

IN-HOME SERVICES

- 211 Sacramento
211; 916-498-1000 or 800-500-4931
- The Senior Connection - Eskaton
916-334-1072
- www.Healthfinder.gov

For domestic and/or personal care for elder or dependent adults in their home:

- Area 4 Agency on Aging
916-486-1876
www.a4aa.com
- In-Home Supportive Svcs., IHSS
916-874-9471
- Sutter SeniorCare PACE
916-424-8412

HOME REPAIR

Home repair assistance for seniors and the disabled:

- Contractors State Licensing Board
(license verification/problems with contractors) 1-800-321-2752
- Home Assistance/Repair for Seniors
(and disabled) 916-264-1506 or tsater@shra.org
- Rebuilding Together
916-455-1880
- Sacramento Housing & Redevelopment Agency
916-264-1500

For heating or cooling problems:

- Sacramento Municipal Utility District, SMUD
1-888-742-7683
- SMUD Energy Assistance Team
916-874-0979 or seat@saccounty.net
- Pacific Gas & Electric, PG&E
1-800-743-5002

OTHER AVAILABLE RESOURCES...

For help finding a residential or long term care facility:

- Community Care Licensing
916-263-4700

For seniors over 59 who need food delivered:

- Senior Nutrition Services
916-444-9533

For free specialized telephone equipment for disabled consumers of any age:

- California Phones
1-800-806-1191 - Call Center
1-800-806-4474 – TTY
www.ddtp.org

To report suspected abuse of an elder or dependent adult:

- Adult Protective Services
916-874-9377
- Sacramento County Sheriff's Dept.
916-874-5306
- Sacramento Police Department
916-808-0650

If you suspect abuse or neglect at a long term care facility:

- Ombudsman Services of Northern CA
916-376-8910 OR 1-800-231-4024
www.osnc.net

Questions on conservatorships:

- Court Investigators Office
916-875-3400

For transportation assistance:

- Regional Transit
916-321-2877 OR 916-483-4327 TDD
- Paratransit
916-429-2744
- South County Transit
1-800-338-8676
- California Dept. of Developmental Svcs. (for eligible consumers)
916-654-2054 TTY or 916-654-1690

For employment assistance:

- Sacramento Employment and Training Agency (SETA)
916-263-3700 OR 1-800-735-2929 TTY
www.seta.net

Low cost auto insurance for low income good drivers:

- 1-866-602-8861

To find out if a charity is legitimate:

- California Attorney General's Office
(916) 322-3360
www.ag.ca.gov/charities/

Find out if a sales person/company is legitimate before investing:

- Department of Corporations
1-866-275-2677
www.corp.ca.gov

Sacramento County
District Attorney's Office &
Department of Health & Human Services



Independent Living: Resource Guide

Service Categories:

- **Medical**
- **Mental Health**
- **Financial**
- **Respite**
- **Legal**
- **In-Home Svcs**
- **Home Repair**
- **Other**

**IF THERE IS AN EMERGENCY CALL:
911**

Provided by:
The Sacramento County
Elder Death Review Team
EDRTCordinator@SacCounty.net

MEDICAL

For people without insurance:

- County Medically Indigent Services
9616 Micron Ave, Suite 64
Sacramento, CA 95827
916-875-9843
www.sacdhhs.com
- Mercy Clinic Folsom
105 Dean Way
Folsom, CA 95630
916-983-3658
www.mercyfolsom.org
- Mercy Clinic White Rock
10487 White Rock Road
Rancho Cordova, CA 95670
916-364-0724
www.mercyfolsom.org
- Sutter SeniorCare PACE
(comprehensive medical care program)
916-424-8412
- Health Insurance Counseling and Advocacy Program
1-800-434-0222
www.cahealthadvocates.org/HICAP
- Department of Health Care Licensing
<http://www.dhcs.ca.gov/services/medi-cal>
- Medicare Assistance
1-800-MEDICARE
www.medicare.gov

Questions about end of life documents:

- California Medical Association
916-444-5532
www.cmanet.org

Questions about potential interactions with medications:

- www.drugdigest.org/DD/Home OR
- www.drugs.com/drug_interactions.html
- <http://networkofcare.org/home.cfm>

For help with buying prescriptions:

- 1-877-777-7815
www.rxhelpforca.org

Grieving? Who to talk to when you have lost a loved one:

- Bereavement Network Resources of Sacramento, Inc.
916-557-5882

MENTAL HEALTH

For elderly persons showing signs of dementia or mental health issues:

- UCDMC – Geriatric Clinic
916-734-3574 Appointments
www.ucdmc.ucdavis.edu
- Kaiser Alzheimer / Dementia Program
916-973-6165
- DHHS Division of Mental Health Adult Access Team
875-1055 or
875-1000 (for an emergency)

Older Adult Prevention and Early Intervention Programs funded by Sacramento Mental Health Services Act:

- Mental Health America Northern California
916-855-5444
- El Hogar Community Services Inc.: Senior Link
916-369-7872

FINANCIAL

For help with Medicare:

- Medicare
1-800-MEDICARE
www.medicare.gov
- Health Insurance Counseling Advocacy Program (HICAP)
1-800-434-0222
www.hicapservices.net
- CalMedicare.org
916-376-8915
www.calmedicare.org

Apply for MediCal:

- Department of Human Assistance
916-874-2215
www.dhaweb.saccounty.net

Apply for social security/disability:

- U.S. Social Security
916-381-9410 OR 1-800-772-1213
www.ssa.gov

For tax advice and basic tax preparation for seniors:

- Tax Counseling for the Elderly (TCE)
916-974-5303
www.irs.gov

Questions about reverse mortgages:

- U.S. HUD Sacramento Office
916-498-5220 Ext. 221

To report reverse mortgage fraud:

- 1-888-827-5605
www.hud.gov

CARE GIVING

- IHSS Public Authority
916-874-4411

For respite assistance:

- Cordova Senior Center
916-366-3133
- Hart Senior Center
916-808-5462
- Del Oro
916-971-0893 or
<http://www.deloro.org>

LEGAL

For legal help:

- Legal Services of Northern California
916-551-2150
www.lsncc.net
- Superior California Legal Clinics, Inc.
916-972-1188
- Voluntary Legal Services Program
916-551-2102
www.vlsp.org
- Superior Court Self Help Center
916-875-3400
- McGeorge Community Legal Clinic
916-340-6080