

community connections for older adults

Westside Services for Older Adults and Caregivers

A Quick Reference Guide



Sponsored by the Older Adult Task Force

About This Guide

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 Column (A) that impacts you, a relative, or friend.

STEP 2: Follow the line across to Column (B) where services are described.

STEP 3: Then to Column (C) where telephone number and website of one or more providers is listed. Contact the provider for detailed service information.

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 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.

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

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

Definitions and footnotes on page 6.

(A) My Relative or Friend...	(B) What's Needed	(C) For More Information Contact...
feels isolated, needs to become involved with other seniors	socializing, activities, volunteer programs	Retired Senior Volunteer Program, 310-394-9871, www.wiseandhealthyaging.org City of Santa Monica Volunteer Program, 310-458-8300 www.smgov.net/comm_progs 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)
needs help with taxes	tax assistance	AARP Tax-Aide, 310-394-9871, www.aarp.org/money/taxaide
needs someone to talk to, is socially isolated, is feeling lonely and sad	friendly caller program, someone to visit with, counseling, needs companionship	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 www.antiochla.edu/community/general-category/aucc.html Airport Marina Counseling Service, 310-670-1410, www.airportmarina.org
doesn't eat balanced meals, has trouble cooking	home delivered meals or meals provided in group setting, nutrition education	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 Registered Dietician Nutrition Sites (2)
unable to clean own home	in-home help, assistance	In Home Supportive Services, 800-638-6833 Check yellow pages for Home Care Agencies Care Management (3)
has trouble managing finances & bill paying	assistance in managing finances & paying bills	Daily Money Management, 310-394-9871, www.wiseandhealthyaging.org Care Management (3)
needs to be in an assisted living or nursing home	evaluation re: level of care needed, and options available	Long Term Care Medi-Cal, 877-597-4777 Care Management (3)
is a veteran who needs help	evaluation, eligibility, financial aid	Veterans Administration, 310-475-0299, www.va.gov/health
needs help with legal & financial issues	an elder law attorney for: power of attorney, trust, landlord/tenant or other legal issues	LA Bar Association - referrals, 213-243-1525, www.lacba.org Bet Tzedek, 323-939-0506, www.bettzedek.org Legal Aid, 310-899-6200, www.lafla.org

(A) My Relative or Friend...	(B) What's Needed	(C) For More Information Contact...
is neglecting his / her health	health evaluation and treatment	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-hc.htm Venice Family Clinic, 310-392-8636, www.venicefamilyclinic.org Your Doctor
has physical limitations or impairments	physical evaluation, diagnosis, treatment and rehabilitation	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-hc.htm Westside Center for Independent Living, 310-390-3611, www.wcil.org 888-851-9245 Center for Partially Sighted, 310-458-3501, www.low-vision.org Westside Family Health Center, 310-450-2191, www.wfhcenter.org Venice Family Clinic, 310-392-8636, www.venicefamilyclinic.org
is a poor driver, is reluctant to stop driving and is at risk of having an accident and/or causing serious injury to others	evaluate ability to continue driving and recommend options.	Driving Simulation Program -WISE Transportation, 310-394-9871, www.wiseandhealthyaging.org Jewish Family Services - Home Secure, 323-937-5855, www.jfsla.org Your Doctor
is alone at home and in danger of falling	fall risk evaluation, changes to make home safe	Jewish Family Services - Home Secure, 323-937-5855, www.jfsla.org Westside Center for Independent Living, 310-390-3611, www.wcil.org Your Doctor Care Management (3)
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
is behaving very oddly... is acting strange, confused	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)
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, www.wcil.org , 888-851-9245

(A) My Relative or Friend...	(B) What's Needed	(C) For More Information Contact...
is having problems with memory/ increased forgetfulness	medical resources and evaluation	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 MedicAlert + Safe Return, 888-572-8566, www.medicalert.org/safereturn Your Doctor
is mentally unable to manage medical, legal, and/or financial matters	medical evaluation & referral	Alzheimer's Association, 800-272-3900, www.alz.org Bet Tzedek, 323-939-0506, www.bettzedek.org Your Doctor Care Management (3)
lives with me and I work during the day and worry about not being home	someone to be with relative/ friend during the day	Santa Monica Public Library Shut-In Services, 310-458-8646, www.smgov.net/servies/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)
places so many demands on me (I feel angry, guilty or upset)	respite services and caregiver	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)
can't go out - homebound	services delivered to home, ie., meals, groceries, medical, books, personal care	Santa Monica Public Library Shut-In Services, 310-458-8646, www.smgov.net/servies/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)
can't go out alone	needs someone to accompany him/her to medical appointments, etc.	ITN Greater LA, 310-451-1343, www.ITNGreaterLA.org Check yellow pages for Home Care Agencies Care Management (3)
can no longer drive or use public transportation	transportation services	WISE & Healthy Aging transportation, 310-394-9871, www.wiseandhealthyaging.org ITN Greater LA, 310-451-1343, www.ITNGreaterLA.org Felicia Mahood Sr. Ctr., 310-479-4119, www.laparks.org/dos/senior/facility/feliciamahoodsc.htm Access 888-883-1295, www.asila.org
can no longer drive or use public transportation (cont.)	transportation services	Culver City Senior Center, 310-253-6700, www.culvercity.org/senior/socalservices.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	(C) For More Information Contact...
needs help in home... wants to remain at home as long as possible	evaluate ability to maintain independence	In Home Supportive Services, 800-638-6833 Check yellow pages for Home Care Agencies Care Management (3)
is having difficulty making rent, utility or home payments	financial evaluation &/or evaluation of eligibility subsidy programs	Supplemental Security Income (SSI), 310-481-4527 Medi-Cal, 310-481-4018 Utility assistance programs Care Management (3)
needs a new place to live	housing assistance	Section 8 Housing, 213-894-8043 OPCC, 310-264-6646, www.opcc.net Senior Housing (5)
has problems with care at a nursing home or an assisted living facility	advocacy for care	OMBUDSMAN, 800-334-9473, www.wiseandhealthyaging.org Elder Law Attorney
has care costs that are greater than money on hand	evaluation of eligibility for financial assistance	Supplemental Security Income (SSI), 800-772-1213 Jewish Free Loan Association, 323-761-8830, www.jfla.org In Home Supportive Services, 800-638-6833 (888-944-4477) MediCal, 310-481-4018 Utilities Discounts – your local provider Care Management (3)
has problems with Medicare, “medigap,” health insurance and HMOs	evaluation of health insurance and potential options	Center for Health Care Rights, 800-824-0780, www.healthcarerights.org WISE & Healthy Aging, 310-394-9871, www.wiseandhealthyaging.org UCLA Healthcare 50 Plus, 800-516-5323, www.uclahealth.org
is a victim of fraud	report to appropriate agencies	Adult Protective Services, 800-992-1660 LA County District Attorney CA. Dept. of Corporations, 866-275-2677 WISE & Healthy Aging, 310-394-9871, www.wiseandhealthyaging.org Local Police Department U.S. Federal Trade Commission, 877-382-4357
has been physically or psychologically abused or neglected or financially exploited	elder abuse investigation	Adult Protective Service, 800-992-1660 Local Police Department
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
is grieving over the death of a loved one	grief counseling, individual or group	Our House, 310-390-8896, www.ourhouse-grief.org WISE & Healthy Aging, 310-394-9871, www.wiseandhealthyaging.org Caregiver Support Services (4)

Definitions and Footnotes

<p>1 Senior Centers:</p>	<p>Centers that offer a wide variety of recreation, meals, education, travel, and/or social services programs for seniors.</p>	<p>Santa Monica Senior Recreation Center, 310-458-8644, www.smgov.net/hsd/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</p>
<p>2 Nutrition Sites:</p>	<p>Community based centers that offer low cost and well balanced lunches served in group settings for people 60 and older.</p>	<p>Santa Monica Recreation Center, 310-458-8644 Ken Edwards Center, 310-395-8478 Reed Park, 310-458-8315 Virginia Avenue Park (Thursdays only), 310-458-8688</p> <p>Same web address for all nutrition sites, www.wiseandhealthyaging.org</p>
<p>3 Care Management (aka Case Manager or Care Consultant):</p>	<p>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.</p>	<p>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/feliciamanhoodsec.htm Westside Center for Independent Living, 310-390-3611, www.wcil.org National Association of Professional Geriatric Care Managers, Inc., 520-881-8008, www.caremanager.com</p>
<p>4 Caregiver Support Services:</p>	<p>Educational and emotionally supportive services available to family caregivers.</p>	<p>WISE & Healthy Aging, 310-452-7802, www.wiseandhealthyaging.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</p>
<p>5 Senior Housing:</p>	<p>A variety of community-based housing, that range from independent living, to assisted living, to nursing homes.</p>	<p>Community Corporation of Santa Monica, 310-394-8487 Culver City Senior Housing, 310-390-2357 Santa Monica Housing & Redevelopment Dept., 310-458-8740</p>
<p>6 Information & Referral:</p>	<p>A telephone or walk-in service that provides information about a variety of community services and programs for older adults.</p>	<p>WISE & Healthy Aging, 310-394-9871, www.wiseandhealthyaging.org Westside Center for Independent Living, 310-390-3611, www.wcil.org</p>

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Participating Organizations:

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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;
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WISE & Healthy Aging

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