

OLDER ADULT COMMUNITY **RESOURCES**

UCI Health

This book was made for patients and families experiencing barriers to getting things they need. This booklet will have common resource in the local community.

If you have any questions, we recommend you contact your care team, social worker, or organizations that serve your target needs.

UCI Health - Douglas Hospital


101 The City Dr. S,
Orange, CA 92868
(714) 456-7890


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Transportation for Older Adults

OCTA ACCESS Transportation For Seniors:

 **Website:** <https://www.octa.net/Bus/OC-ACCESS-Service/Overview>

 **Phone:** (877) 628-2232

- Curb-to-curb service.
- Transportation is \$3.60 each way. Trips must be scheduled at least 24 hrs. in advance.
- No mileage limit as long as the trip is in Orange County. A personal care attendant is allowed to travel for free. A companion can travel for \$3.60 each way.
- Same day taxi service is available at a cost of \$3.60 for a 5 mile trip. Any additional mileage over 5 miles is paid by the rider.

Non-Emergency Medical Appointment Transport Providers:


If you are NOT eligible for the OCTA ACCESS program, this service is available. Call The Office on Aging at 1-800-510-2020 for a referral.

- This service is provided to both South and North County residents.
- The cost is \$2.00 in each direction.

CalOptima provides rides to CalOptima patients who have physician authorizations:

- Contact your doctor to help you enroll in a CalOptima ride program.

Parkinson's Association of Orange County:


 **Website:** <https://paocinc.org/wpcontent/uploads/2019/03/seniormobilityprogram.pdf>

- Visit this website to view all the available senior ride programs by city. You may also call Sandy with the Silver Streak Mobility program. She will help you determine what ride programs you are eligible for.

Transportation for Older Adults

Go Orange Transportation:

 **Website:** <http://www.orangeseniorcenter.org/>

 **Phone:** (714) 538-9633

Description: Provides discounted taxi vouchers for senior resident travel within the City of Orange to grocery stores, pharmacies, medical appointments, and the senior center.

- **Eligibility:** – 60 years and older; *must be City of Orange resident*
- **Languages:** English
- **Application Process:** Pre-registration required, please call to schedule an appointment
- **Payment methods:** Set program fee
- **Program Fees:** \$5 for six one-way vouchers
- **Documents Required:** Government issued picture ID, Proof of residence within coverage area

Senior Mobility Program:

The SMP program was developed to provide transportation services for seniors 60 years and older residing in the cities of Central/West Orange County and North Orange County. These services are used to transport seniors to the community centers in Westminster and Midway City. Additional trips will be provided to governmental agencies such as the Department of Social Security, Veteran's Services Office, Department of Immigration, Department of Social Services, Healthcare Agency, Office on Aging, etc. Abrazar (see next page) will provide limited trips to grocery, shopping and personal care destinations.

Call (714) 702-1586 for additional program information and to receive enrollment forms. **Participants must register and be approved prior to utilizing the service.*

Transportation for Older Adults

ABRAZAR (Senior Non-Emergency Medical Transportation Program):

The program was developed to provide Seniors with access to non-emergency medical appointments including but not limited to dialysis, therapy, dentistry, prescription pick-ups, lab tests, x-rays, etc.

Eligibility:

- Participants must register and be approved prior to utilizing the service.
- Must be 60 yrs. or older and reside in one of the service area listed below:

CENTRAL OC - Call (714) 891-9500 for the below cities:

- Costa Mesa
- Cowan Heights
- Cypress
- Fountain Valley
- Garden Grove
- Huntington Beach
- La Palma
- Lemon Heights
- Los Alamitos
- Midway City
- Rossmoor
- Santa Ana
- Seal Beach
- Stanton
- Sunset Beach
- Surfside
- Tustin
- Tustin Heights
- Westminster

NORTH OC - Call (714) 702-1433 for the below cities:

- Anaheim
- Anaheim Hills
- Brea
- Buena Park
- El Modena
- Fullerton
- La Habra
- La Palma
- Linda
- Olive
- Orange, Orange Hills
- Orange Park Acres
- Placentia
- Villa Park
- Yorba Linda

Service Criteria for ABRAZAR (Senior Non-Emergency Medical Transportation):

1. Contact the Central OC or North OC office, if your city is listed on the previous page, to obtain a simple application and waiver form that will be mailed to you. After you have completed the forms, return it via mail or fax to obtain your Identification Number. (continue to next page)


Transportation for Older Adults


- 1. Contact:**
SNEMT–Customer Service
7101 Wyoming Street
Westminster, Ca 92683
Fax: (714) 893–4819
Fax Title: "Attention Mario Ortega"
- 2. Rides must be scheduled a minimum of 5 days in ahead.** Calling 5 days in advance does not guarantee an appointment. Same day appointments depend on availability.
- 3. Rides are limited to 15 miles within Orange County and within 10 miles outside of Orange County.**
- 4. Rides are available to the following locations which may exceed the 15 mile limit:**
 - Long Beach VA
 - Kaiser Lakeview
 - Irvine/Sand Canyon
 - UCI Medical Center in Orange
 - St. Joseph’s Hospital in Orange
 - Newport Beach Dialysis Center
 - Whitaker Wellness Institute in Newport Beach
- 5. Clients are limited to 16 one-way trips per month.**
 - Exceptions to the 16-ride limit are made on a case-by-case basis.
 - Please inquire about exceptions for chemotherapy, dialysis, radiation, physical therapy, and other special circumstances.
- 6. \$2.00 DOLLAR FEE — DONATION PER TRIP.** Care attendants may also ride free of charge.
- 7. Transportation Hours:** Monday thru Friday from 7:00 a.m. – 4:00 p.m.
- 8. Transportation is not available on major holidays.**
 - *All trips exceeding 15 miles in length are subject to program funding and availability

Housing Assistance for Older Adults

Transitional Care Assistance:


Transitional Care Solutions are a placement specialist organization who can work with you to find housing.


 **Website:** www.transitionalcares.com

 **Phone:** (949) 441-6055

Helping Hands Senior Foundation:

Helping Hands Senior Foundation specializes in helping with placement for older adults for Senior Care, Skilled Nursing Placement, or Home Care Coordinator service.

 **Website:** www.helpinghandsla.org/how-we-help/placement-assistance

 **Phone:** (818) 279-6580

 **Email:** info@helpinghandsla.org

California Registry:

California Registry is a senior citizens referral service. This company will assist you in locating California retirement homes, assisted living, residential/board and care facility or skilled nursing facility for you or a family member. The counselors will work with you free of charge to locate a facility.

 **Website:** www.calregistry.com/gettingreferrals

 **Phone:** (800) 777-7575

PACE Program (Programs of All-inclusive Care for the Elderly)

An all-inclusive care program established by Medicare to help seniors avoid nursing homes and instead, receive the care and services necessary to help them stay safe, comfortable, and remain living in their home.

However, if it is determined that the program can no longer provide the support needed to keep the participant living safely at home, the program will pay for care in a skilled nursing home.

Individuals living in an assisted living facility, if eligible, can enroll in the PACE program as well. This can reduce the amount of care services you would need to pay to the assisted living facility, thereby reduces your cost.

Who is Eligible?

Independent individuals, 55yrs and older, who may require some assistance in performing activities of daily living but can still live in their homes and engage in the community with the help of PACE services.

Medical & Care Services Provided:

- Adult Day Care / Adult Day Health
- Audiology
- Cardiology
- Chores
- Dentistry
- Durable Medical Equipment (Wheelchairs, walkers, hospital beds)
- Emergency Services
- Home Care
- Hospital Care
- Laboratory/X-ray Services/Radiology
- Meals
- Medical Transportation/Non-Medical Transportation
- Nursing Home Care
- Nutritional Counseling
- Optometry
- Outpatient Surgery
- Personal Care
- Physical Therapy
- Podiatry
- Prescription Drugs / Medications
- Primary Care
- Recreational Therapy
- Respite Care
- Rheumatology

PACE Program (Programs of All-inclusive Care for the Elderly)

Medical & Care Services Provided: (continued)

- Skilled Nursing
- Social Services
- Social Work Counseling
- Women's Services

*One thing to consider with this program is that since it is all inclusive care, you will have to give up your current primary care doctor. You will be enrolled with a participating PACE program doctor.

Health Assessment Program for Seniors (HAPS)

If you have complex, chronic conditions and are seeking a comprehensive consultation, the Health Assessment Program for Seniors (HAPS) at UCI Health can help you get on the path to a healthier, happier life.

This unique consultation — the only one of its kind in Orange County — takes place in two parts:



First, you will meet with our team. The team includes a geriatrician, neuropsychologist, social worker, pharmacist, occupational therapist and dietitian. During this meeting, our team reviews medical records, prescriptions, living situation, and more in order to identify issues you may be having.



Next, in about two to three weeks after the first meeting, we will meet with you and your family to review our recommendations. These recommendations can be shared with your healthcare provider.

Our ultimate goal is to help older adults live more productive, healthy lives and to help families negotiate the difficult tasks of providing for care.

If you would like to schedule a consultation or have questions, call 714-456-7007.

Memory Assessment Services



Have you ever misplaced your keys, forgotten a phone number or drawn a blank when trying to recall someone's name? For some people, this type of forgetfulness is a normal part of aging and generally not a cause for concern.

When memory loss becomes disabling or interferes with daily living, it may be a warning sign of something more.

Geriatricians, physician assistants, pharmacists, social workers, psychologists and nurses all work together to provide a comprehensive approach for patients with concerns about their memory.

To make an appointment with a UCI Health geriatrician, call us at 714-456-7007.

Free/Low Cost Clinics in Orange County

If you do not have insurance or do not have an assigned provider contact:

UCI Health – Family Health Center (FHC)

To schedule an initial or follow-up appointment with the Family Health Center in Anaheim or Santa Ana, simply call (657) 282-6356 and we will help you through the process.

Family Health Clinic Anaheim offices are located at:

300 W Carl Karcher Road
Anaheim, CA 92801

Family Health Clinic Santa Ana medical offices are located at:

FHC Santa Ana Clinic
800 N. Main Street
Santa Ana, CA 92701

Please note:

For UCI clinics and non-emergency department doctors, your health insurance provider may or may not require prior authorization before an UCI appointment can be scheduled on your behalf. If you are not sure whether your health insurance company requires prior authorization, call your health insurance provider first to avoid unnecessary delays in your care.

Orange County Free/Low-Cost Medical Clinics

These are free or low-cost medical clinics located in Orange County. **Be sure to make an appointment** by calling the clinic where you would like to be seen:

1. **UC Irvine Outreach Clinic / Lestonnac Free Clinic**
1215 E Chapman Ave
Orange, CA 92866
714-633-4600

Free/Low Cost Clinics in Orange County

1. The UC Irvine Outreach delivers care to individuals who have limited access to health services and insurance. We have recently moved our operation to the Lestonnac Free Clinic and serve Santa Ana, Tustin and neighboring communities. We strive to provide comprehensive care to our patients by offering health care services, wellness education, social services, basic medications, referrals, and, if they are eligible, assistance in obtaining health care coverage. Some of the Medical Programs offered include Primary Care, Specialty Care, Physical Therapy, Emergency Department, Follow Up care.
2. **Camino Health Center**
30300 Camino Capistrano
San Juan Capistrano, CA 92675
Phone: 949-240-2030
3. **Crescent Community Clinic**
2180 West Crescent Avenue
Anaheim, CA 92801
Phone: 714-399-4575
4. **Huntington Beach Community Care Health Center**
8041 Newman Ave
Huntington Beach, CA 92647
Phone: 714-847-4222
5. **La Amistad de Jose Family Health Center**
353 S Main Street
Orange, CA 92868
Phone: 714-771-8006
6. **Laguna Beach Community Clinic**
362 3rd Street
Laguna Beach, CA 92651
Phone: 949-494-0761

Free/Low Cost Clinics in Orange County

7. VNCOC Southland Health Center

9862 Chapman Avenue, Suite B
Garden Grove, CA 92841
Phone: 714-418-2040

8. EL SOL Wellness Center

1014 N Broadway
Santa Ana, CA 92701
Phone: 949-270-2160

9. Serve the People Community Health Center

1206 E 17th Street, #101
Santa Ana, CA 92701
Phone: 714-352-2911

10. Nhan Hoa Comprehensive Health Center

7761 Garden Grove Blvd.
Garden Grove, CA 92841
Phone: 714-898-8888

11. An Lahn Free Clinic

10861 Acacia Parkway
Garden Grove, CA 92840
Phone: 714-6334600 (English & Spanish)
714-702-5531 (Vietnamese)

12. Livingstone Free Clinic

12362 Beach Blvd., Suite 10
Stanton, CA 90680
Phone: 714-248-9500

13. St. Verena Health Center

491 N. Hewes Street
Orange, CA 92869
Phone: 714-681-2427

Free/Low Cost Clinics in Orange County

14. Anaheim Clinic

2180 W. Crescent Avenue, Suite B
Anaheim, CA 92801
Phone: 714-399-4571

15. Los Alamitos Clinic

3801 Katella Avenue, 3rd floor, suite 201
Los Alamitos, CA 90720
Phone: 562-493-4466

16. Buena Park Clinic

8352 Commonwealth Avenue
Buena Park, CA 90621
Phone: 714-633-4600

Additional low cost or free medical services available in Orange County:

1. Visit the Orange County Health Center Coalition

Website: <http://www.coccc.org>
Phone: 714.352.5990

2. Dental Health Clinic





Phone: (800) 914-4887

3. UCI FQHC SANTA ANA DENTAL




800 N. Main St. Santa Ana CA 92701
Phone: 657-282-6355

In-Home Support Services (IHSS)

The **In-Home Supportive Services (IHSS) Program** is offered by Orange County. They are able to help with:




-  Supportive services to a person who is not able to fully care for themselves at home.
-  Getting a person to return home from the hospitals or nursing home by giving needed caregiver support.
-  Letting you choose the caregiver of your liking.
-  Paying for all or part of caregiver services in the home for people who qualify.

Who Can Get Help?




-  65 yrs. or older, blind, or disabled.
-  Not able to live at home safely without help.
-  Must meet the financial requirements.



How To Apply:

-  Apply online:
SSA.OCGOV.COM/ELDERDISABLED-HOME-SERVICES/HOME-SUPPORTIVE-SERVICES
-  You can print an application online or pick up a hard copy at the office. There are hard copies of the applications available outside the front door of the office.
-  After you fill out the form, you can fax it, mail it, or drop it off at the office.

Contact Information:

-  **Address:** 1505 E Warner Ave
Santa Ana, CA 92705
-  **Phone:** 714-825-3000
-  **Hours:** Monday - Friday
8:00 a.m. to 5:00 p.m.

Community Food Help

Community Gardens:

Contact your county office or go online to find your nearest low-cost community garden. Here are a few local city gardens:

- Use your phone camera to scan the QR code
- Go to the website to explore your local options
- Call the local garden for more information

Find a Food Bank:

- www.feedingamerica.org
- (800) 771 - 2303



Find a Food Pantry:

- <https://www.foodpantries.org/>



Orange County Food Help:

- www.ocfoodhelp.org



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- Use your phone camera to scan the QR code
- Go to the website to explore your local options
- Call the local garden for more information

Garden Grove:

- <https://ggcity.org/community-garden>
- (714) 741 - 5000



Santa Ana:

- www.facebook.com/santaAnapeoplesgarden/
- (714) 571 - 4253



Orange:

- www.cityoforange.org/our-city/departments/community-services/programs-and-services/community-gardens
- (714) 744 - 2225



Community Food Help

Anaheim:



- www.anaheim.net/1459/Community-Gardens
- (714) 765 - 4311



- www.eacg12.com/
- info@eacg12.com

Costa Mesa:

- <https://www.costamesaca.gov/government/departments-and-divisions/parks-and-community-services/facilities/community-gardens#ad-image-1>
- (714) 754 - 5300



Stanton:

- www.stantonca.gov/departments/community_services/community_garden.php
- (510) 8-GARDEN



Meals on Wheels

Meals on Wheels is a national meal program build to help older adults or seniors with healthy food options delivered to their door.

There is a local Meals on Wheels program that is able to offer Orange County senior residents:

Meals on Wheels

- Sign up for Meals on Wheels in your local area to get food delivered to your door by friendly volunteers & staff

Adult Day Services

- The Adult Day Service program has re-opened at the Anaheim (714-220-2114) & Santa Ana (714-558-1216) locations from 8:30am-1:00pm with 20 people max per day

Friendly Visitors

- Sign up for a weekly friendly visitor to chat with, play cards, or send some time with you or your senior family, friend, or neighbor

Care Coordinators

- Help with getting you health services you may need
- Person-Centered care solutions
- Focus on reducing hospital admissions, re-admissions and ER visits

Lunch Café

- Have lunch at the Meals on Wheels Center for \$3 for people 60+ yrs, \$5 guests, free for those that cannot donate

Meals on Wheels

Service Areas in Orange County

- Anaheim
- Brea
- Buena Park
- Costa Mesa
- Cypress
- Fountain Valley
- Garden Grove
- Huntington Beach
- La Palma
- Orange
- Santa Ana
- Seal Beach
- Stanton
- Tustin
- Westminster
- Placentia-Yorba Meals on Wheels (including Anaheim Hills)
- Irvine Meals on Wheels
- La Habra Meals on Wheels
- Meals on Wheels of Fullerton
- South Orange County Age Well Senior Services

Qualifications

- Live in Orange County
- Must be 60 or older
- Must be homebound because of illness, disability or lack of mobility

Contacts

- www.mealsonwheelsoc.org
- (714) 220-0224



Other Local Help

[Community Health Initiative of Orange County](#)

www.chioc.org

- Assistance to healthcare services
- Health education & connect families to resources
- Connect to low-cost Medi-Cal
- An agent can help connect you to local community resources



[Regional Center of Orange County](#)

www.rcocdd.com

- Helps people with developmental disabilities & their family link up to services they need
- Residential care
- Independent living services
- Special education services, therapies, support groups
- Other assistance for people & families with special needs



[Orange County Community Resources](#)

www.occr.ocgov.com

- Housing
- Public Parks
- Public Libraries
- Animal Care
- Food banks & pantries
- CalFresh / SNAP
- Other community programs



Other Local Help

[Office of Aging of Orange County](#)

www.officeonaging.ocgov.com

- Health resources for older adults
- Fall Prevention
- Technology Assistance
- Friendship hotline
- Nutrition & meal assistance



[Orange County Housing Authority](#)

www.ochousing.org

- Housing assistance



[Orange County Health Care Agency](#)

www.ochealthinfo.com

- Children and Family services
- Community clinics
- Environmental Health
- Services for Providers
- Permit, certifications and records
- Resources for homeless people



Other Local Help

[Orange County Transportation Authority](#)

www.octa.net

- Ride assistance
- Non-medical ride assistance for seniors



[211 Orange County](#)

www.211oc.org

- Community resources
- Public assistance

