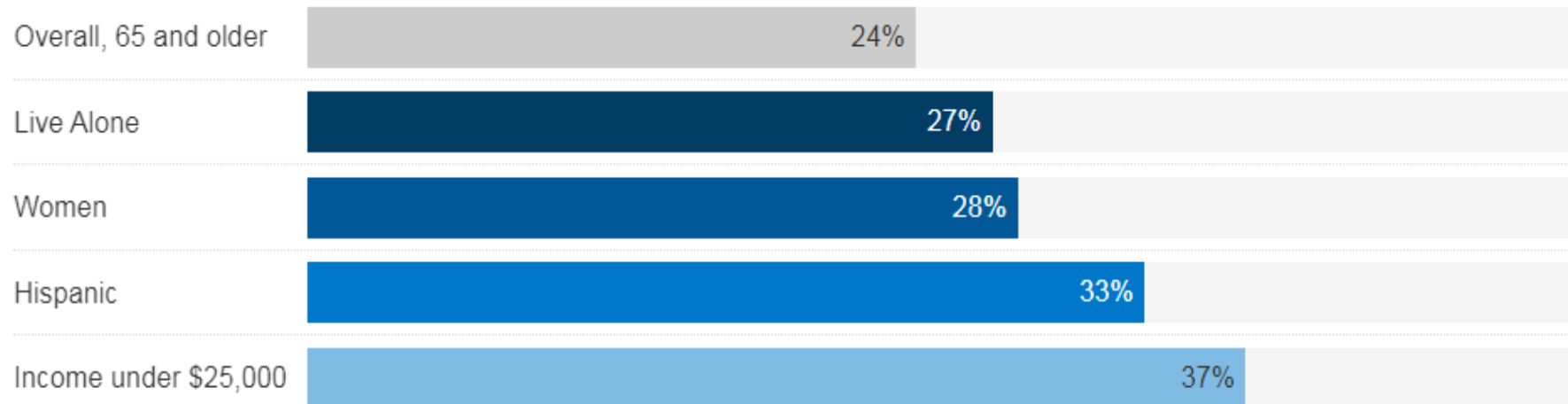


Table 1. Share of Adults Age 65 and Older who Reported Anxiety or Depression, by Demographic Characteristics, August 2020 (KFF,2021)



Characteristic	Share of Older Adults who Reported Anxiety or Depression	Number of Older Adults who Reported Anxiety or Depression
Overall, 65 and older	24%	10,903,904
Age		
65-74	26%	8,463,981
75-79	20%	1,506,972
80 and older	19%	932,951
Gender Binary		
Women	28%	6,751,031
Men	20%	4,152,872
Race/ethnicity		
White	23%	8,095,167
African American	26%	991,450
Hispanic	33%	1,195,156
Asian	17%	220,019
Income		
Under \$25,000	37%	1,961,822
\$25,000-\$50,000	27%	3,057,780
\$50,000-\$100,000	21%	2,784,800
\$100,000 or more	20%	1,874,895
Self-Reported Health Status		
Excellent or Very Good	14%	3,022,227
Good	24%	3,268,552
Fair or Poor	48%	4,575,156

LA County Dept Mental Health



About the LACDMH's Help Line

The Los Angeles County Department of Mental Health's (LACDMH) Help Line (800-854-7771) serves as the primary entry point for mental health services and to connect to other virtual support within the County. The Help Line offers free and confidential services to callers through three distinct lines: the ACCESS Center, Emotional Support Services and Veteran or Military Family Member Support.

Through the Help Line, callers can connect 24/7 to the ACCESS Center (ext. 1), which provides general information, referrals for mental health services and mobile crisis response. The ACCESS Center strives to meet the cultural and linguistic needs of our communities by providing language interpreter services in the preferred language. When callers request information related to mental health services and other social-support needs, the ACCESS Center provides referrals to culture-specific providers and services that are appropriate and conveniently located per the caller's choice/preference and needs.

The newly expanded Help Line also provides emotional support and community resources through ext. 2, helping callers feeling overwhelmed by the uncertainty, isolation and daily challenges due to the COVID-19 public health emergency. Additionally, ext. 3 connects veterans and military family members to resources and provides access to a network of mental health professionals and military peer support.

ACCESS Center

for mental health referrals, crisis services and general information – available 24 hours a day, 7 days a week



Emotional Support

for callers experiencing increased challenges and stressors due to COVID-19 – available 9am-9pm, 7 days a week



Veteran and Military Family Members

for support and assistance connecting to resources – available 9 am-9 pm, 7 days a week



Combating Loneliness



24-hour toll-free Friendship Line



415.750.4111 

Friendship Line California

Helping older adults stay connected.

[WATCH VIDEO](#)

Call Friendship Line California. **It's free.**



Friendship Line
California

1 (888) 670-1360

Center for Healthcare Rights: Health Insurance Counseling and Advocacy Program (HICAP)



Who is Eligible for Our Services

You must be a resident of Los Angeles County **and**

- Age 65 and older; or
- A Medicare beneficiary of **any** age.

How to Obtain Services

✖ Collapse all

▼ Telephone Counseling:

Call Our Toll Free Telephone Hotline at **1-800-824-0780** (Los Angeles County residents only).

Hours of operation: Monday – Friday 9 am to 5 pm

A CHCR receptionist will take your call and schedule you for a telephone counseling appointment.

Have an urgent health care problem?

Tell the CHCR receptionist that you have an urgent problem and you will be screened for a same day telephone appointment. Examples of emergency cases include **a hospital discharge, problems filling prescription drugs, your Medicare coverage has been terminated, you are unable to get services from your Medicare Advantage or Medi-Cal health plan.**



Volunteer Counselor Sites
Los Angeles County

Region: **LOS ANGELES**

CITY	SITE	COUNSELOR	SCHEDULE	PHONE
Los Angeles	Los Angeles LGBT Center 1125 N. McCadden Pl. 90038	Michael Lacoce	Thursday 10:00 AM – 1:00 PM (1st & 3rd)	(800) 824-0780 ext. 3006
Los Angeles	Adventist Health White Memorial Community Information Center 1720 E. Cesar Chavez Ave. 90033	Janice Torres	Wednesday 10:00 AM – 1:00 PM (2nd & 4th)	(800) 824-0780 ext. 3038
Los Angeles	Freda Mohr Multipurpose Center 6310 San Vicente Blvd. Ste. 275 90048	Miriam Goodwin	Tuesday 10:00 AM – 1:00 PM (1st & 3rd)	(323) 937-5900

When is Medicare open enrollment?

Medicare open enrollment – also known as Medicare’s annual election period – runs from October 15 through December 7 each year. (Although Medicare’s open enrollment period ends on December 7 each year, extended enrollment opportunities are available to people in **areas where FEMA declares an emergency or major disaster** that hampers your ability to complete your signup during the normal window.)



Denti-Cal & Dental Clinics LA

Medi-Cal Covers Dental Care for Seniors



A Healthy Smile Never Gets Old

Healthy teeth and gums are an important part of our overall health. As we age, however, changes in our body increase our risk for developing dental conditions like cavities and gum disease. Practicing these good oral health habits can help keep you and your smile healthy:



Brush your teeth twice a day and floss daily.



If you have dentures, clean them daily with cleaners made for dentures. Remember to brush your gums with a soft toothbrush.



Eat a healthy, well-balanced diet.



See the dentist for a check-up once a year.



As a Medi-Cal member, your benefits include dental coverage at little or no cost to you. Adult dental benefits were restored for members with full-scope dental coverage in 2018. You are covered for these common services:

- Dental exams (every 12 months)
- X-rays
- Partial and full dentures
- Teeth cleaning (every 12 months)
- Fillings
- Denture relines
- Scaling and root planing
- Crowns
- Tooth removal
- Fluoride varnish (every 12 months)
- Root canals
- Emergency services

Go to SmileCalifornia.org and click the "Find a Dentist" button to find a dentist near you.



How to Contact Us

Telephone Service Center

Telephone Service Center (TSC) representatives are there to help you Monday through Friday between 8:00 a.m. and 5:00 p.m. The TSC is closed for State holidays. If you have any questions that are not answered in this Handbook, we encourage you to check SmileCalifornia.org and dental.dhcs.ca.gov. If you still have questions or need help coordinating your care, please call us toll-free at:

Medi-Cal Dental Telephone Service Center:

1-800-322-6384, Press 1

Teletext Typewriter (TTY):

1-800-735-2922

What information can I get from the Telephone Service Center?

When you call the Telephone Service Center (TSC), you will be connected to the member automated call system. You will then select from the menu options. Please have your Benefits Identification Card, Social Security Number, and something to write with. During the call, you can get help with:

Listings of Los Angeles County Comprehensive Health Centers Dental Services:

	LOS ANGELES COUNTY COMPREHENSIVE HEALTH CENTER DENTAL CLINICS	ADDRESS		PHONE #
1	Edward R. Roybal Comprehensive Health Center	245 S. Fetterly Ave	Los Angeles, CA 90022	(323) 362-1240
2	El Monte Comprehensive Health Center	10953 Ramona Blvd.	El Monte, CA 91731	(626) 434-2610
3	H. Claude Hudson Comprehensive Health Center	2829 S. Grand Ave	Los Angeles, CA 90007	(213) 699-7240
4	Hubert Humphrey Comprehensive Health Center	5850 S. Main St.	Los Angeles, CA 90003	(323) 897-6000
5	Long Beach Comprehensive Health Center	1333 Chestnut Ave	Long Beach, CA 90801	(562) 753-2430
6	Mid Valley Comprehensive Health Center	7515 Van Nuys Blvd	Van Nuys, CA 91405	(818) 627-3000
7	Medical Village Pediatric Dental Clinic AT LAC-USC	2010 Zonal Avenue, OPD Building, 5th floor	Los Angeles, CA 90033	(323) 409-3640
8	High Desert Regional Health Center	335 E Avenue I	Lancaster, CA 93535	(661) 471-4133

Listings of Los Angeles County DHS Medical Centers:

	LOS ANGELES COUNTY MEDICAL CENTER DENTAL CLINICS	ADDRESS		PHONE #
1	LAC-USC MEDICAL CENTER (GENERAL HOSPITAL)	1100 N. State St.	Los Angeles, CA 90033	(323) 409-5013
2	HABOR-UCLA MEDICAL CENTER	1000 W. Carson St	Torrance, CA 90502	(310) 222-3495
3	MARTIN LUTHER KING JR/DREW MEDICAL CENTER	1670 E. 120TH St., 4TH FLOOR	Los Angeles, CA 90059	(424) 338-1200
4	RANCHO LOS AMIGOS HOSPITAL NATIONAL REHAB CENTER	7601 E. Imperial Hwy.	Downey, CA 90242	(562) 385-7251

Listings of Dental Schools:

	DENTAL SCHOOLS	ADDRESS		PHONE #
1	Herman Ostrow School of Dentistry of USC	925 W 34th St.	Los Angeles, CA 90089	(213) 740-1576
2	UCLA School of Dentistry	714 Tiverton Ave.	Los Angeles, CA 90095	(310) 794-5750
3	College of Dental Medicine at Western University	795 E. 2nd St.	Pomona, CA 91766	(909) 706-3910



Los Angeles County Senior Resource Guide



The Los Angeles County and City Area Agencies on Aging

Providing free home-delivered meals for older adults age 60 and older who are impacted by the COVID-19 crisis.

County AAA: 1 (800) 510-2020

LA City AAA: 1 (213) 482-7252

Meals on Wheels: 1 (888) 998-6325



Pharmacy delivery

Pharmacies offering free prescription medication deliveries on eligible prescription medications.

CVS: 1 (800) 237-2767

Walgreens: 1 (800) 797-3345

Walmart: 1 (800) 273-3455



Healthcare

Telemedicine - Older adults who are managing chronic health conditions can stay in touch with their doctors' office through telemedicine. This enables doctors and patients to communicate over video, email or phone.

Call your doctors' offices to check for telemedicine options.



Mental Health Services

Los Angeles County Department of Mental Health, ACCESS Line. Available 24 hours/day and 7 days/week. Includes mental health screening, assessment, referrals and crisis counseling for those living in Los Angeles County.

Call: 1 (800) 854-7771 or **TEXT** "LA" TO 741741 or <https://locator.lacounty.gov/dmh>

Mental Health Warm Line - Provides telephone support services and live chat for those living in Los Angeles County.

Monday -Friday: 5 P.M. – 10 P.M. **Saturday-Sunday:** 11 A.M. – 4 P.M.

English: 1 (855) 952-9276 and **Español:** 1 (888) 448-4055



Social Connections

Golden Talk - On-line chat and crisis line for adults 60 years of age and older.
www.kpfk.org/blogs/community-resources/post/goldentalk-senior-chat-line/

Friendly Caller, Long Beach area - Trained and vetted callers maintain on-going relationship with seniors.

Call: 1 (562) 570-3548

Daily Call Sheet - Fun, social connection program for seniors who are members or related to members of the Motion Picture and Television Fund.

Call: 1 (818) 876-1191



Fitness and Exercise

Go4life – An instructor-led 60 minute exercise video for ages 50 +. This workout features a warmup, strength, flexibility, balance exercises, and a cool down with stretches. **Visit:** <https://go4life.nia.nih.gov/exercises/>

Silver Snickers – Instructor-led 42 minute workout program encouraging older adults to participate in physical activities that will help them to maintain greater control of their health. **Visit:** <https://www.youtube.com/watch?v=Ps3oXu5Czvc>



Informational Resources

Los Angeles Department of Public Health

Visit: <http://publichealth.lacounty.gov/media/Coronavirus/>

California Department of Public Health – Guidance for Seniors and People with Underlying Conditions.

Visit: <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/PublicHealthGuidanceSelfIsolationforOlderAdultsandThoseWhoHaveElevatedRisk.aspx>

211 LA- A free, confidential referral and information helpline.

Call: 211 or **Visit:** <https://www.211la.org/seniors-older-adults>

www.publichealth.lacounty.gov/coronavirus



Reminder: Community Resources on IPGC website



Age-Friendly Student Senior Connection Resources Website

<https://gwep.usc.edu/age-friendly-student-senior-connection-resources/>

Resources for Older Adults:

- Food Assistance
- Healthy Habits
- Financial Assistance
- Family and caregiver support
- COVID-19 Resources for Older Adults
- Technology Assistance
- Educational Resources for Seniors