

Caregivers' Resource Guide

Senior Housing & Resources in the Greater Sacramento Area

Compliments of The Senior Connection
A Community Service of Eskaton



ESKATON
Senior Residences and Services

The Senior Connection

A community service of Eskaton

5105 Manzanita Avenue
Carmichael, CA 95608
(916) 334-1072 or 1-888-334-3490
FAX (916) 331-2986

This Guide is intended for those who are caregivers and consumers
in need of a source for referral information.

The Senior Connection does not recommend or endorse the listed agencies.
Check references carefully and verify information prior to use.

We recognize it is impossible to include every agency and organization
serving the elderly population.

Please contact The Senior Connection for additional resources
not included in this Guide.

We apologize for any errors or omissions.

This issue of *The Caregivers' Resource Guide* was revised December 2008



THE SENIOR CONNECTION SERVICES

COMMUNITY SERVICES

INFORMATION AND ASSISTANCE

Receive FREE information and assistance accessing community resources with one telephone call. Professional, caring staff is available five days per week to answer questions about a multitude of senior issues including health care, housing, social programs and legal services.

EDUCATION PROGRAMS

The Senior Connection invites the community to attend FREE quarterly classes on various topics of interest to seniors and those who care for them. Additionally, the five-week series of FREE Caring for the Caregiver classes are designed to meet the needs of those caring for family members or friends at home. Topics include dealing with difficult behaviors; activities for the homebound; mobility and home safety; nutrition; personal care; and community resources.

ASK THE ATTORNEY SERVICES

Seniors or their families can meet with an attorney specializing in elder law issues during a FREE consultation of up to 45 minutes.

For information about The Senior Connection services, please call (916) 334-1072.

TLC – TALKING, LISTENING & CARING

For the past 41 years, the TLC program has provided telephone reassurance calls and friendly home visits for the frail and isolated older adults of the greater Sacramento area. This service provides an alternative to social isolation and loss of personal independence.

Telephone Reassurance

- ❖ Seven days a week, 52 weeks a year, TLC's volunteers place calls to hundreds of older adults who live alone and want to remain in their own homes, but appreciate a daily check on their well-being.

Home Visiting

- ❖ Two to four times each month, friendly visitor volunteers pay visits to seniors living alone. Typically, the friendly visitor will assist with correspondence, enjoy a common interest and/or provide transportation to appointments.

For information about TLC, please call (916) 334-1072.

Fee-based Services

ESKATON CARE MANAGEMENT

In-home assessment, care management and consultation are available for seniors with multiple care needs and families requiring additional assistance in using appropriate resources.

Care Managers can provide:

- ❖ Comprehensive in-home assessment
- ❖ Cost-effective care planning
- ❖ Coordination of care services
- ❖ Ongoing monitoring of care

Care Management services are available on a fee-for-service basis.

For information about Eskaton Care Management, call (916) 334-1072

ESKATON MOVING CONNECTIONS

Our experienced team of professionals understands the challenges of moving and can help ease the transition into your new home. You can select from a menu of services.

Moving from your current home:

- ❖ Coordinating moving services
- ❖ Sorting and packing
- ❖ Space planning and furniture selection
- ❖ Disposition of remaining belongings

Getting settled in your new home:

- ❖ Unpacking and organizing items
- ❖ Arranging furniture and hanging pictures
- ❖ Coordinating interior design services

Moving Connection services are available on a fee-for-service basis.

For information about Eskaton Moving Connections, call (916) 334-1072

ESKATON COMPANIONSHIP PLUS

Our staff of senior companions understands the needs of aging adults and is able to help you, or a loved one, remain involved in the activities that make life enjoyable.

A trained companion can provide:

- ❖ Senior-friendly escorted activities
- ❖ In-home social visitation
- ❖ Transportation to medical appointments

Companion services are available on a fee-for-service basis.

For information about Eskaton Companionship Plus, call (916) 334-1072

The Senior Connection

A community service of Eskaton

(916) 334-1072 or (888) 334-3490

TABLE OF CONTENTS

How to use the Caregivers' Resource Guide	1-7
Senior Housing Option Definition	1-8

HOUSING OPTIONS~

Independent Housing	
Independent Retirement Living-Rental.....	2-1
Purchased Housing	3-1
Senior Mobile Home Parks	4-1
Out-of-Home Settings	
Assisted Living/Residential Care Facilities	5-1
Intermediate Care Facilities	6-1
Skilled Nursing Facilities.....	7-1

RESOURCES~

Adult Day Care	8-1
Adult Day Health Care.....	9-1
Applying for Medi-Cal—See Insurance Information and Advocacy Organizations	24-1
Bereavement and Hospice Services	10-1
Consumer Assistance	11-1
Disabilities, Resources for People with	12-1
Emergency Response and Identification Programs	13-1
Equipment and Special Products	14-1
Financial Assistance for Seniors	15-1
Health and Education Programs.....	16-1
Home Care - Placement Agencies	17-1
Home Care Services (Private Payment).....	18-1
Home Health Agencies	19-1
Hospitals & Psychiatric Hospitals	20-1
Information: Senior Resources	22-1
Insurance Information and Advocacy Organizations (Including Medi-Cal)	23-1

TABLE OF CONTENTS (cont.)

Legal Assistance	25-1
Mental Health Resources	26-1
Multi-cultural Resources.....	27-1
National Organizations	28-1
Senior Centers and Recreation.....	29-1
Senior Issues and Advocacy Organizations.....	30-1
Senior Meal Programs.....	31-1
Support Groups	32-1
Transportation (Gurney & Ambulance).....	33-1
Transportation (Van & Bus)	34-1
Transportation (Volunteer Services).....	35-1
Web Sites	36-1

APPENDICES~

Caregiver Publications available through AARP.....	37-1
Caregiver's Bill of Rights	38-1
Definitions for Caregivers.....	39-1
Health Insurance – What to ask before you choose	40-1
Home Care – Selecting a Caregiver.....	41-1
How Do I Find a Caregiver.....	42-1
Long-distance Caregiving.....	43-1
Tips for Caregivers	44-1
Tips for Dealing Effectively with Your Doctor	45-1

HOW TO USE THE CAREGIVERS' RESOURCE GUIDE

This guide is intended to help individuals navigate the complex system of services offered to older adults in Sacramento and surrounding counties. The Caregivers' Resource Guide is organized into three sections:

- Section One focuses on ***Housing Options*** for seniors and addresses two separate categories, *Independent Housing* and *Out-of-Home Settings*. The Independent Housing category provides information on Independent Retirement Apartments (Congregate Living), Purchased Housing, Senior Apartments, and Senior Mobile Home Parks. The Out-of-Home Settings category focuses on information on Assisted Living/Residential Care Facilities, Intermediate Care Facilities, and Skilled Nursing Facilities.
- Section Two provides an array of ***Resources*** offered to older adults and their caregivers. This section is listed in alphabetical order by resource. The Table of Contents provides page numbers to guide individuals in their search.
- Section Three (***Appendices***) contains descriptive information that is valuable for caregivers and providers including caregiver publications available through AARP, definitions and helpful tips for caregivers, as well as advice on how to deal effectively with your doctor and long distance care situations.

We hope that this guide will enable caregivers to understand and employ the immense resources available for their loved ones as well as themselves.

SENIOR HOUSING OPTION DEFINITIONS

Independent Living (Rental) ~

Not licensed, no restrictions apply except age and/or income (in some cases). May provide one or more of the following amenities included in the service fees:

- Housekeeping
- One or more meals daily
- Transportation
- Activities

Any assistance with personal care is obtained through an agency or other private source.

Residential Care Facility for the Elderly (RCFE) ~

Licensed and regulated by the Department of Social Services. Also known as assisted living, board and care, or senior residences. Provides non medical care and supervision in a residential setting. Services or “levels of care” provide one or more of the following:

- Assistance with bathing, dressing, grooming
- Medication monitoring
- Special diets
- Provision or arrangement of transportation
- Some RCFE’s provide specialized care and supervision for persons with memory loss caused by Alzheimer’s disease or other disorders

Intermediate Care Facilities (ICF) ~

Licensed and regulated by the Department of Health Services. Intermediate care facilities provide intermittent nursing care and 24-hour supportive care, including adherence to medication regimes, maintenance of good nutrition with special diets, assistance with personal hygiene and moderate assistance with some activities of daily living. Social activities, support services and housekeeping are available, and transportation services may also be available.

Skilled Nursing Facilities (SNF) ~

Licensed and regulated by the Department of Health Services. Provides 24-hour nursing care, medical monitoring and supervision, as well as rehabilitation services including physical, occupational, speech, and respiratory therapies. These facilities also provide supportive care to patients whose primary need is for personal care and nursing supervision on an extended basis.

Hospitals ~

Licensed and regulated by the Department of Health Services. Also known as acute care, rehabilitation hospital, and sub-acute care hospital.

HOUSING - INDEPENDENT RETIREMENT LIVING - RENTAL

County of El Dorado

Independent Retirement Living offers apartments, which residents may furnish with their own possessions and in which they have the option to prepare their own meals. Selected facilities offer dining services and regular housekeeping. Social activities, support services and transportation services may also be available. Some settings provide rent subsidies for seniors with low incomes.

Retirement Facility	Meals	Multi-care Levels	Pets	Unit Studio	Unit 1BD-1BA	Unit 2BD-1BA	Unit 2BD-2BA	House keeping / Trans	Deposit	Comments
Cameron Park Village 3433 Palmer Drive Cameron Park, CA 95682 (530) 677-5548	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> Dogs and cats \$400 - \$500 deposit	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$665 - \$798 utilities pd.	<input checked="" type="checkbox"/> \$723 - \$883 2 bdrm townhouse	<input checked="" type="checkbox"/> \$835 - \$1,019 3 bdrm 1.5 bath	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$350 \$400 \$500 3 bdrm	Age 62+, 1BR apartments, 2 & 3 bedroom townhouses, laundry rooms, close to shopping
Cottonwood Senior Apts. 2801 Clay Street Placerville, CA 95667 (530) 295-1678	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> Under 40 lbs. \$200 deposit	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$502 Section 8 accepted	<input checked="" type="checkbox"/> \$601 Section 8 accepted	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$250	Age 55+, public transportation stop at front of complex; coin-op laundry; water, sewer & trash pd.
Eskaton Lincoln Manor 6600 Mother Lode Drive Placerville, CA 95667 (530) 621-0959	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> 1 pet under 25 lbs. \$250 deposit	<input checked="" type="checkbox"/> 30% of income	<input checked="" type="checkbox"/> 30% of income	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> 1 month's rent	Age 62+, activities planned by resident council, coin-op laundry, El Dorado County transit access www.eskaton.org
Gold Country Retirement 4301 Golden Center Drive Placerville, CA 95667 (530) 621-1826	<input checked="" type="checkbox"/> 3 meals a day	<input checked="" type="checkbox"/> Assisted living & skilled nursing	<input checked="" type="checkbox"/> Under 20 lbs. \$300 deposit	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$1,770 - \$2,035 + \$375 2nd person	<input checked="" type="checkbox"/> \$2,175 - \$2,257 + \$375 2nd person	<input checked="" type="checkbox"/> \$2,395 - \$2,445 + \$375 2nd person	<input checked="" type="checkbox"/> Local transportation	<input checked="" type="checkbox"/> \$100 - for waiting list plus \$450 process fee (ask for details)	Exercise facilities, laundry room, excursions, 2 pool tables, game room and cable TV included, housekeeping service, 24 hr. ER call services
Ponté Palmero 3081 Ponté Palmero Drive Cameron Park, CA 95682 (530) 677-9100	<input checked="" type="checkbox"/> 1 meal a day, additional meal plan available	<input checked="" type="checkbox"/> Memory Care	<input checked="" type="checkbox"/> Under 25 lbs.	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$3,100 +\$200 2nd person	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$3,550 - \$3,705 \$200 2nd person \$4,124 3 BR \$200 2nd	<input checked="" type="checkbox"/> House-keeping weekly Transportation under 15 miles	<input checked="" type="checkbox"/> \$1,000 reservation fee \$1,500 security deposit	Age 55+, gated community with clubhouse, fitness center, activity program. On-site spa services. Adjacent to shopping and assisted living www.eskaton.org
Sunrise Gardens 1400 Woodman Circle Placerville, CA 95667 (530) 626-3394	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> 1 pet under 25 lbs. cat or dog \$300 deposit	<input type="checkbox"/>	<input checked="" type="checkbox"/> 30% of income	<input checked="" type="checkbox"/> 30% of income	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> 30% of income	Age 62+, many activities, on bus line, senior van, coin-op laundry

Information provided by: The Senior Connection, a community service of Eskaton, (916) 334-1072 or (888) 334-3490. This is not a recommendation or endorsement of any providers; photocopying permitted with credit to The Senior Connection. Prices and information are subject to change; please call for updated listings. (UPDATED December 2008)

HOUSING - INDEPENDENT RETIREMENT LIVING - RENTAL

County of Nevada

Independent Retirement Living offers apartments, which residents may furnish with their own possessions and in which they have the option to prepare their own meals. Selected facilities offer dining services and regular housekeeping. Social activities, support services and transportation services may also be available. Some settings provide rent subsidies for seniors with low incomes.

Retirement Facility	Meals	Multi-care Levels	Pets	Unit Studio	Unit 1BD-1BA	Unit 2BD-1BA	Unit 2BD-2BA	House keeping / Trans	Deposit	Comments
Bret Harte Retirement Inn 305 West Main Street Grass Valley, CA 95945 (530) 273-7137	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$500 deposit	<input checked="" type="checkbox"/> \$1,475	<input checked="" type="checkbox"/> \$1,680 - \$1,900 + \$400 2nd person	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$1,760 - \$1,960 + \$400 2nd person	<input checked="" type="checkbox"/> House-keeping	<input checked="" type="checkbox"/> \$500	Family-owned and operated in downtown Grass Valley, penthouse apartments available, satellite TV, library, laundry rooms, many amenities
Eastridge Apartments 85 Rockwood Drive Grass Valley, CA 95945 (530) 272-1888	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$580 Section 8	<input checked="" type="checkbox"/> \$630 Section 8	<input checked="" type="checkbox"/> \$760 Section 8	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$250	Age 55+, clubhouse, coin-op laundry
Eskaton Village Grass Valley 625 Eskaton Circle Grass Valley, CA 95945 (888) 958-7100	<input checked="" type="checkbox"/> 1 meal a day, other meals optional	<input checked="" type="checkbox"/> Assisted living	<input checked="" type="checkbox"/> Under 30 lbs. \$1,200 deposit	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$3,119 \$3,986 dbl	<input checked="" type="checkbox"/> \$3,745 \$4,522 dbl	<input checked="" type="checkbox"/> \$4,074 \$4,4,941 dbl	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> \$1,000 communi-ty fee	Part of 42 acre gated community, also offers owner-occupied patio homes, assisted living apts. and fitness center. Balcony apts. additional \$115/mo. www.eskaton.org
Hilltop Commons 131 Eureka Street Grass Valley, CA 95945 (530) 272-5274	<input checked="" type="checkbox"/> 3 meals a day	<input type="checkbox"/>	<input checked="" type="checkbox"/> Small pets \$500 deposit	<input checked="" type="checkbox"/> \$1,970 + \$450 2nd person, utilities included	<input checked="" type="checkbox"/> \$2,199 + \$450 2nd person, utilities included	<input checked="" type="checkbox"/> \$2,199 + \$450 2nd person, utilities included	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> \$500	Beauty/barber shop, exercise facilities, trips, library and activity room, cable TV, laundry rooms, country store
Nevada City Senior Apartments 841 Old Tunnel Road Grass Valley, CA 95945 (530) 477-5356	<input checked="" type="checkbox"/> \$205 per month for evening meal	<input type="checkbox"/>	<input checked="" type="checkbox"/> Cat under 25 lbs., dog under 40 lbs. \$200 deposit	<input type="checkbox"/>	<input checked="" type="checkbox"/> 30% of income	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$110 house-keeping only	<input checked="" type="checkbox"/> \$200	Beauty shop, coin-op laundry, beautiful setting
Nevada Meadows 825 Old Tunnel Road Grass Valley, CA 95945 (530) 273-6963	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$100 deposit	<input type="checkbox"/>	<input checked="" type="checkbox"/> 30% of income	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$580	Community room, library, coin-op laundry

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Retirement Facility	Meals	Multi-care Levels	Pets	Unit Studio	Unit 1BD-1BA	Unit 2BD-1BA	Unit 2BD-2BA	House keeping / Trans	Deposit	Comments
Quail Ridge 150 Sutton Way Grass Valley, CA 95945 (530) 272-1055	<input checked="" type="checkbox"/> 3 meals a day	<input checked="" type="checkbox"/> Assisted living & Alzheimer unit	<input checked="" type="checkbox"/> small pets \$250 deposit	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$3,520 & up \$750 2nd person	<input checked="" type="checkbox"/> \$3,895 & up \$750 2nd person	<input checked="" type="checkbox"/> 3,995 \$300 2nd person cottages with garage	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> \$1,500 admin fee	Beauty shop, exercise room, library, activities, excursions, linen service, laundry rooms, washer/dryer and full kitchens.

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HOUSING - INDEPENDENT RETIREMENT LIVING - RENTAL

County of Placer

Independent Retirement Living offers apartments, which residents may furnish with their own possessions and in which they have the option to prepare their own meals. Selected facilities offer dining services and regular housekeeping. Social activities, support services and transportation services may also be available. Some settings provide rent subsidies for seniors with low incomes.

Retirement Facility	Meals	Multi-care Levels	Pets	Unit Studio	Unit 1BD-1BA	Unit 2BD-1BA	Unit 2BD-2BA	House keeping / Trans	Deposit	Comments
Auburn Palms 701 Auburn Ravine Road Auburn, CA 95603 (530) 885-3100	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> Under 25 lbs. deposit required	<input type="checkbox"/>	<input checked="" type="checkbox"/> 30% of income	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Age 62+
Auburn Ravine Terrace 750 Auburn Ravine Road Auburn, CA 95603 (530) 823-6131	<input checked="" type="checkbox"/> 3 meals a day	<input checked="" type="checkbox"/> Assisted living & skilled nursing	<input checked="" type="checkbox"/> Small pets \$300 partially ref. deposit	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$2,037 - \$2,058	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> \$2,669 - \$3,229	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> 1 month's rent	Activities, beauty shop on site, library, transportation, laundry room, linen service, utilities included
Auburn Villa 628 Mikkelsen Drive Auburn, CA 95603 (530) 823-3047	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> 1 small pet \$300 deposit	<input type="checkbox"/>	<input checked="" type="checkbox"/> 30% of income	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> 30% of income	Age 62+ or disabled, recreation room, laundry room, garden setting, utilities allowance
Brookside Senior Apartments 738 Mikkelsen Drive Auburn, CA 95603 (530) 823-1386	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> 1 small pet \$200 deposit	<input type="checkbox"/>	<input checked="" type="checkbox"/> 30% of income	<input checked="" type="checkbox"/> 30% of income	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$150 deposit	Age 62+ or disabled, SSI, disability, laundry rooms, utilities allowance
Canyon View Apartments 205 Canyon View Road Colfax, CA 95713 (530) 346-8115	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> 1 pet under 25 lbs. \$300 deposit	<input type="checkbox"/>	<input checked="" type="checkbox"/> 30% of income	<input checked="" type="checkbox"/> 30% of income	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> Income based	Seniors or disabled, on bus line, coin-op laundry
Casa de Santa Fe 3201 Sante Fe Way Rocklin, CA 95765 (916) 435-8800	<input checked="" type="checkbox"/> 1 meal dinner Mon. - Sat. Sunday brunch	<input checked="" type="checkbox"/> Assisted living & memory care center	<input checked="" type="checkbox"/> 1 pet under 25 lbs. \$1,000 deposit	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$3,195 + \$550 2nd person	<input checked="" type="checkbox"/> \$3,598 + \$550 2nd person	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> \$2,500 non-refundable community fee	Attached garages, clubhouse, pool, spa, full kitchens, activities, bus transportation, washer-dryer hook-ups, utilities, and basic cable www.mbkseiorliving.com

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Retirement Facility	Meals	Multi-care Levels	Pets	Unit Studio	Unit 1BD-1BA	Unit 2BD-1BA	Unit 2BD-2BA	House keeping / Trans	Deposit	Comments
Eskaton Lodge Granite Bay 8550 Barton Road Granite Bay, CA 95746 (916) 789-0326	<input checked="" type="checkbox"/> 3 meals a day	<input checked="" type="checkbox"/> Assisted living	<input checked="" type="checkbox"/> 1 pet under 25 lbs. \$1,200 deposit	<input checked="" type="checkbox"/> \$2,715 + \$874 2nd person	<input checked="" type="checkbox"/> \$3,446 + \$874 2nd person	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$3,802 + \$874 2nd person	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> \$2,500 non-refundable community fee	Elegant architecture, courtesy shuttle 7 days a week, landscaped courtyard. Spacious apartments, some with garden views www.eskaton.org
Lincoln Senior Apartments 1655 Third Street Lincoln, CA 95648 (916) 645-2370	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> Under 40 lbs. \$200 deposit	<input type="checkbox"/>	<input checked="" type="checkbox"/> 30% of income	<input checked="" type="checkbox"/> 30% of income	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$150	Age 62+, disabled or handicapped, recreation room, coin-op laundry room, on bus line
Lyn-Roc Senior Complex 6105 Sunset Boulevard Rocklin, CA 95677 (916) 624-1388	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> Under 25 lbs. \$300 deposit	<input type="checkbox"/>	<input checked="" type="checkbox"/> 30% income Section 8	<input checked="" type="checkbox"/> 30% income Section 8	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> Income based	Coin-op laundry room, on bus line
Maidu Village Senior Apartments #1 1750 Eureka Road Roseville, CA 95661 (916) 773-4050	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> Please inquire	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$665 Section 8	<input checked="" type="checkbox"/> \$907 Section 8	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> Please inquire	Age 65+, income eligibility, coin-op laundry, greenbelt nearby
Maidu Village Senior Apartments #2 101 Sterling Court Roseville, CA 95661 (916) 773-2643	<input checked="" type="checkbox"/> Senior nutrition site	<input type="checkbox"/>	<input checked="" type="checkbox"/> Please inquire	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$756 Section 8	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> Please inquire	Age 55+, income eligible, coin-op laundry, greenbelt nearby
Maidu Village Senior Apartments #3 109 Sterling Court Roseville, CA 95661 (916) 784-3447	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> Please inquire	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$798 Section 8	<input checked="" type="checkbox"/> \$958 Section 8	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> Please inquire	Age 55+, income eligible, coin-op laundry, new construction, greenbelt nearby

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HOUSING - INDEPENDENT RETIREMENT LIVING - RENTAL

County of Placer

Independent Retirement Living offers apartments, which residents may furnish with their own possessions and in which they have the option to prepare their own meals. Selected facilities offer dining services and regular housekeeping. Social activities, support services and transportation services may also be available. Some settings provide rent subsidies for seniors with low incomes.

Retirement Facility	Meals	Multi-care Levels	Pets	Unit Studio	Unit 1BD-1BA	Unit 2BD-1BA	Unit 2BD-2BA	House keeping / Trans	Deposit	Comments
Manzanita Place 1019 Madden Lane Roseville, CA 95661 (916) 773-5770	<input checked="" type="checkbox"/> Senior nutrition site	<input type="checkbox"/>	<input checked="" type="checkbox"/> 1 small pet \$300 deposit	<input checked="" type="checkbox"/> 30% of income	<input checked="" type="checkbox"/> 30% of income	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> 1 month's rent	Age 62+ or disabled, recreation room, pot-lucks, coin-op laundry
Mistywood Retirement Residence 1275 Pleasant Grove Boulevard Roseville, CA 95747-5858 (916) 771-8606	<input checked="" type="checkbox"/> 3 meals a day	<input type="checkbox"/>	<input checked="" type="checkbox"/> 1 small pet No deposit	<input checked="" type="checkbox"/> \$1,795 - \$2,205	<input checked="" type="checkbox"/> \$2,780 - \$3,100 + \$525 2nd person	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$3,650 - \$4,250 + \$525 2nd person	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> 1 month's rent	Game room, library, exercise room, crafts, fitness & travel programs, beauty/barber services, computer lab with Internet services
Oak Creek Senior Living 707 Sunrise Avenue Roseville, CA 95661 (916) 786-3277	<input checked="" type="checkbox"/> 3 meals a day	<input checked="" type="checkbox"/> Assisted living	<input checked="" type="checkbox"/> \$300 non-ref. fee	<input checked="" type="checkbox"/> \$2,750 - \$2,850 + \$750 2nd person	<input checked="" type="checkbox"/> \$3,450 + \$750 2nd person	<input checked="" type="checkbox"/> \$4,150 + \$750 2nd person	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> \$1,500 security deposit	Activity room, emergency response systems, utilities and cable included, complimentary laundry rooms, 24/7 hour medical coverage
Oaks of Auburn 3250 Blue Oaks Drive Auburn, CA 95602 (530) 888-1144	<input checked="" type="checkbox"/> 3 meals a day (optional)	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> \$1,575 - \$2,425	<input checked="" type="checkbox"/> \$2,675 - \$2,995 + \$450 2nd person	<input checked="" type="checkbox"/> \$3,425 - \$3,600 + \$450 2nd person	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> 1 month's rent	A variety of floor plans available in this 107 - unit complex, laundry services, activities, transportation
Park Roseville 275 Folsom Road Roseville, CA 95678 (916) 786-2751	<input checked="" type="checkbox"/> 2 meals a day	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$500 deposit	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$1,999 - \$2,449 + \$500 2nd person	<input checked="" type="checkbox"/> \$2,674 - \$2,999 + \$500 2nd person	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$500 security	Beauty/barber services, full activity programs, library, laundry room, utilities included
Quarry Oaks Apartments 3950 Evelyn Avenue Rocklin, CA 95677 (916) 624-6512	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> 1 pet under 30 lbs. \$300 deposit	<input type="checkbox"/>	<input checked="" type="checkbox"/> 30% of adjusted income	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> Income based	Age 62+, activities available, coin-op laundry, close to shopping & bus line

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HOUSING - INDEPENDENT RETIREMENT LIVING - RENTAL

County of Placer

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Retirement Facility	Meals	Multi-care Levels	Pets	Unit Studio	Unit 1BD-1BA	Unit 2BD-1BA	Unit 2BD-2BA	House keeping / Trans	Deposit	Comments
Renaissance Sierra Point 5161 Foothills Boulevard Roseville, CA 95747 (916) 780-3330	<input checked="" type="checkbox"/> 3 meals a day	<input checked="" type="checkbox"/> Assisted living	<input checked="" type="checkbox"/> \$500 deposit	<input checked="" type="checkbox"/> \$2,490 - \$2,830	<input checked="" type="checkbox"/> \$3,065 - \$3,335	<input checked="" type="checkbox"/> \$3,620 - \$3,985	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> \$2,000 community fee	Offers full array of resident programs, fitness-wellness program, laundry facilities or laundry service available and transportation
Rolling Oaks Apartments 5725 Shannon Bay Drive Rocklin, CA 95677 (916) 630-9415	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> 1 pet under 20 lbs. \$300 deposit	<input type="checkbox"/>	<input checked="" type="checkbox"/> 30% of Income	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> Income based	Age 62+, coin-op laundry, monthly pot-lucks, activities available
Sierra Regency 1015 Madden Lane Roseville, CA 95661 (916) 786-3173	<input checked="" type="checkbox"/> 2 meals a day	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$350 non-ref. deposit	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$2,050 small \$2,350 large	<input checked="" type="checkbox"/> \$2,650 + \$600 2nd person \$50 patio or balcony	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> \$1,500	Beauty/barber shop, indoor pool and spa, shuffleboard, TV lounge, coin-op laundry or hook-ups \$35/month, chapel, private gardens and putting green
Silver Ridge 1101 Stone Canyon Drive Roseville, CA 95661 (916) 782-2009	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> 1 pet under 25 lbs. \$300 deposit	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$605 - \$738	<input checked="" type="checkbox"/> \$882	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$300 - \$400	Age 55+, pool & spa, community room, some covered parking, coin-op laundry, laundry hook-ups, close to medical care and shopping
Stanford Court Senior Apartments 3220 Santa Fe Way Rocklin, CA 95677 (916) 663-6090	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> Under 25 lbs \$500 deposit	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$617 - \$714	<input checked="" type="checkbox"/> \$738 - \$866	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$300 refundable security deposit	Age 55+, social activities, some transportation washer/dryer hook-ups, coin-op laundry room, shopping close by
Sutter Terrace Senior Apts. 6725 Fiddymont Road Roseville, CA 95747 (916) 773-2900	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> 1 pet \$500 deposit	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$738	<input checked="" type="checkbox"/> \$825	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$250	Age 55+, private patio, pool, social activities, community room, 24hr. emergency call system, coin-op laundry, transportation T/Th

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Retirement Facility	Meals	Multi-care Levels	Pets	Unit Studio	Unit 1BD-1BA	Unit 2BD-1BA	Unit 2BD-2BA	House keeping / Trans	Deposit	Comments
Valley Oaks 600 Auburn Ravine Road Auburn, CA 95603 (530) 889-2551	<input checked="" type="checkbox"/> Senior nutrition site	<input type="checkbox"/>	<input checked="" type="checkbox"/> 1 pet under 30 lbs. \$300 deposit	<input type="checkbox"/>	<input checked="" type="checkbox"/> 30% of income	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> Income based	Age 62+, income eligibility, coin-op laundry, library, games room
Villa Serena 101 Villa Serena Circle Rocklin, CA 95765 (916) 632-2700	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> 1 pet under 20 lbs. \$300 deposit	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$679 - \$714	<input checked="" type="checkbox"/> \$867	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$300	Age 55+, near greenbelt area; clubhouse, pool/spa; washer/dryer hookups in each unit, near shopping
Woodcreek Terrace 1295 Hemingway Drive Roseville, CA 95747 (916) 773-9078	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> 1 pet under 25 lbs. \$250 deposit	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$738	<input checked="" type="checkbox"/> \$884	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$250	Age 55+, 4 low income units, swimming pool and clubhouse; free van service 2 x per week

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Retirement Facility	Meals	Multi-care Levels	Pets	Unit Studio	Unit 1BD-1BA	Unit 2BD-1BA	Unit 2BD-2BA	House keeping / Trans	Deposit	Comments
ACC Greenhaven Terrace 1180 Corporate Way Sacramento, CA 95831 (916) 395-0210	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> 2 pets max. \$250 deposit	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$795 - \$840	<input checked="" type="checkbox"/> \$840 - \$1,100 3 floor plans	<input checked="" type="checkbox"/> \$1,075 - \$1,100	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$300 1 BD \$400 2 BD	Age 62+, gated community, billiard room, computer room, library, pool and spa, exercise room, \$20 for carport
Albert Einstein Residence 1935 Wright Street Sacramento, CA 95825 (916) 972-9555	<input checked="" type="checkbox"/> Monday - Friday dinner only	<input type="checkbox"/>	<input checked="" type="checkbox"/> 1 pet 25lbs. or less \$300 Deposit	<input type="checkbox"/>	<input checked="" type="checkbox"/> 30% of income	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Income based	Activity programs and trips, Beauty/barber services, library, Kosher meal services available
Antelope Manor 7764 Poplar Avenue Citrus Heights, CA 95621 (916) 721-5893	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> Call for info Small dog \$300	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$750 Oversize: \$800	<input checked="" type="checkbox"/> \$875	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$400	Age 55+, single level, washer/dryer, gated, covered parking
Arcade Creek Manor 6546 Auburn Boulevard Citrus Heights, CA 95621 (916) 721-1172	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> 1 pet under 25 lbs. \$200 deposit	<input checked="" type="checkbox"/> \$597 - \$659	<input checked="" type="checkbox"/> \$716 - \$778	<input checked="" type="checkbox"/> \$835 - \$897	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> 1 month's rent	Age 55+, heated pool/spa & saunas, billiards, trips, parties, 9-hole putting green, lighted shuffleboard, horseshoes, on-site laundry
Arden Way Apartments 5200 Arden Way Carmichael, CA 95608 (916) 483-9487	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> 1 pet 12 lbs. or less. \$400 deposit	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$540	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$300	Recreation room and activity program
Ardenaire Apts. 1960 thru 1972 Ethan Way Sacramento, CA 95825 (916) 924-1823	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$683	<input checked="" type="checkbox"/> \$734	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$300 \$15 credit check	Age 55+, basic cable included, laundry room. Paratransit stops here.

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Retirement Facility	Meals	Multi-care Levels	Pets	Unit Studio	Unit 1BD-1BA	Unit 2BD-1BA	Unit 2BD-2BA	House keeping / Trans	Deposit	Comments
Atria El Camino Gardens 2426 Garfield Avenue Carmichael, CA 95608 (916) 488-5722	<input checked="" type="checkbox"/> 3 meals a day	<input checked="" type="checkbox"/> Assisted living	<input checked="" type="checkbox"/> \$50 per month	<input checked="" type="checkbox"/> \$2,050 + \$1,000 2nd person	<input checked="" type="checkbox"/> \$2,400 + \$1,000 2nd person	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> \$2,000 community fee	Courtyard setting, balconies and patios, full activity program. Utilities included except cable & phone. Linen service.
Atrium, The 5757 Cypress Avenue Carmichael, CA 95608 (916) 486-3533	<input checked="" type="checkbox"/> 2 meals a day	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$600 fee	<input checked="" type="checkbox"/> \$1,920 - \$1,980	<input checked="" type="checkbox"/> \$2,340 - \$2,420	<input checked="" type="checkbox"/> \$3,040 + \$695 2nd person	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> \$1,250 refundable	Activities, library, beauty shop, spa, free laundry, storage space, some transportation.
Auburn Oaks Senior Living 7501 Sunrise Boulevard Citrus Heights, CA 95610 (916) 729-9200	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> 1 pet 25 lbs. or less \$500 deposit	<input checked="" type="checkbox"/> \$695	<input checked="" type="checkbox"/> \$950	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> \$200	24 hour staffing, indoor secure building, activities, outings, transportation, housekeeping, laundry and utilities included
Auburn Square Residence 2060 Auburn Boulevard Sacramento, CA 95821 (916) 641-1066	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> 1 pet under 25 lbs. 1 months rent deposit	<input checked="" type="checkbox"/> \$385	<input checked="" type="checkbox"/> \$435 - \$480	<input checked="" type="checkbox"/> \$535	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> 1 month's rent	Library, meeting room, large kitchens, pool, regular gatherings and potlucks, small grocery store.
Beile Place 1421 15th Street Sacramento, CA 95814 (916) 322-2114	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> 1 pet under 30 lbs. \$300 deposit	<input type="checkbox"/>	<input checked="" type="checkbox"/> 25% of income or base rent \$595	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$300	Age 62+, income eligibility, laundry rooms, multilevel with elevator, club room, patios in some units
Broadway Senior Center 5200 Broadway Sacramento, CA 95820 (916) 456-4731	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> 1 pet under 25lb. \$200 deposit	<input type="checkbox"/>	<input checked="" type="checkbox"/> 30% of adjusted income	<input checked="" type="checkbox"/> 30% of adjusted income	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> 30% of income	Private balcony or patio, laundry rooms available, close to stores

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Retirement Facility	Meals	Multi-care Levels	Pets	Unit Studio	Unit 1BD-1BA	Unit 2BD-1BA	Unit 2BD-2BA	House keeping / Trans	Deposit	Comments
Campus Commons Apartments 22 Cadillac Drive Sacramento, CA 95825 (916) 929-3966	<input checked="" type="checkbox"/> 2 meals a day	<input type="checkbox"/>	<input checked="" type="checkbox"/> Small pets \$500	<input checked="" type="checkbox"/> \$2,180	<input checked="" type="checkbox"/> \$2,390 - \$2,705 + \$550 2nd person	<input checked="" type="checkbox"/> \$2,840 - \$3,495 \$550 2nd person	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> \$500	Age 62+, activity room, library, transportation, exercise programs, beauty & barber shop, free laundry facilities and paid utilities
CareFree Senior Living 5601 Natomas Boulevard Sacramento, CA 95835 (916) 928-4548	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> Pets under 20 lbs. \$15 per month fee \$250 deposit	<input checked="" type="checkbox"/> \$799	<input checked="" type="checkbox"/> \$839 - \$1,134	<input checked="" type="checkbox"/> \$1,154	<input checked="" type="checkbox"/> \$1,221 - \$1,873	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$500 refundable deposit	Gated community, covered parking, elevators, clubhouse, banking, beauty salon, library, pool & spa, barbeque & exercise area, transportation, garages, activities
Carmichael Oaks 8350 Fair Oaks Boulevard Carmichael, CA 95608 (916) 944-2323	<input checked="" type="checkbox"/> 3 meals a day	<input checked="" type="checkbox"/> Next to skilled nursing facility	<input checked="" type="checkbox"/> Pets under 30 lbs. \$300 deposit	<input checked="" type="checkbox"/> \$1,895 - \$2,195	<input checked="" type="checkbox"/> \$2,195 - \$2,695	<input checked="" type="checkbox"/> \$2,795 - \$2,995 +\$750 2nd person	<input checked="" type="checkbox"/> \$3,195 - \$3,295	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> \$1,000 community fee	Country environment, activities and rose gardens, beauty/barber services, with laundry, transportation, utilities & cable included
Chateau at Carmichael Park, The 7125 Fair Oaks Boulevard Carmichael, CA 95608 (916) 481-7105	<input checked="" type="checkbox"/> Choice of meal plan (optional)	<input checked="" type="checkbox"/> Assisted living, memory care	<input checked="" type="checkbox"/> Pet under 20 lbs. \$500 non-refundable deposit	<input checked="" type="checkbox"/> Studio with kitchen \$759	<input checked="" type="checkbox"/> \$789	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> \$300	Laundry facilities, games and exercise activities, patio or balcony, transportation once/week. Day care available.
Chateau at River's Edge, The 641 Feature Drive Sacramento, CA 95825 (916) 921-1970	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> Assisted living	<input checked="" type="checkbox"/> Under 25 lbs. Refundable deposit	<input checked="" type="checkbox"/> \$3,309	<input checked="" type="checkbox"/> \$3,679 and up	<input checked="" type="checkbox"/> \$4,639 and up	<input checked="" type="checkbox"/> \$6,589 and up	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> \$5,000 community fee	Shares 7 acres of gated grounds with River's Edge in Campus Commons
Chateau on Capitol Avenue, The 2701 Capitol Avenue Sacramento, CA 95816 (916) 447-4444	<input checked="" type="checkbox"/> 2 meals a day	<input checked="" type="checkbox"/> Assisted living	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$2,310	<input checked="" type="checkbox"/> \$2,910	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> No deposit	Located in downtown area near medical clinics, shops, public transportation. Facility has beauty/barber, gift shop, activities and transportation

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Cornerstone Apartments 2340 Edison Avenue Sacramento, CA 95821 (916) 487-6753	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> 1 pet under 20lbs \$300 deposit	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$695 Section 8	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$350	Age 55+, active & ambulatory, single level only
Country Club Manor 2100 Butano Drive Sacramento, CA 95825 (916) 481-9240	<input checked="" type="checkbox"/> 1 meal mid-day, may purchase breakfast and dinner	<input checked="" type="checkbox"/> Assisted living	<input checked="" type="checkbox"/> Will consider	<input checked="" type="checkbox"/> \$1,150 - \$1,190	<input checked="" type="checkbox"/> \$1,380 - \$1,670 for 2 people	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> Linen service - \$25 per month	<input checked="" type="checkbox"/>	Activity room, library, close to bus route, shopping and banking.
Creekside Oaks 1715 Creekside Drive Folsom, CA 95630 (916) 983-3397	<input checked="" type="checkbox"/> 3 meals a day	<input type="checkbox"/>	<input checked="" type="checkbox"/> 1 pet under 25 lbs.	<input checked="" type="checkbox"/> \$1,845 - \$2,545	<input checked="" type="checkbox"/> \$2,585 - \$3,245	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$3,560 - \$3,695 + \$550 2nd person	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> 1 month's rent; 1/2 non-refundable	Beautiful setting and grounds, free laundry rooms, cable, utilities and activities at no charge. Weekly housekeeping. Carports available for additional \$45/mo.
Creekside Village 6465 Village Center Drive Sacramento, CA 95823 (916) 391-1212	<input checked="" type="checkbox"/> Senior nutrition site	<input type="checkbox"/>	<input checked="" type="checkbox"/> Small pets \$500 deposit each pet	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$582 - \$637	<input checked="" type="checkbox"/> \$692 - \$747	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$300 1 BD \$500 2 BD	Age 55+, income requirement, pool and spa, outings, activities, close to shopping and bus lines, gated community
Creekview Manor 1720 Creekside Drive Folsom, CA 95630 (916) 986-9041	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> 1 pet under 25 lbs. \$200 deposit	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$330 - \$582	<input checked="" type="checkbox"/> \$390 - \$692	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> Income based	Age 55+, income eligible, courtyards, responsive on site management, community social center, laundry center
Crosswood Oaks Apartments 6650 Crosswood Circle Citrus Heights, CA 95621 (916) 969-6161	<input checked="" type="checkbox"/> 2 meals a day	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$500 deposit	<input checked="" type="checkbox"/> \$2,030 - \$2,130	<input checked="" type="checkbox"/> \$2,390 - \$2,560	<input checked="" type="checkbox"/> \$3,250 + \$675 2nd person	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> \$1,250 security and cleaning fee	Park setting, balconies or patios, all utilities included except phone and cable; activities available, 24 hr. staff www.capitalsenior.com

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Retirement Facility	Meals	Multi-care Levels	Pets	Unit Studio	Unit 1BD-1BA	Unit 2BD-1BA	Unit 2BD-2BA	House keeping / Trans	Deposit	Comments
Delta Cove Senior Community 6800 Woodbine Avenue Sacramento, CA 95822 (916) 427-0772	<input checked="" type="checkbox"/> Senior nutrition site	<input type="checkbox"/>	<input checked="" type="checkbox"/> 2 pets under 25 lbs. \$300 deposit each	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$600 - \$625	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$99	Age 55+ or 47+ and disabled
Emeritus at Hazel Creek 6125 Hazel Avenue Orangevale, CA 95662 (916) 988-7901	<input checked="" type="checkbox"/> 3 meals a day	<input checked="" type="checkbox"/> Assisted living	<input checked="" type="checkbox"/> \$400 non-ref. deposit	<input checked="" type="checkbox"/> \$2,900	<input checked="" type="checkbox"/> \$3,300 + \$800 2nd person	<input checked="" type="checkbox"/> \$3,900 + \$800 2nd person	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> 1 month's rent	Library, activity room, rose garden, beauty/barber, trips and outings, pool & spa www.emeritus.com
Emerson Place 5120 Marconi Avenue Carmichael, CA 95608 (916) 489-0343	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> + den \$850	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$850	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$600	Age 50+, washer/dryer in each unit, activity room, walking distance to bus line, shopping & restaurants
Eskaton Henson Manor 1225 Morse Avenue Sacramento, CA 95864 (916) 487-1393	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> 1 pet under 15 lbs. \$300 deposit	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$668 Section 8 accepted	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$300	Gated community with courtyards, transportation, activities, near Country Club Plaza www.eskaton.org
Eskaton Jefferson Manor 5959 66th Avenue Sacramento, CA 95823 (916) 421-9422	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> 1 pet under 25 lbs. \$250 deposit	<input type="checkbox"/>	<input checked="" type="checkbox"/> 30% of income	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> Income based	Age 62+ or mobility impaired, activities include potluck, games and bingo. Laundry room. www.eskaton.org
Eskaton Monroe Lodge 3225 Freeport Boulevard Sacramento, CA 95818 (916) 441-1015	<input checked="" type="checkbox"/> Choice of meal plan	<input type="checkbox"/>	<input checked="" type="checkbox"/> 1 small pet \$300 deposit	<input checked="" type="checkbox"/> \$2,019	<input checked="" type="checkbox"/> \$2,272 - \$2,611	<input checked="" type="checkbox"/> \$3,049 - \$3,402 deluxe one bedroom	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> \$500 deposit plus \$750 non-refunded app fee	Beauty/barber services, wellness programs and exercise, activity program, trips, spa, cable TV available. Additional fees for 2nd person. Non-smoking building. www.eskaton.org

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HOUSING - INDEPENDENT RETIREMENT LIVING - RENTAL

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Retirement Facility	Meals	Multi-care Levels	Pets	Unit Studio	Unit 1BD-1BA	Unit 2BD-1BA	Unit 2BD-2BA	House keeping / Trans	Deposit	Comments
Eskaton Natomas Manor 2400 Northview Drive Sacramento, CA 95833 (916) 920-3282	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> 30% of income	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> Income based	Age 62+, activities, games & bingo www.eskaton.org
Ethan Apartments 2381 & 2391 Ethan Way Sacramento, CA 95825 (916) 923-2510	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$625 - \$700	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$400 \$15 credit check	Age 55+, small 12 - unit complex, some utilities included. Laundry room.
Forrest Palms Senior Center 1825 El Monte Avenue Sacramento, CA 95815 (916) 925-5673	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> Under 25 lbs. \$200 deposit	<input type="checkbox"/>	<input checked="" type="checkbox"/> 30% of income	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> Income based	Recreation and laundry area
Globe Mills Senior Apartments 1131 C Street Sacramento, CA 95814 (916) 443-1462	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> Under 25 lbs. \$400 deposit	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$580 - \$650	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> 1 month's rent	Age 55+, income eligible, located near downtown Sacramento, near shopping, bus and light rail, new carpeting, blinds, stove, refrigerator, and microwave
Golden Pond Retirement Community 3415 Mayhew Road Sacramento, CA 95827 (916) 369-8967	<input checked="" type="checkbox"/> 3 meals a day	<input checked="" type="checkbox"/> Assisted living	<input checked="" type="checkbox"/> Pets under 20 lbs. \$300 non-ref. fee	<input checked="" type="checkbox"/> \$2,895	<input checked="" type="checkbox"/> \$2,100 + \$500 2nd person	<input checked="" type="checkbox"/> \$2,400 + \$500 2nd person	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> \$500 deposit \$300 non-refundable processing fee	Activities, library, beauty/barber shop, exercise facilities, laundry room, scheduled outings/trips
Greenfair Towers and Garden Apts 701 Fairground Drive Sacramento, CA 95817 (916) 456-6427	<input checked="" type="checkbox"/> Senior nutrition site	<input type="checkbox"/>	<input checked="" type="checkbox"/> Small pets only, deposit 1 month's rent	<input type="checkbox"/>	<input checked="" type="checkbox"/> 30% of income	<input checked="" type="checkbox"/> 30% of income	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> 1 month's rent	Age 62+, transportation to shopping, laundry room, clubs, activities, utilities included in some units

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Retirement Facility	Meals	Multi-care Levels	Pets	Unit Studio	Unit 1BD-1BA	Unit 2BD-1BA	Unit 2BD-2BA	House keeping / Trans	Deposit	Comments
Hurley Creek 4275 El Centro Road Sacramento, CA 95835 (916) 492-9772	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> 1 pet 25 lbs. or less \$500 non-refundable dep.	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$582 - \$708	<input checked="" type="checkbox"/> \$692 - \$843	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$250 Security Deposit	Library, study, computer area, swimming pool, social activities, laundry facility and full service beauty salon, income eligibility.
Ladi Senior Apartments 2300 Auburn Boulevard Sacramento, CA 95821 (916) 483-7886	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> 1 pet under 20 lbs. 1 months rent deposit	<input checked="" type="checkbox"/> \$410	<input checked="" type="checkbox"/> \$480	<input checked="" type="checkbox"/> \$550	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> 1 month's rent	Meeting room, pool, activities
Leisure Manor 2901 El Camino Avenue Sacramento, CA 95821 (916) 481-5151	<input checked="" type="checkbox"/> Monday - Friday dinner only	<input type="checkbox"/>	<input checked="" type="checkbox"/> 1 pet under 10 lbs. \$300 deposit	<input checked="" type="checkbox"/> 30% of income	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> 1 month's rent	Age 62+, income eligibility, on bus line, library, activity director on site, outings, beautician
Mercy McMahon Terrace 3865 J Street Sacramento, CA 95816 (916) 733-6510	<input checked="" type="checkbox"/> 3 meals a day	<input checked="" type="checkbox"/> Assisted living	<input checked="" type="checkbox"/> \$500 deposit	<input checked="" type="checkbox"/> \$2,412 Alcove \$2,878 + 2nd person additional	<input checked="" type="checkbox"/> \$3,236 and up + 2nd person additional fee	<input type="checkbox"/> \$3,885 and up + 2nd person additional fee	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> \$5,000 application fee	Utilities included, activities, trips, chapel; age-in-place
Merrill Gardens at Citrus Heights 7418 Stock Ranch Road Citrus Heights, CA 95621 (916) 725-7418	<input checked="" type="checkbox"/> 2 meals a day	<input checked="" type="checkbox"/> Assisted living	<input checked="" type="checkbox"/> Under 50 lbs. \$1,500 non-ref. fee	<input checked="" type="checkbox"/> \$1,975 - \$2,150	<input checked="" type="checkbox"/> \$2,800 - \$2,900	<input checked="" type="checkbox"/> \$3,550 - \$3,675 + \$800 2nd person	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> \$500 wait-list dep. \$1,500 non-refundable community fee	Cable TV, utilities and linen services included, activities, trips & library and 'anytime dining'
Merrill Gardens at Greenhaven 6350 Riverside Boulevard Sacramento, CA 95831 (916) 427-1133	<input checked="" type="checkbox"/> 3 meals a day	<input checked="" type="checkbox"/> Assisted living	<input checked="" type="checkbox"/> 1 pet under 50 lbs. \$1,000 deposit	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$1,895 - \$2,650	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> \$1,500 non-refundable community fee	Activity room, library and pool table, exercise classes, trips, cable TV, beauty/barber shop

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Normandy Park Senior Apts. 7575 Madison Avenue Citrus Heights, CA 95610 (916) 536-9177	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> 1 pet under 20 lbs. \$250 deposit \$10 per month	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$617 - \$1,065 Section 8	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$734 - \$1,277 Section 8	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$250	Age 55+, income restrictions, social activities, pool, laundry hook-ups, transportation to shopping
Park Folsom 255 Wales Drive Folsom, CA 95630 (916) 985-7580	<input checked="" type="checkbox"/> 2 meals a day	<input type="checkbox"/>	<input checked="" type="checkbox"/> 1 pet under 20 lbs. \$250 deposit	<input checked="" type="checkbox"/> \$1,095 small \$1,120 large	<input checked="" type="checkbox"/> \$1,325 + \$300 2nd person	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> \$200	Beauty/barber shop, library, activity/game room, TV room, laundry room, utilities included
Park Place 1230 N Street Sacramento, CA 95814 (916) 444-8400	<input checked="" type="checkbox"/> \$181	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$300 deposit	<input checked="" type="checkbox"/> 30% of income	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> 1 month's rent	Age 62+, activity room and library
Ping Yuen Apartments 420 I Street Sacramento, CA 95814 (916) 930-9100	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$558 - \$676 or Section 8 Voucher	<input checked="" type="checkbox"/> \$582 - \$708 or Section 8	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> 1 month's rent	Chinese garden style courtyard, ground floor offers a community meeting room and private laundry facility, located across the street from the train station
Pioneer House 415 P Street Sacramento, CA 95814 (916) 442-4906	<input checked="" type="checkbox"/> 1 meal a day	<input checked="" type="checkbox"/> Assisted living & skilled nursing	<input checked="" type="checkbox"/> \$200 non-ref. deposit	<input checked="" type="checkbox"/> \$1,373	<input checked="" type="checkbox"/> \$1,639 Suite \$1,888	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$2,237	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> 1 month's rent	Downtown, activity room, library, trips, beauty/barber shop, exercise program. 2nd person additional \$375
Pioneer Tower 515 P Street Sacramento, CA 95814 (916) 443-6548	<input checked="" type="checkbox"/> 2 meals a day (optional)	<input type="checkbox"/>	<input checked="" type="checkbox"/> Small pets \$150 deposit	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$850 some HUD Units	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> 1 month's rent	Located downtown, 12-story building, activities, laundry room, scheduled transportation, art gallery, private parking additional \$30/mo.

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Retirement Facility	Meals	Multi-care Levels	Pets	Unit Studio	Unit 1BD-1BA	Unit 2BD-1BA	Unit 2BD-2BA	House keeping / Trans	Deposit	Comments
Plazas of Sacramento, The 1075 Fulton Avenue Sacramento, CA 95825 (916) 971-4800	<input checked="" type="checkbox"/> 3 meals a day	<input checked="" type="checkbox"/> Assisted living	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> \$2,895 & up	<input checked="" type="checkbox"/> \$3,695 & up	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$5,895	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> \$3,500 & \$250 for respite	24 hour staffing, emergency call system, room service for temporary illness, activities, transportation, apartment maintenance www.thefamilyconnection.com
Regency Place and Villas 8190 Arroyo Vista Drive Sacramento, CA 95823 (916) 681-7800	<input checked="" type="checkbox"/> 1 meal a day	<input checked="" type="checkbox"/> Assisted living	<input checked="" type="checkbox"/> 1 pet under 25 lbs. \$500 fee	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$2,700 + \$500 2nd person	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$3,200 + \$500 2nd person	<input checked="" type="checkbox"/> Weekly	<input checked="" type="checkbox"/> \$1,500 community fee	Pool, spa, clubhouse, activities, transportation, exercise room and billiards, single-car garages, full kitchens, washer/dryer hook-ups
Renwick Square 3227 Renwick Avenue Elk Grove, CA 95758 (916) 691-2111	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> Under 25 lbs. \$500 deposit or \$10/mo	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$617 - \$750	<input checked="" type="checkbox"/> \$734 - \$894 Section 8 accepted	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$250	On bus lines, van services, trips, clubhouse and activities
Rio Linda Manor 2671 Rio Linda Blvd Sacramento, CA 95815 (916) 921-6819	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> Under 20 lbs. \$250 deposit	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$575- \$665	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Age 55+, income eligible, newly remodeled units, emergency call lights, built in microwave, close to bus line, clubhouse, weekly activities, new appliances, free bus passes
River View Plaza 600 I Street Sacramento, CA 95814 (916) 264-1677	<input checked="" type="checkbox"/> Senior nutrition site	<input type="checkbox"/>	<input checked="" type="checkbox"/> Under 25 lbs. \$250 deposit	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$743 Low income rents also avail.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$250 Low income: Please inquire	High-rise apartment community with activities room, lap pool, exercise room, shopping and public transportation nearby.
River's Edge 601 Feature Drive Sacramento, CA 95825 (916) 921-5131	<input checked="" type="checkbox"/> 2 meals a day	<input checked="" type="checkbox"/> Assisted living	<input checked="" type="checkbox"/> Under 25 lbs. \$500 deposit	<input checked="" type="checkbox"/> \$2,819	<input checked="" type="checkbox"/> \$3,089	<input checked="" type="checkbox"/> \$3,979 + \$550 2nd person	<input checked="" type="checkbox"/> \$4,099 + \$550 2nd person	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> \$500 security deposit \$2,500 community fee	Elegant apartments, library, activity room, exercise classes, trips, free laundry room. Laundry service available for additional fee.

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Retirement Facility	Meals	Multi-care Levels	Pets	Unit Studio	Unit 1BD-1BA	Unit 2BD-1BA	Unit 2BD-2BA	House keeping / Trans	Deposit	Comments
Russell Manor Senior Apartments 8200 Bruceville Road Sacramento, CA 95823 (916) 681-3715	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> 1 pet under 25 lbs. \$300 deposit	<input type="checkbox"/>	<input checked="" type="checkbox"/> 30% of income	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> Income based	Age 62+, income eligibility, activities, movies, exercise, bingo, classes, ESL, T/TH shopping trips
Sacramento Manor 7300 24th Street bypass Sacramento, CA 95822 (916) 421-0686	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> 2 pets under 25 lbs. \$200 deposit per pet	<input checked="" type="checkbox"/> \$486 - \$528	<input checked="" type="checkbox"/> \$582 - \$624	<input checked="" type="checkbox"/> \$702 - \$744	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> 1 month's rent	Age 55+, cable, activities, pool, spa, billiards, trips, bus line accessible, 14 - acre, landscaped, gated site
Sierra Creek 4500 Elverta Road Antelope, CA 95843 (916) 728-1505	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$500 deposit or \$10/mo.	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$750 & up Section 8 accepted	<input checked="" type="checkbox"/> \$894 Section 8 accepted	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$350	Age 55+, washer/dryer hookups, pool and gym, cable & Internet, community center, private patio or balcony, covered parking and garages available, close to shopping.
Sierra Sunrise Retirement Center 4525 Manzanita Avenue Carmichael, CA 95608 (916) 481-9494	<input checked="" type="checkbox"/> 5 dinners a week	<input type="checkbox"/>	<input checked="" type="checkbox"/> Under 25 lbs. \$300 deposit	<input checked="" type="checkbox"/> 30% of income	<input checked="" type="checkbox"/> 30% of income	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> 1 month's rent	Age 62+ or disabled, library, activities, spa, trips, arts and crafts, garden area, beauty/barber shop, 24 hr. staff, transportation T/TH
St. Francis Manor 2515 J Street Sacramento, CA 95816 (916) 447-1939	<input checked="" type="checkbox"/> 5 dinners a week	<input type="checkbox"/>	<input checked="" type="checkbox"/> Birds or small aquarium	<input type="checkbox"/>	<input checked="" type="checkbox"/> 30% of income	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> Income based	Age 62+, located downtown, transportation T/F
Sutter Place 5801 Sutter Avenue Carmichael, CA 95608 (916) 485-1315	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> Under 25 lbs. \$300 deposit each pet	<input checked="" type="checkbox"/> 30% of income	<input checked="" type="checkbox"/> 30% of income	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> Income based	Age 62+ or disabled, laundry room, activities room

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Terraces at Capitol Park 1615 O Street Sacramento, CA 95814 (916) 448-1580	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> 1 pet \$400 deposit	<input checked="" type="checkbox"/> \$464 - \$504 + \$5 for a cook top	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$400	Age 55+, located two blocks from Capitol Park, laundry room, clubhouse, lovely courtyard
Valley Oaks Senior Housing 280 Oak Avenue Galt, CA 95632 (209) 745-2444	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> Under 30 lbs. \$500 deposit	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$600 Section 8 accepted	<input checked="" type="checkbox"/> \$675 Section 8 accepted	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> 1 month's rent	Age 62+, income eligibility, clubhouse, gazebo, handicap units available, laundry room
Verandis Senior Apartments 8160 Power Inn Road Sacramento, CA 95828 (916) 688-2002	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> 1 pet under 25lbs. \$300 - \$400 deposit	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$750	<input checked="" type="checkbox"/> \$894	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$300 - \$400	Age 55+, mini blinds, washer / dryer hook-ups, swimming pool, income restriction
Vintage at Laguna 9210 Big Horn Boulevard Elk Grove, CA 95758 (916) 691-6516	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> Under 25 lbs. \$500 deposit	<input type="checkbox"/>	<input checked="" type="checkbox"/> 50% at \$582 60% at \$708	<input checked="" type="checkbox"/> 50% at \$692 60% at \$843	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$600	Age 55+, furnished clubhouse w/kitchen, fitness center, spa, elevator access to each floor, smoke-free apartments, for moderate and middle income households.
Vintage at Natomas Field 4000 Alan Shepard Street Sacramento, CA 95834 (916) 570-7400	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> Pets under 25 lbs. \$87.50 bond or \$300 deposit	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$617 - \$750	<input checked="" type="checkbox"/> \$734 - \$894	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$300	Clubhouse, pool/spa, fitness equipment, computer lab, laundry facilities, elevator access, social service programs activity van service
Vintage Glen Senior Apartments 6000 South Land Park Drive Sacramento, CA 95822 (916) 393-0678	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> 2 pets under 25lbs. \$87.50 deposit each pet	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$477 - \$743	<input checked="" type="checkbox"/> \$572 - \$894	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$100 + \$87.50 bond	Age 62+, income eligibility, pool, spa, laundry room, activities, van trip Th only

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Vintage Knolls Senior Apartments 2340 Bell Street Sacramento, CA 95825 (916) 978-9382	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> Under 25 lbs. \$87.50 deposit each pet	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$484	<input checked="" type="checkbox"/> \$575	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$187.50	Age 62+, gated apartment community, income eligibility, activities, outings, clubhouse, pool & spa, laundry room
Vintage Oaks Senior Apartments 7340 Stock Ranch Road Citrus Heights, CA 95621 (916) 723-2444	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> 2 pet under 25 lbs. \$500 deposit or bond	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$635 - \$758	<input checked="" type="checkbox"/> \$920	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$600	Age 62+, gated community, recreation lounge, pool & spa, shopping trips, clubhouse, laundry room
Vintage Willow Creek 1701 Creekside Drive Folsom, CA 95630 (916) 983-4682	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> 2 pets under 25 lbs. \$300 deposit each	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$617 - \$750	<input checked="" type="checkbox"/> \$734 - \$894	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$300	Age 55+, pool, spa, clubhouse, activities, patios, washer/dryer hookups in some units, laundry room, close to shops, income eligibility
Vintage Woods 8780 Madison Avenue Fair Oaks, CA 95628 (916) 863-7211	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> 2 pets under 25 lbs. \$500 deposit	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$617 - \$750	<input checked="" type="checkbox"/> \$734 - \$894	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$600	Age 55+, pool, spa, clubhouse, activities, patios, washer/dryer hookups, close to shops, income eligibility
Walnut House 3401 Walnut Avenue Carmichael, CA 95608 (916) 483-6612	<input checked="" type="checkbox"/> Lunch	<input checked="" type="checkbox"/> Assisted living	<input checked="" type="checkbox"/> 1 small pet considered \$400 deposit	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$1,380 - \$1,670	<input checked="" type="checkbox"/> \$1,500 - \$1,770	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Laundry facilities, beauty shop, massage therapy, activities, shopping and banking transportation
Winding Commons 6017 Winding Way Carmichael, CA 95608 (916) 485-0100	<input checked="" type="checkbox"/> Lunch and dinner	<input type="checkbox"/>	<input checked="" type="checkbox"/> 2 pets under 25 lbs. \$500 deposit	<input checked="" type="checkbox"/> \$1,895 - \$2,200 + \$550 2nd person	<input checked="" type="checkbox"/> \$1,999 - \$2,450 + \$550 2nd person	<input checked="" type="checkbox"/> \$3,320 - \$3,825 + \$550 2nd person	<input checked="" type="checkbox"/> \$3,550 - \$3,625 + \$550 2nd person	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> \$750 non-refundable community fee	Gated community, transportation, fine dining, activities, beauty/barber shops, utilities included, free laundry room, some units with washer/dryer hookups

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HOUSING - INDEPENDENT RETIREMENT LIVING - RENTAL

County of Sacramento

Independent Retirement Living offers apartments, which residents may furnish with their own possessions and in which they have the option to prepare their own meals. Selected facilities offer dining services and regular housekeeping. Social activities, support services and transportation services may also be available. Some settings provide rent subsidies for seniors with low incomes.

Retirement Facility	Meals	Multi-care Levels	Pets	Unit Studio	Unit 1BD-1BA	Unit 2BD-1BA	Unit 2BD-2BA	House keeping / Trans	Deposit	Comments
Wong Center 331 J Street Sacramento, CA 95814 (916) 447-9291	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> Add'l. fee under certain conditions	<input checked="" type="checkbox"/> 30% of income	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> 1 month's rent	Age 62+, income eligibility, across from downtown plaza mall, laundry room
Woodhaven Senior Residence 3731 Rio Linda Boulevard Sacramento, CA 95838 (916) 925-7313	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> 1 pet under 25 lbs. \$100 deposit	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$434	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> 1 month's rent	Age 55+, each unit has a washer & dryer, balconies or patios, gated & patrolled community, gardening areas, income eligibility
Wyda Park 2040 Wyda Way Sacramento, CA 95825 (916) 921-2566	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> 1 cat or dog \$20 a month	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$625	<input checked="" type="checkbox"/> \$745	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$500 security deposit	Age 55+, laundry room

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HOUSING - INDEPENDENT RETIREMENT LIVING - RENTAL

County of Yolo

Independent Retirement Living offers apartments, which residents may furnish with their own possessions and in which they have the option to prepare their own meals. Selected facilities offer dining services and regular housekeeping. Social activities, support services and transportation services may also be available. Some settings provide rent subsidies for seniors with low incomes.

Retirement Facility	Meals	Multi-care Levels	Pets	Unit Studio	Unit 1BD-1BA	Unit 2BD-1BA	Unit 2BD-2BA	House keeping / Trans	Deposit	Comments
Atria Covell Gardens 1111 Alvarado Avenue Davis, CA 95616 (530) 756-0700	<input checked="" type="checkbox"/> 3 meals a day	<input checked="" type="checkbox"/> Assisted living	<input checked="" type="checkbox"/> \$25 monthly fee	<input checked="" type="checkbox"/> \$2,550	<input checked="" type="checkbox"/> \$3,125 + \$975 2nd person	<input checked="" type="checkbox"/> \$3,775 + \$975 2nd person	<input checked="" type="checkbox"/> \$3,775 + \$975 2nd person	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> \$500 deposit plus \$2,500 community fee	Beauty/barber shop, library, gift shop, exercise & billard room, trips, spa, country store, basic cable, on-site bank
Californian, The 1224 Cottonwood Street Woodland, CA 95695 (530) 666-2433	<input checked="" type="checkbox"/> 3 meals a day	<input checked="" type="checkbox"/> Assisted living	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$1,900	<input checked="" type="checkbox"/> \$2,600 + \$800 2nd person	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> \$500	Country environment, activities and rose gardens, beauty/barber services, laundry room and linen services available, utilities included
Cottonwood Meadows Senior Apts. 120 North Cottonwood Street Woodland, CA 95695 (530) 668-0361	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$350 deposit, must be spayed or neutered	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$641 Section 8 accepted	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$641	Age 55+ or disabled, central heat & air, laundry facilities, includes water, sewer & garbage
Courtside Towers 320 West Court Street Woodland, CA 95695 (530) 661-0410	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> 1 pet under 20 lbs. \$300 deposit plus \$10/mo	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$645	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$100	Exercise equipment, activities, access to spa, pool, free laundry and cable TV, close to shops, pot-luck events, transportation Wed. & Fri.
Eskaton Wilson Manor 2140 Evergreen Avenue West Sacramento, CA 95691 (916) 371-2060	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> 1 small pet \$250 deposit	<input checked="" type="checkbox"/> 30% of income	<input checked="" type="checkbox"/> 30% of income	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> Security deposit	Age 62+ or disabled, income eligibility, rent and utilities allowance, 5 accessible units, veteran's preference, coin-op laundry www.eskaton.org
Kings and Queens 801 8th Street Davis, CA 95616 (530) 753-9609	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$675	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$250 deposit + first and last month's rent	Primarily seniors & disabled, laundry facilities, elevator

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HOUSING - INDEPENDENT RETIREMENT LIVING - RENTAL

County of Yolo

Independent Retirement Living offers apartments, which residents may furnish with their own possessions and in which they have the option to prepare their own meals. Selected facilities offer dining services and regular housekeeping. Social activities, support services and transportation services may also be available. Some settings provide rent subsidies for seniors with low incomes.

Retirement Facility	Meals	Multi-care Levels	Pets	Unit Studio	Unit 1BD-1BA	Unit 2BD-1BA	Unit 2BD-2BA	House keeping / Trans	Deposit	Comments
Margaret McDowell Manor 1525 Merkle Avenue West Sacramento, CA 95691 (916) 371-7788	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> 1 pet under 25 lbs. \$300 deposit	<input type="checkbox"/>	<input checked="" type="checkbox"/> 30% of income; some market rate units	<input checked="" type="checkbox"/> 30% of income; some market rate units	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> 1 month's rent	Age 62+, income eligibility, laundry room for fee
Summer Tree 601 Community Lane Woodland, CA 95695 (530) 758-0590	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$300 deposit	<input type="checkbox"/>	<input checked="" type="checkbox"/> 30% of income	<input checked="" type="checkbox"/> 30% of income	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> Income based	Age 62+ or disabled, central heat & air, includes water, sewage & garbage, coin-op laundry room
The Rivers Senior Apartments 664 Cummins Way West Sacramento, CA 95605 (916) 373-1590	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> Under 25 lbs. \$250 fee	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$601 - \$734	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$721 - \$881	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$250 security deposit	Spacious floor plans, washer/dryer hook-ups, cable & Internet ready, private patio or balcony, beautiful clubhouse, community/activity room, swimming pool, private garages available, shuttle

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PURCHASED HOUSING

Purchased housing includes adult condominium communities, purchased apartment and townhouse complexes, single-family homes, and continuing care retirement communities (CCRC). This housing option is based on your ability to purchase the unit and live independently.

Senior Communities	Multi Levels	Comments
Del Webb's Sun City Lincoln Hills 985 Sun City Lane Lincoln, CA 95648 (800) 483-4834 Toll Free	<input type="checkbox"/>	Active adult community for those over 55+, indoor and outdoor pools, golf course, softball, tennis courts, bocci courts, horseshoes, volleyball, half-court basketball, barbecue area, fitness center.
Diamond Glen Marquise Pl. @ Sibley Street Folsom, CA 95630 (000) 000-0000 Main	<input type="checkbox"/>	Gated active adult community for those 55+, clubhouse, pool and tennis courts. CONTACT LOCAL REALTORS FOR RESALE LISTINGS.
Eskaton Village Carmichael 3939 Walnut Avenue Carmichael, CA 95608 (800) 300-3929 Toll Free	<input checked="" type="checkbox"/>	Continuing Care Retirement Community on a 37-acre campus; recreation facilities, health programs, trips, classes, activities, restaurant style dining and much more; indoor pool. Skilled nursing, assisted living, independent living and memory care are available. www.eskaton.org
Eskaton Village Grass Valley 625 Eskaton Circle Grass Valley, CA 95945 (888) 958-7100 Toll Free	<input checked="" type="checkbox"/>	130 owner-occupied patio homes for those 55+ with Eskaton-managed home owners association that provides maintenance, emergency response, on-site shuttle, walking trails, fitness center, fitness classes, indoor pool and spa. Rental apartments for independent living with services and for assisted living are located in the Lodge; gated community
Eskaton Village Placerville 3380 Blairs Lane Placerville, CA 95667 (530) 295-1333 Home Sales	<input checked="" type="checkbox"/>	Owner-occupied patio homes built by Lakemont for those 55+ with Eskaton-managed homeowners association that provides exterior maintenance, emergency response, onsite shuttle, walking paths, fitness center, indoor pool and spa and other amenities. Assisted living apartments, a special memory care wing and common areas including restaurant-style dining, meeting and game rooms, etc. are located in the Lodge complex. www.eskaton.org

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Senior Communities	Multi Levels	Comments
Eskaton Village Roseville 1650 Eskaton Loop Roseville, CA 95747 (916) 771-5151 Home Sales	<input checked="" type="checkbox"/>	Owner-occupied patio homes built by Lakemont for those 55+ with Eskaton-managed homeowners association that provides exterior maintenance, emergency response, onsite shuttle, walking paths, fitness center, indoor pool and spa and other amenities. Assisted living apartments, a special memory care wing and common areas including etc. are located in the Lodge complex. Gated community. www.eskaton.org
Four Seasons 5003 Covered Bridge Way El Dorado Hills, CA 95762 (916) 939-0770 Main	<input type="checkbox"/>	Active adult community for those 55+; clubhouse, lighted tennis courts, bocce courts, shuffleboard courts, horseshoe pits, pool and proximity to shopping, medical services and public golf courses.
Four Seasons Westshore 4200 Hovnanian Drive Sacramento, CA 95838 (916) 263-9515 Main	<input type="checkbox"/>	Active adult community for those 55+; includes energy efficient SMUD Advantage Gold homes, hiking and bicycling trails, nature preserve with 26-acre lake. Community lodge with a 36-seat movie theater, ballroom, fitness center, library, billiards, card and crafts room. Shopping, dining and entertainment are just minutes away in Natomas and downtown Sacramento.
Heritage Oaks Beckett Drive @ Foothills Boulevard Roseville, CA 95747 (000) 000-0002 Main	<input type="checkbox"/>	Gated active adult community with 195 homes; pool and spa, tennis courts, fitness center, activities and ballroom facilities. CONTACT LOCAL REALTORS FOR RESALE LISTINGS.
Heritage Park 2481 Heritage Park Lane Sacramento, CA 95835 (000) 000-0009 Main	<input type="checkbox"/>	Active adult community for those 55+; clubhouse, indoor and outdoor pool, pub, ballroom, parks, tennis courts, putting green. CONTACT LOCAL REALTORS FOR RESALE LISTINGS.

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PURCHASED HOUSING

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Senior Communities	Multi Levels	Comments
<p>Springfield at Whitney Oaks</p> <p>Springfield Drive @ Park Drive Rocklin, CA 95765</p> <p>(000) 000-0003 Toll Free</p>	<input type="checkbox"/>	<p>Gated active adult community with 870 units; 20 floor plans from 1182-3425 sq. ft.; 4 tennis courts, 2 pools, ballroom, billiards, fitness center; near Whitney Oaks Golf Course. CONTACT LOCAL REALTORS FOR RESALE LISTINGS.</p>
<p>Sun City Roseville</p> <p>7050 Del Webb Boulevard Roseville, CA 95747</p> <p>(916) 774-3880 Main</p>	<input type="checkbox"/>	<p>Active adult community for those over 55+, indoor and outdoor pools, 27 hole golf course, tennis, bocci courts, fitness center, arts and crafts, Wall Street room, billiards and restaurant; pets allowed. CONTACT LOCAL REALTORS FOR RESALE LISTINGS.</p>
<p>Sun Meadow Retirement Community</p> <p>210 Sun Shower Circle Sacramento, CA 95823</p> <p>(916) 399-5897 Main</p>	<input type="checkbox"/>	<p>Active adult community for those 55+, Two, three and four bedroom floor plans. One or two-story floor plans available. Homes currently under construction and some homes already occupied. Clubhouse, fitness center and many recreational activities. Sales office open 7 days/week 10:00 - 5:00 except Wednesday, 1:00 - 5:00.</p>
<p>Suncountry</p> <p>7801 Suncountry Lane Sacramento, CA 95828</p> <p>(916) 689-5932 Main</p>	<input type="checkbox"/>	<p>Gated active adult 55+ community with clubhouse, library, heated pools, spas, tennis courts, shuffleboard, walking and jogging paths, picnic areas, and RV parking. CONTACT LOCAL REALTORS FOR RESALE LISTINGS.</p>
<p>University Retirement Community Davis</p> <p>1515 Shasta Drive Davis, CA 95616</p> <p>(888) 238-2058 Main</p>	<input checked="" type="checkbox"/>	<p>Continuing Care Retirement Community; Landscaped grounds, walking trails, swimming pools, fitness center, computer room, library, covered and secured parking. Skilled nursing, assisted living and independent living are available.</p>

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PURCHASED HOUSING

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Senior Communities	Multi Levels	Comments
<p>Versante by Lakemont</p> <p>Park Drive @ Lassen Lane El Dorado Hills, CA 95762</p> <p>(000) 000-0006 Main</p>	<input type="checkbox"/>	<p>Gated active adult 55+ community in El Dorado Hills featuring maintenance-free living, a well-appointed clubhouse and fitness center and close proximity to Serrano Golf Club. CONTACT LOCAL REALTORS FOR RESALE LISTINGS.</p>

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HOUSING - SENIOR MOBILE HOME PARKS

Mobile home parks offer seniors independent living with community involvement through social activities. These communities require the purchase of the mobile home and payment of monthly rent for a space. Water, sewage and garbage are usually included.

Mobile Home Park	Eligibility Age	Number of Units	Single Lots	Double Lots	Triple Lots	Rent Range	Other Services
American River Mobile Home Park 6480 Main Avenue Orangevale, CA 95662 (916) 988-2107	55	60	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$375 RV: \$392	Bus Service available
Big Oak Mobile Home Park 8300 Old Auburn Road Citrus Heights, CA 95610 (916) 725-0670	55	206	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	\$500 - \$525	Social activities; wheelchair-accessible clubhouse
Capital Estates 6701 63rd Street Sacramento, CA 95828 (916) 383-7543	55	256	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	\$495	Social activities; wheelchair-accessible clubhouse, bus line close
Casa de Flores 7465 French Road Sacramento, CA 95828 (916) 682-2106	55	171	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	\$453 - \$470	Social activities; wheelchair-accessible clubhouse
Cedarwood Mobile Home Community 8665 Gerber Road Sacramento, CA 95828 (916) 682-2125	55	192	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Requires purchase of a share in park; down payment determines monthly fee	Transportation; social activities; wheelchair-accessible clubhouse
Golden Palms Mobile Home Estates 8181 Folsom Boulevard Sacramento, CA 95826 (916) 383-5424	55	262	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	\$400	Social activities; wheelchair-accessible clubhouse
Holiday Mobile Village 7769 Whispering Palms Drive Sacramento, CA 95823 (916) 423-1087	55	115	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$392	Social activities; wheelchair-accessible clubhouse

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HOUSING - SENIOR MOBILE HOME PARKS

Mobile home parks offer seniors independent living with community involvement through social activities. These communities require the purchase of the mobile home and payment of monthly rent for a space. Water, sewage and garbage are usually included.

Mobile Home Park	Eligibility Age	Number of Units	Single Lots	Double Lots	Triple Lots	Rent Range	Other Services
Imperial Manor Mobile Home Community 5935 Auburn Boulevard Citrus Heights, CA 95621 (916) 344-4915	55	186	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	\$385	Bus service nearby; social activities; wheelchair-accessible
Lake Park Estates 7525 Folsom-Auburn Road Folsom, CA 95630 (916) 988-2721	55	196	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	\$459 - \$489	Folsom Stageline comes into park; social activities; wheelchair-accessible clubhouse
Lakeside Village 7700 Lakeside Way Folsom, CA 95630 (916) 988-6614	55	181	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	\$430 - \$500	Bus service nearby; social activities; wheelchair-accessible clubhouse
Lakeview Village Mobile Home Park 6211 Summerset Lane Citrus Heights, CA 95621 (916) 729-0460	55	531	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	\$700 - \$770	Transportation, clubhouse, all amenities
Lamplighter Sacramento Mobile Home Park 5040 Jackson Street North Highlands, CA 95660 (916) 331-7522	55	173	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	\$427 - \$442	Social activities, wheelchair-accessible clubhouse, pool, jacuzzi, billiards & library
North Sacramento Mobile Home Park 902 Del Paso Boulevard Sacramento, CA 95815 (916) 922-4429	55	143	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	\$361	Close to RT & light rail, clubhouse, pool and laundry room
Oaks Senior Mobile Home Park, The 976 E. Stockton Boulevard Elk Grove, CA 95624 (916) 685-2786	55	154	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	\$500	Bus service nearby, pool, billiards, activities, clubhouse

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HOUSING - SENIOR MOBILE HOME PARKS

Mobile home parks offer seniors independent living with community involvement through social activities. These communities require the purchase of the mobile home and payment of monthly rent for a space. Water, sewage and garbage are usually included.

Mobile Home Park	Eligibility Age	Number of Units	Single Lots	Double Lots	Triple Lots	Rent Range	Other Services
Olympia Mobile Lodge of Sacramento 7461 Gerber Road Sacramento, CA 95828 (916) 423-1093	55	200	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	\$417 - \$425	Bus service nearby; social activities; wheelchair-accessible clubhouse, shuffle board and horse shoes
Pinebrook Mobile Home Park 7900 Folsom-Auburn Road Folsom, CA 95630 (916) 988-6636	55	336	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	\$615	Bus service nearby; social activities; wheelchair-accessible clubhouse, cable TV included
Sierra Meadows 7600 Daly Avenue Citrus Heights, CA 95621 (916) 726-1500	55	242	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	\$467 - \$487	Social activities; wheelchair-accessible clubhouse
Stonegate Mobile Home Estates 7368 Whyte Avenue Citrus Heights, CA 95621 (916) 728-5511	55	264	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	\$425 - \$460	Bus service nearby; social activities; wheelchair-accessible clubhouse
Sunrise Vista Mobile Home Park 6525 Sunrise Boulevard Citrus Heights, CA 95610 (916) 725-4333	55	79	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	\$466	Bus service nearby; social activities; wheelchair-accessible clubhouse & laundry room
Sunshine Mobile Village 6132 Main Avenue Orangevale, CA 95662 (916) 988-7211	55	85	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	\$392	Bus service nearby

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ASSISTED LIVING/RESIDENTIAL CARE FACILITIES

Assisted living facilities provide 24-hour personal care and supervision including meals, assistance with bathing and some activities of daily living. Housekeeping services, monitoring of medication, social activities, support services and assistance in making health care appointments are also offered. Transportation is usually available. Licensed services are provided in both large (listed below) and small "board and care" homes.

*Dementia is defined as a decline in one or more intellectual functions including orientation and memory. It can also result in changes in personality and behavior. Alzheimer's disease, Parkinson's disease, and stroke are common causes of dementia. Assisted living facilities often use "Alzheimer's care," "dementia care," and "memory care" interchangeably. This Guide will use the term "dementia care" to include all of these.

**Respite care is short-term care that allows a caregiver time free from caregiving responsibilities.

Residential Facility	Resident Capacity	Respite Care	PriceRange	SSI	Deposit	Comments
Aegis of Carmichael 4050 Walnut Avenue Carmichael, CA 95608 (916) 972-1313	90	<input checked="" type="checkbox"/> \$200/day	\$3,500 - \$5,100	<input type="checkbox"/>	<input checked="" type="checkbox"/> Call for information	Enclosed spacious courtyard garden, restaurant-style-dining, innovative activities with shuttle bus, dementia care, private rooms with private baths and kitchenettes. RN's on - site. www.aegisliving.com
Almond Avenue Residence Club 6135 Almond Avenue Orangevale, CA 95662 (916) 988-7506	78	<input checked="" type="checkbox"/>	\$2,400 private \$1,600 semi-private	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$500	Activity program, beauty/barber services, large bathrooms & walk-in showers, all services included in basic rate
Alta Manor 930 Oak Ridge Drive Roseville, CA 95661 (916) 774-0200	108	<input checked="" type="checkbox"/>	\$3,000 - \$5,600 private \$2,200 - \$4,600 shared	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> \$1,500 community fee	New facility, activity program, multiple dining rooms, enclosed courtyards and gardening areas, scheduled transportation, close to city walking paths, dementia care*, separate high-level dementia care unit
Alta Vista Villa of Loomis 3400 Chisom Trail Loomis, CA 95650 (916) 652-8000	27	<input checked="" type="checkbox"/> dementia/ memory care	\$3,400 and up	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$1,500	Assist with dressing, bathing, meals, housekeeping, transportation, medication management, 2.6 acres with lake and over 400 trees, great porch with view.
Apple Ridge 3950 Annadale Lane Sacramento, CA 95821 (916) 489-6900	82	<input checked="" type="checkbox"/> \$125/day	\$2,850 - \$3,500 private \$1,850 shared small pets considered	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$1,000 processing fee, \$350 deposit for small pets	Grassy courtyard with gazebo, special diets, catheter, two-person transfer and oxygen considered www.appleridgehome.com
Arden Park Villa 3408 Alta Arden Expressway Sacramento, CA 95825 (916) 486-1281	40	<input checked="" type="checkbox"/>	\$3,900 - \$4,700 private \$3,000 - \$3,900 shared	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$500 application fee	Dementia care*; Wanderguard available, adjacent to a skilled nursing facility, hospice wavier www.ciminocare.com

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Atria Covell Gardens 1111 Alvarado Avenue Davis, CA 95616 (530) 756-0700	210	<input checked="" type="checkbox"/> \$150/day	\$2,550 - \$3,750 \$1,950 shared room plus care plan fees	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$2,500 community fee	Various sized units, restaurant style dinners, library, gift shop, beauty shop, billiards, spa, exercise room & bank www.atriaseniorliving.com
Atria El Camino Gardens 2426 Garfield Avenue Carmichael, CA 95608 (916) 488-5722	265	<input checked="" type="checkbox"/>	\$2,400 - \$3,300 plus care plan fees \$4,400 - \$6,450 memory care	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$2,000 community fee; \$3,000 community fee memory care	Wellness program, activity program, anytime dining, boutique, transportation. Engaged Life Program. Independent living available www.atriaseniorliving.com
Auburn Ravine Terrace 750 Auburn Ravine Road Auburn, CA 95603 (530) 823-6131	22	<input type="checkbox"/>	\$3,544 - \$4,507	<input type="checkbox"/>	<input type="checkbox"/>	Transportation, activities, scenic grounds, skilled nursing & independent living available www.auburnravineterrace.info
Brunswick Village 316 Olympia Park Circle Grass Valley, CA 95945 (530) 274-1992	100	<input checked="" type="checkbox"/>	\$2,100 - \$4,500	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> \$500 processing fee	Dementia care*, beauty shop, secured perimeter, LVN on duty 5 days a week, transportation, activities, programs, home-like environment www.brunswickvillage.org
California Residential Care Facility 1224 Cottonwood Street Woodland, CA 95695 (530) 666-2433	78 60 assisted living, 18 dementia care* units	<input checked="" type="checkbox"/>	\$3,050 - \$3,600 private \$2,000 shared plus care fees	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$500	Activities and exercise programs, transportation, beauty & barber, dementia care*, locked & secure unit, hospice and respite, independent living available
Carmichael Oaks 8350 Fair Oaks Boulevard Carmichael, CA 95608 (916) 944-2323	81	<input checked="" type="checkbox"/> \$100 - \$125/day plus prorated care plan	\$3,115 - \$3,775 \$3,200 - \$4,000 memory care plus care plan fees	<input type="checkbox"/>	<input checked="" type="checkbox"/> 1 month's rent non- refundable	State of the art media center and theater, Bistro, exercise gym, library, game room, on-site beauty salon and activity hub www.carmichaeloaks.com

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Casa de Santa Fe 3201 Sante Fe Way Rocklin, CA 95765 (916) 435-8800	64	<input checked="" type="checkbox"/> \$150/day	\$3,450 - \$3,950 \$2,995 memory care plus care plan fees \$4,695 memory care private plus care fees	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$2,500	Private suites, library, computer room, beauty/barber salon, pool & spa, activities, transportation dementia care*, independent living available www.mbkseniorliving.com
Chateau at Carmichael Park, The 7125 Fair Oaks Boulevard Carmichael, CA 95608 (916) 481-7105	49 22 bed memory care	<input checked="" type="checkbox"/> \$140/day AL \$175/day memory care	\$63 per day and up plus care fees Memory care: Please inquire	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$200 assessment fee \$500 community fee	Activity programs, restaurant-style dining, transportation available, independent living available, dementia care*, adult day care available www.hankfisherproperties.com
Chateau at River's Edge, The 641 Feature Drive Sacramento, CA 95825 (916) 921-1970	107 10 private rooms for memory care	<input checked="" type="checkbox"/> \$175- \$210/day	\$3,309 and up plus care fees Memory care: \$5,559 and up	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$5,000 community fee	Serene gated, seven-acre setting, activity programs, restaurant-style dining, transportation available www.hankfisherproperties.com
Chateau on Capitol Avenue, The 2701 Capitol Avenue Sacramento, CA 95816 (916) 447-4444	65	<input checked="" type="checkbox"/> \$175/day	Studio: \$77 per day and up One bedroom: \$97 per day and up plus care fees 2nd person: \$550/mo.	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$1,500 community fee	Myriad amenities, close to shopping, historical sites, Sutter hospital and bus line. Special care suites avail. www.hankfisherproperties.com
Citrus Heights Terrace 7952 Old Auburn Road Citrus Heights, CA 95610 (916) 727-4400	45	<input checked="" type="checkbox"/> \$95 - \$141 /day	\$3,595 - \$4,200 \$3,895 shared	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$500 application fee	High level non-ambulatory care, quality dining, comfort, security with old world charm www.ciminocare.com
Country Club Manor 2100 Butano Drive Sacramento, CA 95825 (916) 481-9240	112	<input checked="" type="checkbox"/>	\$2,220 - \$2,800 private \$1,470 shared \$936 SSI	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$500 administrati on fee, non-refundable	Conveniently located near Country Club Plaza & bus route, activites & daily care, independent living available

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Emeritus at Citrus Heights 7375 Stock Ranch Road Citrus Heights, CA 95621 (916) 729-2722	56	<input checked="" type="checkbox"/> \$150	\$3,850 - \$4,695 plus care plan fees	<input type="checkbox"/>	<input checked="" type="checkbox"/> Base rent	Facility for persons needing dementia care*, four intimate houses, staff has RNs and LVNs, acreage secured with grass and trees www.emeritus.com
Emeritus at Emerald Hills 11550 Education Street Auburn, CA 95602 (530) 888-8847	110	<input checked="" type="checkbox"/>	\$2,925 - \$3,825 shared \$4,625 - \$6,425 dementia unit \$900 2nd person	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Security & safety system, daily activities, transportation, care for diabetes & incontinence, independent living available www.emeritus.com
Emeritus at Folsom 780 Harrington Way Folsom, CA 95630 (916) 983-9300	130	<input checked="" type="checkbox"/>	\$3,070 - \$7,036 plus care plan fees	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$3,500 community fee	Secure dementia care* unit, activity program, beauty/barber shop www.emeritus.com
Emeritus at Hazel Creek 6125 Hazel Avenue Orangevale, CA 95662 (916) 988-7901	120	<input checked="" type="checkbox"/> 7 day stay	\$2,200 - \$3,000 private \$1,700 - \$2,350 shared plus care plan fees	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$1,000 community fee	Lush gardens, activity programs, scheduled transportation, 24 hour care staff available, independent living available www.emeritus.com
Emeritus at Roseville Gardens 1 Somer Ridge Drive Roseville, CA 95661 (916) 773-5955	40	<input checked="" type="checkbox"/>	\$6,430 private \$4,445 shared	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$2,500	Dementia care*, beautiful setting with large interior patio and walking path www.emeritus.com
Eskaton FountainWood Lodge 8773 Oak Avenue Orangevale, CA 95662 (916) 988-2200	136	<input checked="" type="checkbox"/>	\$3,717 - \$5,817 \$4,914 - \$5,964 memory care	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$2,500 admission fee	Seven acres of enclosed grounds with gardening available, pets allowed, dementia care available* www.eskaton.org

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Eskaton Lodge Cameron Park 3421 Palmer Drive Cameron Park, CA 95682 (530) 672-8900	49	<input checked="" type="checkbox"/>	\$3,384 - \$4,774	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$750	Private climate controlled units, picnic area, competent caring staff, furnished lounge & dining room, wellness program www.eskaton.org
Eskaton Lodge Gold River 11390 Coloma Road Gold River, CA 95670 (916) 852-7900	72	<input checked="" type="checkbox"/>	\$3,774 - \$6,188	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$2,500	Spacious units, restaurant -style dining, adult education, library, computer access, pool table, therapuc spa, inter-generational programs www.eskaton.org
Eskaton Lodge Gold River Memory Care 11390 Coloma Road Gold River, CA 95670 (916) 852-7900	24	<input checked="" type="checkbox"/>	\$5,175 - \$6,638	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$2,500	Supportive, secure environment offers dementia care*, specially-trained staff, sunroom, living room, secure walkways & activity programs www.eskaton.org
Eskaton Lodge Granite Bay 8550 Barton Road Granite Bay, CA 95746 (916) 789-0326	40	<input checked="" type="checkbox"/>	\$3,926 - \$6,026 plus care plan fees	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$2,500 non refundable communitiy fee	Spacious apartments, freshly prepared meals, exercise programs, landscaped courtyard, courtesy shuttle, walking paths and individualized care plans www.eskaton.org
Eskaton Village Carmichael Lodge 3849 Walnut Avenue Carmichael, CA 95608 (916) 974-2040	38	<input type="checkbox"/>	\$3,776 studio \$4,512 one bedroom \$2,152 2nd person	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$500 non- refundable application fee	Elegant grounds & accommodations, gated community, 24 hour security. Continuing Care Retirement Community www.eskaton.org
Eskaton Village Carmichael Lodge Memory Care 3939 Walnut Avenue Carmichael, CA 95608 (916) 974-2000	20	<input checked="" type="checkbox"/>	\$5,380 - \$6,941	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$500	Private rooms, personalized shadow boxes at each door, secure outdoor courtyard www.eskaton.org

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Eskaton Village Grass Valley 625 Eskaton Circle Grass Valley, CA 95945 (888) 958-7100	57	<input checked="" type="checkbox"/>	\$3,128 - \$4,964	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$1,000	Part of 42- acre gated community that also offers owner-occupied patio homes, pool & spa, fitness center; independent living apts www.eskaton.org
Eskaton Village Placerville Lodge 3380 Blairs Lane Placerville, CA 95667 (530) 295-3400	40	<input checked="" type="checkbox"/>	\$3,426 - \$4,220	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$1,500 community fee	Gated community on secluded hilltop. Shopping and medical district nearby. Apartments with kitchenettes and include a variety of personal services. Fitness center with indoor pool and spa www.eskaton.org
Eskaton Village Placerville Lodge Memory Care 3380 Blairs Lane Placerville, CA 95667 (530) 295-3400	24	<input checked="" type="checkbox"/>	\$4,831 - \$6,197	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$1,500 community fee	Supportive, secure environment. Specially trained staff and activity program designed for residents with memory loss. Secure indoor walkways and beautiful outdoor courtyard www.eskaton.org
Eskaton Village Roseville Lodge 1650 Eskaton Loop Roseville, CA 95747 (916) 789-7831	72	<input checked="" type="checkbox"/>	\$3,529 - \$5,616	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$2,500	Gated community with spacious apartments, elegant dining room, exercise programs, landscaped courtyard, courtesy shuttle, walking paths and individualized care plans www.eskaton.org
Eskaton Village Roseville Lodge Memory Care 1650 Eskaton loop Roseville, CA 95747 (916) 789-7831	24	<input checked="" type="checkbox"/>	\$4,970 - \$6,515	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$2,500	Supportive, secure environment. Specially trained staff and activity program designed for residents with memory loss. Secure indoor walkways and beautiful outdoor courtyard www.eskaton.org
Fair Oaks Estates 8845 Fair Oaks Boulevard Carmichael, CA 95608 (916) 944-2077	54 +20 special care rooms available in the dementia unit.	<input type="checkbox"/>	\$3,295 - \$4,595 private \$2,495 shared based on levels of care	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$1200	Large multipurpose activity room including exercise "Sit to be Fit", garden, pets OK, dementia care* www.fairoaksestates.com

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Gold Country Retirement 4301 Golden Center Drive Placerville, CA 95667 (530) 621-1100	44	<input checked="" type="checkbox"/>	\$2,838 - \$4,234 \$4,483.50 dementia care	<input type="checkbox"/>	<input checked="" type="checkbox"/> Call for information	Retirement community in Gold Rush area, activities & security available, dementia care*, independent living and skilled nursing are available www.rhf.org
Golden Pond Retirement Community 3415 Mayhew Road Sacramento, CA 95827 (916) 369-8967	84	<input type="checkbox"/>	\$2,970 studio \$3,445 one bedroom \$700 2nd person \$3,845 two bedroom \$700 2nd person	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$750 processing fee	Recreational programs, transportation, secured surroundings, independent living available www.rhf.org
Grace Home II 9260 Loma Lane Orangevale, CA 95662 (916) 988-1808	24	<input type="checkbox"/>	\$950 - \$1,200 \$936 SSI	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Country setting, fenced yard, close to shops, activities, outings, socials, transportation, specialized mental disability
Gramercy Court 2200 Gramercy Drive Sacramento, CA 95825 (916) 482-2200	53	<input checked="" type="checkbox"/> \$175/day	\$2,853 - \$3,943 plus care plan starting at \$354 - \$1,980 call for info	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$500 evaluation fee	Four cottages with a continuity of care setting, pets allowed, licensed staff available 24 hours, walking paths & attractive grounds. Skilled nursing available www.gramercycourt.com
Grand River Care Center 509 Michigan Boulevard West Sacramento, CA 95691 (916) 373-1591	30	<input checked="" type="checkbox"/>	\$1,495 - \$2,395 \$936 SSI	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> \$150 processing fee	Beauty/barber services, live entertainment, home-like environment, gated
Greenhaven Estates 7548 Greenhaven Drive Sacramento, CA 95831 (916) 427-8887	186	<input checked="" type="checkbox"/>	\$3,295 - \$3,795 \$3,520 - \$4,070 memory care plus care plan fees	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$500 community fee	Activity programs & special outings, beauty/barber services; secured dementia care* unit, scenic rides www.greenhavenmcc.com

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Ivy Ridge Assisted Living 2030 23rd Street Sacramento, CA 95818 (916) 451-1212	36	<input checked="" type="checkbox"/>	\$2,500 private \$1,850 semi-private	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$1000	We provide a variety of care levels including oxygen and catheters. Offers activity programs including outings. Onsite physician, podiatrist, beautician, barber, and manicurist. Pets allowed www.ivyridgehome.com
Meadows Senior Living, The 9325 East Stockton Boulevard Elk Grove, CA 95624 (916) 714-3755	98	<input checked="" type="checkbox"/>	\$2,700 - \$4,150 \$3,950 & up memory care	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$1,500	Dementia care*, social activities, secure area
Mercy McMahan Terrace 3865 J Street Sacramento, CA 95816 (916) 733-6510	115	<input type="checkbox"/>	\$2,970 - \$3,700 studio \$3,436 - \$4,166 alcove \$3,794 - \$4,524 one bdrm 2nd person additional fees	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$5,000 admission fee	Variety of care levels, able to accommodate oxygen, catheters, injections & some ADL care, some kitchens. Independent living available www.mercymcmahonterrace.org
Merrill Gardens at Citrus Heights 7418 Stock Ranch Road Citrus Heights, CA 95621 (916) 725-7418	99	<input type="checkbox"/>	\$2,150 - \$4,175 plus care plan fees	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$1,500 community fee	Activities, 24 hr. care & personal care planning, 3 meals/day, anytime dining, scheduled transportation & security, close to shopping, independent living available www.merrillgardens.com
Merrill Gardens at Greenhaven 6350 Riverside Boulevard Sacramento, CA 95831 (916) 427-1133	94	<input checked="" type="checkbox"/>	\$2,900 plus care plan fees	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$1,500 non-refundable community fee	Activities, 24 hr. care & personal care planning, scheduled transportation & security, near shopping centers, independent living available www.merrillgardens.com
Mountain Manor 6101 Fair Oaks Boulevard Carmichael, CA 95608 (916) 488-7211	33	<input type="checkbox"/>	\$1,160 - \$2,500 SSI \$936	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Activities and transportation available, garden courtyard area, all-inclusive fee schedule, intermediate care available.

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Oak Creek Senior Living 707 Sunrise Avenue Roseville, CA 95661 (916) 786-3277	200	<input checked="" type="checkbox"/>	\$2,750 - \$2,850 studio \$3,450 one bedroom \$4,150 two bedroom plus care fees 2nd person additional fees memory care available	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$750 reservation fee, \$1,500 security deposit	Activities, transportation, cable, beauty/barber services. Independent living available, respite care and hospice waivers
Oak Creek Senior Living Memory Care 707 Sunrise Avenue Roseville, CA 95661 (916) 786-3277	22	<input checked="" type="checkbox"/> \$190/day + care fees	\$2,750 (shared) - \$3,650 studio \$4,150 (shared) one bdrm \$4,775 (shared) two bdrm additional care fees	<input type="checkbox"/>	<input type="checkbox"/>	Activities, transportation, cable, beauty/barber services. Independent living available, respite care and hospice waivers. Private 1 & 2 bedroom prices available by quote
Oakwood Village 3388 Bell Road Auburn, CA 95602 (530) 889-8122	124	<input type="checkbox"/>	\$2,725 - \$3,400 \$4,000 - \$5,800 memory care plus care plan fees	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$1500	Beautiful grounds, activities & transportation offered. Adult day care program available. www.oakwoodseniorliving.com
Palm Gardens Residential Care 240 Palm Avenue Woodland, CA 95695 (530) 661-0574	100	<input checked="" type="checkbox"/>	\$1,800 - \$3,600 \$2,500 - \$3,600 memory care	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$1,000 community fee	Activities, outings, beauty/barber services, patio & rose gardens surround community
Palms, The 100 Sterling Court Roseville, CA 95661 (916) 786-7200	104	<input checked="" type="checkbox"/>	\$3,695 - \$5,425 \$4,500 - \$5,305 memory care	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$500 community fee	Activity programs, and dementia* care unit www.thepalmsalf.com
Park Sacramento 1922 Morse Avenue Sacramento, CA 95825 (916) 482-7745	81	<input checked="" type="checkbox"/>	\$1,900 - \$3,500	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$500	Activities, beauty/barber services, and some transportation, across the street from Kaiser North.

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Pioneer House 415 P Street Sacramento, CA 95814 (916) 442-4906	30	<input type="checkbox"/>	\$2,758 - \$3,827	<input type="checkbox"/>	<input type="checkbox"/>	Activities, trips, transportation; independent and skilled nursing available www.pioneerhouseretirement.org
Plazas of Sacramento, The 1075 Fulton Avenue Sacramento, CA 95825 (916) 971-4800	191	<input checked="" type="checkbox"/> \$130/day & up	\$2,895 and up - alcove, \$3,695 and up - one bedroom \$5,895 and up - two bedroom \$5,395 memory care plus care fees, some shared rooms available	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$3,500 community fee	Assist with daily dressing bathing and grooming, dispensing prescribed and over-the-counter medication, tailored activity programs, personal dining assistance www.thefamilyconnection.com
Ponté Palmero 3081 Ponté Palmero Drive Cameron Park, CA 95682 (530) 677-9100	40	<input type="checkbox"/>	\$4,813 - \$6,197	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$800	Supportive, secure environment. Specially trained staff and activity program for the memory impaired. Secure outdoor walking paths and indoor atriums www.eskaton.org
Primrose Alzheimer's Living 7707 Rush River Drive Sacramento, CA 95831 (916) 392-3510	72	<input checked="" type="checkbox"/>	\$185 - \$190/day private \$175 - \$180/day shared	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$1,000	Fully-secured dementia care* offering assisted living and daycare. Primrose offers shared or private accommodations www.primrosealz.com
Quail Ridge 150 Sutton Way Grass Valley, CA 95945 (530) 272-1055	120	<input type="checkbox"/>	\$2,300 - \$3,995 plus care plan fees	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$1,500 community fee	Transportation, activities, landscaped walking dementia unit*. Independent living available, Vets Salute Program www.quailridgeseniorliving.com
Regency Place and Villas 8190 Arroyo Vista Drive Sacramento, CA 95823 (916) 681-7800	48	<input checked="" type="checkbox"/>	\$2,700 - \$3,200 plus care plan fees dbl. occupancy available at lower rates	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$1,500 community fee	Assisted living community featuring beautifully manicured grounds, covered walkways, independent villas available www.regencyplaceseniorliving.com

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ASSISTED LIVING/RESIDENTIAL CARE FACILITIES

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*Dementia is defined as a decline in one or more intellectual functions including orientation and memory. It can also result in changes in personality and behavior. Alzheimer's disease, Parkinson's disease, and stroke are common causes of dementia. Assisted living facilities often use "Alzheimer's care," "dementia care," and "memory care" interchangeably. This Guide will use the term "dementia care" to include all of these.

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Renaissance Sierra Point 5161 Foothills Boulevard Roseville, CA 95747 (916) 780-3330	140	<input checked="" type="checkbox"/>	\$2,490 - \$3,985 plus care plan fees	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$2,000 community fee	Offers programs & events, innovative fitness/wellness programs, transportation, independent living available
Sky Park Gardens 5510 Sky Parkway Sacramento, CA 95823 (916) 422-5650	110	<input checked="" type="checkbox"/>	\$1,500 - \$2,600 \$700 2nd person SSI \$928	<input checked="" type="checkbox"/> plus family support	<input checked="" type="checkbox"/>	Activities & trips offered with many amenities, individual units, persons with memory-impairment considered, secured perimeter.
Somerford Place 110 Sterling Court Roseville, CA 95661 (916) 772-6500	56	<input checked="" type="checkbox"/>	\$2,610 - \$3,150 plus care plan fees	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$2,000	Specially designed dementia care* facility, family participation is encouraged, adult day care program on site www.somerford.com
St. Francis Senior Residence 6254 66th Avenue Sacramento, CA 95823 (916) 393-2324	121	<input checked="" type="checkbox"/>	\$1,800 - \$3,550 \$936 SSI	<input checked="" type="checkbox"/> plus family support	<input checked="" type="checkbox"/> \$150 assessment	Activity programs, dementia care*, RN resident manager, adult day care program is available. Adjacent to a skilled nursing facility
St. John's Retirement Village/Manor 135 Woodland Avenue Woodland, CA 95695 (530) 662-1290	150	<input checked="" type="checkbox"/>	\$2,314 - \$5,114 \$800 for 2nd person Memory unit: \$4,359 semi-private \$5,960 private	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$1,000 assessment fee	All private rooms, activities, alarmed doors, patios, beauty/barber services, dementia unit*; independent & skilled nursing available www.sjrv.org
St. Patrick's Golden Care Ranch 7104 Santa Juanita Avenue Orangevale, CA 95662 (916) 988-0157	50	<input checked="" type="checkbox"/>	\$4,000 - \$6,500	<input type="checkbox"/>	<input type="checkbox"/>	Gated community, dementia care*, incontinence and hospice care are available www.stpatscare.com

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Stacie's Chalet 9847 Folsom Boulevard Sacramento, CA 95827 (916) 363-9468	90	<input checked="" type="checkbox"/>	\$2,000 - \$3,200 private \$1,200 - \$1,800 shared \$948 SSI	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Near Highway 50, activities & outings, beauty/barber services, early Alzheimer's residents considered.
Sterling Suites Lemon Hill 7606 Lemon Hill Avenue Sacramento, CA 95824 (916) 387-8608	49	<input checked="" type="checkbox"/>	\$1,800 - \$3,200 \$940 SSI	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Dementia care* with secured area & alarm systems, activity programs
Sun Oak Assisted Living 7241 Canelo Hills Drive Citrus Heights, CA 95610 (916) 722-2800	78	<input type="checkbox"/>	\$3,500 private \$2,000 & up semi-private plus care plan fees	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$750 admissions fee	Activity programs & transportation, beauty/barber services, scenic courtyards www.sunokasseniorking.com
Sunrise Assisted Living of Rocklin 6100 Sierra College Boulevard Rocklin, CA 95677 (916) 632-3003	78	<input checked="" type="checkbox"/> 14 day minimum	\$143 - \$183/day private \$106/day shared \$115 - \$160/day memory care plus care plan fees	<input type="checkbox"/>	<input checked="" type="checkbox"/> Call for information	Assisted living and Dementia Care*, large courtyard, apartments 330 sq ft. to 605 sq ft., activities and transportation. LVN 7 days per week, high acuity www.sunriseseniorliving.com
Sunrise of Fair Oaks 4820 Hazel Avenue Fair Oaks, CA 95628 (916) 863-1499	69	<input checked="" type="checkbox"/>	\$4,000 - \$6,000	<input type="checkbox"/>	<input checked="" type="checkbox"/> Call for information	Beauty/barber services, transportation, hospice waiver, LVNs 7 days a week on staff, dementia care* unit www.sunriseseniorliving.com
Sunrise of Laguna Creek 6727 Laguna Park Drive Elk Grove, CA 95758 (916) 683-1881	94	<input checked="" type="checkbox"/>	\$116 - \$161/day	<input type="checkbox"/>	<input checked="" type="checkbox"/> 1 month's rent	Six cottages with beautiful grounds, live-in caregivers in each home, 3 levels of care including dementia care*, two RN's & trained support staff www.sunriseseniorliving.com

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Sunrise of Sacramento 345 Monroe Street Sacramento, CA 95825 (916) 486-0200	67	<input checked="" type="checkbox"/>	\$4,050 private \$3,300 companion	<input type="checkbox"/>	<input checked="" type="checkbox"/> Call for information	Activities, beauty/barber shop, transportation, nurse 7 days a week, secure home-like dementia care* www.sunriseseniorliving.com
University Retirement Community Davis 1515 Shasta Drive Davis, CA 95616 (888) 238-2058	31	<input checked="" type="checkbox"/>	Call for rates	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Beautifully landscaped grounds with walking trails, 24-hour security, dementia care* unit available, active community focusing on wellness. Continuing Care Retirement Community
Villa Del Rey Manor 1660 3rd Street Lincoln, CA 95648 (916) 645-0106	99	<input checked="" type="checkbox"/>	\$1,824 - \$2,425 \$700 2nd person \$3,495 - \$4,395 dementia unit	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$2,000 community fee	Activities, exercise programs, adult education & outings, beauty shop services available weekly www.villadelrey.com
Walnut House 3401 Walnut Avenue Carmichael, CA 95608 (916) 483-6612	110	<input checked="" type="checkbox"/>	\$2,220 - \$2,310 private \$1,410 - \$1,470 shared \$120 - \$270/mo. special services	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> \$500 administrative fee	Quiet location, activities, gardens & planned outings. Independent living available
Waterleaf at Land Park 966 43rd Avenue Sacramento, CA 95819 (916) 394-9400	52	<input checked="" type="checkbox"/> \$125 - \$200/day	\$3,050 - \$3,600 \$4,000 - \$5,000 hospice care	<input type="checkbox"/>	<input checked="" type="checkbox"/> \$750	Recreation & activity program, transportation to medical appts., garden with courtyard area, beauty/barber services.Hospice wavier

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INTERMEDIATE CARE FACILITIES

Intermediate care facilities provide intermittent nursing care and 24 hour supportive care, including adherence to medication regimes, maintenance of good nutrition with special diets, assistance with personal hygiene and moderate assistance with some activities of daily living. Social activities, support services and housekeeping are available and transportation services may also be available.

Facility Name	MultiLevel	Resident Capacity	WanderProtection
Mountain Manor 6101 Fair Oaks Boulevard Carmichael, CA 95608 (916) 488-7211	<input checked="" type="checkbox"/> Assisted Living	75	<input type="checkbox"/>
Vintage Estates of Sacramento 501 Jessie Avenue Sacramento, CA 95838 (916) 922-8855	<input checked="" type="checkbox"/> Skilled Nursing Facility	120	<input checked="" type="checkbox"/> Secure Yard

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SKILLED NURSING FACILITIES

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Facility Name	Phone Type	Phone Number	Multi-Levels	Bed Count	Special Security	
					Method	Respite
Alderson Convalescent Hospital 124 Walnut Street Woodland, CA 95695	Main Fax	(530) 662-9161 (530) 662-8520	<input type="checkbox"/>	144	None	<input checked="" type="checkbox"/>
Applewood Care Center 1090 Rio Lane Sacramento, CA 95822	Main Fax	(916) 446-2506 (916) 446-4813	<input type="checkbox"/>	50	Wander prevention system	<input type="checkbox"/>
Arden Rehabilitation and Health Care Center 3400 Alta Arden Expressway Sacramento, CA 95825	Main Fax	(916) 481-5500 (916) 481-9845	<input type="checkbox"/>	171	Wander prevention system	<input checked="" type="checkbox"/>
Asbury Park Nursing and Rehabilitation 2257 Fair Oaks Boulevard Sacramento, CA 95825	Main Fax	(916) 649-2000 (916) 649-2244	<input type="checkbox"/>	130	Wander Guard	<input checked="" type="checkbox"/>
Asian Community Skilled Nursing Center 7801 Rush River Drive Sacramento, CA 95831	Main Fax	(916) 393-9020 (916) 393-9025	<input type="checkbox"/>	99	Wander prevention system	<input checked="" type="checkbox"/>
Auburn Ravine Terrace 750 Auburn Ravine Road Auburn, CA 95603	Main	(530) 823-6131	<input checked="" type="checkbox"/> Assisted & independent living	60	None	<input type="checkbox"/>

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					Method	
Beverly Living Center Galt 144 F Street Galt, CA 95632	Main	(209) 745-1537	<input type="checkbox"/>	99	Wander prevention system	<input checked="" type="checkbox"/>
	Fax	(209) 745-2461				
Briarwood Health Care 5901 Lemon Hill Avenue Sacramento, CA 95824	Main	(916) 383-2741	<input type="checkbox"/>	49	Wander prevention system	<input checked="" type="checkbox"/>
	Fax	(916) 383-5132				
Bruceville Terrace 8151 Bruceville Road Sacramento, CA 95823	Main	(916) 423-6000	<input type="checkbox"/>	171	Wander prevention system	<input checked="" type="checkbox"/>
	Fax	(916) 689-7742				
Casa Coloma Health Care Center 10410 Coloma Road Rancho Cordova, CA 95670	Main	(916) 363-4843	<input type="checkbox"/>	99	Wander prevention system	<input type="checkbox"/>
College Oak Nursing and Rehab. 4635 College Oak Drive Sacramento, CA 95841	Main	(916) 481-7434	<input type="checkbox"/>	120	Wander prevention system End of life care	<input checked="" type="checkbox"/> (at least 7 days)
	Fax	(916) 481-1202				
Colonial HealthCare 12225 Shale Ridge Lane Auburn, CA 95602	Main	(530) 885-7511	<input type="checkbox"/>	230	Dementia unit* and wander prevention system	<input type="checkbox"/>
	Fax	(530) 885-1845				

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Cottonwood Nursing and Rehab. 625 Cottonwood Street Woodland, CA 95695	Main	(530) 662-9193	<input type="checkbox"/>	98	None	<input checked="" type="checkbox"/>
	Fax	(530) 662-6827				
Country Villa Auburn 260 Racetrack Street Auburn, CA 95603	Main	(530) 885-7051	<input type="checkbox"/>	84	None	<input checked="" type="checkbox"/>
	Fax	(530) 885-6018				
Courtyard Health Care Center 1850 East Eighth Street Davis, CA 95616	Main	(530) 756-1800	<input type="checkbox"/>	112	None	<input checked="" type="checkbox"/>
	Fax	(530) 756-1859				
El Camino Care Center 2540 Carmichael Way Carmichael, CA 95608	Main	(916) 482-0465	<input type="checkbox"/>	178	Wander prevention system	<input checked="" type="checkbox"/>
	Fax	(916) 482-7813				
El Dorado Convalescent Hospital 3280 Washington Street Placerville, CA 95667	Main	(530) 622-6842	<input type="checkbox"/>	99	Wander prevention system	<input type="checkbox"/>
	Fax	(530) 622-2361				
Elk Grove Care and Rehab Center 9461 Batey Avenue Elk Grove, CA 95624	Main	(916) 685-9525	<input type="checkbox"/>	136	Wander prevention system	<input type="checkbox"/>
	Fax	(916) 685-3373				

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Emerald Gardens 6821 24th Street Sacramento, CA 95822	Main Fax	(916) 391-6011 (916) 391-2008	<input type="checkbox"/>	117	Wander prevention system	<input checked="" type="checkbox"/>
Eskaton Care Center Fair Oaks 11300 Fair Oaks Boulevard Fair Oaks, CA 95628	Main Fax	(916) 965-4663 (916) 961-4347	<input type="checkbox"/>	149	Wander prevention system www.eskaton.org	<input checked="" type="checkbox"/>
Eskaton Care Center Greenhaven 455 Florin Road Sacramento, CA 95831	Main Fax	(916) 393-2550 (916) 393-1706	<input type="checkbox"/>	148	Wander prevention system www.eskaton.org	<input checked="" type="checkbox"/>
Eskaton Care Center Manzanita 5318 Manzanita Avenue Carmichael, CA 95608	Main Fax	(916) 331-8513 (916) 331-6918	<input type="checkbox"/>	99	Wander prevention system www.eskaton.org	<input checked="" type="checkbox"/>
Eskaton Village Carmichael 3939 Walnut Avenue Carmichael, CA 95608	Toll Free	(800) 300-3929	<input checked="" type="checkbox"/> Continuing Care Retirement Community	30	Wander prevention system www.eskaton.org	<input checked="" type="checkbox"/>
Florin Health Care Center 7400 24th Street Sacramento, CA 95822	Main Fax	(916) 422-4825 (916) 429-1766	<input type="checkbox"/>	122	Wander prevention system	<input checked="" type="checkbox"/>

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Folsom Convalescent Hospital 510 Mill Street Folsom, CA 95630	Main Fax	(916) 985-3641 (916) 985-4105	<input type="checkbox"/>	99	Wander prevention system	<input type="checkbox"/>
Foothill Oaks Care Center 3400 Bell Road Auburn, CA 95603	Main Fax	(530) 888-6257 (530) 888-7298	<input type="checkbox"/>	99	Wander prevention system	<input checked="" type="checkbox"/>
Gold Country Health Center 4301 Golden Center Drive Placerville, CA 95667	Main Fax	(530) 621-1100 (530) 621-1104	<input checked="" type="checkbox"/> Assisted living, independent living	68	None	<input checked="" type="checkbox"/>
Gramercy Court 2200 Gramercy Drive Sacramento, CA 95825	Main	(916) 482-2200	<input checked="" type="checkbox"/> Assisted living	120	Wander prevention system	<input checked="" type="checkbox"/>
Heritage Convalescent 5255 Hemlock Street Sacramento, CA 95841	Main Fax	(916) 331-4590 (916) 331-3048	<input type="checkbox"/>	99	Wander prevention system	<input checked="" type="checkbox"/>
Lincoln Manor, Inc. 1550 Third Street Lincoln, CA 95648	Main Fax	(916) 645-7761 (916) 645-1767	<input type="checkbox"/>	97	None	<input checked="" type="checkbox"/>

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Manor Care Nursing and Rehab. 7807 Uplands Way Citrus Heights, CA 95610	Main	(916) 967-2929	<input type="checkbox"/>	148	Wander prevention system	<input type="checkbox"/>
	Fax	(916) 965-8439				
McKinley Convalescent 3700 H Street Sacramento, CA 95816	Main	(916) 452-3592	<input type="checkbox"/>	84	Wander prevention system	<input checked="" type="checkbox"/>
	Fax	(916) 451-7854				
Mission Carmichael Health Care Center 3630 Mission Avenue Carmichael, CA 95608	Main	(916) 488-1580	<input type="checkbox"/>	135	None	<input checked="" type="checkbox"/>
	Fax	(916) 488-7634				
Norwood Pines Alzheimer's Center 500 Jessie Avenue Sacramento, CA 95838	Main	(916) 922-7177	<input type="checkbox"/>	161	Locked facility	<input type="checkbox"/>
	Fax	(916) 920-3055				
Oak Ridge Healthcare Center 310 Oakridge Drive Roseville, CA 95661	Main	(916) 782-3188	<input type="checkbox"/>	66	Wander prevention system	<input checked="" type="checkbox"/>
	Fax	(916) 786-8245				
Pioneer House 415 P Street Sacramento, CA 95814	Main	(916) 442-4906	<input checked="" type="checkbox"/> Assisted & independent living	51	Wander prevention system	<input checked="" type="checkbox"/>

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Placerville Pines Convalescent Hospital 1040 Marshall Way Placerville, CA 95667	Main	(530) 622-3400	<input type="checkbox"/>	99	Wander prevention system	<input checked="" type="checkbox"/>
	Fax	(530) 622-5230				
Riverbend Nursing Center 2215 Oakmont Way West Sacramento, CA 95691	Main	(916) 371-1890	<input type="checkbox"/>	98	Wander prevention system	<input checked="" type="checkbox"/>
	Fax	(916) 371-0442				
Roseville Convalescent 1161 Cirby Way Roseville, CA 95661	Main	(916) 782-1238	<input type="checkbox"/>	210	Wander prevention system	<input checked="" type="checkbox"/>
	Fax	(916) 786-3597				
Rosewood Terrace 6041 Fair Oaks Boulevard Carmichael, CA 95608	Main	(916) 483-8103	<input type="checkbox"/>	112	Wander prevention system	<input checked="" type="checkbox"/>
	Fax	(916) 483-2750				
Saylor Lane Healthcare Center 3500 Folsom Boulevard Sacramento, CA 95816	Main	(916) 457-6521	<input type="checkbox"/>	42	None	<input checked="" type="checkbox"/>
	Fax	(916) 457-4652				
Sherwood Health Care 4700 Elvas Avenue Sacramento, CA 95819	Main	(916) 454-5752	<input type="checkbox"/>	62	Wander prevention system	<input checked="" type="checkbox"/>
	Fax	(916) 454-4646				

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					Method	
Sienna Care Center 11600 Education Street Auburn, CA 95602	Main Fax	(530) 889-0707 (530) 889-0723	<input type="checkbox"/>	107	Wander prevention system	<input checked="" type="checkbox"/>
Sierra Care Center of Davis 715 Pole Line Road Davis, CA 95616	Main Fax	(530) 756-4900 (530) 756-1143	<input type="checkbox"/>	132	None	<input checked="" type="checkbox"/>
Sierra Hills Care Center 1139 Cirby Way Roseville, CA 95661	Main	(916) 782-7007	<input type="checkbox"/>	99	Wander prevention system	<input checked="" type="checkbox"/>
St. Claire's Convalescent Hospital 6248 66th Avenue Sacramento, CA 95823	Main Fax	(916) 392-4440 (916) 392-1728	<input type="checkbox"/>	99	Wander prevention system	<input checked="" type="checkbox"/>
Stollwood Convalescent Hospital 135 Woodland Avenue Woodland, CA 95695	Main Fax	(530) 662-9674 (530) 662-8088	<input checked="" type="checkbox"/> Dementia unit	48		<input type="checkbox"/>
Sunbridge Brittany Health Care Center 3900 Garfield Avenue Carmichael, CA 95608	Main Fax	(916) 481-6455 (916) 830-0603	<input type="checkbox"/>	99	Wander prevention system	<input type="checkbox"/>

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SKILLED NURSING FACILITIES

Skilled nursing facilities provide 24 hour nursing care and general medical management. Nursing, rehabilitation services, social services and activities are available. Family education and support services may also be available. Care is under the direction of the resident's physician. Respite care is short-term care that allows a caregiver time free from caregiving responsibilities.

Facility Name	Phone Type	Phone Number	Multi-Levels	Bed Count	Special Security	
					Method	Respite
Sunbridge Care & Rehab of Carmichael 8336 Fair Oaks Boulevard Carmichael, CA 95608	Main Fax	(916) 944-3100 (916) 944-7858	<input type="checkbox"/>	126	Wander prevention system	<input checked="" type="checkbox"/>
Sunrise Health Care Center 600 Sunrise Avenue Roseville, CA 95661	Main Fax	(916) 782-3131 (916) 786-6065	<input type="checkbox"/>	99	Hospice care available	<input checked="" type="checkbox"/>
Sutter Oaks Midtown 2600 L Street Sacramento, CA 95816	Main Fax	(916) 552-2200 (916) 552-2296	<input type="checkbox"/>	100	None	<input checked="" type="checkbox"/>
University Retirement Community Davis 1515 Shasta Drive Davis, CA 95616	Main	(888) 238-2058	<input checked="" type="checkbox"/> Continuing Care Retirement Community, Dementia unit	36		<input type="checkbox"/>
Valley Skilled Nursing Facility 2120 Stockton Boulevard Sacramento, CA 95817	Main Fax	(916) 452-6631 (916) 452-0323	<input type="checkbox"/>	59	None	<input checked="" type="checkbox"/>
Vintage Estates of Sacramento 501 Jessie Avenue Sacramento, CA 95838	Main	(916) 922-8855	<input checked="" type="checkbox"/> Intermediate care	96	Secured grounds and building	<input type="checkbox"/>

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Facility Name	Phone Type	Phone Number	Multi-Levels	Bed Count	Special Security	
					Method	Respite
Walnut Whitney Convalescent 3529 Walnut Avenue Carmichael, CA 95608	Main	(916) 488-8601	<input type="checkbox"/>	124	Wander prevention system	<input checked="" type="checkbox"/>
	Fax	(916) 488-0695				
Woodland Skilled Nursing Facility 678 Third Street Woodland, CA 95695	Main	(530) 662-9643	<input type="checkbox"/>	91	None	<input checked="" type="checkbox"/>
	Fax	(532) 662-3395				
Woodside Healthcare Center 2240 Northrup Avenue Sacramento, CA 95825	Main	(916) 927-9300	<input type="checkbox"/>	58	None	<input checked="" type="checkbox"/>
	Fax	(916) 927-9654				

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ADULT DAY CARE

Adult Day Care (ADC) is a licensed program offering activities, supervision and assistance with some activities of daily living. Clients may enjoy recreational opportunities while their caregivers are afforded a time for respite. Respite care is short-term care that allows a caregiver time free from caregiving responsibilities.

Program Name	Days Hours	Rates	Services Available
Chateau at Carmichael Park, The 7125 Fair Oaks Boulevard Carmichael, CA 95608 (916) 482-2850	Monday - Friday 8 am - 5:30 pm	\$50 per 1/2 day: 5 hr. session \$75 per full day; 9.5 hr. session	Social day care program; companionship and recreation; lunch and snacks provided; personal care needs monitored & provided. Medication administration
Citizens Who Care Time Off for Caregivers 1260 Lake Boulevard Davis, CA 95616 (530) 758-3704	Monday - Thursday 10:30 am-4:30 pm, 2nd and 4th Saturday: 10 am-3 pm	\$80 per month or \$40 per session	An opportunity for respite for caregivers, social day care, activities; lunch is provided and transportation is available locally
El Dorado Senior & Alzheimer Day Care Resource Services 935 A Spring Street Placerville, CA 95667 (530) 621-6180	Monday - Friday 8:30 am - 5:30 pm	\$45 - \$55 per day	Social day care, lunch, exercise programs, and counseling opportunities; transportation available for El Dorado County for \$2 a day
Primrose Adult Day Club 7707 Rush River Drive Sacramento, CA 95831 (916) 392-3510	Monday - Friday 7:30 am - 6 pm	\$70 per day \$50 per half day	Day program for people with dementia or Alzheimer's, flexible days/hours to provide respite for caregivers; 3 meals and snacks are provided
Recreation & Respite Program 1550 Maidu Drive Roseville, CA 95661 (916) 781-1559	Wednesday & Friday 9 am - 1 pm at Maidu Community Center Tuesdays 9 am - 1 pm at MultiPurpose Senior Center, 11586 D Avenue, Auburn Thursdays: Respite 9 am - 1 pm 12 Bridges Library, Lincoln	Call for information \$25 assessment	Recreation and social program offering caregivers an opportunity for respite: continental breakfast & lunch; pre-registration is required.
Senior Day Time 5132 Dipper Way Elk Grove, CA 95758 (916) 226-4044	Monday - Friday 7:30 am - 6 pm.	\$53- \$75 per day depending on participant's care needs.	Medication management, physical activity for active adults, nutritious meals, personal care, recreation, therapeutic activities.
Somerford Place 110 Sterling Court Roseville, CA 95661 (916) 772-6500	Monday - Saturday 9 am - 4 pm	\$75 per day	Social day care program to meet clients' special needs, lunch and snacks are offered, extra meals available; extended care available

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Program Name	Days Hours	Rates	Services Available
St. Francis Adult Day Care 6254 66th Avenue Sacramento, CA 95823 (916) 393-2760	Monday - Friday 7 am - 6 pm	\$50 per day \$25 per half day	Social day care, recreational and social activities; lunch and snacks; no transportation is available
Triple "R" Adult Day Care Greenhaven Center 7375 Park City Drive Sacramento, CA 95831 (916) 433-4003	Monday, Tuesday & Thursday 7:30 am - 6 pm	\$62 - \$72 per day scholarships are available	Social day care program, companionship and recreation; lunch and snacks provided; personal care needs monitored
Triple "R" Adult Day Care Midtown Center 915 27th Street Sacramento, CA 95816 (916) 808-8375	Monday - Friday 7:30 am - 6 pm	\$62 - \$72 per day	Social day care program, companionship and recreation; lunch and snacks provided, personal care needs monitored
Triple "R" Adult Day Care North Sacramento Care Center 700 Southgate Road Sacramento, CA 95815 (916) 566-6475	Tuesday & Friday 9:00 am - 3:30 pm	\$30 per day scholarships are available	Social day care program, companionship and recreation; lunch and snacks provided; personal care needs monitored. Primary Spanish speaking population

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ADULT DAY HEALTH CARE

Adult Day Health Care (ADHC) is a licensed community-based, day-care program providing a variety of health, therapeutic, and social services designed to serve the specialized needs of those at risk of being placed in a nursing facility. Each ADHC center has a multi-disciplinary team of health professionals who devise an individualized care plan which may include any of the following: medical services, nursing service, physical therapy, occupational therapy, speech therapy, social services, recreation and social activities, psychiatric and psychological services, transportation to and from the center, a hot meal and nutritional counseling.

Program Name	Days Hours	Rates	Transportation
Altamedix Adult Day Health Care Center 4234 North Freeway Boulevard #500 Sacramento, CA 95834 (916) 648-3999	Monday - Friday 9am - 3pm	Private rate: \$75/day or Medi-Cal	Private van available for most areas
Eskaton Adult Day Health Center Carmichael 5105 Manzanita Avenue Suite D Carmichael, CA 95608 (916) 334-0296	Monday - Friday 9:30am - 2:30pm	Private rate: \$77/day or Medi-cal or long-term care insurance	Transportation arranged or provided
Golden Days 1215 Merkley Avenue West Sacramento, CA 95691 (916) 371-6011	Monday - Friday 8am - 2pm	\$78/day private pay or Long-term Care policies or MediCal	Transportation available
Health for All Meadowview 2730 Florin Road Sacramento, CA 95822 (916) 391-5591	Monday - Friday 8am - 4pm	Private rate: \$65 - \$85/day; sliding scale or Medi-Cal	Transportation available in surrounding area through ParaTransit; program also has its own vans
Help to Recovery (Focus on brain-injured adults) 3205 Hurley Way Sacramento, CA 95864 (916) 679-3120	Monday - Friday 9am - 3pm	Private rate, sliding scale, Worker's Comp or Medi-Cal Call for rates.	Transportation arranged primarily with Paratransit
Rancho Cordova ADHC Center 10086 Mills Station Road Sacramento, CA 95827 (916) 369-1113	Monday - Friday 7:30am - 4pm	Private rate, veteran approved, sliding scale or Medi-Cal	Transportation provided for participants
Robertson Adult Day Healthcare Center 3400 Elvas Avenue Sacramento, CA 95819 (916) 452-2529	Monday - Friday 9:30am - 3:30pm	Private rate: \$57 - \$77/day; sliding scale or Medi-Cal	Transportation is available in surrounding area

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Program Name	Days Hours	Rates	Transportation
Sutter SeniorCare - PACE 7000 Franklin Boulevard Suite 1020 Sacramento, CA 95823 (916) 424-8412	Monday - Friday 8am - 5pm	Comprehensive health care program - private rate or Medi-Cal	Transportation provided for participants
Sutter SeniorCare - PACE Midtown 1234 U Street Sacramento, CA 95818 (916) 446-3100	Monday - Friday 8am - 5pm	Comprehensive health care program - private rate or Medi-Cal	Transportation provided for participants
Yolo Adult Day Health Center 20 North Cottonwood Street Woodland, CA 95695 (530) 666-8828	Monday - Friday 9:30am - 2:30pm	Private rate: \$80/day or Medi-Cal Alzheimer's Day Program: Private rate \$55 per day	Transportation provided for participants

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BEREAVEMENT AND HOSPICE SERVICES

Programs and outreach services to provide individuals with emotional support and information. Telephone counseling, support groups, counselors; group and family therapy services to cope with grief and loss; workshops; educational programs; newsletters and general information on hospice services.

Program Name	Phone Type	Phone Number	Bereavement	Hospice	Comments
Bereavement Network Resources of Sacramento		Main (916) 557-5882	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Offers an opportunity to deal with loss from death through education and peer support; sponsors educational meetings, a speakers' bureau, support group referrals and information. Meets every Thursday evening at 7:30 at Sutter Center, 7700 Folsom Boulevard, Sacramento
Bristol Hospice		Main (916) 782-5511	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Hospice services offered by health care professionals including a nurse, social worker, home health aides, chaplain and volunteer services; respite, support and follow-up bereavement services are available
CA Hospice & Palliative Care Association		Main (916) 925-3770	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Offers referrals to hospices in California and Nevada; offers educational programs for hospice workers; provides a monthly newsletter and annual trade show; advocates on hospice issues
Friends for Survival Inc.		Main (916) 392-0664	<input checked="" type="checkbox"/>	<input type="checkbox"/>	An outreach program for family and friends after a suicide death; support group meets monthly www.friendsforsurvival.org
Hospice Education Link		Toll Free (800) 331-1620	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Provides local referrals to hospice programs; open 9am - 4:30pm EST
Hospice of the Foothills		Main (530) 272-5739	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	(Grass Valley, Nevada City, Colfax, Lake of the Pines and North San Juan) Hospice services offered by health care professionals including a nurse, social worker, home health aides, chaplain and volunteer services; respite, support and follow-up bereavement services are available

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Program Name	Phone Type	Phone Number	Bereavement	Hospice	Comments
Kaiser Hospice		Main (916) 486-5300	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Hospice services offered by health care professionals including a nurse, social worker, home health aides, chaplain and volunteer services; respite, support and follow-up bereavement services are available
Mercy Hospice		Main (916) 281-3900	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Hospice services offered by health care professionals including a nurse, social worker, home health aides, chaplain and volunteer services; respite, support and follow-up bereavement services are available. Pet Therapy (SOUL - Source of Unconditional Love)
National Hospice Organization		Toll Free (800) 658-8898	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Provides referrals and general information on hospice services available nationwide Open Monday - Friday 9 am - 5 pm EST
Sacramento Hospice Consortium		Main (916) 454-6532	<input type="checkbox"/>	<input checked="" type="checkbox"/>	A combined effort of Greater Sacramento Hospice Programs to meet the present and future needs of families in our community faced with terminal illness; offers joint training and coordination of referrals and community relations; serves all seven hospices in Sacramento
Senior Peer Counseling (Mental Health Association)		Main (916) 855-5444	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Recruits and trains volunteers to visit seniors and offer emotional support for loss and grief; volunteer counselors offer friendship and linkage with any needed community resources
SnowLine Hospice		Main (530) 621-7820	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Hospice services offered by health care professionals including a nurse, social worker, home health aides, chaplain and volunteer services; respite, support and follow-up bereavement services are available

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Program Name	Phone Type	Phone Numbe	Bereavement	Hospice	Comments
Sutter Auburn Faith Hospice			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Hospice services offered by health care professionals including a nurse, social worker, home health aides, chaplain and volunteer services; respite, support and follow-up bereavement services are available
		Main (530) 886-6650			
Sutter Hospice Roseville			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Hospice services offered by health care professionals including a nurse, social worker, home health aides, chaplain and volunteer services; respite, support and follow-up bereavement services are available
		Main (916) 797-7850			
Sutter Hospice Sacramento			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Hospice services offered by health care professionals including a nurse, social worker, home health aides, chaplain and volunteer services; respite, support and follow-up bereavement services are available
		Main (916) 454-6525			
UC Davis Medical Center Hospice Program			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Hospice services offered by health care professionals including a nurse, social worker, home health aides, chaplain and volunteer services; respite, support and follow-up bereavement services are available
		Toll Free (800) 268-9232 Main (916) 734-2458			
Vitas Hospice			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Accepts all clinically-appropriate patients. Services provided: health care professionals, including nurse, social worker, home health aides, chaplain and volunteers. Follow-up bereavement services up to thirteen months. Office locations in Sacramento County
		Toll Free (800) 938-4827			
Volunteers in Victim Assistance (VIVA)			<input checked="" type="checkbox"/>	<input type="checkbox"/>	Provides individual and family therapy, group therapy, crisis response; also provides emotional support & information for survivors of homicide, accidental death, or suicide; facilitated by trained members
		Main (916) 489-3333			

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Program Name	Phone Type	Phone Numbe	Bereavement	Hospice	Comments
Widowed Persons Association of California			<input checked="" type="checkbox"/>	<input type="checkbox"/>	Offers telephone counseling, pamphlets, recovery-from-grief workshops and social activities for all widowed people
		Main (916) 972-9722			
Yolo Hospice			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Hospice services offered by health care professionals including a nurse, social worker, home health aides, chaplain and volunteer services; respite, support and follow-up bereavement services are available
		Main (530) 758-5566 Toll Free (800) 491-7711			

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CONSUMER ASSISTANCE

Public and private organizations that directly or indirectly provide consumers information and assistance, accept consumer complaints or help to mediate disputes.

Organization	Phone Type Phone Number	Comments
AARP (American Association of Retired Persons) ,	Toll Free (866) 448-3614	Tax preparation assistance for those 60+ or low income; program begins in February of each year www.aarp.org
Auto Safety Hotline - US Department of Transportation ,	Toll Free (800) 424-9393 TDD (800) 424-9153	Assists consumers in identifying safety problems in motor vehicles, tires, and auto equipment www.nhtsa.gov
Banking - Consumer Hotline ,	Toll Free (800) 622-0620	Assists with complaints
Better Business Bureau 400 S Street Sacramento, CA 95814	Main (916) 443-6843	Provides assistance to consumers regarding concerns and complaints. 24 hour service line www.necal.bbb.org
By Design Financial Solutions ,	Toll Free (800) 736-2227 Main (916) 379-3600	Provides budget counseling, educational programs, debt management assistance and housing counseling www.bydesignsolutions.org
CA Attorney General's Office PO Box 944255 Sacramento, CA 94244	Toll Free (800) 952-5225 TDD (800) 952-5548 Main (916) 445-9555	Offers assistance and accepts consumer complaints

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Organization	Phone Type Phone Number	Comments
CA Dept. of Aging 1300 National Drive Sacramento, CA 95834	Main (916) 419-7500	Offers assistance and referral to specified agencies on senior consumer issues www.aging.ca.gov
CA Dept. of Consumer Affairs 400 R Street #1040 Sacramento, CA 95814	Sacramento (916) 445-1254 Toll Free (800) 344-9940 Toll Free (800) 952-5210	Provides information, assistance and referrals regarding consumer complaints www.dca.ca.gov
CA Dept. of Consumer Affairs - Cemetery/Funeral ,	Main (916) 574-7870	Provides information and accepts consumer complaints www.cfb.ca.gov
CA Dept. of Consumer Affairs - Contractor's Licensing Board 9821 Business Park Drive Sacramento, CA 95827	Toll Free (800) 321-2752 Alternate (916) 255-3900	Offers information and assistance and accepts complaints regarding contractors www.cslb.ca.gov
CA Dept. of Health Services - Investigation Section North 591 N. Seventh Street 1st Floor Sacramento, CA 94234	Toll Free (800) 822-6222	Accepts complaints about MediCal fraud, abuse or over-utilization by providers or recipients
CA Dept. of Health Services - Licensing and Certification 630 Bercut Drive Suite B Sacramento, CA 95814	Sacramento (916) 341-6845 Toll Free (800) 554-0354	Regulates skilled nursing facilities, intermediate care facilities, acute care/psychiatric hospitals, specialty clinics, home health agencies, adult day health centers, and referral agencies; contact to make a complaint or check on current complaints against a facility/organization

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Organization	Phone Type Phone Number	Comments
CA Dept. of Insurance 300 Capitol Mall Suite 1500 Sacramento, CA 95814	Toll Free (800) 927-4357	Offers information and accepts complaints regarding all types of insurance companies and agencies
CA Dept. of Motor Vehicles DMV ,	Main (916) 657-5983 Toll Free (800) 777-0133	Provides information and assistance regarding consumer complaints or concerns related to some vehicle issues www.dmv.ca.gov
CA Dept. of Social Services - Community Care Licensing 2525 Natomas Park Drive Suite 270 Sacramento, CA 95833	Main (916) 324-4031	Responds to complaints about residential care facilities for Sacramento and surrounding counties www.dss.cahwnet.gov
CA Fair Housing Commission ,	Main (916) 444-6903	Offers easy access to counseling, investigation and mediation disputes, which may arise from acts of racism, sexism, hate crimes, or housing discrimination for the Sacramento area.
CA HMO Help Center ,	Toll Free (800) 400-0815	Offers information and assistance and accepts complaints regarding HMO's www.hmohelp.ca.gov
CA State Bar Association ,	Toll Free (800) 843-9053	Offers information regarding consumer legal concerns www.calbar.ca.gov
Consumer Action 221 Main Street Suite 480 San Francisco, CA 94105	Main (415) 777-9635	A consumer question and complaint line www.consumer-action.org

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Organization	Phone Type Phone Number	Comments
Consumer Affairs Hotline	Toll Free (800) 344-9940	Provides information, assistance and referrals regarding consumer complaints www.dca.ca.gov
Consumer and Environmental Protection	Main (916) 445-3846	Provides consumer assistance regarding environmental concerns www.calepa.ca.gov
Environmental Management	Main (916) 875-8440	Offers assistance regarding some landlord/tenant issues concerning health www.emd.saccounty.net
Equifax Credit Information PO Box 740241 Atlanta, GA 30067	Toll Free (800) 685-1111	Offers consumer credit reports; there may be a fee www.equifax.com
Experian PO Box 2106 Allen, TX 75013-2106	Toll Free (888) 397-3742	Offers consumer credit reports; there may be a fee www.experian.com
Health Insurance Counseling and Advocacy Program (HICAP) 3950 Industrial Boulevard Suite 500 Sacramento, CA 95691	Alternate (916) 376-8915 Toll Free (800) 434-0222	Provides advocacy and assistance regarding Medicare, Medi-Cal, and long-term insurance concerns
HMO Help Center	Main (888) 466-2219	Provides information and assistance to consumers about their rights as managed care clients.

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Organization	Phone Type Phone Number	Comments
KCRA Call 3	Main (916) 447-2255	Offers a free consumer guide and assistance with consumer complaints www.kcra.com
Lumetra One Sansome Street Suite 600 San Francisco, CA 94104	Toll Free (800) 841-1602 TDD (800) 881-5980	Offers consumer information, handles appeals and reviews quality of care regarding Medicare www.lumetra.com
Mail Preference Service PO Box 9008 Farmington, NY 11735-9008	Main (000) 000-0004	Write to this address to be removed from solicitation mailing lists
Medical Board of California	Main (916) 263-2382 Toll Free (800) 633-2322	Accepts complaints related to medical practitioners www.caldocinfo.ca.gov
Mobile Home Ombudsman - CA Housing & Community Development	Main (916) 323-9801 Toll Free (800) 952-5275	Offers information and assistance regarding health and safety concerns with mobile homes www.hcd.ca.gov (click on mobile home ombudsman)
National Consumers League	Main (202) 835-3323	Offers information and resources regarding consumer issues www.nclnet.org
National Fraud Information Center	Toll Free (800) 876-7060	Accepts complaints on various consumer issues including, sweepstakes, contests and prizes www.fraud.org

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Organization	Phone Type Phone Number	Comments
Ombudsman Services of Northern California ,	Main (916) 376-8910	Acts as an advocate for residents in skilled nursing and residential care facilities; may assist in resolving consumer complaints www.osnc.net
Seniors Against Investment Fraud (SAIF) 1515 K Street Suite 200 Sacramento, CA 95814	Toll Free (866) 275-2677	Call for information and fraud warnings before you purchase financial investments. www.corp.ca.gov
U.S. Dept. of Aviation - Consumer Protection Division ,	Main (202) 366-2220	Offers information and assistance and accepts complaints regarding airlines www.airconsumer.ost.dot.gov
U.S. Postal Inspector ,	Main (916) 263-7240	Investigates complaints regarding mail fraud and consumer concerns
Victims of Crime Resource Center 3200 Fifth Avenue Sacramento, CA 95817	Toll Free (800) 842-8467	Offers referrals and assistance regarding consumer legal issues www.1800victims.org

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Hearing & Language

Organization	Phone Type	Phone Number	Comments
Agency for Hearing 1800 28th Street Sacramento, CA 95816		Main (916) 732-9040	Provides information and referral for hearing-impairment, coping skills, hearing aid information and clinic, peer counseling, support groups, community outreach, in-service training and low-income loan program
AT&T Language Line Service ,		Toll Free (800) 752-0093	Provides over-the-phone interpretation services and immediate access to interpreters from English into 140 languages, credit card or account necessary.
Better Hearing Institute ,		Toll Free (800) 327-9355	Offers a guide to buying hearing instruments, fact sheets and educational information on hearing loss
CA Telephone Access Program CTAP Call Center 81 W. March Lane Stockton, CA 95207		Toll Free (800) 806-1191 Fax (800) 889-3974	Free telephone equipment for those who are hard of hearing, deaf, have speech disabilities, low vision, and blindness; also provides free equipment to those with mobility, cognitive or memory challenges
Hear Now 6700 Washington Ave. South Eden Prairie, MN 55344		Toll Free (800) 648-4327	Assists low-income individuals in obtaining hearing aids; also accepts donations of hearing aids
National Institute on Deafness & Related Comm. Disorders 1 Communication Avenue Bethesda, MD 20892-3456		Toll Free (800) 241-1044	Provides information and publications regarding hearing, language and balance

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Hearing & Language

Organization	Phone Type	Phone Number	Comments
<p>Norcal Center for Deaf & Hard of Hearing</p> <p>4708 Roseville Road Suite 112 North Highlands, CA 95660</p>		<p>TDD (916) 349-7611 Main (916) 349-7500</p>	<p>Offers communication services, interpreting, assistive listening devices, community education, advocacy, information and referrals</p>
<p>Speech to Speech</p>		<p>Toll Free (800) 854-7784</p>	<p>Provides 24-hours-a-day, free telephone assistance for those having difficulty communicating over the telephone due to Parkinson's, cerebral palsy or stroke</p>

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Other

Organization	Phone Type	Phone Number	Comments
A Touch of Understanding, Inc. 4120 Douglas Boulevard Suite 306 Granite Bay, CA 95746		Main (916) 791-4146	Offers on-site disability awareness programs incorporating hands-on activities, discussions, demonstrations and videos. Speakers with disabilities facilitate discussions
Alta California Regional Center 2135 Butano Drive Sacramento, CA 95825		Main (916) 978-6400	Offers resources and information for developmentally disabled and autistic persons and those with cerebral palsy
Assistive Technology Network 1029 J Street Suite 120 Sacramento, CA 95814		Toll Free (800) 390-2699	Information and referral service that can link consumers with assistive technology equipment: any tool or device to help attain or maintain independence.
Bethesda Lutheran Homes and Services, Inc. 600 Hoffman Drive Watertown, WI 53094		Toll Free (800) 369-4636	Offers information, referrals and placement assistance for those with mental retardation and their families
CA Dept. of Motor Vehicles - Disabled Placards ,		Toll Free (800) 777-0133	Provides a fact sheet and applications for disabled persons' parking placards. www.dmv.ca.gov
CA Dept. of Rehabilitation 2000 Evergreen Street Sacramento, CA 95815		Main (916) 274-5801 TDD (916) 323-6822	Assists disabled individuals with education, vocational training, career opportunities, independent living and use of assistive technology to improve employment opportunities; provides counselor-teachers for blind individuals

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Organization	Phone Type	Phone Number	Comments
CA Dept. of Rehabilitation - Assistive Technology System 2000 Evergreen Street Sacramento, CA 95815		Alternate (916) 274-6325 Main (916) 263-8691	Provides information on assistive technology, streamlining state services, administering loan guarantee programs for the purchase of assistive technology and transportation, advocacy training and monitoring legislation
Developmental Disabilities Service Organization 1250 Sutterville Road Suite 200 Sacramento, CA 95822		Main (916) 456-5166	Supports adults with developmental disabilities in community living and employment
Easter Seal Society 3205 Hurley Way Sacramento, CA 95864		Main (916) 485-6711	Provides information, referrals, adult day programs, rehabilitation work centers, therapeutic pools, therafitness programs and equipment loans
Head Trauma Support Project ,		Main (916) 568-6660	Provides support services and information on head injuries
Placer Independent Resource Services 11768 Atwood Road #29 Auburn, CA 95603		Main (530) 885-6100 Toll Free (800) 833-3453 TDD (530) 885-0326	Provides resources and information, independent living skills training, assistive technology resources, peer support, housing and transportation coordination assistance, personal assistant referral and advocacy for those with disabilities in Placer, El Dorado and Alpine counties
Pride Industries 10030 Foothills Boulevard Roseville, CA 95747		Main (916) 788-2100	Assists individual's transition to gainful employment through on-the-job training and support programs, independent living training programs and behavior management

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Other

Organization	Phone Type	Phone Number	Comments
Protection and Advocacy 100 Howe Avenue Suite 235-N Sacramento, CA 95825		Main (916) 488-9955	Works in partnership with people with disabilities to protect, advocate for and advance their human, legal, and service rights
Resources for Independent Living 420 I Street Suite 3 Sacramento, CA 95814		Main (916) 446-3074	Provides advocacy and legislative monitoring, attendant registry, information, referral, peer counseling, transitional living center program, assistive technology, housing services, and personal assistance services
Sacramento Association for the Retarded 3000 T Street Suite 201 Sacramento, CA 95816		Fax (916) 454-0911 Main (916) 454-0900	Monitors local developmental service systems and advocates on behalf of persons with mental retardation, their families and caregivers
Training Toward Self-Reliance 620 Bercut Drive Sacramento, CA 95814		Main (916) 442-8877	Offers people with disabilities in-home and community-based instruction and support with independent living; fee for service
Transitional Living and Community Support Program 1507 21st Street Suite 205 Sacramento, CA 95814		Main (916) 441-0123	Offers help to mentally-ill people and homeless mentally-ill people with housing, advocacy, food, medical and mental health assistance and also offers help to clients in applying for General Assistance, Supplemental Security Income and Social Security Disability Income
UC Davis Care Management - MSSP & Linkages Program 3700 Business Drive Suite 130 Sacramento, CA 95820		Main (916) 734-5432	Offers voluntary case management service which seeks to delay institutional placement of adults with disabilities through assessment, care planning and service coordination; serves residents of Sacramento, Yolo and Placer counties

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Vision

Organization	Phone Type	Phone Number	Comments
American Foundation for the Blind		Toll Free (800) 232-5463	Offers information and assistance for blind people and their caregivers
Braille and Talking Books for the Blind PO Box 942837 Sacramento, CA 94237		Alternate (916) 654-0640 Toll Free (800) 952-5666	Provides talking books and Braille for the blind; call for an application
Folsom Project for the Visually Impaired PO Box 6422 Folsom, CA 95630		Main (916) 351-3032	Provides listening materials for visually-impaired and learning-disabled people; transcriptions done from any book
National Eye Care Project PO Box 429098 San Francisco, CA 94142-9098		Toll Free (800) 222-3937	Offers medical/surgical eye care at no cost for seniors 65+ who do not have access to the treatment of eye disease through HMO or Veterans Admin. Does not cover eyeglasses
Pulse Data Human Ware-Visual/Enhancing Equipment 175 Mason Circle Concord, CA 94520		Toll Free (800) 722-3393	Offers different types of visual assistive technology and equipment
Recordings for the Blind & Dyslexic 20 Rozel Road Princeton, NJ 08540		Toll Free (800) 221-4792	Offers recordings and audio tapes for visually-impaired people and people with dyslexia. www.frbd.org
Sacramento Access News & Sacramento County Library		Telephone Reader (916) 732-4000	Provides access for visually-impaired individuals to printed materials such as newspapers, magazines and community information through the use of readers (live and audio taped)

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Vision

Organization	Phone Type	Phone Number	Comments
<p>Sacramento Braille Transcribers, Inc. 2791 24th Street Rm 7 Sacramento, CA 95818</p>		Main (916) 455-9121	Provides transcription to Braille of textbooks, books, instructional manuals and other printed materials
<p>Sierra Services for the Blind 546 Searls Avenue Nevada City, CA 95959</p>		Main (530) 265-2121 Alternate (530) 889-2422	Links blind people with talking books and Braille materials, offers counseling and some assistance with transportation needs, mobility training and peer groups for elderly blind people
<p>Society for the Blind 2750 24th Street Sacramento, CA 95818</p>		Main (916) 452-8271	Rehabilitation for individuals, counseling for adjustment, support groups, training for computers and Braille, products for blind people, information and referral to low vision clinics

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EMERGENCY RESPONSE AND IDENTIFICATION PROGRAMS

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Emergency Response

Organization	Phone Type Phone Number	Comments/Cost
Healthwatch 5777 West Century Boulevard #1005 Los Angeles, CA 90045	Toll Free (800) 621-1896	Service provided to El Dorado and Placer County; call for program-specific options and service details \$50 installation \$37 monthly fee
Lifeline 111 Lawrence Street Framingham, MA 01720	Toll Free (800) 451-0525 Toll Free (800) 579-3341	Service nationwide; call for program-specific options and service details \$100 installation, \$45 monthly fee; service fees vary geographically
Mercy Lifeline Catholic Healthcare West 3400 Data Drive Rancho Cordova, CA 95670	Alternate (916) 281-3980 Toll Free (877) 813-0600	Service provided to Sacramento, Placer, El Dorado, Yolo and Sutter Counties; call for program-specific options and service details Installation: \$50 Monthly fee: \$33 - \$43
Response Link 1281 Court Street Clearwater, FL 33756	Toll Free (800) 894-1428 Alternate (916) 753-5633	Service nationwide: call for program-specific options and service details. \$34.95 - \$54.95 monthly fee
Sutter / CHS Lifeline 8322 Ferguson Avenue Sacramento, CA 95828	Main (916) 379-4315 Toll Free (800) 852-5433	Service provided to Sacramento, parts of Placer, Yolo and Solano counties; call for program-specific options and service details \$45 installation \$35 - \$40 monthly fee

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Organization	Phone Type	Phone Number	Comments/Cost
Sutter Auburn Faith & Sutter Roseville Hospital Lifeline 11795 Education Street Suite 224 Auburn, CA 95602		Main (916) 782-4989	Service provided to Placer, El Dorado, and Nevada counties, Citrus Heights, Fair Oaks, Carmichael, Folsom and Orangevale; call for program-specific options and service details \$45 installation \$35 Monthly fee sliding scale available
UC Davis Medical Center - Lifeline Sacramento, CA		Main (916) 734-2401	Service provided to Sacramento county, Yolo County; call for program-specific options and service details \$40 installation \$35 monthly fee
VitaLink 2131 University Avenue Suite 314 Berkeley, CA 94925		Toll Free (800) 752-5522	Service nationwide; call for program-specific options and service details \$50 installation \$35 monthly fee, sliding scale available

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Identification

Organization	Phone Type Phone Number	Comments/Cost
Alzheimer's Aid Society of Northern CA - Elder ID Program PO Box 1824 Sacramento, CA 95812	Toll Free (800) 540-3340 Main (916) 448-7001	Helps caregivers who are experiencing a problem with wandering; provides an ID bracelet and information about the client that is kept at local police stations; call for the location nearest you \$25 suggested donation
Alzheimer's Elder ID Bracelets 105 South Washington Street Lodi, CA 95240	Main (209) 333-2649	Provides special ID bracelet with pertinent and emergency information regarding client Suggested donation: \$25
El Dorado County Community Services 937 Spring Street Placerville, CA 95667	Main (530) 621-6150	Care-Trak Program uses a transmitter tracking system to locate lost or confused elders Purchase, lease or borrow equipment
Medic Alert PO Box 8190011 Turlock, CA 85381	Toll Free (800) 432-5378 Alternate (209) 668-3333	Provides identification bracelets printed with emergency telephone number, medical conditions/allergies and member ID number ww.medicalert.org \$35- \$600 charge

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Name	Phone Type	Phone Number	Comments	Billing
<p>(G 7) Medical Services, Inc.</p> <p>1272 Humbug Creek Court Folsom, CA 95630</p>		<p>Main (916) 983-6366 Fax (916) 983-6071</p>	<p>Durable medical equipment, canes, walkers, power and manual wheelchairs, scooters, hospital beds etc.</p>	<p>Medicare, Blue Cross, Medical, and private billing, No interest payment plan. Free in home Evaluation</p>
<p>Abacus Medical Equipment Supply, Inc</p> <p>8510 Madison Avenue Suite D Fair Oaks, CA 95628</p>		<p>Fax (916) 965-5723 Main (916) 965-4352</p>	<p>Durable medical equipment including wheelchairs, powered wheelchairs, scooters, lifts, ramps, mobility aides, bathroom safety, aids for daily living, hospital beds, lift chairs, cushions, incontinent supplies, medical supplies, urological, nebulizers. Home delivery available</p>	<p>Medicare, Medi-Cal and private pay</p>
<p>Ability Center</p> <p>6550 Freeport Boulevard Sacramento, CA 95822</p>		<p>Main (888) 852-6981 Main (916) 392-1196</p>	<p>Sales and rentals of new and used mini and full -size vans, conversions, customized adaptive driving equipment, stair lifts, vertical lifts, elevators, pool lifts, scooters, lifts and carriers.</p>	<p>Private pay and Veterans benefits</p>
<p>Apria Health Care</p> <p>1450 Expo Parkway Sacramento, CA 95815</p>		<p>Main (916) 921-1162</p>	<p>Durable medical equipment including wheelchairs, walkers, bathroom equipment, oxygen supplies, lifts, enteral supplies; home delivery available</p>	<p>Medicare, Medi-Cal, managed care contracts, Worker's Compensation and private pay</p>
<p>Bischoff's Medical Supplies</p> <p>2625 Alta Arden Expressway Sacramento, CA 95825</p>		<p>Main (916) 979-1070</p>	<p>Durable medical equipment including mobility aids, bathroom equipment, orthopedic products, mastectomy products and home care products</p>	<p>Private pay, courtesy billing on Medicare</p>

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Name	Phone Type	Phone Number	Comments	Billing
Bischoff's Medical Supplies 7777 Sunrise Boulevard #2700 Citrus Heights, CA 95610		Main (916) 721-1060	Durable medical equipment including mobility aids, bathroom equipment, orthopedic products, mastectomy products and home care products	Private pay, courtesy billing on Medicare
Central Medical Supply 937 S. La Brea Avenue Inglewood, CA 90301		Main (310) 674-5800	Home medical equipment, patient room equipment, home infusion equipment & supplies, respiratory products, enteral products.	Medicare, HMO, credit card or private pay, consumer financing programs available.
H. N. H. Wheelchair Sales 7330 Fair Oaks Boulevard #9 Carmichael, CA 95608		Alternate (916) 541-6118 Main (916) 489-4180	Scooters, lift chairs, beds, lifts, bathroom equipment, incontinence supplies, batteries and accessories	Private pay
Hankin Specialty Equipment, Inc. 3237 Fitzgerald Road Rancho Cordova, CA 95742		Main (916) 381-2400	Access equipment including: incline platform lifts, emergency evacuation equipment, vertical lifts, stairway lifts, home elevators, indoor/outdoor dumb waiters and more; home delivery available	Private pay
Home Again Medical 200 Derek Place Roseville, CA 95678		Main (916) 773-5959 Toll Free (800) 214-2444	Durable medical equipment including wheelchairs, mobility aids, bathroom equipment, scooters, hospital beds, home diagnostics; free home delivery available	Medicare, Medi-Cal and private pay
Home Delivery Incontinent Supplies Co., Inc. ,		Toll Free (800) 269-4663	Bathroom safety equipment, dressing aids, incontinence products, independent living aids; catalog and home delivery available	Private pay

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Name	Phone Type	Phone Number	Comments	Billing
Kerry's Medical 2204 West Capitol Avenue West Sacramento, CA 95691		Main (916) 374-0400	Sales, services & rentals, hospital beds, pressure relief mattresses, pneumatic compression therapy, seating systems, power & manual wheelchairs, lift chairs, scooters, bath & walking aids; free in-home evaluation & delivery	Blue Cross and Blue Shield accepted, Medicare, Medi-Cal and private pay
Lodi Sick Room Supplies, Inc. 340 South Fairmont Avenue Lodi, CA 95240		Toll Free (800) 339-3641	Mobility equipment including wheelchairs, walkers, hospital beds, bathroom equipment, specialty needs and more; repair services available on own equipment; installation services available in the Sacramento area	Medicare, Medi-Cal, some private insurance, Worker's Compensation and private pay
M & M Health Care Apparel Co. 1541 60th Street Brooklyn, NY 11219		Toll Free (800) 221-8929	Specialty clothing	Medicare, Medi-Cal and private pay
Maxi Aids Inc. 42 Executive Boulevard Farmingdale, NY 11735		Toll Free (800) 522-6294 TDD (831) 752-0738	Products for independent living including: talking products, audio products, magnifiers, lamps, telephones, writing/reading aids, medical products, mobility products, educational products and games, bed & bath equipment; catalog and home delivery available	Private pay
MD - Medical & Mobility Products, Inc. 4749 Folsom Boulevard Sacramento, CA 95819		Main (916) 453-1324	Walkers & aids, hospital beds & mattress systems, lift chairs, power chairs and scooters, bath and safety aids; free in-home evaluation	Medicare, Medi-Cal and private pay Financing available

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Name	Phone Type	Phone Number	Comments	Billing
MedSolutions LLC 8157 Brentwood Boulevard Brentwood, CA 94513		Main (925) 634-7791 Toll Free (800) 346-1646 Fax (925) 634-3597	Continuous passive motion machines (CPM's), cold therapy, bariatric equipment, wheelchairs, scooters, ambulatory aides, auto lifts, ramps, hospital beds, low air loss mattresses, bathroom safety equipment, lift chairs, aids for daily living, pneumatic compression therapy	Medicare, Blue Cross, Private pay, Worker's Compensation, Care Centrix, Cigna, PPO Plans.
NCM Consumer Products Division 18305 Sutter Boulevard Morgan Hill, CA 95037		Toll Free (800) 821-9319	After-therapy equipment and supplies including; dressing equipment, eating utensils and more; catalog available www.beabletodo.com	Private pay
Northern Home Medical 930 Idaho Maryland Road Grass Valley, CA 95945		Main (530) 272-9021	Durable medical equipment, in-home evaluations, wheelchairs, scooters, respiratory supplies, mobility aids, bath equipment, hospital beds, lift chairs, some wound care supplies and more	Medicare, Medi-Cal & private pay
Pacific West Healthcare Supply, Inc. 5145 Golden Foothill Parkway #180 El Dorado Hills, CA 95762		Toll Free (888) 565-9378 Main (916) 852-4222	Portable commodes, bathroom safety equipment, incontinence and enteral feeding supplies, ostomy supplies, wound care supplies	Medicare, Medi-Cal & private pay, managed care plans
PulmoCair ,		Fax (866) 699-2244 Toll Free (866) 699-2247	Respiratory equipment: oxygen concentrators, portable oxygen systems, ultra light weight conserving devices, nebulizers, respiratory medications, CPAP and BI-PAP 24 Hour Emergency Care	Medicare, Medi-Cal & Private insurance accepted.

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Rebuilding Together PO Box 255584 Sacramento, CA 95825		Fax (916) 731-7077 Main (916) 455-1880	Program provides modifications in the caregiver's home, such as bathroom grab bars, raised toilet adaptors, night lights and smoke and fire detectors	No cost to homeowner if low income qualified
Sammons Preston & Roland PO Box 5071 Bolingbrook, IL 60440		Toll Free (800) 558-8633	Hygiene and grooming products, dressing aids, utensils, dishes, leisure activity aids, cushions, hot and cold therapy products, exercise products, back products, walker accessories; catalog available. Non perscription medical supply www.sammonspreston.com	Private pay
Sears Home Health and Wellness 7700 Brush Hill Road Suite 240 Burr Ridge, IL 60527		Toll Free (800) 326-1750	Walking aids, wheelchairs, scooters, dietary supplements, medication aids, respiratory care, independent living aids, bathing equipment, adaptive clothing, lift chairs, diabetic supplies and more; catalog and home delivery available.	Medicare or private pay
Shield Healthcare 4616 Roseville Road #110 North Highlands, CA 95660		Toll Free (800) 675-8841 Main (916) 920-4500	Urologicals, ostomy, wound care, enteral and incontinence supplies.	Medicare, Medi-Cal, private insurance and private pay.
Timberlake Home Health Supply 8322 Ferguson Avenue Sacramento, CA 95828		Main (916) 423-2198	Durable medical equipment including wheelchairs, walkers, bathroom equipment, oxygen supplies, and hospital beds; home delivery available	Medicare, Medi-Cal and private pay, managed care plans
WheelChair Center 1840 Fulton Avenue Sacramento, CA 95825		Main (916) 489-3651	Durable medical equipment including wheelchairs, power wheelchairs, electric scooters, seat cushions, bath equipment and more; service and repair; home delivery available	Medi-Cal and private pay, managed care plans

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FINANCIAL ASSISTANCE FOR SENIORS

Utility Discounts

Discount programs are available from gas, electric and telephone companies. Income limits and other conditions to qualify vary with each program and are subject to change.

PG&E - The CARE Program 1-800-743-5000
SMUD - Energy Assistance Program 1-866-675-6623
HEAP - Home Energy Assistance Program (916) 567-5200
SBC - 1-800-310-2355

A utility tax rebate is available for residents within the Sacramento City limits. To qualify one must be 62 or older, a doctor must certify total and permanent disability and there must have been payment of city taxes. Gross household income must be under \$25,000. Call the Sacramento City Finance Department for more information at (916) 808-8500.

A utility rebate is available for residents in the Sacramento County Sanitation District. One must be 62 or older and have a gross household income not exceeding \$23,000. Call (916) 875-5555 for more information.

Housing Program

The Sacramento Housing and Redevelopment Agency (SHRA) offers low cost housing to seniors 62 or older. This program provides rental assistance to low-income individuals and families. Income eligibility figures are \$22,450 a year for one person and \$25,650 for a couple. These units are subsidized by the federal government, and the rent is based on 30% of adjusted monthly income. Call the Central Tenant Selection Office at (916) 492-2244 for more information on this program.

Programs Offering Income From Your Home

Sales Leaseback (SLB) involves selling one's home to a buyer who will lease (rent) the home back to the seller. The buyer's house payments usually will exceed the rent payments. This program requires finding a buyer willing to lease the home back. Contact a real estate agent for more information.

The Home Equity Conversion Mortgage (HECM) program enables homeowners 62 or older to receive monthly income while they retain ownership in the property. Contact the U.S. Department of Housing and Urban Development (HUD) at (916) 498-5220, Ext. 225, for more information and further assistance.

Information provided by:

The Senior Connection
(916) 334-1072
(888) 334-3490

Updated 2/2007

FINANCIAL ASSISTANCE FOR SENIORS

The following forms of financial assistance may enable seniors with limited incomes to remain in their own homes:

Property Tax Postponement Program

This program is administered by the California State Controller's Office. It allows eligible homeowners to postpone payment of part or all of the property taxes on their residence. Once the homeowner has completed the required claim form and has been approved, Certificates of Eligibility will be mailed to the homeowner. These Certificates may then be mailed or taken to the County Tax Collector's Office for payment of the property taxes.

In order to secure the postponed amount, a lien will be recorded against the property. Interest will be charged on the postponed amount. The postponed amount and interest are not due until: 1) a move from the qualified property; 2) there is a sale or conveyance of the title to the home; 3) death and there is no spouse or other qualified individual who continues to reside in the home; or 4) future property taxes or other senior liens are allowed to become delinquent. However, all or part of the obligation may be paid at any time.

For further information regarding eligibility, interest rates, obtaining a claim form, or any other inquiries, please contact the State Controller's Office at 1-800-952-5661.

California Homeowners Assistance

Homeowners, who are 62 or older, blind or disabled, with a household income of less than \$40,811 a year, may be eligible for a rebate of property tax. Homeowners must have owned and lived in their home on December 31 of the prior year. Renters who have occupied a residence all or part of the year, paid at least \$50 per month rent for a residence not exempt from property tax and have a household income that does not exceed \$40,811 may be eligible for a rebate. The percentage of refund received is based on income. The filing period is July through October. For further information call the Franchise Tax Board at 1-800-852-5711 or 1-800-338-0505 and press 2, or pick up form #9000 for homeowners or form #9000R for renters, available after July of 2003, at the District Office at 8745 Folsom Boulevard, Sacramento.

Homeowners Property Tax Exemption

Homeowners are entitled to an exemption of property tax on \$7,000 of the market value of a home if it is owner-occupied and the primary place of dwelling on midnight January 1 of the year the tax is due. A late filing may be accepted and one would receive 80% of the exemption. Eligibility for an exemption may still be valid if one moved into a residence after midnight January 1. One may not claim both Veterans Property Tax Exemption and Homeowner's Property Tax Exemption on the same property. For more information call the Sacramento County Assessor's Office at (916) 875-0700.

HEALTH AND EDUCATION PROGRAMS

Public and private initiatives promoting health, wellness and disease prevention through classes, support groups, counseling, education and training.

Organization	Phone Type	Phone Number	Comments
50+ Wellness Program 2921 Truxel Road Sacramento, CA 95833		Main (916) 566-1593	Offers educational information on health promotion; sponsors community events for seniors, classes, exercise program, work groups
American River College 4700 College Oak Drive Sacramento, CA 95841		Main (916) 484-8011	Credit and non-credit classes on many topics including gerontology (Gerontology Department: 484-8512)
CA State University Sacramento Gerontology Program 6000 J Street Sacramento, CA 95819-6096		Main (916) 278-7163	Community classes, minor, certificate and the only BS in Gerontology in northern California; some graduate courses and a graduate certificate program; CSUS 60+ program offers affordable courses, easier enrollment
Del Oro Caregiver Resource Center 5723 Marconi Avenue Suite A Carmichael, CA 95608		Toll Free (800) 635-0220 Main (916) 971-0893	Support groups, education and training, family counseling and diagnostic evaluations for family members and brain-impaired adults
Kaiser Permanente Health Phone ,		Toll Free (800) 332-7563 TDD (800) 777-9059	Free health messages on a variety of topics including health care in the news, various health issues, senior information and caregiver tips; also available at www.kaiserpermanente.org or www.members.kp.org
Mercy Learning Center 650 Howe Avenue Suite 400 Sacramento, CA 95825		Main (916) 733-6330	Various educational classes; educational calendar is available online at www.mercysacramento.org

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Public and private initiatives promoting health, wellness and disease prevention through classes, support groups, counseling, education and training.

Organization	Phone Type	Phone Number	Comments
Norcal Center for Deaf & Hard of Hearing 4708 Roseville Road Suite 112 North Highlands, CA 95660		TDD (916) 349-7611 Main (916) 349-7500	Various educational programs for deaf individuals and their families
Senior Health Education Program 9719 Lincoln Village Drive Suite 300-A Sacramento, CA 95827		Main (916) 875-6041	Offers educational services including classes on stress, health and injury prevention for seniors, senior physical fitness classes
Senior Services Roseville Medical Center 1 Medical Plaza Roseville, CA 95661		Main (916) 781-1559	Various classes on issues that affect caregivers
The Senior Connection 5105 Manzanita Avenue Carmichael, CA 95608		Main (916) 334-1072 Toll Free (888) 334-3490	"Caring for the Caregiver" Series of six, 1-2 hour classes, one a week, designed to instruct and guide caregivers, family or friends who are caring for a senior at home. Topics include: transfers, activities, resources, nutrition, personal care, dealing with difficult behaviors and caring for the caregiver; "Community Education Program" - quarterly classes on various topics of interest to seniors and those who care for them; www.eskaton.com

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HOME CARE - PLACEMENT AGENCIES

Home care placement agencies assist clients to hire a domestic worker for in-home services. Services may include personal care, light housekeeping, transportation and meal preparation. Once you select a worker, you become the employer and are responsible for paying the employee's salary, withholding taxes, Workers Compensation, plus employer taxes. You may want to contact an accountant, the Internal Revenue Service or the California Employment Development Department for more information.

Agency	Placement Fee	Basic Rates	Services	Service Area
A Better Living Home Care 9719 Lincoln Village Drive Suite 60 Sacramento, CA 95827 (916) 361-3000	Call for Details	\$18 - \$22/hr. Certified nursing asst., home health aide, companion. \$185 - \$220 live-in caregivers, \$55 bath service. Free in-home consultation - RN	Personal care, meal prep, incontinence care, housekeeping, changing linens, laundry, errands & transportation, medication reminders, colostomy & catheter care (800) 404-4849	Greater Sacramento County, Placer, Yolo, El Dorado counties.
A Helpmate , (916) 364-8763	Call for Details	\$15.00 - \$20.00/hr. homemaker; 2 hr. minimum; \$20 - \$25 bath service	Errands, shopping, house cleaning, yard work, moving (organizing, packing, unpacking), senior escort and aide; home health,	Greater Sacramento Area www.ahelpmate.org
Apex Care 1600 Sacramento Inn Way Suite 125 Sacramento, CA 95815 (800) 287-9111	Yes, if referral	\$18 - \$22/hr. Homemaker, home health aide, Certified Nursing Assistant; 4 hr. minimum	Personal care, light housekeeping, companion care, transportation, and errands; live-in services available; also geriatric care management fees. Health watch & facility placement.	Sacramento to the Bay Area , Auburn to Modesto
Caregiver Connection Inc. 7909 Walerga Road Suite 112, #218 Sacramento, CA 95843 (916) 769-1544	Call for details	Starting at \$16.00/hour Starting at \$160.00 per day for live-in	Personal care, light housekeeping, meal preparation, companionship, free assessment, ongoing monitoring for caregivers	Greater Sacramento Area - Roseville, Folsom, Rocklin, Lincoln for live-in only. Specialize in Chinese, Cantonese, Tongan, Filipino, and Japanese cultures
Human Compassion 4849 Amblebrook Way Sacramento, CA 95823 (916) 798-0170	Call for Details	\$25.00/hr. home care; \$25.00 hr. transportation No min. required	Personal care, meal preparation, shopping, light housekeeping, transportation, and companionship	Greater Sacramento Area; Placer, El Dorado and Yolo counties; mileage for out-of-area services
Passion for Compassion Home P.O.Box 838 Folsom, CA 95763 (916) 612-3329	Home care only - independent contractors	Starting at \$18/hr. with 4 hour minimum, free consultation.	Companionship, housekeeping, cooking, laundry, shopping, errands, administration of medications, transportation to medical appointments.	Greater Sacramento area.

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Agency	Basic Rates	Services	Service Area
A Better Living Home Care 9719 Lincoln Village Drive Suite 609 Sacramento, CA 95827 <p style="text-align: center;"><u>Phone Type Phone Number</u></p> Main (916) 361-3000	\$18 - \$22/hr. certified nursing asst., home health aide, companion \$185 - \$220 live-in caregivers, \$55 bath service Free in-home consultation - RN	Same day service, 24 hour on-call live-in & hourly personal care, meal prep, incontinence care, housekeeping, changing linens, laundry, errands & transportation, medication reminders, colostomy & catheter care	Greater Sacramento County, Placer, Yolo, El Dorado counties
Accent Care 11768 Atwood Road Suite #224 Auburn, CA 95603 <p style="text-align: center;"><u>Phone Type Phone Number</u></p> Main (530) 889-9762	\$20 - \$23/hr. personal care, no minimum, \$230 - \$250 24 hr., \$50 bath services	Transfer assistance, personal care, light housekeeping, meal preparation, companionship	Sacramento & Placer County, parts of Nevada County
AccentCare 2143 Hurley Way #240 Sacramento, CA 95825 <p style="text-align: center;"><u>Phone Type Phone Number</u></p> Main (916) 563-3831	\$20 - \$22/hr. home health aide or certified nursing assistant; 4 hr. minimum; live-in services available; \$250 - \$280/24 hours; bath services: \$50 for 1 hr., \$70 for 2 hr.	Personal care, errands, transportation, meal preparation, bath service, grocery shopping, housekeeping; free assessment	Greater Sacramento Area, San Joaquin, El Dorado, Nevada, Placer counties; Marysville and Yuba City
Active Nurse Registry 6530 Viscount Way Citrus Heights, CA 95621 <p style="text-align: center;"><u>Phone Type Phone Number</u></p> Main (916) 944-8065	\$15/hr. - basic care, \$16 - \$18 intensive care, \$5 extra for out-of-town; \$4 fee per day for care under 8 hours; live-in services for \$150-\$180/24 hrs.	Personal care, grooming, companionship, housekeeping, errands, transportation, hospice care	Greater Sacramento Area, Auburn and Placerville
All For You 8359 Elk Grove - Florin Road Suite 103 Elk Grove, CA 95829 <p style="text-align: center;"><u>Phone Type Phone Number</u></p> Main (916) 772-7212	\$19 - \$21/hr. for companion care; \$230 - \$275/24 hr. live-in services	Personal care, companion care, light housekeeping, meal preparation, errands with transportation available	Greater Sacramento Area.

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Agency	Basic Rates	Services	Service Area
<p>Always Best Care</p> <p>1406 Blue Oaks Boulevard Citrus Heights, CA 95747</p> <p>Phone Type Phone Number</p> <p>Toll Free (888) 430-2273</p>	<p>\$20/hr. and up; home health aide, certified nursing assistance, care partner; live-in services starts at \$230 for 24 hours</p>	<p>Personal care, errands, transportation, meal preparation, bath service; free RN assessment. Can also provide LVN, RN, OT, PT services, specializing in Alzheimer's</p>	<p>Sacramento, Placer, Yolo, Butte, Santa Clara, Contra Costa, Alameda, San Joaquin, Stanislaus, and San Mateo counties</p>
<p>Always Caring Help at Home Care Agency</p> <p>9364 Marius Way Sacramento, CA 95829</p> <p>Phone Type Phone Number</p> <p>Main (916) 801-0178</p> <p>Main (916) 837-4543</p>	<p>\$18 - \$24/hr., weekly RN visits, free RN consultation, \$40/hr. - bath services, \$240 - \$280 24 hour live-in</p>	<p>Mobility (transferring & positioning), incontinence care, feeding and oral hygiene, special meal preparation, rehab exercise, surgical Post-Operative care, range of motion, back massages</p>	<p>Sacramento, El Dorado, Yolo counties and Roseville</p>
<p>Angels of the Valley</p> <p>P.O. Box 247048 Sacramento, CA 95824</p> <p>Phone Type Phone Number</p> <p>Main (916) 838-4738</p>	<p>\$18 - \$20 / hr. 4 to 6 hr. minimum</p>	<p>Light housekeeping, errands/shopping, personal care - hygiene, meal preparation, medication reminders</p>	<p>Sacramento, Placer, El Dorado and Yolo Counties. Tagalog and Taiwanese interpreters.</p>
<p>Apex Care</p> <p>1600 Sacramento Inn Way Suite 125 Sacramento, CA 95815</p> <p>Phone Type Phone Number</p> <p>Main (800) 287-9111</p>	<p>\$18 - \$22/hr. for in-home caregivers, 12 - 24 hr. shifts</p>	<p>Personal care, light housekeeping, companion care and errands, live-in services available</p>	<p>Sacramento to the Bay Area; Auburn to Modesto; Placer and El Dorado counties</p>
<p>Assisting The Angels</p> <p>8638 Cord Way Sacramento, CA 95828</p> <p>Phone Type Phone Number</p> <p>Mobile (916) 591-8360</p> <p>Main (916) 682-6701</p>	<p>\$18/hr. home health aide; \$20/hr - certified nursing assistant; 4 hr. minimum; \$225 for 24 hours; bath service - \$50</p>	<p>Personal care, light housekeeping, meal preparation, companionship</p>	<p>Greater Sacramento Area</p>

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Agency	Basic Rates	Services	Service Area
BrightStar Healthcare - Placer County 210 Estates Drive Suite 107 Roseville, CA 95678 <p style="text-align: center;"><u>Phone Type Phone Number</u></p> Main (916) 781-6500	\$18 - \$24/hr., 2 hr. min., companion, home health aide or certified nursing assistant: \$250 - \$315/24hr. live-in; \$50 bath service	Personal care, medication reminders, dressing, bathing, toileting, meal preparation, shopping, laundry, light housekeeping, errands, transportation, exercise and wellness programs, Initial assessment by	Roseville, Auburn, Lincoln, S. Placer County, Folsom, Citrus Heights and El Dorado County
BrightStar Healthcare - Sacramento County 2636 Fulton Avenue Suite 200 Sacramento, CA 95821 <p style="text-align: center;"><u>Phone Type Phone Number</u></p> Main (916) 481-7827	\$18 - \$24/hr., 2 hr. min., companion, home health aide or certified nursing assistant: \$250 - \$315/24hr. live-in; \$50 bath service	Personal care, medication reminders, dressing, bathing, toileting, meal preparation, shopping, laundry, light housekeeping, errands, transportation, exercise and wellness programs, Initial assessment by	Greater Sacramento Area and surrounding counties
Care Giver For Less 3501 Winter Park Drive Sacramento, CA 95834 <p style="text-align: center;"><u>Phone Type Phone Number</u></p> Main (916) 646-6114 Mobile (916) 256-8186	\$17.50/hr.; \$230/24 hr. live-in services	Companionship, meal preparation, transportation, light housekeeping, grocery shopping, bathing and grooming, medication reminders; free in-home consultation	Sacramento and Placer counties and Davis
ComForcare Seniors Services 2007 A - Opportunity Drive Suite #6 Roseville, CA 95678 <p style="text-align: center;"><u>Phone Type Phone Number</u></p> Main (916) 784-9233	\$19 - \$21/hr. 4 hr. min.; \$24/hr. 2 - 3 hr. min, companion, certified nurse aides/home health aides; 24/hr. M - F live-in caregivers; \$295/24 hr.; transportation \$75/trip.+ \$19 after 3 hr.	Meal preparation, medication reminders, companionship, transportation, errands, grooming & hygiene, family respite	Southern Placer County, Greater Sacramento Area and surrounding counties
Comfort Keepers 3941 Park Drive Suite 20-265 El Dorado Hills, CA 95762 <p style="text-align: center;"><u>Phone Type Phone Number</u></p> Main (916) 933-8383	\$23 - \$25/hr. personal care \$295/day live-in \$.48/mile - transportation	Non medical Alzheimer's/dementia, emphysema, stroke recovery, hip recovery, heart trouble, hospice. Assistance with all activities of daily living. In-home personal care: transfers with assist, showers and bed baths,	Greater Sacramento Area, El Dorado County, Galt, Elk Grove, Roseville and Auburn

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Agency	Basic Rates	Services	Service Area
Comfort Keepers - Placer County 1420 E. Roseville Pkwy Suite 140 - 258 Roseville, CA 95661 Phone Type Phone Number <hr/> Main (916) 765-1114	\$23 - \$25/hr. personal care \$295/day live-in \$.48/mile - transportation	Non medical Alzheimer's / dementia, emphysema, stroke recovery, hip recovery, heart trouble, hospice. Assistance with all activities of daily living. In-home personal care: transfers with assist, showers and bed baths,	Roseville and Placer county.
Comfort Zone-Elderly In-Home Services Inc. 4420 Del Rio Road Sacramento, CA 95822 Phone Type Phone Number <hr/> Main (916) 453-1344	\$22/hr. home health aide or caregiver with a 4 hr. min. \$220/ day live-in services	Personal care, meal preparation, transportation, errands, companionship, light housekeeping. Long-term care insurance accepted.	Sacramento Area, Greenhaven, Pocket , East Sacramento and Land Park area, Elk Grove
Craig Cares 576 North Sunrise Avenue Suite 110B Roseville, CA 95661 Phone Type Phone Number <hr/> Main (916) 782-7121	\$20 - \$26/hr. 4 hr. minimum \$19/hr. - 5 hr. or more \$265 - \$315/day live-in CNAs & HHAs	Personal care, meal preparation, transportation, errands, companionship, light housekeeping	Greater Sacramento Area & Placer Co.
Family In-Home Care Services P.O. Box 1032 Wilton, CA 95693 Phone Type Phone Number <hr/> Main (916) 698-7807 Main (916) 502-3008	\$18/hr. companion services \$21/hr. Special Services - \$190/12 hour shift - \$220/24 hour live-in (4 hour minimum per day)	Monitoring medications, meal preparation, companionship, grooming, light housekeeping/ laundry, rehabilitaion excercises, dressing and bathing, running errands, shopping, sorting mail,	Sacramento , Placer ,El Dorado, Yolo and Yuba county
Geriatric Home Care Specialists 5716 Lonetree Boulevard Rocklin, CA 95765 Phone Type Phone Number <hr/> Main (916) 630-8611	\$22 - \$27/hr. 3 hrs. minimum, \$160 - \$195/overnight; \$220 - \$280/24 hr. live- in; \$50/hr. bath service	Bathing, dressing, laundry, transportation, shopping, errands, doctor appointments, meal preparation, medication reminders, light house cleaning, nursing home visitation.	Greater Sacramento area, Placer County, El Dorado and Yolo counties.

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Agency	Basic Rates	Services	Service Area
Help at Home Senior Care 2641 Cottage Avenue Suite 10 Sacramento, CA 95825 <p style="text-align: center;">Phone Type Phone Number</p> <hr style="width: 20%; margin: auto;"/> <p style="text-align: center;">Fax (916) 489-1977</p>	\$21 - \$23/hr. 4 hour minimum; \$60/2 hr.; starting at \$250 - \$295/24 hr.	Light housekeeping, meal preparation, transportation, laundry, errands, companionship and personal care, dementia and care management, family and client education	Sacramento, Roseville, Rocklin, Lincoln, Folsom, Elk Grove
Main (916) 625-9172			
Help At Home Senior Care 156 Center Street Auburn, CA 95603 <p style="text-align: center;">Phone Type Phone Number</p> <hr style="width: 20%; margin: auto;"/> <p style="text-align: center;">Main (530) 885-7444</p>	\$21/hr. 4 hr. minimum; \$60/2hr.; starting at \$250 - \$295/24 hr.	Light housekeeping, meal preparation, transportation, laundry, errands, companionship and personal care, dementia and care management, family and client education	Auburn, Grass Valley, Foresthill, Newcastle, Loomis and Penryn
Fax (530) 885-5730			
Help at Home, Inc 4535 Missouri Flat Road Suite 2H Placerville, CA 95667 <p style="text-align: center;">Phone Type Phone Number</p> <hr style="width: 20%; margin: auto;"/> <p style="text-align: center;">Main (530) 622-9020</p>	\$19.50 hourly; \$35 - bath service (1 hour only); \$55/2 hr. - rise & shine or tuck-in services; \$28 light housekeeping; \$260/24 hr.	Light housekeeping, meal preparation, transportation, laundry, errands, companionship, case management, personal health care, pre-op orthopedic consults, and insurance counseling	El Dorado County, Placerville, Cameron Park, Shingle Springs and El Dorado Hills www.helpathome.us
Toll Free (877) 622-9020			
Fax (530) 622-4055			
Help at Home, Inc. 13405 Folsom Blvd. Suite 512 Folsom, CA 95630 <p style="text-align: center;">Phone Type Phone Number</p> <hr style="width: 20%; margin: auto;"/> <p style="text-align: center;">Main (916) 933-9050</p>	\$19.50 hourly; \$35 - bath service (1 hour only); \$55/2 hr. - rise & shine or tuck-in services; \$28 light housekeeping; \$260/24 hr.	Light housekeeping, meal preparation, transportation, laundry, errands, companionship, case management, personal health care, pre-op orthopedic consults and insurance counseling	Sacramento county, Fair Oaks, Carmichael, Roseville, and Rocklin www.helpathome.us
Fax (916) 985-6095			

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Agency	Basic Rates	Services	Service Area
Home Instead Senior Care (Auburn) 11899 Edgewood Road Suite H Auburn, CA 95603 Phone Type Phone Number <hr/> Main (530) 885-3904	\$20/hr. companion; \$22 home helper; \$24/hr. special care, \$65 - bath service; \$75 - 2 hr. block of time; \$285 - \$315/24 hr. care; \$180/12 hr.; \$120/day rise & shine/tuck-in service; \$60/ one visit AM or PM	Personal care, companionship, meal preparation, light housekeeping, shopping and transportation. Trained dementia personnel	Greater Sacramento Area; El Dorado, Nevada, Placer counties
Home Instead Senior Care (Sacramento) 1321 Howe Avenue Suite 210 Sacramento, CA 95825 Phone Type Phone Number <hr/> Main (916) 920-2273	\$20/hr. companion; \$22 home helper; \$24/hr. special care, \$65 - bath service; \$75 - 2 hr. block of time; \$285 - \$315/24 hr. care; \$180/12 hr.; \$120/day rise & shine/tuck-in service; \$60/ one visit AM or PM	Personal care, companionship, meal preparation, light housekeeping, shopping and transportation. Trained dementia personnel	Greater Sacramento Area; El Dorado, Nevada, Placer counties
Indecare In-Home Care 2020 Hurley Way Suite 307 Sacramento, CA 95825 Phone Type Phone Number <hr/> Main (916) 973-1264 Fax (866) 563-1306	\$20 - \$26/hr. 4 hr. min.; \$235/12 hr. shift; \$265/24 hr.; \$20/hr. plus \$0.75/mile	Companionship, medication reminders, light housekeeping, health care assistance, transportation, personal care, meal preparation and respite care	Greater Sacramento Area www.indecareathome.com
Interim Healthcare 2941 Fulton Avenue #B Sacramento, CA 95821 Phone Type Phone Number <hr/> Main (916) 484-3965	\$21/hr. personal care attendant; 4 hr. minimum; bath service 1 hr. \$50; 2 hr. visit \$60; \$270/day live in	Companionship, bathing, personal care, meal preparation, home chores and medication reminders, transportation assistance with previously mentioned services	Sacramento and Placer counties
JB Home Care Referral Agency 2222 Watt Avenue C8 Sacramento, CA 95825 Phone Type Phone Number <hr/> Main (916) 489-6941	\$17 - \$21/hr. - 3 hour minimum; \$190 to \$225. for 24 hrs.	Light housekeeping, meals, bathing, transportation, shopping, errands, 24 hour care; trained hospice personnel	Sacramento and Placer counties

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Agency	Basic Rates	Services	Service Area
Maxim Companion Care 151 N. Sunrise Avenue Suite 905 Roseville, CA 95661 Phone Type Phone Number <hr/> Main (916) 771-7444	\$17 - \$23/hr - no hourly minimum; \$50/visit; \$225 - 325/day live-in services	Personal care, light housekeeping, meal preparation, errands, strengthening exercises	Placer, Butte, Sutter, Shasta and El Dorado counties
Maxim Companion Care 1050 Fulton Avenue Suite 212 Sacramento, CA 95825 Phone Type Phone Number <hr/> Main (916) 488-8819	\$18 - \$24/hr - no hourly minimum; \$50/visit; \$275 - 325/day live-in services	Personal care, light housekeeping, meal preparation, errands, strengthening exercises	Sacramento, El Dorado and Yolo and Placer counties
Palm Valley In - Home Care Services 2717 Cottage Way Suite 19 Sacramento, CA 95825 Phone Type Phone Number <hr/> Main (916) 972-7429	\$21-\$23/hr. certified nursing assistant or home health aide; \$260-\$280/24 hr. live-in care; \$60/ 2 hr. bathing	Medication monitoring, dressing & bathing, serve & prepare meals, housekeeping, laundry, exercise, activities, incontinence care, transportation, shopping, companionship, case management	Sacramento County, Galt, Granite Bay, Roseville, Rocklin, Folsom & Davis
Personalized Home Care 3300 El Camino Avenue Sacramento, CA 95821 Phone Type Phone Number <hr/> Fax (916) 979-4477 Main (916) 979-4975	\$24/hr. - 2 - 3 hrs. home health aide, certified nursing assistant or nurses aide; 20/hr. over 4 hours; 1 hr. bath services - \$38; \$230 - 12 hr or 24 hr shift. Mileage for errands: \$.35/mile	Personal care, companionship, light housekeeping, errands, and meal preparation; caregiver respite	Sacramento, El Dorado, Placer and Yolo counties and Galt. Grant program only in Sacramento and Placer counties www.personalizedhomecare.com
POP INS with a PLUS Palm Avenue Carmichael, CA 95608 Phone Type Phone Number <hr/> Main (916) 247-7105 Main (916) 247-1019	\$21 - 3 hr. min. Pop-in \$15/hr. for 24 hrs. Transportation \$10 each way within 5 mile radius.	Dressing, bathing, meal preparation, light exercise, some housekeeping or companionship. Supervised medical visit, hospice, transportation, extra care. Grocery shopping \$7.50/hour, pharmacy	Greater Sacramento, Roseville and parts of Yolo and Placer counties.

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Agency	Basic Rates	Services	Service Area
Quality In-Home Care Specialists 699 Main Street A Placerville, CA 95667 <hr/> Phone Type Phone Number Main (530) 621-2273	\$19/hr. homemaker/companion, 4 hr. min., \$25/hr. skilled home health aide or certified nursing assistant, \$17.50 /hr. for transportation companion, 2 hr. min.; \$250 and up/24 hr.; \$170/12 hr sleepover; \$45 per hr. case manager	Shopping, meal preparation, companionship, personal care, light housekeeping, medication reminders	Rancho Murieta, Folsom, El Dorado, new Amador office 1-866-439-2121
Quality In-Home Care Specialists 9267 Greenback Lane Suite B-93 Orangevale, CA 95662 <hr/> Phone Type Phone Number Main (916) 988-3732	\$19/hr. homemaker/companion, \$20.25/hr. skilled home health aide or certified nursing assistant; \$245/24 hr. \$170 - sleepover; \$40/1.5 hr bath service, \$45/hr case manager; \$17.50/hr. transportation/companion	Shopping, personal care, meal preparation, companionship, transportation	Sacramento and Placer counties, Woodland only in Yolo County, Sloughhouse, New Auburn office 1-866-655-2121
ResCare Home Care 900 Fulton Avenue Suite 220 Sacramento, CA 95825 <hr/> Phone Type Phone Number Main (916) 484-7701	\$20/hr. home health aide, certified nursing assistant, companion; 4 hr. min. \$50 - 1.5 hr. \$68 - 2.5 hr. \$120 - 12 hr. sleep-over \$240 - 24 hr. live-in	Personal care, companionship, homemaker services, transportation, errands, meal preparation, live-in care and sleep-over services	Sacramento County and surrounding areas, San Joaquin and Stanislaus counties
Right at Home In Home Care & Assistance 1401 El Camino Ave. Suite 230 Sacramento, CA 95815 <hr/> Phone Type Phone Number Main (888) 222-1544 Main (916) 779-0601	\$20 - \$23/hr. companion care, \$23 - \$25/hr. personal care, \$250 - \$270/day live in services, wake & tuck and bath services start at \$50 to \$55 per visit, depending on services	Safety supervision, family respite care, medication reminders, light housekeeping, meal preparation, stand by assist bathing, conversation- cognitive stimulation, incidental transportation, Hospice	Greater Sacramento and Yolo counties www.rivercity.rightathome.net
RX Staffing and Home Care 4640 Marconi Avenue Suite 1 Sacramento, CA 95821 <hr/> Phone Type Phone Number Main (916) 485-8200	\$19.50 - \$23/hr.- home health aide, certified nursing assistant, homemaker; 4 hr. minimum; \$24/hr.2 - 3 hr. minimum; bath service \$38, live-in \$280, transportation additional \$.50/mile; no weekly or monthly minimum visits	Personal care, errands, light housekeeping, meal preparation and transportation	Sacramento County, parts of Placer County, Roseville, Woodland and Davis

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Agency	Basic Rates	Services	Service Area
Sacramento Life Force Home Health Care 2929 Fulton Avenue Suite 2967 Sacramento, CA 95821 <p style="text-align: center;"><u>Phone Type Phone Number</u></p> <p style="text-align: center;">Main (916) 481-6825</p>	\$18/hr. base rate. Min. 3 days a week - 4 hours per day up to 24/7; \$220/24 hr. care, administrator on call 24/7	Light housekeeping, personal care, meal preparation, errands, doctor appointments, respite, shopping, laundry, walking companions, assist with meds, passive range of motion exercise. Hospice care	Greater Sacramento Area. Free consultation www.sacliforce.com
Senior Helpers 9701 Fair Oaks Boulevard Suite #101 D Fair Oaks, CA 95628 <p style="text-align: center;"><u>Phone Type Phone Number</u></p> <p style="text-align: center;">Main (916) 671-5777</p>	\$20 - \$24/hr. 4 hr. min. companion care and certified nursing assistant. \$320/day live-in services, time and 1/2 for holidays if worked	Companionship, errands, bathing and dressing, light housekeeping, community outings, meal preparation.	Greater Sacramento and parts of Placer County.
Senior Home Care Services 105 Morning Dove Lane Folsom, CA 95630 <p style="text-align: center;"><u>Phone Type Phone Number</u></p> <p style="text-align: center;">Main (916) 989-3188</p>	\$18.50 - \$21.50 hr. home health aide/homemaker; 4 hr. minimum; \$175 - \$225 24 hr. live-in \$40 - bath service (includes meal preparation & linen change)	Personal care, companionship, light housekeeping, transportation, Alzheimer's care, hospice, live-in care	Greater Sacramento Area including Folsom, Roseville and El Dorado Hills
St. John Paul, Inc. 6920 Fair Oaks Boulevard #104 Carmichael, CA 95608 <p style="text-align: center;"><u>Phone Type Phone Number</u></p> <p style="text-align: center;">Main (916) 484-1298</p>	\$20/hr. homemaker; 6 hr. minimum; live-in services available: \$185/24 hours, bath service \$40 per hr.	Personal care, errands, shopping, transportation, meal preparation	Sacramento and Placer counties
Stat Nursing Services 814 Alhambra Boulevard Sacramento, CA 95816 <p style="text-align: center;"><u>Phone Type Phone Number</u></p> <p style="text-align: center;">Main (916) 442-4707</p>	\$27.50 supportive care aide, certified health aide, certified nursing assistant; \$40/hr. LVN, \$60/hr. RN	Temporary nursing service; nursing assistants, certified nursing assistants, and licensed nurses	Greater Sacramento Area Offers referrals to Stat Nursing offices in other counties

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Agency	Basic Rates	Services	Service Area								
Support For Home 1333 Howe Avenue Sacramento, CA 95825 <table border="0"> <tr> <td style="text-align: center;">Phone Type</td> <td style="text-align: center;">Phone Number</td> </tr> <tr> <td style="text-align: center;">Main</td> <td style="text-align: center;">(916) 482-8484</td> </tr> <tr> <td style="text-align: center;">Fax</td> <td style="text-align: center;">(916) 564-6847</td> </tr> <tr> <td style="text-align: center;">Main</td> <td style="text-align: center;">(530) 792-8484</td> </tr> </table>	Phone Type	Phone Number	Main	(916) 482-8484	Fax	(916) 564-6847	Main	(530) 792-8484	\$23 - \$28/hr. 4 hr. minimum, \$190-\$210/12hr. \$300 - \$330/24 hr. care provided by certified nursing assistance, home health aides and direct support professionals. Other options based on free, no-obligation assessment.	Grocery shopping, errands, light housekeeping, laundry, linen changes, meal preparation, medication reminders, scheduling appointments, bathing, dressing, toileting, Dementia care and	Sacramento, Yolo, Placer and El Dorado Counties. Mandarin and Cantonese interpreters available.
Phone Type	Phone Number										
Main	(916) 482-8484										
Fax	(916) 564-6847										
Main	(530) 792-8484										
Visiting Angels 3808 Auburn Boulevard Suite 52 Sacramento, CA 95821 <table border="0"> <tr> <td style="text-align: center;">Phone Type</td> <td style="text-align: center;">Phone Number</td> </tr> <tr> <td style="text-align: center;">Main</td> <td style="text-align: center;">(916) 971-9333</td> </tr> </table>	Phone Type	Phone Number	Main	(916) 971-9333	\$21.50 - \$25/hr. 4 hr. minimum; \$235/24 hr. care	Personal care, meal preparation, light housekeeping, companionship, errands, shopping and medication monitoring	Greater Sacramento Area, Rocklin, Folsom, Davis & Laguna areas				
Phone Type	Phone Number										
Main	(916) 971-9333										
Visiting Angels - South Sacramento 7485 Rush River Drive Sacramento, CA 95831 <table border="0"> <tr> <td style="text-align: center;">Phone Type</td> <td style="text-align: center;">Phone Number</td> </tr> <tr> <td style="text-align: center;">Main</td> <td style="text-align: center;">(916) 422-2122</td> </tr> </table>	Phone Type	Phone Number	Main	(916) 422-2122	\$21.50/hr. for companion care, or certified nursing assistant, \$245/24 hr. live-in services 12 hr./week minimum)	Companionship, errands, meal preparation, light housekeeping, transportation, bathing services.	Greater Sacramento and metro areas				
Phone Type	Phone Number										
Main	(916) 422-2122										
WeCare Nursing Resources, LLC 5980 Travo Way Elk Grove, CA 95757 <table border="0"> <tr> <td style="text-align: center;">Phone Type</td> <td style="text-align: center;">Phone Number</td> </tr> <tr> <td style="text-align: center;">Main</td> <td style="text-align: center;">(916) 627-5973</td> </tr> </table>	Phone Type	Phone Number	Main	(916) 627-5973	\$16/hr - \$18.50/hr. - 4 hour min., \$180/24 hr. live-in	24 hour live-in care, part-time, companionship, bathing and personal hygiene, meal preparation, taking clients to appointments, respite care.	Greater Sacramento area				
Phone Type	Phone Number										
Main	(916) 627-5973										

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HOME HEALTH AGENCIES

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Agency	ServiceArea
<p>Accent Care</p> <p>11768 Atwood Road Suite #224 Auburn, CA 95603 (530) 889-9762</p>	<p>Sacramento County, Galt, south Placer County</p>
<p>Always Home Nursing Service</p> <p>8632 Greenback Lane Suite B Orangevale, CA 95662 (916) 989-6420</p>	<p>Sacramento and Placer counties; parts of El Dorado, Yolo, Nevada, Solano and Yuba counties</p>
<p>Coram Health Care of Northern California</p> <p>9332 Tech Center Drive Suite 100 Sacramento, CA 95826 (916) 857-7000</p>	<p>All of central northern California including areas from Modesto to Hayward</p>
<p>Country Home Care</p> <p>9370 W. Stockton Boulevard #130 Elk Grove, CA 95758 (916) 691-4100</p>	<p>Sacramento, San Joaquin counties</p>
<p>Eskaton Home Care</p> <p>9722 Fair Oaks Boulevard Suite A Fair Oaks, CA 95628 (916) 536-3750</p>	<p>Sacramento, El Dorado counties and western Placer county</p>
<p>First Call Home Care and Hospice</p> <p>9852 Business Park Drive Suite 1 Sacramento, CA 95827 (916) 369-0508</p>	<p>Sacramento, parts of El Dorado, Placer (including Lincoln area) and Yolo counties</p>
<p>Interim Healthcare</p> <p>2941 Fulton Avenue #B Sacramento, CA 95821 (916) 484-3965</p>	<p>Sacramento County</p>

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Agency	ServiceArea
<p>Kaiser Home Health</p> <p>3240 Arden Way Sacramento, CA 95825 (916) 486-5400</p>	<p>Sacramento County, parts of Yolo and Placer counties, and the cities of Elk Grove and Galt</p>
<p>Maxim Healthcare</p> <p>1050 Fulton Avenue Suite 150 Sacramento, CA 95825 (916) 974-9120</p>	<p>Greater Sacramento area; parts of San Joaquin, Placer and El Dorado counties and Solano County</p>
<p>Mercy Home Health Hospice</p> <p>3400 Data Drive Rancho Cordova, CA 95670 (916) 281-2300</p>	<p>Sacramento, west El Dorado, south Placer, east Yolo and north San Joaquin counties</p>
<p>Progressive Home Care</p> <p>11879 Kemper Road Suite 15 Auburn, CA 95603 (530) 823-3896</p>	<p>Placer, Nevada and El Dorado counties; parts of Citrus Heights and Orangevale</p>
<p>RX Staffing and Home Care</p> <p>4640 Marconi Avenue Suite 1 Sacramento, CA 95821 (916) 485-8200</p>	<p>Sacramento area, parts of El Dorado County to El Dorado Hills</p>
<p>Sutter VNA - Roseville</p> <p>1836 Sierra Gardens Drive Suite 100 Roseville, CA 95661 (916) 797-7979</p>	<p>Placer and El Dorado counties</p>
<p>Sutter VNA - Sacramento</p> <p>7300 Folsom Boulevard Suite 100 Sacramento, CA 95826 (916) 388-6200</p>	<p>Sacramento County, Roseville and Davis area</p>

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Agency	ServiceArea
<p>Tender Loving Care Staff Builders 3841 North Freeway Suite 130 Sacramento, CA 95834 (916) 646-4852</p>	<p>El Dorado and Placer counties, Greater Sacramento Area</p>
<p>University of California Davis - Home Health 3630 Business Drive Sacramento, CA 95820 (916) 734-2458</p>	<p>Sacramento County; parts of Placer and Yolo counties</p>
<p>Woodland Healthcare Home Health 261 California Street Woodland, CA 95695 (530) 668-4683</p>	<p>Yolo, West Sacramento, parts of Colusa and Solano counties</p>

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HOSPITALS & PSYCHIATRIC HOSPITALS

Acute care facilities for medical/surgical care and/or intensive rehabilitation treatment. Fees for services may be covered by Medicare, other health care insurance, private pay, or Medi-Cal.

Hospital Name	Medical Hospital	Psychiatric Hospital	Phone Number
American River Behavioral Health 4741 Engle Road Carmichael, CA 95608	<input type="checkbox"/>	<input checked="" type="checkbox"/>	(916) 483-8424
Barton Memorial Hospital 2170 South Avenue South Lake Tahoe, CA 96150	<input checked="" type="checkbox"/>	<input type="checkbox"/>	(530) 541-3420
BHC Heritage Oaks Hospital 4250 Auburn Boulevard Sacramento, CA 95841	<input type="checkbox"/>	<input checked="" type="checkbox"/>	(916) 489-3336
BHC Sierra Vista Hospital 8001 Bruceville Road Sacramento, CA 95823	<input type="checkbox"/>	<input checked="" type="checkbox"/>	(916) 423-2000
Crestwood Manor 2600 Stockton Boulevard Sacramento, CA 95817	<input type="checkbox"/>	<input checked="" type="checkbox"/>	(916) 452-1431
Dameron Hospital 525 West Acacia Street Stockton, CA 95203	<input checked="" type="checkbox"/>	<input type="checkbox"/>	(209) 944-5550
El Dorado County Psychiatric Health Facility 935B Spring Street Placerville, CA 95667	<input type="checkbox"/>	<input checked="" type="checkbox"/>	(530) 621-6210
Fremont Medical Center 970 Plumas Street Yuba City, CA 95991	<input checked="" type="checkbox"/>	<input type="checkbox"/>	(530) 751-4000

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Hospital Name	Medical Hospital	Psychiatric Hospital	Phone Number
Kaiser North 2025 Morse Avenue Sacramento, CA 95825	<input checked="" type="checkbox"/>	<input type="checkbox"/>	(916) 973-5000
Kaiser Permanente Behavioral Medicine 2008 Morse Avenue Sacramento, CA 95825	<input type="checkbox"/>	<input checked="" type="checkbox"/>	(916) 973-5300
Kaiser Permanente Behavioral Medicine (Alcohol/Drug) 2829 Watt Avenue Suite 150 Sacramento, CA 95821	<input type="checkbox"/>	<input checked="" type="checkbox"/>	(916) 482-1132
Kaiser Roseville Hospital 1600 Eureka Road Roseville, CA 95661	<input checked="" type="checkbox"/>	<input type="checkbox"/>	(916) 784-4000
Kaiser South 6600 Bruceville Road Sacramento, CA 95823	<input checked="" type="checkbox"/>	<input type="checkbox"/>	(916) 688-2000
Kindred Hospital of Sacramento 223 Fargo Way Folsom, CA 95630	<input checked="" type="checkbox"/>	<input type="checkbox"/>	(916) 351-9151
Lodi Memorial Hospital 975 South Fairmont Avenue Lodi, CA 95240	<input checked="" type="checkbox"/>	<input type="checkbox"/>	(209) 334-3411
Marshall Hospital Marshall Way Placerville, CA 95667	<input checked="" type="checkbox"/>	<input type="checkbox"/>	(530) 622-1441

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Hospital Name	Medical Hospital	Psychiatric Hospital	Phone Number
Memorial Medical Center 1700 Coffee Road Modesto, CA 95355	<input checked="" type="checkbox"/>	<input type="checkbox"/>	(209) 526-4500
Mercy General Hospital of Sacramento 4001 J Street Sacramento, CA 95819	<input checked="" type="checkbox"/>	<input type="checkbox"/>	(916) 453-4545
Mercy Hospital of Folsom 1650 Creekside Drive Folsom, CA 95630	<input checked="" type="checkbox"/>	<input type="checkbox"/>	(916) 983-7400
Mercy Medical Center of Mt. Shasta 914 Pine Street Mt. Shasta, CA 96067	<input checked="" type="checkbox"/>	<input type="checkbox"/>	(530) 926-6111
Mercy Medical Center of Redding 2175 Rosaline Avenue Redding, CA 96001	<input checked="" type="checkbox"/>	<input type="checkbox"/>	(530) 225-6000
Mercy San Juan Medical Center 6501 Coyle Avenue Carmichael, CA 95608	<input checked="" type="checkbox"/>	<input type="checkbox"/>	(916) 537-5000
Methodist Hospital 7500 Hospital Drive Sacramento, CA 95823	<input checked="" type="checkbox"/>	<input type="checkbox"/>	(916) 423-3000
Oroville Hospital 2767 Olive Highway Oroville, CA 95966	<input checked="" type="checkbox"/>	<input type="checkbox"/>	(530) 533-8500

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Hospital Name	Medical Hospital	Psychiatric Hospital	Phone Number
Sacramento County Mental Health Treatment Center 2150 Stockton Blvd. Sacramento, CA 95817	<input type="checkbox"/>	<input checked="" type="checkbox"/>	(916) 875-1000
Sierra Nevada Memorial Hospital 155 Glasson Way Grass Valley, CA 95945	<input checked="" type="checkbox"/>	<input type="checkbox"/>	(530) 274-6000
Sutter Auburn Faith Hospital 11815 Education Street Auburn, CA 95602	<input checked="" type="checkbox"/>	<input type="checkbox"/>	(530) 888-4500
Sutter Center for Psychiatry 7700 Folsom Boulevard Sacramento, CA 95826	<input type="checkbox"/>	<input checked="" type="checkbox"/>	(916) 386-3000
Sutter Davis Hospital 2000 Sutter Place Davis, CA 95616	<input checked="" type="checkbox"/>	<input type="checkbox"/>	(530) 756-6440
Sutter General Hospital 2801 L Street Sacramento, CA 95816	<input checked="" type="checkbox"/>	<input type="checkbox"/>	(916) 454-2222
Sutter Memorial Hospital 5151 F Street Sacramento, CA 95819	<input checked="" type="checkbox"/>	<input type="checkbox"/>	(916) 454-3333
Sutter Roseville Medical Center 1 Medical Plaza Roseville, CA 95661	<input checked="" type="checkbox"/>	<input type="checkbox"/>	(916) 781-1000

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HOSPITALS & PSYCHIATRIC HOSPITALS

Acute care facilities for medical/surgical care and/or intensive rehabilitation treatment. Fees for services may be covered by Medicare, other health care insurance, private pay, or Medi-Cal.

Hospital Name	Medical Hospital	Psychiatric Hospital	Phone Number
Sutter Solano Medical Center 300 Hospital Drive Vallejo, CA 94589	<input checked="" type="checkbox"/>	<input type="checkbox"/>	(707) 554-4444
Tahoe Forest Hospital 10121 Pine Avenue Truckee, CA 96161	<input checked="" type="checkbox"/>	<input type="checkbox"/>	(530) 587-6011
Telecare Psychiatric Facility 101 Cirby Way Roseville, CA 95678	<input type="checkbox"/>	<input checked="" type="checkbox"/>	(916) 787-8900
UC Davis Medical Center 2315 Stockton Boulevard Sacramento, CA 95817	<input checked="" type="checkbox"/>	<input type="checkbox"/>	(916) 734-2011
Woodland Memorial Hospital 1325 Cottonwood Street Woodland, CA 95695	<input checked="" type="checkbox"/>	<input type="checkbox"/>	(530) 662-3961

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SENIOR RESOURCE INFORMATION

Public and private programs to provide information about community resources and appropriate referrals; may have a geographic area by county.

County: Amador

Agency Name	Phone Type	Phone Number	Hours of Operation
Senior Services, Inc.			8 a.m. - 4 p.m. Monday - Friday
229 New York Ranch Road Jackson, CA 95642	Main	(209) 223-0442	

County: El Dorado

Agency Name	Phone Type	Phone Number	Hours of Operation
El Dorado County Community Services			8 a.m. - 5 p.m. Monday - Friday
937 Spring Street Placerville, CA 95667	Main	(530) 621-6150	

County: Nevada

Agency Name	Phone Type	Phone Number	Hours of Operation
Helpline Information and Assistance			9 a.m. - 4 p.m. Monday - Friday
471 Sutton Way Ste. 202 Grass Valley, CA 95945	Main	(530) 273-2273	

County: Placer

Agency Name	Phone Type	Phone Number	Hours of Operation
Seniors First - Senior Link			8 a.m. - 4:30 p.m. Monday - Friday
13620 Lincoln Way #370 Auburn, CA 95603	Main	(530) 889-9500	

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SENIOR RESOURCE INFORMATION

Public and private programs to provide information about community resources and appropriate referrals; may have a geographic area by county.

County: *Sacramento*

Agency Name	Phone Type	Phone Number	Hours of Operation
211 Sacramento 909 12th Street Suite 207 Sacramento, CA 95814	Main	(000) 211-0000	8:30 a.m. - 4:45 p.m. Monday - Friday
CA Dept. of Aging 1300 National Drive Sacramento, CA 95834	Main	(916) 419-7500	Hours vary according to agency hours
South County Services 539 North Lincoln Galt, CA 95632	Main	(209) 745-9174	8 a.m. - 5 p.m. Monday - Friday
The Senior Connection 5105 Manzanita Avenue Carmichael, CA 95608	Main Toll Free	(916) 334-1072 (888) 334-3490	8 a.m. - 5 p.m. Monday - Friday www.eskaton.org

County: *San Joaquin*

Agency Name	Phone Type	Phone Number	Hours of Operation
Senior Citizen Referral Agency 244 South Sutter Street Stockton, CA 95203	Main	(209) 466-9524	8 a.m. - 4 p.m. Monday - Friday

County: *Sierra*

Agency Name	Phone Type	Phone Number	Hours of Operation
Loyalton Senior Center PO Box 675 Loyalton, CA 96118	Main	(530) 993-4770	9 a.m. - 2 p.m. Monday - Friday

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SENIOR RESOURCE INFORMATION

Public and private programs to provide information about community resources and appropriate referrals; may have a geographic area by county.

County: *Sutter*

Agency Name	Phone Type	Phone Number	Hours of Operation
Yuba/Sutter Legal Center for Seniors 725 D Street Marysville, CA 95901	Main	(530) 742-8289	8:30 a.m. - 4:30 p.m. Monday, Wednesday & Thursday

County: *Yolo*

Agency Name	Phone Type	Phone Number	Hours of Operation
West Sacramento Senior Center 664 Cummins Way West Sacramento, CA 95691	Main	(916) 373-5819	9 a.m. - 3:30 p.m. Monday - Thursday 9 a.m. - 2:00 p.m. Friday

Woodland Senior Center 630 Lincoln Avenue Woodland, CA 95695	Main	(530) 661-5890	8 a.m. - 5 p.m. Monday - Friday
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Yolo County Information and Referral - Davis Senior Center 646 A Street Davis, CA 95616	Main	(530) 757-5696	8:30 a.m. - 4:30 p.m. Monday - Friday
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INSURANCE INFORMATION AND ADVOCACY ORGANIZATIONS

Programs to inform consumers about insurance options, benefit eligibility, claims management, consumer assistance and counseling, and general insurance resources.

Agency Name	Phone Type	Phone Number	Comments
CA Dept. of Corporations - Health Care Service Plan Division		Toll Free (800) 400-0815	Regulates over 100 HMOs and dental plans; acts as a second level of appeal in conflicts between consumers and HMOs
CA Dept. of Health Services - Health Insurance		Toll Free (800) 952-5294	Offers an automated information system with telephone numbers for specific Medi-Cal programs, state and federal agencies, and private insurance
CA Dept. of Human Assistance - Medi-Cal		3 - 11 PM (916) 874-2558 Message (916) 874-2215	Call (916) 874-2215 to receive a packet of eligibility information Call the Medi-Cal unit night service, available from 3:00 p.m. - 11:00 p.m. on weekdays, for personal contact with a Medi-Cal worker
CA Dept. of Insurance		Toll Free (800) 927-4357	Answers question or concerns regarding private insurance companies: does NOT assist with claims regarding Medi-Cal, Medicare, HMOs, self insurance plans or Worker's Compensation
CA Dept. of Veteran Affairs		Toll Free (800) 952-5626	Offers information on benefits and services for California veterans
CA Medical Review, Inc. CMRI Helpline		Toll Free (800) 841-1602	Offers consumers information on Medicare benefits and limitations; accepts complaints or concerns regarding quality of care issues
Health Care Options		Toll Free (800) 430-4263	Enrolls and disenrolls Medi-Cal beneficiaries in geographic managed care medical and dental plans; offers packets of information regarding managed care options in California

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INSURANCE INFORMATION AND ADVOCACY ORGANIZATIONS

Programs to inform consumers about insurance options, benefit eligibility, claims management, consumer assistance and counseling, and general insurance resources.

Agency Name	Phone Type	Phone Number	Comments
Health Insurance Association of America		Toll Free (800) 828-0111	Offers insurance product guides which are available for purchased through the distribution center at 1-800-828-0111
Health Insurance Counseling and Advocacy Program (HICAP)		Alternate (916) 376-8915 Toll Free (800) 434-0222	Offers consumer assistance and counseling for health care consumers; assists with understanding Medicare, supplemental insurance, long-term care insurance and HMOs regarding benefits and rights.
Health Rights Hotline		Main (916) 551-2100 Toll Free (888) 354-4474	Serving El Dorado, Placer, Sacramento and Yolo counties: Provides a free, independent source of information and assistance for health care consumers regarding managed care plans, Medicare and other insurance carriers
HMO Help Center		Main (888) 466-2219	Provides information and assistance to consumers about their rights as managed care clients.
Joint Comm. on the Accreditation of Health Care Org. (JCAHO)		Toll Free (800) 994-6610	A hotline for consumers to file complaints or concerns regarding hospitals and other JCAHO-accredited organizations; available 8:30 a.m. - 5:00 p.m. , Monday - Friday, Central Standard Time
Medi-Cal - EDS Beneficiary Line		Main (916) 636-1980	Offers information on benefit eligibility for Medi-Cal
Medical Board of California		Toll Free (800) 633-2322 Main (916) 263-2382	Handles questions regarding physicians and other allied health professionals; licensing

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INSURANCE INFORMATION AND ADVOCACY ORGANIZATIONS

Programs to inform consumers about insurance options, benefit eligibility, claims management, consumer assistance and counseling, and general insurance resources.

Agency Name	Phone Type	Phone Number	Comments
Medi-Cal Fraud Hotline		Main (800) 822-6222	Accepts reports of suspected beneficiary fraud
Medi-Cal Long Term Care Coverage		San Joaquin County (209) 468-1000 Nevada County (530) 265-1340 Placer County (916) 784-6000 El Dorado County (530) 642-7300 Yolo County (530) 661-2750 Sacramento County (916) 874-9460	For those 65+ and those meeting asset guidelines; pays for an individual's stay in a skilled or intermediate care nursing facility
Medicare Hotline		Toll Free (800) 633-4227	-General information on Medicare benefits, including Medi-gap policies, fraud and claims, open 8:00 a.m. - 8:00 p.m. Eastern Standard Time -Call for free publication: "A Guide for Health Insurance for People with Medicare" and "The Medicare Handbook" -Offers information on Medicare Medical Savings Account Plans and Medicare + Choice Plans (available in specific areas)
Social Security		Toll Free (800) 772-1213	General information on Social Security benefits including requests for cards, records of earnings, estimated benefits and filing for benefits

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APPLYING FOR MEDI-CAL

What Is Medi-Cal?

Medi-Cal is California's version of the Medicaid program that is funded jointly by the state and federal governments. It helps pay for medical care for low-income persons and others with limited resources. Medi-Cal is a need-based program. Eligibility depends on the individual's income and resources.

Who Is Eligible?

If you are 65, blind or disabled and on SSI, you are automatically covered by Medi-Cal. Even if your income is too high to qualify for SSI, you may still be eligible for Medi-Cal if:

- You meet the Medi-Cal asset limits (\$2,000 for an individual, \$3,000 for a couple except for your home)
- You are over 65, blind, or disabled; and
- Payment of your medical bills would leave you with less than the available "need standard" for your other living expenses.

What Does Medi-Cal Cover?

Medi-Cal can pay for doctors and hospital bills, some prescription drugs, home health assistance, medical equipment and supplies, nursing home care, adult day health care, medically-related transportation and various other services/items. In most cases, it pays 100% of the cost. If income is slightly higher than the normal eligibility level, a share of cost or co-payment is required. Once this co-payment has been made each month, then Medi-Cal will cover all remaining medical costs.

Medicare Coverage In A Nursing Home

Medicare will only cover your stay in a nursing home if you are admitted to the nursing home from at least a three-day hospital stay and need skilled nursing, physician or rehabilitation services every day. Medicare does not cover your nursing home bills if you only need assistance with personal care, daily activities or medication (custodial care). Medi-Cal, however, will pay for custodial care, and can take over payment after Medicare stops for nursing home residents who are eligible for coverage.

When And Where To Apply?

You should apply for Medi-Cal as soon as you know your assets (other than your home) will be \$2,000 or less by the end of the month. Contact the county welfare or social services department (Medi-Cal Eligibility Unit) to apply for Long-term Care Medi-Cal benefits. If you are on Medi-Cal at home, you still need to apply for Long-term Care Medi-Cal.

If you believe your application was improperly denied, you can file for a fair hearing. The Notice of Action must tell you why you were denied coverage along with the applicable laws and regulations. In the event that the county takes longer than 45 days to process your application and the delay is not your fault, you may file for a hearing. Please note that it is very important to file for a hearing within the time limits. It is important to contact your local legal services office for assistance with fair hearings.

LEGAL ASSISTANCE

Free or low-cost legal services offering assistance, advice and/or attorney referrals.

El Dorado County

Organization Name	Phone Type	Phone Number	Hours of Service	Specialty and Cost
Legal Center for the Elderly 937 Spring Street Placerville, CA 95667		Main (530) 621-6154	8 a.m. - 5 p.m. Monday - Friday	Legal assistance with probate, wills, landlord-tenant and consumer issues, no fee for seniors 60+; donations appreciated

Nevada County

Organization Name	Phone Type	Phone Number	Hours of Service	Specialty and Cost
Legal Services of Northern California - Grass Valley 714 West Main Street Grass Valley, CA 95945		Main (530) 274-3554	8 a.m. - 4:30 p.m. Monday - Friday	Legal assistance with civil rights and discrimination issues, public benefits, social security, healthcare, housing, and elder law advice and counseling; seniors 60+ offered free consultations

Placer County

Organization Name	Phone Type	Phone Number	Hours of Service	Specialty and Cost
Legal Services of Northern California - Auburn 190 Reamer Street Auburn, CA 95603		Toll Free (800) 660-6107 Main (530) 823-7560	8:30 a.m. - 12 p.m. and 1:15 p.m. - 5 p.m. Monday - Thursday	Legal assistance with civil rights and discrimination issues, public benefits, Social Security, Medicare, Medi-Cal

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LEGAL ASSISTANCE

Free or low-cost legal services offering assistance, advice and/or attorney referrals.

Sacramento County

Organization Name	Phone Type	Phone Number	Hours of Service	Specialty and Cost
Community Legal Service McGeorge School of Law 3200 5th Avenue Sacramento, CA 95817		Main (916) 340-6080	9 a.m. - 4:30 p.m. Monday - Friday	Wills, guardianships, debtor and creditor, domestic law, immigration law, workman's compensation landlord-tenant clinic; Victims of Crime Resource Center (916) 739-7061; \$20 non-refundable processing fee; low-income eligibility
Human Rights Fair Housing Comm. - Sm. Claims 301 Bicentennial Circle Room 330 Sacramento, CA 95826		Main (916) 875-7846	8 a.m. - 12 p.m. 1pm - 4:30 p.m. Monday - Friday Walk-in or call	Advice and assistance on small claims issues; no cost for all ages regardless of income
Lawyer Information and Referral 901 H Street Sacramento, CA 95814		Main (916) 444-2333	9 a.m. - 4:30 p.m. Monday - Thursday 9am - 3:30pm Friday Closed 12pm - 1pm	Referrals made to an appropriate attorney on all subject matters; \$30 fee for a half-hour consultation
Legal Services of Northern California 515 12th Street Sacramento, CA 95814		Main (916) 551-2150	8:30 a.m. - 12 p.m. and 1 p.m. - 5 p.m. Monday -Friday	Legal assistance with civil, health, housing, welfare, Social Security, probate, unemployment
Sacramento County Bar Association 901 H Street Suite 101 Sacramento, CA 95814		Main (916) 448-1087	9 a.m. - 5 p.m. Monday - Thursday 9 a.m. - 2 p.m. Friday	Attorney referral services, arbitration, attorney complaints, indigent defense panel.
Sacramento Mediation Center 2131 Capitol Avenue Suite 205 Sacramento, CA 95816		Main (916) 441-7979	9 a.m. - 4 p.m. Monday - Friday	Mediation for all types of disputes, neighbor/neighbor landlord/tenant, employer/employee, etc. \$24 opening case fee; sliding scale if case goes to mediation (\$0 - \$80.00)
Senior Legal Hotline 444 North 3rd Street Ste. 312 Sacramento, CA 95814		Main (916) 551-2140 Toll Free (800) 222-1753	9 a.m. - 12 p.m. 1 p.m. - 4 p.m. Monday - Friday Open to 7:30 p.m. Thursdays	Free legal service for ages 60+, wills, probate/estate planning, housing issues, health issues, income maintenance, family law, protective service issues www.seniorlegalhotline.org

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LEGAL ASSISTANCE

Free or low-cost legal services offering assistance, advice and/or attorney referrals.

<p>Small Claims Unit - Superior Court of California 301 Bicentennial Circle Sacramento, CA 95826</p>	<p>Main (916) 875-7514</p>	<p>8 a.m. - 4:30 p.m. Monday - Friday, closed Noon - 1:00</p>	<p>Processes all small claims related matters, small claims advisory clinic available. Serves Sacramento County, no charge</p>
<p>Superior California Legal Clinic & Special Services 3220 El Camino Avenue Sacramento, CA 95821</p>	<p>Main (916) 972-1188</p>	<p>9 a.m. - 5 p.m. Monday - Thursday 9 a.m. - 12 p.m. Friday by appointment only</p>	<p>Family law forms, preparation and referrals, personal injury and criminal cases, divorce-related issues; \$35.00 for initial consultation; sliding scale available</p>
<p>The Senior Connection 5105 Manzanita Avenue Carmichael, CA 95608</p>	<p>Main (916) 334-1072 Toll Free (888) 334-3490</p>	<p>Call for appointment times</p>	<p>"Ask The Attorney" Program: Free legal consultation (up to 45 minutes) for seniors and their caregivers on senior legal issues, elder law, probate and estate planning www.eskaton.org</p>

San Joaquin County

Organization Name	Phone Type	Phone Number	Hours of Service	Specialty and Cost
<p>Lawyer Referral Service 20 N. Sutter Street #300 Stockton, CA 95202</p>		<p>Main (209) 948-4620</p>	<p>8:30 a.m. - 4:30 p.m. Monday - Friday</p>	<p>Referrals to appropriate attorney for legal assistance; \$60 for a half-hour consultation. No fee for personal injury, workman's compensation, wrongful termination and medical negligence</p>

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MENTAL HEALTH RESOURCES

Counseling services, information and referral, crisis intervention, assessments, assistance with community and/or transitional housing.

Organization	Phone Type	Phone Number	Comments
Asian Pacific Community Counseling Center 5330 Power Inn Road Suite A Sacramento, CA 95820		Main (916) 383-6783	Promotes mental health counseling for individuals or peer counseling sessions; available Mon - Sat, no fees, open for drop-in sessions; call for specific hours
Bi-Valley Medical Clinic 2100 Capitol Avenue Sacramento, CA 95816		Main (916) 442-4985	Counseling and services for drug addiction; Medical and private payment are accepted
CA Alliance for the Mentally Ill 1010 Hurley Way Suite 195 Sacramento, CA 95825		Main (916) 567-0163	State organization that provides information and referral services to affiliate groups, education, family support, a speaker's bureau and a newsletter
Capital Counseling Center - Capital Christian Center 9500 Micron Avenue Suite 132 Sacramento, CA 95827		Main (916) 856-5955	Offers counseling for individuals and families; counselors are licensed or interning MFCCs and LCSWs, fee-for-service or sliding scale
Carmichael Presbyterian Counseling Center 5645 Marconi Avenue Carmichael, CA 95608		Main (916) 483-2989	Counseling services for adults and children; non-sectarian; sliding scale, insurance and Medicare accepted
Consumers Self Help Center - North 4972 Date Avenue Sacramento, CA 95841		Main (916) 348-1428	Provides mental health counseling for group or peer counseling sessions; available Mon - Sat., no fees, hot lunch served; open for drop-in sessions; call for specific hours
Consumers Self Help Center - South 3031 Franklin Boulevard Sacramento, CA 95818		Main (916) 737-7100	Provides mental health counseling for group or peer counseling sessions; available Mon - Sat., no fees, hot lunch served; open for drop-in sessions; call for specific hours

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MENTAL HEALTH RESOURCES

Counseling services, information and referral, crisis intervention, assessments, assistance with community and/or transitional housing.

Organization	Phone Type Phone Number	Comments
East Area Mental Health Clinic 2220-B Watt Avenue Sacramento, CA 95825	Main (916) 485-6500	Serves the eastern portion of the county; accepts Medi-Cal/Medicare; outpatient psychiatric and medication support services, social services and family support
Elder Care Advisor 1421 27th Street Sacramento, CA 95816	Main (916) 731-7278	Dr. Irving Hellman, Ph.D., Clinical Psychologist, offers geriatric assessments, elder abuse consultations, elder men's therapy groups, and "caring for your parents" consultations
Family Crisis Services Intervention Suicide Prevention 8912 Volunteer Lane Suite 100 Sacramento, CA 95826	Crisis (916) 368-3111 Main (916) 368-3118	Initial crisis intervention over the phone, referrals and assistance; also provides crisis counseling and education on suicide prevention
Geriatric Network 425 University Avenue Suite 222 Sacramento, CA 95825	Main (916) 648-2800	Crisis prevention and intervention, assessment, medication evaluation, referrals and linkages to resources for Sacramento County residents over 60. Case management , including a pyscho social assessment, individual therapy and coordination of care for clients to maintain an appropiate level of independence.
Jewish Family Service Agency 2862 Arden Way Suite 103 Sacramento, CA 95825	Main (916) 484-4400	Counseling services for adults and seniors; sliding scale
Mental Health Association - Sacramento/Placer/Yolo Chapter 9719 Lincoln Village Drive Suite 503 Sacramento, CA 95827	Main (916) 366-4600	Promotes mental health counseling for individuals or peer counseling sessions; available Mon - Sat, no fees, hot lunch served; open for drop-in sessions; call for specific hours. Peer counseling: 855-5444
National Alliance for the Mentally Ill PO Box 2551 Fair Oaks, CA 95628	Main (916) 874-9416	Local not-for-profit affiliate office offers support, education, and advocacy by volunteers for mentally-ill persons and their families and caregivers

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MENTAL HEALTH RESOURCES

Counseling services, information and referral, crisis intervention, assessments, assistance with community and/or transitional housing.

Organization	Phone Type Phone Number	Comments
National Council on Alcoholism and Drug Dependence 	 Main (916) 922-9217	Offers information and referrals for treatment and placement
New Horizons Counseling Center 3300 Walnut Avenue Carmichael, CA 95608	 Main (916) 485-1211	Counseling services for families and couples regarding anxiety; sliding scale
New Pathways (Division of Catholic Social Services) 5890 Newman Court 2nd Floor Sacramento, CA 95819	 Main (916) 452-7481	Mental health counseling services for individuals, seniors and families; nonsectarian; sliding scale is available. M - F 8:30 a.m. - 5:00 p.m.
Placer County Mental Health 11512 B Avenue Auburn, CA 95603	 Main (530) 889-7240	Offers information and referrals for treatment and placement
Placer County Mental Health 11716 Enterprise Drive Auburn, CA 95603	 Main (530) 886-5401	Offers information, referrals and assistance regarding mental health services in Placer County
Recovery, Inc. PO Box 214344 Sacramento, CA 95821	 Main (916) 483-5616	A self-help group for mental illness recovery and anyone with nervous symptoms
Sacramento Association for the Retarded 3000 T Street Suite 201 Sacramento, CA 95816	 Main (916) 454-0900 Fax (916) 454-0911	Advocates for persons with mental retardation in Sacramento County on an individual and group basis

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MENTAL HEALTH RESOURCES

Counseling services, information and referral, crisis intervention, assessments, assistance with community and/or transitional housing.

Organization	Phone Type	Phone Number	Comments
Sacramento Co. Mental Health Treatment Center 2150 Stockton Boulevard Sacramento, CA 95817		Main (916) 875-1000	Provides emergency crisis intervention; accepts indigent individuals and Medi-Cal; does not have a specific geriatric unit
Samaritan Counseling Center 3701 J Street Suite 207 Sacramento, CA 95816		Main (916) 456-4614	Counseling to individuals, seniors and families on a variety of issues; specialists available in family counseling, eating disorders and spiritual needs; various locations; sliding scale is available
Sierra Family Services (Auburn) 991 Lincoln Way Auburn, CA 95603		Auburn (530) 885-0441	Outpatient mental health services, focusing on drug and alcohol dependency and marriage, family, individual and parenting classes and counseling
Sierra Family Services (Roseville) 333 Sunrise Avenue Suite 701 Roseville, CA 95661		Roseville (916) 783-5207	Outpatient mental health services, focusing on drug and alcohol dependency and family counseling; parenting classes and anger management classes
South Sacramento Counseling Center 7486 Center Parkway Sacramento, CA 95823		Main (916) 427-5208	Professional staff offers counseling on acute and chronic illness or emotional issues; sliding scale is available
Suicide Hotline 101 Cirby Hills Drive Auburn, CA 95678		Roseville (916) 787-8860 Toll Free (888) 886-5401 Main (530) 886-5401	Provides suicide crisis intervention

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MENTAL HEALTH RESOURCES

Counseling services, information and referral, crisis intervention, assessments, assistance with community and/or transitional housing.

Organization	Phone Type Phone Number	Comments
Suicide Prevention Placer Co. Family Services Agency ,	Lincoln (916) 645-8866 Roseville (916) 773-3111 Auburn (530) 885-2300 Business (916) 368-3118	Provides suicide crisis information
Transitional Living and Community Support Program 1507 21st Street Suite 205 Sacramento, CA 95814	Main (916) 441-0123	Assistance with housing for mentally-ill clients; clients must have a diagnosis of major depression or recurrent psychosis
Turning Point Community Programs 3440 Viking Drive Suite 114 Sacramento, CA 95827	Main (916) 364-8395	Mental health services and advocacy for adults with disabilities and their families
UC Davis Med Center - Social Services 2315 Stockton Boulevard Sacramento, CA 95817	Main (916) 734-2583	Social workers are available to offer information, resources over the phone; open to the public
Visions Unlimited Incorporated 7000 Franklin Boulevard Suite 200 Sacramento, CA 95823	Main (916) 393-2203	Outpatient mental health clinics offering brief mental health services to minorities and seniors; provides screening, assessment, therapy and medication management; sliding scale
WEAVE Counseling Center 1900 "K" Street Suite 200 Sacramento, CA 95814	Business (916) 448-2321 Crisis (916) 920-2952	Counseling for victims of domestic violence or sexual assault

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MULTICULTURAL RESOURCES

Sacramento area residents have a wide variety of ethnic and cultural affiliations. The agencies listed in this section address the needs and preferences of specific ethnic groups.

Organization	Phone Type	Phone Number	Services
Asian Community Center 7375 Park City Drive Sacramento, CA 95831		Main (916) 393-9026	Caregiving support classes, exercise classes, cooking, tai chi, flower arrangement, English as a Second Language, computer, yoga
Asian Community Skilled Nursing Center 7801 Rush River Drive Sacramento, CA 95831		Main (916) 393-9020 Fax (916) 393-9025	Offers skilled and rehabilitative care; offers bilingual staff, Asian cuisine and activities to meet the preferences of the residents
Asian Health Clinic 600 Broadway Sacramento, CA 95818		Main (916) 445-0370	Drop-in clinic for minor illnesses; physicals and immunization; open on Saturdays only, no charge or eligibility requirements
Asian Pacific Community Counseling Center 5330 Power Inn Road Suite A Sacramento, CA 95820		Main (916) 383-6783	Nonprofit multilingual and multicultural health education/prevention program; offers mental and social services to residents of Sacramento County; interpreters are on staff; provides counseling and referral services
Asian Resources, Inc. 5709 Stockton Boulevard Sacramento, CA 95824		Main (916) 454-1892	Offers on-the-job training for qualified adults, youth program and English as a Second Language
CA Hispanic Resource Council 3510 Stockton Boulevard Sacramento, CA 95820		Main (916) 451-7151	Provides information and referral on social services available to the Spanish-speaking community.
Catholic Social Services Central Guadalupe 5890 Newman Court Sacramento, CA 95819		Main (916) 443-5367	Offers immigration services including interpretation, counseling, casework, court representation, emergency assistance, advocacy and more; mainly for the Hispanic community; Vietnamese, Chinese, Hmong and Spanish interpreters on staff

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MULTICULTURAL RESOURCES

Sacramento area residents have a wide variety of ethnic and cultural affiliations. The agencies listed in this section address the needs and preferences of specific ethnic groups.

Organization	Phone Type	Phone Number	Services
El Hogar Mental Health and Community Service Center 608 10th Street Sacramento, CA 95814	Main	(916) 441-0226	Offers a multidisciplinary team of mental health care professionals to provide culturally-sensitive services to seriously and persistently mentally-disabled clients; medication support services, social rehabilitation and referrals; bilingual
Italian Cultural Society 6821 Fair Oaks Boulevard Carmichael, CA 95608	Main	(916) 441-0226	The Amici program organizes volunteers to visit alert and conversational elderly Italians living in senior care settings. www.italiancenter.net
Italian Cultural Society 2791 24th Street Room 13 Sacramento, CA 95818	Main	(916) 482-5900	The Amici program organizes volunteers to visit alert and conversational elderly Italians living in senior care settings. www.italiancenter.net
Jewish Family Service Agency 2862 Arden Way Suite 103 Sacramento, CA 95825	Main	(916) 484-4400	Offers counseling services, social services for the elderly, friendly visiting, telephone reassurance, referrals, assessments and on-going monitoring of clients; may provide some emergency financial assistance; holiday outreach; support group is every Wednesday at 2300 Sierra Blvd. 9:30 a.m. to 2:30 p.m.
Jewish Federation of the Sacramento Region 2351 Wyda Way Sacramento, CA 95825	Main	(916) 486-0906	Jewish holiday celebrations and community events
La Familia Counseling Center 5523 34th Street Sacramento, CA 95820	Main	(916) 452-3601	Provides a multicultural program which includes outreach services, group activities, employment assistance, interpreting for clients (in-house only)
Las Senoras - Stanford Settlement 450 West El Camino Avenue Sacramento, CA 95833	Main	(916) 927-1303	A social club for Spanish-speaking seniors. First Wednesday of the month at 10:00 a.m.

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Organization	Phone Type Phone Numbe	Services
Manitos 915 27th Street Sacramento, CA 95816	Main (916) 264-7324	A social club for Spanish-speaking seniors; meets Wednesdays at the Ethel Hart Senior Center from 9:00 a.m. to 2:00 p.m. and Fridays at Sam Pannell Meadowview Center from 10:00 a.m. to 2:00 p.m.
Russian Interpreters 812 Commons Drive Sacramento, CA 95825	Main (916) 925-7916	Owner Irina Kravtcheko PhD. Of Philosopy will assist clients with connections to Russian Social clubs, \$25 per hr ., 2 hr min. or escort to court apperances \$150 per day.
Sacramento Chinese Community Services Center 915 T Street Sacramento, CA 95814	Main (916) 442-2523	Information & referral services, translation/ interpretation, job referrals, various classes; Chinese, Cantonese, Mandarin, Tao Shan, and Shanghaiese interpreters on staff
Southeast Asian Assistance Center 5625 24th Street Sacramento, CA 95822	Main (916) 421-1036	Provides assisted access to mental health services, alcohol/drug abuse prevention and treatment and social services; populations served include Vietnamese, Chinese, Lao, Hmong, Mien, Cambodian and Russian / Ukranian / Bosnian
Wong Center 331 J Street Sacramento, CA 95814	Main (916) 447-9291	Independent living facility with a large Asian population; on-site service coordinator

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Organization	Phone Type	Phone Number	Services
AAA Foundation for Traffic Safety		Toll Free (800) 305-7233	Videos and brochures on traffic safety
Alzheimer's Aid Society of Northern CA - Elder ID Program PO Box 1824 Sacramento, CA 95812		Main (916) 448-7001 Toll Free (800) 540-3340	Educational information, support groups, caregiver workshops and information on Alzheimer's disease
Alzheimer's Association 530 Bercut Drive Suite A Sacramento, CA 95814		Main (916) 930-9080 Toll Free (800) 272-3900	Educational programs, support groups and a helpline for information on Alzheimer's disease
Alzheimer's Disease Education and Referral Center (ADEAR)		Toll Free (800) 438-4380	Provides information and literature on Alzheimer's disease
American Cancer Society 1765 Challenge Way #115 Sacramento, CA 95815		Main (916) 446-7933 24-Hour Service (866) 444-7672	Educational materials and assistance to include transportation assistance with cancer-related appointments; support groups
American Council of the Blind		Toll Free (800) 424-8666	Provides educational materials, information and resources for blind individuals and their caregivers
American Diabetes Association		Toll Free (800) 342-2383	Provides information, resources and educational materials for those with diabetes

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Organization	Phone Type	Phone Numbe	Services
American Foundation for the Blind ,		Toll Free (800) 232-5463	Provides information, referrals and services for individuals with low vision www.afb.org
American Heart Association ,		Toll Free (800) 242-8721 Main (916) 446-6505	Offers information and support regarding stroke and rehabilitaion
American Liver Foundation ,		Toll Free (800) 223-0179	Offers information and resources about liver disease
American Parkinson's Disease Association ,		Toll Free (800) 223-2732	Publishes a quarterly newsletter, offers booklets about nutrition, exercise, speech and swallowing therapy and devices to maintain activities of daily living
American Stroke Association ,		Toll Free (800) 553-6321	Outreach programs and support groups for stroke survivors and their caregivers; information and advice on stroke
American Urological Association Foundation ,		Toll Free (800) 242-2383	Provides information on urinary incontinence as well as local contacts
Arthritis Foundation 3040 Explorer Drive Suite 1 Sacramento, CA 95827		Toll Free (800) 571-3456 Main (916) 368-5599	Offers information and resources for coping with arthritis

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Organization	Phone Type	Phone Number	Services
Better Hearing Institute ,		Toll Free (800) 327-9355	Provides information and resources for hearing impaired individuals
Breast Cancer Hotline ,		Toll Free (800) 221-2141	Offers information and support regarding breast cancer
Breathe California of Sacramento-Emigrant Trails 909 12th Street Sacramento, CA 95814		Toll Free (877) 327-3284 Main (916) 444-5900	Provides information and literature on lung disorders, clean air, Better Breathers Club and a freedom-from-smoking program. www.saclung.org
Cancer Information Line (AMC) ,		Toll Free (800) 525-3777	Provides information regarding causes of cancer, answers to questions, and prevention techniques
Cancer Information Service ,		Toll Free (800) 422-6237	Free information and referral to local centers and support groups. www.cancer.gov
Children of Aging Parents (CAPS) ,		Toll Free (800) 227-7294	An information clearinghouse that offers literature, fact sheets and emotional support to caregivers of older adults
Consumer Nutrition Hotline (The American Dietetic Assoc.) ,		Toll Free (800) 366-1655	Access to a registered dietician. www.eatright.org

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Organization	Phone Type Phone Numbe	Services
Eldercare Locator ,	Toll Free (800) 677-1116	Refers callers to appropriate information and resources, including home-delivered meals, transportation, legal assistance, housing options, adult day care, social and recreational activities, senior center programs, and nursing home ombudsman.
Family Caregiver Alliance 180 Montgomery Street Suite 1100 San Francisco, CA 94104	Toll Free (800) 445-8106	Provides support and education for caregivers of brain-impaired adults; clearinghouse for medical, social, and caregiving issues
Huntington's Disease Society of America 505 8th Avenue #902 New York, NY 10018	Toll Free (800) 345-4372	Offers resources and referrals to support groups, genetic testing centers, and long-term care facilities www.hdsa.org
Lighthouse International ,	Toll Free (800) 829-0500	Provides information, publications and education on vision conditions and services
Mental Health America ,	Toll Free (800) 969-6642	Offers information and referral services for mental illness
Multiple Sclerosis Foundation ,	Main (954) 776-6805 Toll Free (888) 673-6287	Provides books and articles about MS and referrals to health care providers who specialize in treating MS
Multiple Sclerosis Society ,	Main (916) 927-8000	Offers information and referral services as well as education and advocacy for those with MS

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Organization	Phone Type	Phone Numbe	Services
National Alliance for the Mentally Ill PO Box 2551 Fair Oaks, CA 95628		Main (916) 874-9416	National umbrella organization offering support and advocacy for families and individuals affected by serious brain disorders
National Aphasia Association ,		Toll Free (800) 922-4622	Provides information, local referrals to services and support groups and public awareness promotions
National Association of Continnence ,		Toll Free (800) 252-3337	Offers publications, resources and referrals to local Assn. doctors
National Association of Geriatric Care Managers ,		Main (520) 881-8008	Directory available on website. www.caremanager.org
National Clearinghouse - Alcohol and Drug Information ,		Toll Free (800) 729-6686	Provides information and resources on alcohol and drug abuse
National Family Caregivers Association ,		Toll Free (800) 896-3650	Services include a speaker's bureau, information and advocacy
National Health Information ,		Toll Free (800) 336-4797	Provides information and publications for particular diseases and local referrals regarding health and health insurance

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Organization	Phone Type	Phone Numbe	Services
National Institute on Aging Information ,		Toll Free (800) 222-2225	Offers brochures on health-related topics for seniors
National Kidney Foudation of Northern California ,		Main (415) 543-3303	Provides treatment, prevention, and information about kidney and urological diseases
National Kidney Foundation ,		Toll Free (800) 622-9010	Provides referrals and educational information on health issues related to the kidney
National Multiple Sclerosis Society ,		Toll Free (800) 344-4867	Publishes information about MS
National Organization for Rare Disorders ,		Toll Free (800) 999-6673	Provides information and local referrals
National Osteoporosis Foundation ,		Toll Free (800) 223-9994	Publishes a variety of educational materials
National Parkinson's Foundation ,		Toll Free (800) 433-7022	Offers information and referral services

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Organization	Phone Type	Phone Numbe	Services
National Rehabilitation Information Center ,		Toll Free (800) 346-2742	Provides information and resources on equipment and home modification
National Safety Council ,		Toll Free (800) 621-6244 Toll Free (800) 621-7619	Free information, referrals and a course for elderly drivers. www.nsc.org
National Stroke Association ,		Toll Free (800) 787-6537	Provides stroke education materials for family members www.stroke.org
Paralyzed Veterans of America ,		Toll Free (800) 424-8200	Provides information on benefits, home modifications and adjusting to living with disabilities
Well Spouse Foundation 63 West Main Street Suite H Freehold, NJ 07728		Toll Free (800) 838-0879	Serves as a peer-support group for those whose spouses are afflicted with multiple sclerosis, diabetes, degeneration of the brain, cancer and other illnesses; offers support groups nationwide. www.wellspouse.org

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SENIOR CENTERS AND RECREATION

A Senior Center is a community facility that provides a variety of services to seniors. Most offer educational classes, exercise programs, and meeting space. Some centers have medical services available or host a senior nutrition program. The list has been divided into sections by county.

El Dorado County

Organization	Phone Type	Phone Number	Activities
El Dorado Hills Community Services District 1021 Harvard Way El Dorado Hills, CA 95762	Main	(916) 939-3837	Bridge, canasta, pinochle, fitness programs, cooking, dance, photography, special events; call for information and schedules
Lions Hall - Pleasant Valley ,	Main	(530) 622-8131	On-site and home-delivered meals available as well as bingo and art programs
Placerville Senior Center 937 Spring Street Placerville, CA 95667	Main	(530) 621-6208	Senior exercise programs two times a week, special senior classes and hiking events
Shingle Springs Community Center 4440 Shingle Springs Road Shingle Springs, CA 95682	Main	(530) 621-6160	On-site and home-delivered meals available

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Placer County

Organization	Phone Type	Phone Number	Activities
Auburn Recreation and Parks District 123 Recreation Drive Auburn, CA 95603	Main	(530) 885-8461	Senior exercise classes; adult swimming; call for more information on upcoming classes and schedules
City of Rocklin Sunset Center 2650 Sunset Avenue Rocklin, CA 95677	Main	(916) 625-5200	Various activities including bridge, monthly tea, dances, stretch and fitness classes; free movie on Fridays at 1:30 pm
Colfax Older Adult Activity Ctr. (Colfax United Methodist Ch.) 59 W. Church Street Colfax, CA 95713	Main	(530) 346-2267	Monday sitting tai chi class at 9 am, musical program at 10 am with a potluck lunch afterwards; on Tuesdays and Thursdays, a Foothill Café senior luncheon is offered, reservations are required by 1 p.m. the day before; lunches cost: Monday \$2.50; Tuesday - Thursday \$2.25
DeWitt Senior Center 11577 E Avenue Auburn, CA 95603	Main	(530) 823-8172	Senior activities, special events and programs, "55 Alive" driving classes, exercise classes, computer club, knitting & crochet, crafts and sewing, bridge, pinochle, dance classes, support groups, bingo, wood shop, Spanish classes, trips, tours and free health clinics
Foresthill Adult Center (Assembly of God Church) 23221 Foresthill Road Foresthill, CA 95631	Main	(530) 367-2272	Senior programs include exercise and craft sessions every Thursday; call for more information
Maidu Community Center 1550 Maidu Drive Roseville, CA 95661	Main	(916) 774-5960	Senior activities; special events; games; dances; seminars; fitness classes; tax, legal, and insurance counseling; support group; elder ID program; recreation and "Time off for the Caregiver"; program; caregiver support group; chorus; knitting and crocheting; special trips. M - Th 8:30 - 3, F - 8:30 - Noon

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Placer County

Organization	Phone Type	Phone Number	Activities
Placer County School for Adults ,	Main	(530) 885-8585	Conducts various activities for seniors in different locations around the county; call for more information regarding activities, dates and times
Roseville Aquatics Complex 3051 Woodcreek Oaks Boulevard Roseville, CA 95747	Main	(916) 774-5262	Public swimming, family night, lap swim and aquatic classes; may sign up for classes through Maidu Community Center
Senior L.I.F.E. Center 6414 Brace Road Loomis, CA 95650	Main	(916) 660-0543	Available to Placer County residents 55+; \$2/day; continental breakfast, hot lunch, entertainment, activities, quilting, cards, crafts, exercise/tai chi and resource information. Tuesdays and Thursdays 9 am - 1:30 pm Reservations required.

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Sacramento County

Organization	Phone Type	Phone Number	Activities
50+ Wellness Program 2921 Truxel Road Sacramento, CA 95833	Main	(916) 566-1593	Sponsors the senior games, citywide exercise classes, seasonal dances, active aging project, senior camp and wellness camps; there are also periodic workshops, sports clinics, special events and educational seminars geared toward health promotion/disease prevention; acts as a resource center for ongoing activities in the community on health promotion; a newsletter is available
A. Warren McClaskey Adult Center 5241 J Street Sacramento, CA 95819	Main	(916) 277-6625	Activities for those 55+ including arts and crafts, personal sewing, alterations, upholstery, electrical appliance repair and computer classes
Asian Community Center 7375 Park City Drive Sacramento, CA 95831	Main	(916) 393-9026	Senior activities; special events and programs; exercise class
Belle Coolede Community Center 5699 South Land Park Drive Sacramento, CA 95822	Main	(916) 808-5610	Offers aerobics and exercise classes, ballroom dancing, bridge, senior sewing, stretch classes and calligraphy classes
Carmichael Recreation and Park District 5750 Grant Avenue Sacramento, CA 95608	Main	(916) 485-5322	Various activities for all ages including senior citizens' club, trips, dances and arts and crafts; aquatic programs available
Cathedral Neighborhood Senior Center 711 J Street Sacramento, CA 95814	Main	(916) 442-9014	Drop-in coffee and socialization - 7a.m. - 3 p.m.

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Sacramento County

Organization	Phone Type	Phone Number	Activities
Coloma Community Center 4623 T Street Sacramento, CA 95816	Main	(916) 277-6060	Aerobics, shuffle board, educational classes, bridge and sewing, City Safari tours. M - F 10 a.m. - 5:30 p.m.
Cordova Senior Center 3480 Routier Road Sacramento, CA 95827	Main	(916) 366-3133	Recreational activities, respite care service twice a month, financial and legal counseling, handyman service and some transportation services to center; nutrition program available
Crosswood Community Center - Sunrise Rec. & Park District 6741 Auburn Boulevard Citrus Heights, CA 95610	Main	(916) 725-1585	Offers a senior exercise program, tennis courts (lessons), karate, yoga, cards, tai chi
Easter Seal Society 3205 Hurley Way Sacramento, CA 95864	Main	(916) 485-6711	The Easter Seal pool is maintained at 92 degrees and is wheelchair accessible; clients must have a physician's authorization to use the pool; cost is \$55 per month for unlimited pool use; call an intake coordinator for more information. M, T, Th 7:00 a.m. - 7:00 p.m., W 10:00 a.m. - 7:00 p.m., Sat. 9:00 a.m. - Noon; pool available 7 a.m. - 7 p.m.
Elk Grove Senior Center 8830 Sharkey Avenue Elk Grove, CA 95624	Main	(916) 685-3160	Recreational activities, educational programs, arts and crafts, seminars, exercise programs, cards, bingo, blood pressure screenings and computer classes; senior nutrition program and transportation are available; 8:30 a.m. - 4:30 p.m.
Ethel Macleod Hart Senior Center 915 27th Street Sacramento, CA 95816	Main	(916) 808-5462	Health and fitness services, writing and art classes, ceramics, stitchery, tax and legal assistance, computer classes and much more; dances every Sunday, call 449-5462 for more information; social day care program for memory-impaired adults is available six times a week; senior lunch program is available; Job Bank binder with volunteer assistant on Tuesdays

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Sacramento County

Organization	Phone Type	Phone Number	Activities
Fair Oaks Reception and Park District 4150 Temescal Street Fair Oaks, CA 95628	Main	(916) 966-1036	Health and fitness for those 50+, cards and pinochle, arts and crafts, hobby workshop, ballroom dancing and the Program for Active Seniors (PASA) which offers social gatherings, trips, health information, bingo, potlucks and more
Folsom Community Center 52 Natoma Street Folsom, CA 95630	Main	(916) 355-7299	Health and recreational activities; Monday - Friday 8 a.m. - 5 p.m.
Friendly 45-Plus Singles	Main	(916) 725-1585	Meets at Rush Park on the first and third Friday of the month from 6 - 10 p.m.; opportunity for singles over 45 to get together for socializing, cards, games and activities; call for more information
Fruitridge Community Center 4000 Fruitridge Road Sacramento, CA 95820	Main	(916) 422-7610	Recreational activities, bingo, senior clubs and seminars; senior nutrition program is available
Fulton-El Camino Recreation District (Howe Park) 2201 Cottage Way Sacramento, CA 95625	Main	(916) 927-3802	Social club; exercise classes
Galt Senior Center 610 Chabolla Avenue Galt, CA 95632	Main	(209) 366-7180	Recreational activities, dancing and arts; senior meal program is available; senior services program; open M - F, M - Th bingo, Senior's Club 11:30 a.m. daily; Friday is game day.

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Sacramento County

Organization	Phone Type	Phone Number	Activities
George Sims Community Center 6207 Logan Street Sacramento, CA 95824	Main	(916) 382-3761	Bingo on Monday, Wednesday and Friday 12:30 - 2:30 p.m.; offers a general activity room
Hagginwood Community Center 3271 Marysville Boulevard Sacramento, CA 95815	Main	(916) 566-6439	Recreational activities, social groups and outings; lunch program is available.
Johnston Community Center 231 Eleanor Avenue Sacramento, CA 95815	Main	(916) 566-6442	Provides an opportunity for recreation, activities, ceramics, bingo on Thursdays; senior lunch program available
La Sierra Community Center 5325 Engle Road Suite 100 Carmichael, CA 95608	Main	(916) 483-7826	Non senior-specific activities including music, arts and crafts
Mission Oaks Senior Center 4701 Gibbons Drive Carmichael, CA 95608	Main	(916) 972-0336	Recreation, dances, arts and crafts, seminars, trips, special classes, blood pressure screening and tax services; lunch program is available
Nifty 50's ,	Main	(916) 331-6689	This group offers fun, friendship and activities including pinochle, bridge and games on the first, third and fourth Wednesday of each month and trips; meets at Mission Oaks Senior Center; dues: \$12/yr.

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Sacramento County

Organization	Phone Type	Phone Number	Activities
North Highlands Community Center 6040 Watt Avenue North Highlands, CA 95660	Main	(916) 332-7440	Recreational activities, cards, bingo, potlucks and club meetings; lunch program is available
Oak Park Community Center 3425 Martin Luther King Boulevard Sacramento, CA 95817	Main	(916) 277-6151	Bingo, dominos, cards, chess, bus trips to Reno, picnic, pot-lucks and special events. Senior programs: Thursdays at 11a.m.
Rio Linda Park and Recreation District 810 Oak Lane Rio Linda, CA 95873	Main	(916) 991-5929	Arts, crafts, bingo, trips, ceramics; senior lunch program is available. M - F 8 a.m. - 5 p.m.
Rizal Community Center 7320 Florin Mall Drive Sacramento, CA 95823	Main	(916) 395-0601	Health classes, activities, exercise programs, senior aerobics, bingo, crafts and trips; lunch program is available; M - F 9 a.m. - 5 p.m.
Robertson Community Center 3525 Norwood Avenue Sacramento, CA 95838	Main	(916) 566-6419	Offers ceramics classes, pinochle, arts and crafts, computer classes, pool and ping pong for all ages;. Monday - Saturday 8 a.m. - 9:30 p.m.
Sacramento Public Library Extension Services ,	Main	(916) 433-2029	Offers bookmobile library service to seniors who can not access library due to disability or distance; large print material available

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SENIOR CENTERS AND RECREATION

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Sacramento County

Organization	Phone Type	Phone Number	Activities
Samuel C. Pannell Community Center 2450 Meadowview Road Sacramento, CA 95832	Main	(916) 433-6680	Activities, crafts, ceramics; senior lunch program is available
Sierra 2 Center of the Arts & the Community 2791 24th Street Sacramento, CA 95818	Main	(916) 452-3005	Open Monday - Friday - 9:30 a.m. to 3:30 p.m. Group walks, yoga, tai chi, monthly potluck, field trips, cards, health forums, life history writing, crafts www.sierra2.org
St. Mel's Catholic Church 4745 Pennsylvania Avenue Fair Oaks, CA 95628	Main	(916) 967-1229	Senior activities available every Tuesday 9 a.m. - 1 p.m.; nature education, quilting, oil painting, needlepoint, bread making and more; activities rotate throughout the year
Stanford Settlement 450 West El Camino Avenue Sacramento, CA 95833	Main	(916) 927-1303	Multipurpose senior center offering recreation, ceramics, podiatry care, transportation within their zip code, health programs, brown bag program and community referrals and assistance; senior lunch program is available; Monday - Saturday 8 a.m. - 1 p.m.
Widowed Persons Association of California 2628 El Camino Avenue Suite D-18 Sacramento, CA 95821	Main	(916) 972-9722	Monthly luncheon; offers an opportunity for social activities; newcomers buffet & social - third Monday evening at 5:30 at the Plaza Hof Brau; grief support program weekly from 3:00 - 5:00 on Sundays.
Women's Civic Improvement Center 3555 3rd Avenue Sacramento, CA 95817	Main	(916) 457-8661	Senior nutrition program for those 60+, no donation is required

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A Senior Center is a community facility that provides a variety of services to seniors. Most offer educational classes, exercise programs, and meeting space. Some centers have medical services available or host a senior nutrition program. The list has been divided into sections by county.

Sacramento County

Organization	Phone Type	Phone Number	Activities
Woodlake Park Community Center 500 Arden Way Sacramento, CA 95815	Main	(916) 566-6440	Site for a senior citizens group on Wednesdays at 10 a.m. - 1p.m.
YMCA - Downtown 2021 W Street Sacramento, CA 95818	Main	(916) 737-3181	Senior programs and active adult exercise programs; arthritis water program, senior fitness class, healthy back class. special rates for seniors, please call for more information.
YMCA - Northeast Branch 3127 Eastern Avenue Sacramento, CA 95821	Main	(916) 483-6426	Offers a variety of senior classes and activities including adult fitness; aquatics program M - F, aerobics M - W, yoga W & F, "On-the-Ball" exercise program

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SENIOR CENTERS AND RECREATION

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Yolo County

Organization	Phone Type	Phone Number	Activities
Davis Senior Center 646 A Street Davis, CA 95616	Main	(530) 757-5696	Recreation, card games, support groups, health screenings, exercise programs, tax assistance, legal assistance, Social Security assistance, transportation information, and assistance, DMV services, Meals on Wheels and food distribution each month; Time Off for the Caregiver Sat. respite.
West Sacramento Senior Center 664 Cummins Way West Sacramento, CA 95691	Main	(916) 373-5819	Recreational activities, aerobics, dancing, bingo, ceramics, painting, computer classes, tai chi, chorus, van trips, parties, support groups, legal services, veterans services, seminars, limited transportation, wellness programs and podiatry services; lunch program is available
Woodland Senior Center 630 Lincoln Avenue Woodland, CA 95695	Main	(530) 661-5890	Recreational activities, educational and wellness programs; exercise; gardening; "55 Alive" driving program; bridge; chess; resource information; tax, financial and legal assistance and a lunch program; transportation is available to the center

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SENIOR ISSUES AND ADVOCACY ORGANIZATIONS

Information provided by government agencies and associations to assist seniors with problems regarding business transactions, housing, aging issues, etc.

Caregivers' Support

Program Name	Phone Type	Phone Number	Comments
Del Oro Caregiver Resource Center		Main (916) 971-0893 Toll Free (800) 635-0220	Serves families and caregivers of brain-impaired adults; information and referral, family counseling, respite care, support group referrals and training programs
Geriatric Network		Main (916) 648-2800	Mental health professionals serving Sacramento residents 60+; services include on-site crisis intervention (5150 evaluations), psychotherapy, case management and medication evaluation
Home Assistance Repair Program for Seniors (HARPS)		Main (916) 264-1515	Offers minor home repairs to safeguard low-income seniors homes; sponsored by the Sacramento Housing and Redevelopment Department
In-Home Supportive Services-El Dorado Co. Sr. & Adult Services		Main (530) 642-4800	Offers a wide range of in-home services for those who receive SSI/SSP and/or meet the program's financial need requirement
In-Home Supportive Services-Placer Co. Senior & Adult Services		Main (530) 886-3680	Offers a wide range of in-home services for those who receive SSI/SSP and/or meet the program's financial need requirement
In-Home Supportive Services-Sac. Co. Senior & Adult Services		Main (916) 874-9471	Offers a wide range of in-home services for those who receive SSI/SSP and/or meet the program's financial need requirement
In-Home Supportive Services-Yolo Co. Senior & Adult Services		Toll Free (800) 630-2224 Main (916) 375-6239	Offers a wide range of in-home services for those who receive SSI/SSP and/or meet the program's financial need requirement
Multipurpose Senior Services Program & Linkages Program		Main (916) 734-5432	Offers case management for Sacramento seniors who are 65+, Medi-Cal recipients, unable to manage their own personal care and willing to work with a case manager

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SENIOR ISSUES AND ADVOCACY ORGANIZATIONS

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Caregivers' Support

Program Name	Phone Type	Phone Number	Comments
The Senior Connection		Toll Free (888) 334-3490 Main (916) 334-1072	Offers information, assistance and community education on senior issues, care advisor services and a telephone reassurance program

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SENIOR ISSUES AND ADVOCACY ORGANIZATIONS

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Elder Abuse Investigation

Program Name	Phone Type	Phone Number	Comments
Adult Protective Services - Sacramento County		Main (916) 874-9377	Investigates allegations of neglect, abuse and exploitation of the elderly and disabled
CA Dept. of Justice		Main (916) 263-4700	Elder abuse is handled as a priority, as well as Medicare fraud issues
Public Guardian / Probate Conservator Guardian		Main (916) 875-4467	Investigates referrals for conservatorship under the Lanterman-Petris-Short Act (LPS), provides estate management for gravely disabled people; manages personal and financial affairs for the conservatees

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SENIOR ISSUES AND ADVOCACY ORGANIZATIONS

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Senior Advocacy Groups

Program Name	Phone Type	Phone Number	Comments
AARP (American Association of Retired Persons)		Toll Free (866) 448-3614	National advocacy for senior citizen issues and concerns
Adult & Aging Commission Community Services Planning Council		Main (916) 447-7063	Sacramento County; advocates to sustain human services programs and resources and to implement programs that address the needs of older adults
Aging Services of California		Main (916) 392-5111	Offers a listing of nonprofit retirement communities, housing and long term-care facilities in the state that are members of the association
Alzheimer's Aid Society		Main (916) 448-7001 Toll Free (800) 540-3340	Offers educational programs, support groups and a help-line for information on Alzheimer's disease
Alzheimer's Aid Society of Northern CA - Elder ID Program		Main (916) 448-7001 Toll Free (800) 540-3340	Educational information, support groups, caregiver workshops and information on Alzheimer's disease
Area 4 Agency on Aging A4AA		Main (916) 486-1876	Funds local senior programs and services in seven counties: Sacramento, Placer, Nevada, Sierra, Sutter, Yuba and Yolo
CA Dept. of Health Services - Licensing and Certification		Sacramento (916) 341-6845 Toll Free (800) 554-0354	Licensing Division: Receives concerns and complaints about skilled nursing facilities
CA Dept. of Social Services - Community Care Licensing		Main (916) 324-4031	Licensing division; Receives concerns and complaints about residential care facilities.

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Information provided by government agencies and associations to assist seniors with problems regarding business transactions, housing, aging issues, etc.

Senior Advocacy Groups

Program Name	Phone Type	Phone Number	Comments
Congress of California Seniors		Main (916) 442-4474 Toll Free (800) 543-3352	Provides educational programs and consumer information to constituent groups and the greater senior community throughout the state.
Mental Health Association - Sacramento/Placer/Yolo Chapter		Main (916) 366-4600	Offers education and advocacy for the mentally-ill population and their caregivers; information and referral on community resources and assistance
Ombudsman Services of Northern California		Main (916) 376-8910	Investigates complaints and offers advocacy to residents in long-term care and residential care facilities

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SENIOR MEAL PROGRAMS

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Congregate Dining - El Dorado County

Agency	Cost Donation	Eligibility	Serve Time/ Comments	Service Area
Diamond Springs Lions Hall 4701 Missouri Flat Road Diamond Springs, CA 95619 (530) 622-8131	Suggested donation: \$2.50 Additional charge for underage spouse.	60+ and spouse regardless of age	M - F: 12 Noon. Reservations required. Call day before prior to 12 noon.	Local area
El Dorado Hills Community Services 1021 Harvard Way El Dorado Hills, CA 95762 (916) 939-3837	Suggested donation: \$2.50 Additional charge for underage spouse.	60+ and spouse regardless of age	M - F: 12 Noon. Reservations required. Call day before prior to 12 noon.	Local area
Greenwood Community Center 4411 Hwy 193 Greenwood, CA 95635 (530) 885-9160	Suggested donation: \$2.50 Additional charge for underage spouse.	60+ and spouse regardless of age	M - F: 12 Noon. Reservations required. Call day before prior to 12 noon.	Local area
Pioneer Park Community Center 6740 Fairplay Road Somerset, CA 95684 (530) 620-5432	Suggested donation: \$2.50 Additional charge for underage spouse.	60+ and spouse regardless of age	M - F: 12 Noon. Reservations required. Call day before prior to 12 noon.	Local area
Placerville Senior Center 937 Spring Street Placerville, CA 95667 (530) 621-6160	Suggested donation: \$2.50 Additional charge for underage spouse.	60+ and spouse regardless of age	M - F: 12 Noon. Reservations required. Call day before prior to 12 noon.	Local area
Pollock Pines Senior Center 5581 Gail Drive Pollock Pines, CA 95726 (530) 644-4008	Suggested donation: \$2.50 Additional charge for underage spouse.	60+ and spouse regardless of age	M - F: 12 Noon. Reservations required. Call day before prior to 12 noon.	Local area
Shingle Springs Community Center 4440 Shingle Springs Road Shingle Springs, CA 95682 (530) 672-7442	Suggested donation: \$2.50 Additional charge for underage spouse.	60+ and spouse regardless of age	M - F: 12 Noon. Reservations required. Call day before prior to 12 noon.	Local area

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South Lake Tahoe Senior Center 3050 Lake Tahoe Boulevard South Lake Tahoe, CA 96150 (530) 573-3130	Suggested donation: \$2.50 Additional charge for underage spouse.	60+ and spouse regardless of age	M - F: 12 Noon. Reservations required. Call day before prior to 12 noon.	Local area
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Congregate Dining - Nevada County

Agency	Cost Donation	Eligibility	Serve Time/ Comments	Service Area
High Noon Senior Nutrition Program 11350 McCourtney Road Grass Valley, CA 95949 (530) 273-4961	Suggested donation: \$2.50 Additional charge for underage spouse.	60+ and spouse regardless of age	12 Noon Gate 2 at the Nevada County Fair Grounds. Reservations required. Call day before prior to 12 noon.	Local area

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Congregate Dining - Placer County

Agency	Cost Donation	Eligibility	Serve Time/ Comments	Service Area
Civic Center 511 Fifth Street Lincoln, CA 95648 (916) 645-1419	Suggested donation: \$2.50 Additional charge for underage spouse.	60+ and spouse regardless of age	M - F: 12:00 a.m. Reservations required. Call day before by 12:30	Local area
Maidu Village Senior Apartments 2 101 Sterling Court Roseville, CA 95661 (916) 780-3389	Suggested donation: \$2.50 Additional charge for underage spouse.	60+ and spouse regardless of age	M - F: 11:30 a.m. Reservations required. Call day before by 12:30	Local area
Manzanita Place 1019 Madden Lane Roseville, CA 95661 (916) 773-8117	Suggested donation: \$2.50 Additional charge for underage spouse.	60+ and spouse regardless of age	M - F: 11:30 a.m. Reservations required. Call day before by 12:30	Local area
Methodist Church 59 Church Street Colfax, CA (530) 389-8507	Suggested donation: \$2.50 Additional charge for underage spouse.	60+ and spouse regardless of age	T - Th only: 11:30 a.m. Reservations required. Call day before by 12:30	Local area
Quarry Oaks Apartments 3950 Evelyn Avenue Rocklin, CA 95677 (916) 624-2667	Suggested donation: \$2.50 Additional charge for underage spouse.	60+ and spouse regardless of age	M - F: 11:30 a.m. Reservations required. Call day before by 12:30	Local area
Sutter Terrace Senior Apartments 6725 Fiddymont Road Roseville, CA 95747 (530) 368-9146	Suggested donation: \$2.50 Additional charge for underage spouse.	60+ and spouse regardless of age	M - F: 11:30 a.m. Reservations required. Call day before by 12:30	Local area
Valley Oaks 600 Auburn Ravine Road Auburn, CA 95603 (530) 885-5835	Suggested donation: \$2.50 Additional charge for underage spouse.	60+ and spouse regardless of age	M - F: 11:30 a.m. Reservations required. Call day before by 12:30	Local area

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Congregate Dining - Sacramento County

Agency	Cost Donation	Eligibility	Serve Time/ Comments	Service Area
Chabolla Community Center 660 Chabolla Avenue Galt, CA 95632 (209) 810-6591	Suggested donation: \$2.00 Additional charge for underage spouse.	60+ and spouse regardless of age	M - F: 11:45 a.m. Reservations required. Call day before prior to 12 noon. Call for details. Must register first to receive service.	Local area
Cordova Senior Center 3480 Routier Road Sacramento, CA 95827 (916) 361-1262	Suggested donation: \$2.00 Additional charge for underage spouse.	60+ and spouse regardless of age	M - F: 11:30 a.m. Reservations required. Call day before prior to 12 noon.	Local area
Creekside Village 6465 Village Center Drive Sacramento, CA 95823 (916) 391-2854	Suggested donation: \$2.00 Additional charge for underage spouse.	60+ and spouse regardless of age	M - F: 12 Noon Reservations required. Call day before prior to 12 noon.	Local area
Crosswood Community Center 6741 Auburn Boulevard Citrus Heights, CA 95610 (916) 838-2943	Suggested donation: \$2.00 Additional charge for underage spouse.	60+ and spouse regardless of age	Friday only: 11:45 a.m. Reservations required. Call day before prior to 12 noon.	Local area
Delta Cove Senior Community 6800 Woodbine Avenue Sacramento, CA 95822 (916) 427-0772	Suggested donation: \$2.00 Additional charge for underage spouse.	60+ and spouse regardless of age	Call for service days and times. Reservations required.	Local area
Elk Grove Senior Center 8830 Sharkey Avenue Elk Grove, CA 95624 (916) 685-4804	Suggested donation: \$2.00 Additional charge for underage spouse.	60+ and spouse regardless of age	M - F: 12 Noon Reservations required. Call day before prior to 12 noon.	Local area
Ethel Macleod Hart Senior Center 915 27th Street Sacramento, CA 95816 (916) 808-5462	Suggested donation: \$2.00 Additional charge for underage spouse.	60+ and spouse regardless of age	M - F: 11:30 a.m. Reservations required. Call day before prior to 12 noon.	Local area

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Folsom VFW Hall 1300 Forrest Street Folsom, CA 95630 (916) 985-7911	Suggested donation: \$2.00 Additional charge for underage spouse.	60+ and spouse regardless of age	M - F: 11:30 a.m. Reservations required. Call day before prior to 12 noon.	Local area
Fruitridge Community Center 4000 Fruitridge Road Sacramento, CA 95820 (916) 422-7610	Suggested donation: \$2.00 Additional charge for underage spouse.	60+ and spouse regardless of age	M - Th: 12 Noon Friday: 11:30 a.m. Reservations required. Call day before prior to 12 noon.	Local area
Greenfair Towers & Garden Apartments 701 Fairground Drive Sacramento, CA 95817 (916) 455-3668	Suggested donation: \$2.00 Additional charge for underage spouse.	60+ and spouse regardless of age	Call for service days and times. Reservations required. Call day before prior to 12 noon.	Local area
Hagginwood Community Center 3271 Marysville Boulevard Sacramento, CA 95815 (916) 922-4770	Suggested donation: \$2.00 Additional charge for underage spouse.	60+ and spouse regardless of age	M - F: 12 Noon - 1:30 Reservations required. Call day before prior to 12 noon. First time diners must fill-out an application.	Local area
Japanese Methodist Church 6929 Franklin Boulevard Sacramento, CA 95823 (916) 421-1017	Suggested donation: \$2.00 Additional charge for underage spouse.	60+ and spouse regardless of age	Wednesdays only: 12 Noon Reservations required. Call 2 days before prior to 12 noon.	Local area
Johnston Community Center 231 Eleanor Avenue Sacramento, CA 95815 (916) 566-6442	Suggested donation: \$2.00 Additional charge for underage spouse.	60+ and spouse regardless of age	Thursday only: 12 Noon Reservations required. Call day before prior to 12 noon.	Local area
Mission Oaks Senior Center 4701 Gibbons Drive Carmichael, CA 95608 (916) 972-0336	Suggested donation: \$2.00 Additional charge for underage spouse.	60+ and spouse regardless of age	M - F: 12 Noon Reservations required. Call day before prior to 12 noon.	Local area

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North Highlands Community Center 6040 Watt Avenue North Highlands, CA 95660 (916) 344-6249	Suggested donation: \$2.00 Additional charge for underage spouse.	60+ and spouse regardless of age	Call for service days and times. Reservations required. Call day before prior to 12 noon.	Local area
Orangevale Community Center 6826 Hazel Avenue Orangevale, CA 95662 (916) 988-4373	Suggested donation: \$2.00 Additional charge for underage spouse.	60+ and spouse regardless of age	M - F: 11:45 a.m. Reservations required. Call day before prior to 12 noon.	Local area
Rio Linda Park & Recreation District 810 Oak Lane Rio Linda, CA 95873 (916) 991-3405	Suggested donation: \$2.00 Additional charge for underage spouse.	60+ and spouse regardless of age	Call for service days and times. Reservations required. Call day before prior to 12 noon.	Local area
River View Plaza 600 I Street 15th Floor Sacramento, CA 95814 (916) 264-1677	Suggested donation: \$2.00 Additional charge for underage spouse.	60+ and spouse regardless of age	Call for service days and times. Reservations required. Call day before prior to 12 noon.	Local area
Rusch Park 7801 Auburn Boulevard Citrus Heights, CA 95610 (916) 838-2943	Suggested donation: \$2.00 Additional charge for underage spouse.	60+ and spouse regardless of age	M - Th: 11:45 a.m. Reservations required. Call day before prior to 12 noon.	Local area
Sacramento Buddhist Church 2401 Riverside Boulevard Sacramento, CA 95818 (916) 446-0121	Suggested donation: \$2.00 Additional charge for underage spouse.	60+ and spouse regardless of age	Friday only: 11:30 a.m. Reservations required. Call day before prior to 12 noon.	Local area
Samuel C. Pannell Community Center 2450 Meadowview Road Sacramento, CA 95832 (916) 433-6680	Suggested donation: \$2.00 Additional charge for underage spouse.	60+ and spouse regardless of age	M - F: 11:00 a.m. - 1:00 p.m. Reservations required. Call day before prior to 12 noon.	Local area

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Sierra Arden United Church of Christ 890 Morse Avenue Sacramento, CA 95864 (916) 483-5501	Suggested donation: \$2.00 Additional charge for underage spouse.	60+ and spouse regardless of age	M - F: 12 Noon Reservations required. Call day before prior to 12 noon.	Local area
The Comstock 1725 K Street Sacramento, CA 95814 (916) 442-1257	Suggested donation: \$2.00 Additional charge for underage spouse.	60+ and spouse regardless of age	Call for service days and times. Reservations required. Call day before prior to 12 noon.	Local area

Congregate Dining - Yolo County

Agency	Cost Donation	Eligibility	Serve Time/ Comments	Service Area
Davis Senior Center 646 A Street Davis, CA 95616 (530) 757-5696	Suggested donation: \$2.50 Additional charge for underage spouse.	60+ and spouse regardless of age	M - F: 11:30 a.m. Reservations required. Call by noon the day before.	Local area
Knights Landing Community Center 9320 Mill Street Knights Landing, CA 95645 (530) 662-7035	Suggested donation: \$2.50 Additional charge for underage spouse.	60+ and spouse regardless of age	M - F: 12 Noon Reservations required 24 hours in advance.	Local area
West Sacramento Senior Center 664 Cummins Way West Sacramento, CA 95691 (916) 373-5819	Suggested donation: \$2.50 Additional charge for underage spouse.	60+ and spouse regardless of age	M - F: 12 Noon Reservations required 24 hours in advance.	Local area
Winters Community Center 201 Railroad Avenue Winters, CA 95694 (530) 795-4241	Suggested donation: \$2.50 Additional charge for underage spouse.	60+ and spouse regardless of age	M - F: 11:45 a.m. Reservations required 24 hours in advance.	Local area
Woodland Senior Center 630 Lincoln Avenue Woodland, CA 95695 (530) 661-5890	Suggested donation: \$2.50 Additional charge for underage spouse.	60+ and spouse regardless of age	M - F: 12 Noon Reservations required 24 hours in advance.	Local area

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SENIOR MEAL PROGRAMS

Congregate dining is offered by agencies that serve meals at a central community location, such as a church or senior center. Home-delivered meals are offered by agencies that deliver a hot meal daily to seniors in their home. Meals are provided free of charge or for a small fee and meet USDA nutritional guidelines.

Home Delivered Meals - El Dorado County

Agency	Cost Donation	Eligibility	Serve Time/ Comments	Service Area
El Dorado County Community Services 937 Spring Street Placerville, CA 95667 (530) 621-6150	Suggested donation: \$2.00 Additional charge for underage spouse.	60+	Regular diet; may be a waiting list in some areas. Reservations required. Call day before prior to 12 noon.	Senior Nutrition Program Serves most of El Dorado County; congregate dining sites available

Home Delivered Meals - Nevada County

Agency	Cost Donation	Eligibility	Serve Time/ Comments	Service Area
High Noon Senior Nutrition Program 11350 McCourtney Road Grass Valley, CA 95949 (530) 273-4961	Suggested donations: \$2.50 on-site, \$2.75 delivered, \$3.00 for Lake of the Pines and Lake Wildwood. Under 60: \$5.00	60+, homebound; assistance not available on a regular basis	Special diets are NOT available; there may be a waiting list. Reservations required. Call day before prior to 12 noon.	Western Nevada County, Grass Valley, Nevada City, Lake Wildwood, Lake of the Pines, Rough and Ready and Penn Valley; congregate dining sites available

Home Delivered Meals - Placer County

Agency	Cost Donation	Eligibility	Serve Time/ Comments	Service Area
Seniors First 11566 D Avenue Auburn, CA 95603 (530) 889-9500	Suggested donation: \$2.50 Additional charge for underage spouse.	60+, unable to drive or no caregivers in the home.	Regular diets. Reservations required. Call day before prior to 12 noon.	Placer County - Roseville, Rocklin, Lincoln, Meadow Vista, Auburn and Colfax.

Home Delivered Meals - Sacramento County

Agency	Cost Donation	Eligibility	Serve Time/ Comments	Service Area
Senior Nutrition Services 847 F Street West Sacramento, CA 95605 (916) 444-9533	Suggested donation: \$2.50 Additional charge for underage spouse.	60+, homebound, unable to prepare own meals	Low salt diet provided; referrals accepted; may be a waiting list. Reservations required. Call day before prior to 12 noon.	Services to the following zip codes; 958: 14-24, 38, 41-43, parts of 956: 08, 10, 21, 26-28, 30, 60, 62, 70-73, parts of 928: 21, 23, 25, 27, 32-34, 38, 64: also Elverta; congregate dining sites available

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SENIOR MEAL PROGRAMS

Congregate dining is offered by agencies that serve meals at a central community location, such as a church or senior center. Home-delivered meals are offered by agencies that deliver a hot meal daily to seniors in their home. Meals are provided free of charge or for a small fee and meet USDA nutritional guidelines.

Home Delivered Meals - Yolo County

Agency	Cost Donation	Eligibility	Serve Time/ Comments	Service Area
Yolo Elderly Nutrition Program 40 N East Street Suite C Woodland, CA 95776 (530) 662-7035	Suggested donation: \$2.50 Additional charge for underage spouse.	60+, homebound	Regular diet, low in fat, sugar and salt; may be a waiting list; 24-hr. reservation required. Call day before prior to 12 noon.	Woodland, W. Sacramento, Knights Landing, Winters, Esparto, and Davis; congregate dining sites available

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SUPPORT GROUPS

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Addictions

Organizations	Phone Type	Phone Number	Comments
Breathe California of Sacramento-Emigrant Trails 909 12th Street Sacramento, CA 95814		Main (916) 444-5900 Toll Free (877) 327-3284	Group uses positive behavior approach to show members how to become nonsmokers and have fun while quitting together; trained facilitator; Kaiser, Sacramento Area members - Free nonmembers \$125. Sutter Hospitals, Cancer Center, Auburn Faith and Roseville members - \$110, nonmembers \$125 www.sacbreathe.org
People Reaching Out 5299 Auburn Boulevard Sacramento, CA 95841		Main (916) 576-3300	Offers information and referral for chemical dependency; free counseling for youth and families; mentoring program in high schools
Substance Abuse/Mental Illness - MICA 3031 Franklin Boulevard Sacramento, CA 95818		Main (916) 737-7100	Self-help group assists those with mental illnesses; friends and family welcome; there is a trained facilitator; no fee

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Alzheimer's Disease

Organizations	Phone Type	Phone Number	Comments
Alzheimer's Aid Society 2641 Cottage Way Suite 4 Sacramento, CA 95825		Main (916) 448-7001 Toll Free (800) 540-3340	Support groups in various locations: Citrus Heights, Roseville, Placerville, Auburn; call for more information www.alzheimersaidsociety.org
Alzheimer's Association 530 Bercut Drive Suite A Sacramento, CA 95814		Toll Free (800) 272-3900 Main (916) 930-9080	Meets once per month; facilitated by a trained professional
Davis Senior Center 646 A Street Davis, CA 95616		Main (530) 757-5696	Group is open to family members and caregivers of those with Alzheimer's; third Wednesday of each month at 10:00 a.m.
Del Oro Caregiver Resource Center 5723 Marconi Avenue Suite A Carmichael, CA 95608		Main (916) 971-0893 Toll Free (800) 635-0220	Support groups for family members and caregivers of brain-impaired adults; offers referrals to existing support groups and assists in establishing needed support groups
Yolo Adult Day Health Center 20 North Cottonwood Street Woodland, CA 95695		Main (530) 666-8828	Alzheimer's support group for family members and caregivers for those with Alzheimer's; meets the second Tuesday of every month 6:30 - 8:00 p.m.

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Arthritis

Organizations	Phone Type	Phone Number	Comments
Arthritis Foundation 3040 Explorer Drive Suite 1 Sacramento, CA 95827		Toll Free (800) 571-3456 Main (916) 368-5599	Sufferers, family members and caregivers are welcome; exercise, information and referrals are available; facilitated by trained professionals; no fees; call for times and locations

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Cancer

Organizations	Phone Type	Phone Number	Comments
American Brain Tumor Association 2720 River Road Suite 146 Des Plaines, IL 60018		Toll Free (800) 886-2282	Offers publications, treatment and coping tips, bereavement groups; free social service consultations, support group referrals and more; ask for Social Work office www.abta.org
American Cancer Society 1765 Challenge Way #115 Sacramento, CA 95815		Main (916) 446-7933 24-Hour Service (866) 444-7672	Linkage to community support groups; provides education, research, advocacy and service www.cancer.org
Brain Tumor Support Group 4860 Y Street Suite 3740 Sacramento, CA 95817		Main (916) 734-5613	Offers emotional support and educational information for patients, family members and friends; meets the first Thursday of every month from 6:30 to 8:30 p.m..
Cancer Hotline 2280 Grass Valley Highway #275 Auburn, CA 95603		Main (530) 885-7953	Offers information and support to newly-diagnosed cancer patients and their families
Leukemia Society 4604 Roseville Road Suite 100 North Highlands, CA 95660		Main (916) 348-1793	Various support groups and programs; call for more information
UC Davis Cancer Center - Prostate cancer support group Sacramento, CA		Main (916) 734-5959	Group provides information and support for men with prostate cancer; public is welcome; facilitated by a registered nurse and a chaplain; no fees

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**UC Davis Cancer Center -
Women with Cancer**

4501 X Street
Sacramento, CA 95817

Main (916) 734-3598

Group offers women information, emotional support and socialization; facilitated by a social worker; no fee

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Caregiving

Organizations	Phone Type	Phone Number	Comments
Del Oro Caregiver Resource Center 5723 Marconi Avenue Suite A Carmichael, CA 95608		Main (916) 971-0893 Toll Free (800) 635-0220	Offers referrals to existing support groups and assists in establishing needed support groups
Maidu Community Center 1550 Maidu Drive Roseville, CA 95661		Main (916) 774-5960	Caregiver support group meets once per month in the Senior Wing; third Friday each month 9:00 - 10:30 a.m.
Senior Services Roseville Medical Center 1 Medical Plaza Roseville, CA 95661		Main (916) 781-1559	Call for specific times and locations; groups facilitated by professionals; no fees
St. Marks United Methodist Church 2391 St. Marks Way Sacramento, CA 95864		Main (916) 483-7848	Meets twice per month; group offers emotional support and guidance to caregivers, fourth Monday at noon in library
The Senior Connection 5105 Manzanita Avenue Carmichael, CA 95608		Main (916) 334-1072 Toll Free (888) 334-3490	Family and Friends of Aging Adults: An information and support group to address questions and concerns about dealing with elder care issues; meets the second Thursday of every month from 6 p.m. to 7:30 p.m.
Yolo Adult Day Health Center 20 North Cottonwood Street Woodland, CA 95695		Main (530) 666-8828	Meets the second Tuesday of every month; 6:30 p.m. to 8:00 p.m.; call for more information.

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Emotional Support

Organizations	Phone Type	Phone Number	Comments
Friends for Survival Inc. ,		Main (916) 392-0664	Offers support group, meetings, newsletter and information to friends and family following a death by suicide
Placer Independent Resource Services 11768 Atwood Road #29 Auburn, CA 95603		Main (530) 885-6100 TDD (530) 885-0326 Toll Free (800) 833-3453	Support groups and peer groups for depression; call for information on dates and times
Widowed Persons Association of California 2628 El Camino Avenue Suite D-18 Sacramento, CA 95821		Main (916) 972-9722	Offers support groups and programs; newcomers buffet & social; third Monday evening at 5:30 p.m. at Plaza Hof Brau, El Camino and Watt Avenue

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Health Issues

Organizations	Phone Type	Phone Number	Comments
ALS Association 2717 Cottage Way Suite 8 Sacramento, CA 95825		Main (916) 979-9265	Facilitated by a professional; no fees
American Association of Kidney Patients 3505 E. Frontage Road #315 Tampa Bay, FL 33607		Toll Free (800) 749-2257	Support group for kidney dialysis and transplant patients and their families
American Chronic Pain Association PO Box 850 Rocklin, CA 95677		Main (916) 632-0922	Self-help group for people with chronic pain
American Diabetes Association ,		Toll Free (800) 342-2383	Group for those with diabetes; meetings in Auburn and in Roseville; call for more information and locations; free senior health screening; Spanish-speaking Lincoln support group
American Heart Association ,		Main (916) 446-6505 Toll Free (800) 242-8721	Provides educational services, speakers' bureau, and referral services for stroke and cardiac rehabilitation patients
Better Breathers - Sutter Auburn Faith Hospital ,		Main (916) 781-1449 Main (530) 888-4530	Chronic lung disease support and informational group meets once a month at Sutter Auburn Faith Hospital; call for more information

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<p>Diabetes Support Group West Sacramento Senior Center 664 Cummins Way W. Sacramento, CA 95605</p>	<p>Main (916) 373-5819</p>	<p>Call for times and information; no fees</p>
<p>Huntington's Disease Society of Northern California</p>	<p>Toll Free (888) 828-7343</p>	<p>Offers information and referrals; local support group available</p>
<p>Lupus Foundation of America, Sacramento Chapter</p>	<p>Main (916) 973-0776</p>	<p>Emotional support, information, literature, and a time for sharing</p>
<p>Multiple Sclerosis Society</p>	<p>Main (916) 927-8000</p>	<p>Support groups and programs in the greater Sacramento area; call for more specific information</p>
<p>Muscular Dystrophy Association 650 University Avenue Suite 108 Sacramento, CA 95825</p>	<p>Main (916) 921-9518</p>	<p>Call for information; groups are third Saturday of the month</p>
<p>Parkinson's Disease Assoc. of the Sacramento Valley 900 Fulton Avenue Suite 100-5 Sacramento, CA 95825</p>	<p>Main (916) 489-0226</p>	<p>Provides news, information and education for patients and caregivers, social activities, seminars, and support groups for patients and caregivers; referrals available to support groups in Auburn, Chico, Placerville, Roseville, Stockton and Yuba City</p>
<p>Placer County Preventative Health</p>	<p>Main (530) 889-7164</p>	<p>Referrals to local support groups including diabetes</p>

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<p>Post-Polio Support Group</p> <p>P.O. Box 3043 Citrus Heights, CA 95611</p>	<p>Toll Free (800) 215-0318 Main (916) 725-4077</p>	<p>Members meet at 11:00 a.m. the first Saturday of the month, September - June at Fair-Vale Baptist Church</p>
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Hearing

Organizations	Phone Type Phone Number	Comments
<p>Deaf & Hearing-Impaired Support Group</p> <p>11768 Atwood Road Suite 29 Auburn, CA 95603</p>	<p>Main (530) 885-6100</p>	<p>Support group: call for more information</p>
<p>Hearing Loss Association of America, Sacramento Chapter</p> <p>4708 Roseville Road #112 North Highlands, CA 95660</p>	<p>Main (916) 334-9406</p>	<p>Information and support for hearing-impaired people and their families; monthly support group meetings</p>
<p>Norcal Center for Deaf & Hard of Hearing</p> <p>4708 Roseville Road Suite 112 North Highlands, CA 95660</p>	<p>Main (916) 349-7500 TDD (916) 349-7611</p>	<p>Self help for hard of hearing. Meets the second Saturday of every month at 11 a.m. www.norcalcenter.org</p>

Organ Transplants

Organizations	Phone Type Phone Number	Comments
<p>Liver Transplant Support Group</p>	<p>Alternate (916) 635-5522 Main (916) 421-9590</p>	<p>Group offers educational information and support for those awaiting a liver transplant; recipients, family members and caregivers; facilitated by members with some guest speakers; no fee</p>

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Stroke

Organizations	Phone Type	Phone Number	Comments
American Stroke Association			Referrals to local stroke support groups, advice on how to start your own support group, free information packets on selected topics and a free magazine
		Toll Free (800) 553-6321	
Del Oro Caregiver Resource Center 5723 Marconi Avenue Suite A Carmichael, CA 95608			Support groups for family members and caregivers of brain-impaired adults
		Toll Free (800) 635-0220 Main (916) 971-0893	
Easter Seal Society 3205 Hurley Way Sacramento, CA 95864			Call for recent information on stroke support program in Sacramento area
		Main (916) 485-6711	
Survivors of Stroke (SOS) 2801 L Street Sacramento, CA 95816			First and third Thursday of every month; 11:00a.m. - 12:30 p.m.; call for information (Sutter Neuroscience Unit)
		Main (916) 733-3049	

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Vision

Organizations	Phone Type	Phone Number	Comments
Organization of Macular Friends ,		Main (916) 492-5656	Group meets the first Thursday of the month from 12 - 2; call for location
Society for the Blind 2750 24th Street Sacramento, CA 95818		Main (916) 452-8271	Group meets the first Thursday of the month 1 - 3 p.m. and the last Thursday of the month; community integration activities
Sunrise Macular Degeneration Group ,		Main (916) 491-5885	Group meets on the third Friday of the month at the Carmichael Elks Lodge

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TRANSPORTATION

Service for those requiring basic and advanced life support, critical care transport, paramedics and EMT's available. Reservations required; note service areas. Fares may be covered by insurance.

Gurney and Ambulance

Program Name	Phone Type Phone Number	Hours of Service	Fares	Service Area/ Reservations
American Medical Response West 1779 Tribute Road Suite H Sacramento, CA 95815	Main (800) 913-9112	24 hrs: 7 days a week; Local and long distance services: basic and advanced life support. Critical care transport, EMT and paramedic.	Ambulance Services - Bill Medicare, Medi-Cal and private insurance.	Sacramento, Placer and Yolo counties
First Responder Emergency Medical Services, Inc. 10161 Croydon Way Suite 1 Sacramento, CA 95827	Toll Free (877) 385-4357 Main (916) 444-1944	24 hrs; 7 days a week; local and long-distance services; paramedic, EMT and critical care transport available Certified memory impairment specialists	Ambulance Services - Bill Medicare, Medi-Cal and private insurance; payment plans available, Gurney/Van: \$195 Flat rate, \$200 out-of-town, wheelchair: \$60 flat rate	Sacramento, Placer and Yolo counties
Foresthill Ambulance 24321 Main Street Foresthill, CA 95864	Main (530) 367-2509	24 hours; 7 days a week; paramedic and EMT available	Bill Medicare, Medi-Cal and private insurance; accept Medicare assignment	Foresthill and surrounding recreational areas
Medic Ambulance 2349 Lexington Street Sacramento, CA 95815	Main (916) 564-9011	24 hours; 7 days a week; local services, advanced and basic life support; paramedic, EMT	Medicare, Medi cal, and private billing \$150 Base fee for gurney ride \$5.00 per mile Medi-Cal may be billed for gurney services	Sacramento, Placer, Yolo, Solano, counties
Priority One 9926 Pioneer Boulevard Santa Fe Springs, CA 90670	Toll Free (800) 600-3350	24 hours; 7 days a week; local and long distance	Rates on request. Basic life support	Greater Sacramento area, Northern California, LA County, San Diego, San Francisco Bay Area

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Gurney and Ambulance

<p>TLC Transportation, Inc.</p> <p>6013 Amir Lane Carmichael, CA 95608</p>	<p>Taxi (916) 482-5883 Emergency (916) 368-5202</p>	<p>Monday - Saturday 6 a.m. - 8 p.m.; local and long-distance service available</p>	<p>Gurney: \$165 one way. Taxi shuttle: \$13 pick-up \$2.30/mile, wheelchair \$28 pick-up, \$2.30/mile</p>	<p>Greater Sacramento area</p>
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TRANSPORTATION

Non-emergency transportation options are provided through the public and private sector. Reservations suggested by some companies and required by others; transportation provided to limited service areas.

Van and Bus

Program Name	Phone Type Phone Number	Hours of Service	Fares	Service Area/ Reservations
All West Coach Lines, Inc. 7701 Wilbur Way Sacramento, CA 95858	Toll Free (800) 843-2121	Regular - 24 hours a day, 7 days a week; scheduled trips to Reno 1/day from Sacramento; wheelchair lift (48 hr notice required) on Reno trips	\$32 round trip with cash bonuses	Sacramento County; no reservations required
A-Star Non-Medical Transportation 8155 Watt Avenue #268 Antelope, CA 95843	Main (916) 482-1610	Monday - Friday 8 a.m. - 6 p.m. no wheelchair lift; local and long-distance	\$25 each way + \$2.75 per mile in Sacramento county; other counties vary; credit cards, insurance and private pay accepted	Sacramento, Yuba, Colusa, Sutter, Placer, El Dorado, Amador, San Joaquin, San Mateo, San Francisco, Solano and Sonoma Counties; Reno and Tahoe Area reservations suggested
City of Winters Senior Program c/o Winters City Hall ,	Main (530) 795-4910	Monday - Friday; office hours M-F 8am-5pm No wheelchair lift	No charge	Medical appts. only; Davis, Vacaville, Winters Woodland and Vallejo; reservations required five working days prior to ride; senior. Must originate in Winters.
Community Care Car 2001 East Street Woodland, CA 95776	Main (530) 662-7800	Monday - Thursday 9 a.m. - 3:30 p.m.; Friday 9 a.m. -12 p.m. Call M - F 9 a.m. - 3 p.m. for rides; no wheelchair lift	Seniors (55+); \$2 donation requested	Woodland city limits; 24 - hour advance notice required
Davis Community Transit 840 2nd Street Davis, CA 95616	Main (530) 757-4408	Monday - Friday 6:30 a.m. - 11:30 p.m.; Saturday - Sunday 7:30 a.m. - 9:30 p.m.; wheelchair lift	Local: \$3 each way	Davis 3 - 4 day advance notice suggested

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Van and Bus

Program Name	Phone Type Phone Number	Hours of Service	Fares	Service Area/ Reservations
Dial-A-Ride - El Dorado County Transit 6565 Commerce Way Diamond Springs, CA 95619	Main (530) 642-3696	Monday - Friday 7:30 a.m. - 5 p.m.; Saturday - Sunday 8 a.m. - 5 p.m.; wheelchair lift	Seniors & disabled \$1.50 - \$7 each way - based on zone; bus \$.55 each way. Roundtrip to Sacramento medical centers \$10	El Dorado county; reservations suggested. Call one business day in advance- Bus to Folsom light rail station \$2.50 each way, commuter bus \$4 each way
Dial-A-Ride - Elk Grove 8830 Sharkey Avenue Elk Grove, CA 95624	Main (916) 686-4736	Dr. & beauty appts. M, T, W, & Th only 9:30 - 1:00 p.m., Elk Grove Senior Center 5 days/week, wheelchair lift	Seniors (50+) \$2 each way, \$20 min. for Ride Ticket cards, may register by mail	City of Elk Grove only. Reservations required at least 48 hrs. in advance, Methodist Hospital & Kaiser south rides available
Dial-A-Ride - Folsom 50 Natoma Street Folsom, CA 95630	Main (916) 355-8347	Monday - Friday 7:30 a.m. - 5 :30 p.m. wheelchair lift	Seniors (55+) and disabled: \$3.75 each way \$90 monthly pass	Folsom: reservations required before 2 p.m. one day prior to ride
Dial-A-Ride - Placer County 10030 Foothills Boulevard Roseville, CA 95747	Main (530) 889-2342	Monday - Friday 8 a.m. - 5 p.m. Sat. 8 a.m. - 6 p.m.; wheelchair lift	Seniors & disabled - \$1 each way; public - \$2 each way	Reservations preferred 24 hrs. prior to ride, western Placer County
Dial-A-Ride - Roseville 2005 Hilltop Circle Roseville, CA 95678	Main (916) 774-5757	Monday - Friday 6 a.m. - 8 p.m.; Saturday 8 a.m. - 6 a.m.; Sunday 8 a.m. - 6 p.m.; wheelchair lift	Seniors (60+) and disabled - \$2.25 each way; public - \$3.75 each way	Roseville city limits; reservations required; 24- hour notice suggested. Call to cancel ride 2 hrs. before ride time.

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TRANSPORTATION

Non-emergency transportation options are provided through the public and private sector. Reservations suggested by some companies and required by others; transportation provided to limited service areas.

Van and Bus

Program Name	Phone Type Phone Number	Hours of Service	Fares	Service Area/ Reservations
Dial-A-Ride - Yuba-Sutter Transit 2100 B Street Marysville, CA 95901	Main (530) 742-2877	Monday - Friday 7:00 a.m. - 9:15 p.m.; Saturday 8:30 a.m. - 5:00 p.m.; wheelchair lift	Seniors & disabled - \$2 each way; public \$4 each way; discount ticket book available	Yuba City, Marysville, Live Oak MWF; reservations required
Direct Line 4949 Dillon Cross Way Antelope, CA 95843	Main (916) 727-0403	24 hrs; 7 days a week; wheelchair lift	\$75 flat rate up to 20 miles. \$2.50 each additional mile. Medi- Cal accepted	Sacramento and Placer counties, long distance also. Call for reservations 48 hrs. in advance.
Eskaton Companionship Plus 5105 Manzanita Avenue Carmichael, CA 95608	Main (916) 334-1072	Monday - Saturday By appointment; call for details.	\$25/hr. First 15 miles included; \$0.60/mile thereafter	One-on-one transportation serving Sacramento, Carmichael, Fair Oaks, Citrus Heights, Roseville, Elk Grove, Rancho Cordova www.eskaton.org
First Responder Emergency Medical Services, Inc. 10161 Croydon Way Suite 1 Sacramento, CA 95827	Main (916) 444-1944 Toll Free (877) 385-4357	24 hours; 7 days a week; oxygen, radio communication; wheelchair lift - inquire for service hours	\$60 each way; Medi- Cal accepted; gurney van \$195 each way, no mileage in town	Sacramento, Placer and Yolo counties; able to provide local and long-distance services; dementia certified staff for "safe handling" during transportation
Gold Country Telecare, Inc. PO Box 2161 Grass Valley, CA 95945	Main (530) 272-1710	Monday - Friday 7:30 a.m. - 6 p.m.; Saturday - Sunday 8 a.m. - 5 p.m.; wheelchair lift	\$2 each way within the area; cost varies for out of area	Greater Nevada City & Grass Valley area; reservations required at least one business day prior to the ride; up to 14 days reservations accepted.

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Van and Bus

Program Name	Phone Type	Phone Number	Hours of Service	Fares	Service Area/ Reservations
Handivan - Yolo Bus 352 Industrial Way Woodland, CA 96776		Main (800) 371-2877	Monday - Sunday; wheelchair lift, hours vary by region	Seniors & disabled \$2 each way (prices vary out of area)	
Med Star ,		Main (916) 669-0550	Monday - Friday 7:30 a.m. - 4:30 p.m.; wheelchair lift	\$50 round trip + \$3 per mile; private pay, Medi-Cal accepted	Sacramento & El Dorado counties; long distance services available; reservations required
Med-Cab of Sacramento - Sierra 7949 Ivy Hill Way Antelope, CA 95843		Mobile (916) 257-1629	Monday - Friday 5 a.m. - 7 p.m.	\$45 plus \$1 per mile from Roseville to other locations; Veterans Admin., Workers comp., Medi- Cal and private insurance accepted	Placer and Sacramento counties
MV Transportation 10170 Croydon Way Suite A Sacramento, CA 95827		Main (916) 854-2638	Monday - Friday 6 a.m. - 6 p.m.; wheelchair lift.	\$55 per hour	Greater Sacramento area; Placer, El Dorado, Yolo counties; reservations required one week in advance
Paratransit - Yolo Bus 352 Industrial Way Woodland, CA 95776		Toll Free (800) 371-2877	Monday - Friday 8 a.m. - 5 p.m.; wheelchair lift	Seniors & disabled \$1.50 each way Woodland -out of area \$3	West Sacramento to downtown Sacramento; reservations required seven days in advance. Special transportation program available for medical appointments in Sacramento area. Call for rates

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Van and Bus

Program Name	Phone Type Phone Number	Hours of Service	Fares	Service Area/ Reservations
Paratransit, Inc. PO Box 231100 Sacramento, CA 95823	Appt./Cancel (916) 429-2744 Application (916) 557-4685	7 days a week 6:00 a.m. - 12:30 a.m.; wheelchair lift	Available to seniors (75+) or the disabled who are unable to use public transportation; \$4.50 each way; \$8 each way to the airport	Sacramento, Carmichael, Fair Oaks, Rancho Cordova, Citrus Heights, Rio Linda, Elverta, Orangevale, Elk Grove, Laguna, and North Highlands; reservations accepted one - two days in advance
Placer County Transit 11432 F Avenue Auburn, CA 95603	Main (530) 889-7570	Monday - Friday 4:30 a.m. - 9:30 p.m.; Saturday limited service; wheelchair lift	Seniors & disabled - \$.50 each way; public \$1.00 each way	Placer County, transfers available to Sacramento County RT & Nevada County transit
Pride Transit 10030 Foothills Boulevard Roseville, CA 95747	Main (530) 888-7433	Monday - Friday 8 am. - 5 p.m.; wheelchair lift	Fares vary by distance	Colfax to Sacramento; reservations - minimum of 72 hrs
Rapid Response 1325 Howe Avenue #111 Sacramento, CA 95825	Main (916) 919-6050 Main (916) 419-1232	24 hrs: 7 days a week	\$75/round trip for dialysis; \$60/one-way wheelchair transport; \$195/one-way gurney; \$1.35/mile after 40 miles	Carmichael, Citrus Heights, Elk Grove, Fair Oaks, Folsom, Lincoln, North Highlands, Rocklin, Roseville, Rancho Cordova, Sacramento and neighboring communities
Regional Transit 1400 29th Street Sacramento, CA 95816	Main (916) 321-2877	Monday - Friday 6 a.m. - 9 p.m.; Saturday 7 a.m. - 6:30 p.m. Sunday 8 a.m. - 5:30 p.m.; wheelchair lifts and ramps	Seniors (62 - 74) and disabled - each way \$1.00; daily pass \$3; monthly pass \$50, free for seniors 75+	Sacramento, Elk Grove, North Highlands, Rancho Cordova, and Orangevale: The Neighborhood Ride (limited door-to-door service) available in parts of Sacramento, Citrus Heights and Carmichael; call RT for schedules.

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Van and Bus

Program Name	Phone Type Phone Number	Hours of Service	Fares	Service Area/ Reservations
Ride On Time, LLC P.O. Box 1843 North Highlands, CA 95660	Main (916) 275-1144	Monday - Friday 7 a.m. - 7 p.m. Saturday appointments must be scheduled in advance	\$65 round trip + \$2/mile after 10 miles - \$50 one way \$2/mile after 15 miles - private pay only	Sacramento County and Roseville
TLC Transportation, Inc. 6013 Amir Lane Carmichael, CA 95608	Emergency (916) 368-5202 Taxi (916) 482-5883	Monday - Saturday 6 a.m. - 8 p.m.	\$2.90 per mile; \$30 per wheelchair pickup; \$15 for oxygen use; \$15 per pickup \$2.30 per mile assisted taxi, \$175 guerney one way 20 miles	Greater Sacramento area; local & long-distance service available. Ambulance, gurney, taxi and wheelchair van services
Transit Services (Gold Country Stage Coach) 950 Maidu Avenue Nevada City, CA 95959	Main (530) 477-0103	Monday - Friday 6 a.m. - 11 p.m.; Saturday 8 a.m. - 7 p.m.	\$0.75 each way; \$2.25 daily pass \$22.50 for 30 - day unlimited pass, Senior discount	Western Nevada County, Auburn, Camptonville, Colfax, Pleasant Valley Road and the Cedar Ridge area (Amtrack connections)
Unitrans 1 Shields Avenue 15 S. Hall Davis, CA 95616	Main (530) 752-2877	Monday - Thursday 7 a.m. - 11:45 p.m.; Friday 7 a.m. - 7 p.m. Saturday 9 a.m. - 5 p.m.; wheelchair lift on some routes	\$1 each way for non- students; free for students	Davis and UC Davis area
Yuba-Sutter Transit 2100 B Street Marysville, CA 95901	Main (530) 742-2877	Monday - Friday 6:20 a.m. - 6:20 p.m., Saturday 8:30 a.m. - 5:30 a.m., wheelchair lift; Sacramento commuter bus M - F	\$0.50 in town, mid- day commuter bus \$1.75 - \$3.50 each way	Yuba & Sutter counties, other transit routes are available; call for more information; no reservations required

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TRANSPORTATION

Services are provided by not-for-profit agencies that provide transportation free of charge or for a small donation. Most of the drivers for these agencies are volunteers.

Volunteer Services

Program Name	Phone Type	Phone Number	Hours of Service	Fares	Service Area/ Reservations
American Cancer Society 1765 Challenge Way #115 Sacramento, CA 95815		24-Hour Service (866) 444-7672 Main (916) 446-7933	Monday - Friday 9 a.m. - 5 p.m. transportation to medical appointments for cancer patients; no wheelchair lift	No charge	Sacramento and Yolo counties
Health Express 11566 D Street Auburn, CA 95603		Main (800) 655-7433	Call for an appointment Monday - Friday 8:30 a.m. - 4:30 p.m., wheelchair lift, oxygen	Donations accepted	Western Placer County
Seniors First 11566 D Avenue Auburn, CA 95603		Toll Free (800) 878-9222 Main (530) 889-9500	Monday - Friday 8 a.m. - 4:30 p.m.; no wheelchair lift	Donations are accepted; suggested contributions \$4-\$20 depending on distance	Auburn area to Lincoln, Newcastle, Meadow Vista, Colfax, Roseville; reservations required (Placer County)
South County Services 539 North Lincoln Galt, CA 95632		Main (209) 745-9174	Monday - Friday 8 a.m. to 5 p.m. transportation to medical appointments; no wheelchair lift	No charge; donations	Galt, Walnut Grove, parts of Acampo and parts of Isleton; two working days notice required

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Aging Issues

Supplier Name	Website Address	Comments
Administration on Aging	www.aoa.dhhs.gov	800-677-1116: Information about services in your community; information on a variety of senior issues including resources, fact sheets, statistics, legislative health issues and much more; Eldercare Locator
American Society on Aging	www.asaging.org.	Links to other aging websites and offers searches for words and phrases as well as resources and literature on aging
California Commission of Aging	www.calaging.org	History and current work in progress of this commission
Eldercare Web	www.elderweb.com	Comprehensive nexus of useful links for professionals and caregivers on eldercare organizations, financial, insurance issues, and living options
National Academy of Elder Law Attorneys	www.naela.org	Information on the organization, information on elder law issues and what to look for in an elder law attorney
National Caucus and Center on Black Aged	www.ncba-aged.org	Information on caucus and aging information
National Council on Aging (NCOA)	www.ncoa.org	Information on employment, housing choices, resources by community, finance and insurance, relocation, senior day care, skilled nursing, assisted living and congregate living options
National Hispanic Council on Aging	www.nhcoa.org	Information on this organization and its activities
Senior Resource	www.seniorresource.com	Selections in housing choices, resources by community, finances and insurance, relocation, senior day care, skilled nursing, assisted living and congregate living options
The Senior Connection	www.eskaton.org	Information on Eskaton facilities and services; information and assistance, senior living options, telephone reassurance, placement assistance, home care, adult day health care and free community classes

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Caregiving Issues

Supplier Name	Website Address	Comments
Aging Parents	www.agingparents.com	Comprehensive collection of video and resource products for seniors, families and professionals
Children of Aging Parents (CAPS)	www.caps4caregivers.com	A nonprofit organization that offers an information clearinghouse; emotional support is available to caregivers
Family Caregiver Alliance	www.caregiver.org	Information resource on long-term care; offers research options on diagnosis and health care issues
National Family Caregivers Association	www.nfcares.org	A nonprofit organization offering useful tips for family caregivers; information about publications and links to other sites

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Diseases and Disorders

Supplier Name	Website Address	Comments
Alcoholics Anonymous	www.aa.org	Information about the organization and help on contacting local chapters
Alzheimer's Association	www.alz.org	A nonprofit organization offering Alzheimer's disease information, research and treatment; caregiver resources are also available
Alzheimer's Disease Education and Referral Center (ADEAR)	www.alzheimers.org/adear	Information about Alzheimer's disease for health professionals, patients, family members and the general public
American Diabetes Association	www.diabetes.org	Information and resources regarding diabetes
Arthritis Foundation	www.arthritis.org	Offers the opportunity to ask questions regarding arthritis through e-mail; site has search options on education, information and more
Diabetes Home Page	www.cdc.gov/diabetes	Home page of the Centers for Disease Control and Prevention; provides information and publications related to diabetes
National Council on Alcoholism and Drug Dependence	www.ncadd.org	Educational information to assist those fighting alcoholism and other drug addictions.
National Hospice and Palliative Care Organization	www.caringinfo.org	A nonprofit organization offering state-specific advance directives and information on legal issues on end-of-life decision making; offers lists of publications and videos
National Osteoporosis Foundation	www.nof.org	Information and resources regarding osteoporosis

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General Health

Supplier Name	Website Address	Comments
American Dental Association	www.ada.org	Information on dental care and locating dentists in the area
American Hospice Foundation	www.americanhospice.org	Information on hospice services; offers publications and links to related sites
Food and Nutrition Information Center (FNIC)	http://fnic.nal.usda.gov	Information on FNIC, resource lists, healthy meals, food safety, dietary guidelines, dietary supplements, USDA reports and other links to Internet resources
Health-Net	www.healthnet.com	Options on many health issues and resources
National Physician Directory	www.doctordirectory.com	Information on physicians by state and specialty

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Government & Related Links

Supplier Name	Website Address	Comments
Administration on Aging	www.aoa.dhhs.gov	800-677-1116: Information about services in your community; information on a variety of senior issues including resources, fact sheets, statistics, legislative health issues and much more; Eldercare Locator
CA Dept. of Health Services - Licensing and Certification	www.dhs.ca.gov	Information about the department, links to health related sites, preventative services, legislative affairs, audits and investigations
CA Dept. of Social Services - Adult Protective Services	www.dss.cahwnet.gov	Information about the department's mission, history, programs and events
Centers for Medicare and Medicaid Services	www.cms.hhs.gov	Information on recently enacted laws affecting Medicare and Medicaid, local information and helpful publications and forms
Joint Comm. on the Accreditation of Health Care Org. (JCAHO)	www.jcaho.org	Accepts complaints regarding accredited facilities; has hotline available for consumers to contact JCAHO directly
National Committee for Quality Assurance (NCQA)	www.ncqa.org	Report card evaluation of the quality of care in individual health plans
Social Security Administration	www.ssa.gov	Index to benefits information and online edition of the U.S. Social Security Handbook on Benefits and Policies and other documents; information on disability and Medicare benefits
U.S. Department of Veteran's Affairs	www.va.gov	Index to benefits information, including an on-line edition of federal benefits for veterans and their dependents, special programs, health care information and links to related sites
U.S. Dept. of Health and Human Services	www.hhs.gov	A gateway to health-related sources including governmental and private sector information
U.S. Food and Drug Administration	www.fda.gov	Documentation on food and drug issues
US Government	www.usa.gov	The US government's official web portal; index of public health agencies and health care links, consumer protection, data and statistics

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Housing Alternatives

Supplier Name	Website Address	Comments
CA Registry	www.calregistry.com	A free registry service; information, counseling and referrals for all levels of senior housing and other needs
New Lifestyles - Guide to Retirement Communities	www.newlifestyles.com	Directory of nursing centers, retirement communities and residential care facilities for many major metropolitan areas
Senior Sites- Aging Services of California	www.seniorsites.com	Directory of nonprofit nursing homes, other residential housing and health care facilities offering different levels of care

Insurance Issues

Supplier Name	Website Address	Comments
CA Dept. of Insurance	www.insurance.ca.gov	Information and an opportunity to link and search options; offers consumer information and advice
CA Medicare	www.calmedicare.org	Provides information about Medicare programs
Health Rights Hotline	www.hrh.org	Information and assistance for health care, managed care, Medicare, other insurance
Lumetra	www.lumetra.com	Assistance and information regarding health care quality issues, Medicare policy; recommends links and hospital appeal rights
Medicare	www.medicare.gov	Information to help consumers understand the program; provides comparative information on nationwide nursing homes

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National and CA Associations & Organizations

Supplier Name	Website Address	Comments
Aging Services of California	www.aging.org	State association representing nonprofit services and facilities for the elderly; information on member facilities, publications, public policy and more
CA Association for Health Services at Home (CAHSAH)	www.cahsah.org	Information on policy, advocacy, and public affairs regarding health services at home.
CA Association of Health Facilities (CAHF)	www.cahf.org	Represents licensed long-term care facilities and offers consumer information on selecting a facility, resources and more.
CA Dept. of Consumer Affairs - Consumer Complaint	http://dca.ca.gov	A resource designed to help Californians become informed consumers who know their rights and the protection afforded them; complaint mediation
Federal Consumer Information	http://www.consumer.gov	Offers information on consumer issues
Fraud Watch	http://fraud.org/ifw.htm	Offers information and assistance on how to protect yourself against fraudulent activity

Other Websites

Supplier Name	Website Address	Comments
American Academy of Orthopedic Surgeons	www.aaos.org	Assistance in locating a surgeon, patient education, brochures and a variety of related resources
Drug Digest	www.drugdigest.org	Information on individual drugs and supplements
Dynamic Living	www.dynamic-living.com	Kitchen products, bathroom helpers, unique daily living products and more
Nursing Home Guide	www.nursinghomeguide.org	Assistance in locating a nursing home in California that best suits your family member's need

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Patient Organizations and Support Groups

Supplier Name	Website Address	Comments
CA Dept. of Mental Health	www.dmh.cahwnet.gov	Information on service providers, facilities, publications and links to related sites
Mental Health America	www.nmha.org	Information and resources related to mental illness support and services; legislative updates and an affiliate network are available
National Institute of Mental Health	www.nimh.nih.gov	Information on mental disorders, diagnosis and treatment; offers information on news and events, research, activities and a search option

Recreation and Leisure

Supplier Name	Website Address	Comments
Senior Corps	www.seniorcorps.org	Retired Senior Volunteer Programs; Senior Corps programs tap the experience, skills and talents of older citizens to meet community challenges with Foster Grandparents, Senior Companions and RSVP (Retired and Senior Volunteer Program)
Senior Net	www.seniornet.com	Older adult education and access to computer technology; offers discussions, book clubs and consumer advice for seniors

Transportation Service

Supplier Name	Website Address	Comments
National Highway Traffic Safety Administration	www.nhtsa.gov	Provides information on auto safety and concerns

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CAREGIVER PUBLICATIONS AVAILABLE THROUGH AARP

AARP is the nation's largest organization for people age 50 and over. It serves senior interests through legislative advocacy, research, informative programs and community services provided by a network of local chapters and experienced volunteers throughout the country. AARP materials and catalog of publications and A/V programs are available by contacting AARP, 601 E Street, NW Washington, DC 20049 or by telephone at (866) 448-3614. Selected publications are available in Spanish.

DocumentCode Title

AARP Community Service Programs

- D13398 AARP Tax-Aide: People Helping People - Provides Free Tax Assistance
- D13401 Tax-Aide, a program of People Helping People - Tax Aide program discription and how to volunteer
- D141 AARP Tax-Aide Volunteer Recruitment
- D14958 Volunteer with the AARP Driver Safety Program
- D16842 Senior Community Service Employment Program
- D17286 Driver Safety Program Brochure

AARP Member Services

- C192 Membership Application
- D12601 Widowed Persons Service - Fact Sheet
- D15530 AARP Fact Sheet
- D16345 Legal Services Network
- D17166 AARP Member Discounts and Services Guide
- D17729 Today's AARP
- D17970 Community Service and Volunteerism
- E351 Customized Volunteer Interest Self Mailer
- E352 Volunteer Interest Form

Age Discrimination

- D12386 Age Discrimination on the Job

Career

- D15084 First Step in Starting Your Own Business
- D17024 Resumes Really do Count!
- D17025 Getting in Shape for Your Next Job Interview
- D17026 Staying Competitive by Embracing Technology

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DocumentCode Title

Caregiving

- D16474 Family Caregiving in the U.S.: Findings from a National Survey
- D17002 Family Conversations That Help Parents Stay Independent
- D17196 Navigating Your Way to a Quality Assisted Living Facility
- D17249 Paying for Nursing Homes
- D17310 Partners in Caring: A Family Guide to Working with Nursing Assistants for Better Nursing Home Care
- D18171 When Employees Become Caregivers - A Manager's Workbook
- D18186 Caring For Those You Care About Binder (includes 46 tip sheets)

Consumer Protection

- D17082 Predatory Lending Fraud Prevention Kit
- D17381 Predatory Lending Guide (booklet)
- D17430 Predatory Lending Brochure
- D17795 Consumer Protection: A Guide to Your Rights and Choices
- D18052 ID Theft: What's It All About?
- D18111 Healthy Credit (shows people how to access credit reports)

Disabilities

- D15617 Americans with Disabilities Act: Questions and Answers for Employees

Electronic Funds

- D16801 Electronic Funds Fact Sheet
- D17075 Electronic Transfer Fact Sheet

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DocumentCode	Title
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Financial

D12258	Women's Guide to Pension Rights
D12894	Home Made Money: A Consumer's Guide to Reverse Mortgages
D13183	Primer on Personal Money Management
D13533	Guide to Understanding Your Pension Plan
D13534	Pension Plan: A Guide to Getting Through the Maze
D16612	Saving for Retirement: How are Women Doing?
D17199	Frequently Asked Questions About Investing
D17306	Mutual Fundamentals: A Consumer Guide to Investing
D17732	Money Matters: Your Guide for Financial Security
D18156	Are You Good With Money? A New Financial Quiz and Tips

Fraud

D16540	Telemarketing Fraud
D16660	Fight Medicare Fraud
D17082	Home Improvement Fraud Prevention Kit
D17104	Investment Scams: No Profit, No Return

Grandparents Raising Grandchildren

D15536	"Parenting Grandchildren" Newsletter (not for a subscription)
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Health

D17737	Taking Charge of Your Health
D18010	The Pocket Guide to Staying Healthy at 50+
D561	Physical Activities Workbook

Health Insurance

D16615	Nine Ways to Get the Most from Your Managed Health Care Plan
D17022	Health Insurance Options for Midlife Adults - Finding and Keeping Coverage
D17167	Health Care Quality: Information You Need to Know
D17738	Health Insurance During the Working Years
D17739	Medicare and Other Health Insurance As You Retire

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CAREGIVER PUBLICATIONS AVAILABLE THROUGH AARP

AARP is the nation's largest organization for people age 50 and over. It serves senior interests through legislative advocacy, research, informative programs and community services provided by a network of local chapters and experienced volunteers throughout the country. AARP materials and catalog of publications and A/V programs are available by contacting AARP, 601 E Street, NW Washington, DC 20049 or by telephone at (866) 448-3614. Selected publications are available in Spanish.

DocumentCode Title

Home Improvement

- D17165 Home Improvement Contractors
- D17346 Home Loan Protection Act (Model Law)
- D17381 Borrower's Guide to Home Loans
- D17556 Tips on Home Improvement

Housing/Accessibility

- D12774 A Consumer's Guide to Homesharing
- D15819 Expanding Housing Choices for Older People
- D16912 Simple Changes for a Safer Home

Long-Term Care

- D17005 Caring for Those You Care About (26 LTC Tip Sheets)

Medicare

- D16747 Making Medicare Choices
- D16812 Medicare Basics
- D16813 Selecting Medicare Supplemental Insurance
- D16814 Your Medicare Rights
- D17433 Prescription Drugs Aren't a Luxury
- D17739 Medicare and Other Health Insurance as You Retire
- D18058 Eight Ways Americans will Benefit from the New Prescription Drug Law
- D18070 Medicare Changes That Could Affect You
- D18102 Medicare Drug Discount Card - Helping Those with Limited Incomes
- D18105 Medicare Drug Discount Card - What You Need to Know
- D18350 What You Need to Know About Medicare's New Drug Coverage

Mental Health

- D15312 What is Mental Health?

Public Benefits Outreach

- D14754 Medicaid Fact Sheet
- D14755 SSI Fact Sheet
- D14756 Food Stamps Fact Sheet
- D14757 QMB/SLMB Fact Sheet

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DocumentCode	Title
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Retirement Planning

- | | |
|--------|---|
| D16169 | Survey of Retirement Planning Software |
| D16612 | How are Women Doing? |
| D16687 | Boomers Approaching Midlife: How Secure a Future? |
| D17731 | Future Focus: Financial Planning for Retirement |

Social Security

- | | |
|--------|--|
| D14612 | Social Security Q&A - Windfall Reduction |
| D18214 | Social Security: An Important Part of your Retirement Security |
| D18256 | Social Security - Our Future, Our Fight |
| D18259 | Social Security - Myths and Realities |

Transportation

- | | |
|--------|--|
| D14957 | Older Driver Skill Assessment and Resource Guide |
|--------|--|

Widowed Persons

- | | |
|--------|--|
| D12601 | Widowed Persons Service - Fact Sheet |
| D14168 | Final Details: A Helpful Guide for Survivors When Death Occurs |
| D150 | On Being Alone |
| D16830 | Coping with Celebration Days |
| D16831 | When a Parent Loses a Spouse |
| D16832 | Understanding the Grief Process |
| D17008 | Men and Grief |
| D17009 | Specific Issues for Young Widowed Persons |
| D17181 | Coping with the Death of a Parent |

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Caregiver's Bill of Rights

I have the right...

- *To take care of myself. This is not an act of selfishness. It will give me the capability to take better care of my relative.*
- *To seek help from others in providing care even though my relative may object. I recognize the limits of my own endurance and strength.*
- *To maintain facets of my own life that do not include the person I care for, just as I would if he or she were healthy. I know that I do everything that I reasonably can for this person, and I have the right to do some things just for myself.*
- *To occasionally get angry, be depressed, and express other difficult feelings.*
- *To reject any attempt by my relative (either consciously or unconsciously) to manipulate me through guilt, anger, or depression.*
- *To ask for consideration, affection, and forgiveness from my loved one for what I do for as long as I offer these qualities in return.*
- *To take pride in what I am accomplishing and to applaud the courage it has sometimes taken to meet the needs of my relative.*
- *To protect my individuality and my right to make a life for myself that will sustain me in the time when my relative no longer needs my full-time help.*

DEFINITIONS FOR CAREGIVERS

Activities of Daily Living (ADL)

ADL are tasks persons normally do independently, such as bathing, grooming, dressing, eating, toileting, transferring and walking. When a person begins to have difficulty in one or more areas, assistance or custodial care is needed.

Activity Director

A person who plans and facilitates programs and activities of interest to specific clientele participating in day care centers or residing in retirement communities or health care settings. An Activity Coordinator Certificate is available for those interested in specialized training—see Recreational Therapist

Adult Day Care (ADC)

These centers are community-based programs that provide non-medical care to persons 18 years of age or older in need of personal care services, supervision or assistance essential for sustaining the activities of daily living (ADL) or for the protection of the individual on less than a 24-hour basis. They offer activities and socialization opportunities and allow caregivers time for respite. The State Department of Social Services (DSS) licenses these centers as Community Care Facilities.

Adult Day Health Care (ADHC)

A day care program that provides health, therapeutic and social services to serve the specialized needs of frail, elderly people, as well as younger, functionally-impaired adults at risk of institutionalization. Licensed by the California Department of Health Services Licensing and Certification.

Adult Protective Services (APS)

County agency that provides assistance to elderly and dependent adults who are functionally impaired, unable to meet their own needs, and who are victims of abuse, neglect or exploitation. This agency investigates reports of abuse of elderly and dependent adults who are living in private homes, hotels, acute care hospitals and health clinics, adult day care and social day care centers. APS staff also provides and coordinates support services, such as counseling, money management, conservatorship and advocacy. They can provide information and education to other agencies and the public about reporting requirements and other responsibilities under the elder and dependent adult abuse reporting laws.

Advance Directive

Advance directives are written instructions related to the provision of health care when the individual is incapacitated. They may include, but are not limited to, a Durable Power of Attorney for Health Care and a Declaration Pursuant to the Natural Death Act. An advance directive allows an individual to indicate his/her choices for medical treatment and/or designate who should make treatment decisions if the person creating the advance directive should lose decision-making capacity.

Ambulatory Person

A person who has the mental competence and physical ability to leave a building without assistance of anyone else or without the use of a mechanical aid in the case of an emergency.

Assisted Living

See Residential Care Facility for the Elderly

Bereavement

A feeling or state of being deprived of a loved one by death; may include both the situation and the long-term process of adjusting to the death of someone.

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DEFINITIONS FOR CAREGIVERS

Care Coordination/Case Management

A community-based service which specializes in assisting individuals and their families in understanding and accessing available options, resources and services to ensure that the person's psycho-social and healthcare needs are met.

Case Management

A system (hospital, Worker's Compensation or HMO -based) in which a single professional is responsible for ensuring that a patient obtains access to a full range of health, medical, surgical, rehabilitation and social services depending on treatment priorities, health insurance and financial resources.

Dietician

A specialist in planning meals and diets - see nutritionist.

Do-Not-Resuscitate (DNR)

The order of a person's physician to alert appropriately skilled professionals and pre-hospital emergency medical services personnel to the person's wish to forego resuscitative measures in the event of the person's cardiac or respiratory arrest.

Drug Formulary

A listing of prescription medications which are approved for use and/or coverage by the health plan and which will be dispensed through participating pharmacies to a covered person.

Durable Medical Equipment (DME)

Equipment used by a patient to perform activities of daily living and medical care. Examples include hospital beds, walkers, bath benches, trapezes, oxygen and ventilators.

Durable Power of Attorney (DPA)

A legal document delegating authority to another person to act as the "agent" of an incapacitated person when needed. It can be limited to a few tasks or it can be broad in scope. A DPA for Health Care (DPAHC) is for health/medical decisions only.

Elder Law Attorneys

Attorneys trained to provide the legal information and aid most necessary to elderly people. Elder law deals with the complexities and issues of the elderly. An example is estate planning, a process that includes planning for the present and future use of assets. Other areas of expertise are wills, trusts, Durable Power of Attorney, Medicare, Medi-Cal, SSI, age discrimination, and patient's rights.

Gatekeeper

A primary care provider (physician) who coordinates all diagnostic testing and specialty referrals required for a patient's medical care.

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DEFINITIONS FOR CAREGIVERS

Health Maintenance Organization (HMO)

A health care system, operating within a specific geographical area, in which an organization hires medical professionals to provide a wide range of specified medical services for their prepaid subscribers. (Webster's New World Dictionary, 1994)

Hospice

A program that provides palliative and supportive care for the terminally-ill person with an emphasis on pain management and quality of life. An interdisciplinary team of professionals and volunteers provides coordinated services in the person's home or institutional setting. Support is provided for both the patient and the family members, and includes follow-up counseling for the family members after the loved one's death.

Interdisciplinary Team

A team of professionals that includes a social worker, therapist, nurse, activity specialist, and dietary specialist among others.

Managed Care

A system of caring for people that combines the delivery of health care services with the financing of care. It includes cost-containment and quality assurance techniques to reduce the inappropriate use of health care services and to improve overall quality of care. (AARP Guide to Managed Care, 1998)

Managed Care Organizations (MCO)

MCOs assemble doctors, hospitals, and specialists into large networks to provide care. These networks are created by offering doctors and hospitals a steady stream of patients in return for their agreement to accept lower fees.

Medicare

Government health insurance program for Americans age 65 and over and for some younger disabled individuals.

Medicare Part A

The federal hospital insurance program that covers the cost of hospital and related post-hospital services for those over 65 or with certain disabilities. Eligibility is normally based on prior payment of payroll taxes. Beneficiaries are responsible for an initial deductible per episode for illness and co-payments for some services.

Medicare Part B

The supplementary federal medical insurance program for those over 65 or with certain disabilities that covers the costs of physician services, outpatient laboratory and x-ray tests, durable medical equipment, outpatient hospital care and certain other services. Part B requires payment of a monthly premium, and beneficiaries are responsible for a deductible and co-payment for most covered services.

Medicare Part D

The supplemental federal drug coverage insurance plan that covers a percentage of cost on both brand-name and generic prescription drugs through participating pharmacies. Requires enrollment by the individual on an annual basis.

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DEFINITIONS FOR CAREGIVERS

Medigap

Private insurance that provides Medicare beneficiaries protection from co-payments and the cost of services that exceed the amount Medicare will pay. Also known as Medicare Supplemental policies or Medsupp.

Non-ambulatory Person

In most cases means a person who is unable to leave a building unassisted under emergency conditions. It includes, but is not limited to, those persons who depend upon mechanical aids such as crutches, walkers, and wheelchairs. May also be persons who are unable to respond physically or mentally to oral evacuation instructions.

Nutritionist

A person who specializes in food and nutrition, dietetics, or public health nutrition.

Occupational Therapist

Assists clients with daily living skills including eating, grooming, toileting, dressing, and homemaking; focuses on the fine motor skills of the hand and upper limbs. Other services may include memory or learning disabilities, visualizing or mental imagery and driving evaluation.

Ombudsman

Every state and most communities have a long-term care ombudsman who is an advocate for consumers of long-term care services, including nursing homes, home health care, and residential care facilities. They handle problems or complaints and are often good sources of information about quality assurance issues.

Physical Therapist

Services include therapeutic exercises, massage, electrotherapy, hydrotherapy, and heat. Assists clients with basic mobility skills including bed mobility, transfers, wheelchair mobility, ambulation, assistive devices including canes, walkers, and wheelchairs.

Point-Of-Service Plans (POS)

These health insurance plans allow members to choose whether to use providers inside or outside of the network at the time care is needed. Usually a substantial co-payment is charged for choosing out-of-network providers.

Preferred Provider Organization (PPO)

These are managed care health plans that contract with a network of providers by negotiating a discounted fee-for-service payment system. Enrollees are offered financial incentives to use the services of the network providers.

Primary Care Provider (PCP)

The primary care provider is a health care professional who is responsible for monitoring a patient's overall health care needs and can refer the patient to a specialist if necessary.

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DEFINITIONS FOR CAREGIVERS

PRN Medication (pro re nata)

Any nonprescription or prescription medication which is to be taken as needed rather than on a fixed schedule.

Recreation Therapist

An individual with a bachelor's degree in recreation/leisure studies or recreational therapy who provides specialized programming and focused activities working toward specific care-plan goals within a healthcare setting.

Residential Care Facility for the Elderly (RCFE)

Also referred to as board and care, assisted living, group living and care home. These are facilities of any capacity that provide non-medical care to persons 60 years of age and over and persons under 60 with compatible needs. These facilities provide varying levels of care and supervision, protective supervision, and/or personal care. Prices range from \$769 to \$5,000 per month. The California Department of Social Services licenses these facilities.

Respite Care

Temporary or short-term care of the patient in the most appropriate setting, for the primary purpose of providing temporary relief to the caregiver from the duties of caring for the patient. Includes members of the home care team, volunteers and temporary placement in a skilled nursing facility, intermediate care facility, or residential care facilities for elderly.

Sandwich Generation

Persons in the sandwich generation are generally between the age of 40 and 60 providing some care or assistance to aging parents or grandparents while raising children or assisting adult children.

Social Worker

Analyzes the social support system's ability to provide safe and stable emotional support, residential sites, personal care, and transportation. Clarifies eligibility and coverage of health and welfare services and health insurance plans, as well as provides emotional support for patients and their caregivers.

Speech/swallowing Therapist

A speech therapist evaluates, diagnoses, and treats people with communication and swallowing disorders as well as assists clients with deficits in attention span, memory, language comprehension, thought organization and speech.

Supplemental Security Income

Assures a minimum monthly income to persons with limited income and resources who are 65 or older, blind or disabled. Certain restrictions apply.

Telephone Reassurance

Provides daily contact for persons who live alone and want to remain in their own homes. These services are usually free of charge and provided by volunteers under the supervision of a social service agency. These programs offer socialization as well as safety and welfare checks.

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DEFINITIONS FOR CAREGIVERS

Transportation Services

Many communities have transportation services that, for a fee, drive disabled older adults to appointments or needed services or events. Transportation may be available to accommodate ambulatory or non-ambulatory individuals. Volunteer transportation services may also be available with limited availability, service areas and hours.

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WHAT TO ASK BEFORE YOU CHOOSE HEALTH INSURANCE

Most managed care plans have booklets or brochures available that describe the benefits of their plan. Be sure to review this material completely, and ask a company representative to explain fully anything that you're not sure about. Before you change health plans, consult with trusted family members or your legal advisor. They may have questions that you didn't think of asking. The insurance company wants you to be happy with the coverage you buy and remain with them for many years.

Here are some questions you may want to ask before you select a new health insurance plan or to better understand your current plan:

- Ask your current physician if he participates in the new health insurance plan.
- Ask how you will be referred to a specialist should it be necessary.
- Are there any drugs or medical devices that are not covered under the plan?
- If the plan charges a co-payment for drug refills, do members get a week's or a month's worth of medications when they go to a pharmacy for a drug refill?
- Is oral or cosmetic surgery covered?
- Is mental health care covered – such as a visit to a therapist or psychiatrist? Are both outpatient and inpatient mental health services covered?
- Who determines whether operations are considered outpatient procedures, and who determines how long a patient stays in the hospital following an operation?
- Under what conditions would an emergency room visit not be covered?
- Are there limits on new treatments or “experimental” treatments? What is defined as “experimental”?
- Is there a yearly limit to the number of hospital days a patient may use?
- Should skilled nursing care be needed, how many days are covered? Is there a yearly maximum stay? What types of services are covered (physical, occupational and speech therapy)?
- Is home health care a covered benefit? If so, how many days and what type of services are provided?

HOME CARE – SELECTING A CAREGIVER

Many people care for a friend or relative needing help at home. When they find that their loved one needs constant supervision and/or assistance with everyday activities of daily living or that certain errands are not getting done, help may be necessary for outside sources.

What is a caregiver?

A formal caregiver is an individual who is paid to provide assistance with activities of daily living for a person in that person's own home.

What can a caregiver do?

A caregiver is able to offer personal care to the patient. Assistance with bathing, dressing, toileting and eating are examples of activities of daily living. A caregiver may also act as a companion or assist with household chores such as cleaning, laundry, cooking, shopping or transportation.

What are the qualifications of a caregiver?

Qualifications vary among caregivers. Some caregivers may be Certified Nursing Assistants (CNAs), meaning they have taken a formal training program in personal care needs and have a basic understanding of human anatomy. CNAs typically work under the direct supervision of a nurse. Caregivers with a Home Health Aide (HHAs) certification are the best trained. An HHA has had an additional 40 hours of hands-on training beyond CNA certification. An HHA can perform more detailed tasks and consults with a nurse or physician when they observe changes in the patient. Finally, there is the homemaker who may have no formal training but has experience taking care of a family member. Homemakers typically don't perform any personal care tasks, but they can provide meal preparation, transportation, light housekeeping and companionship.

Who pays for a caregiver?

The client or family member directly, in most cases, pays for caregiver services. Clients who are eligible for Medi-Cal, are also qualified for In Home Supportive Services (IHSS). This program offers a number of hours per week or per day of in-home support. The number of hours available is determined on an individual basis by a case manager. The caregiver is an employee of the client.

What does a caregiver cost?

The hourly rate for a caregiver varies. Through IHSS, the caregiver receives approximately \$10.50 per hour, varying by county. Agencies charge up to \$25.00 per hour. A caregiver hired through an agency is generally more expensive than one hired privately because the agency assumes responsibility for training, supervision, insurance, employment taxes, etc. Experience and skill level of the caregiver affect the fees. If hiring a caregiver privately instead of through an agency, the added costs of being an employer, including payment for Social Security taxes and other employer-related taxes should be considered.

HOW DO I FIND A CAREGIVER?

- Talk with friends for referrals and network with group contacts such as: churches, country clubs, parishioners, hobby groups, senior centers, lodges, social clubs’ senior advocacy groups, local colleges and caregiver resource centers
- Look through the local paper for ads by individuals seeking this type of work.
- Place an ad in the newspaper under “Help Wanted”. Be very careful in screening applicants.
- Contact home health/homemaker agencies which are listed in the yellow pages under Home Health, or call The Senior Connection for listings.
- Contact your local caregiver resource center for a listing of private caregivers. For Sacramento and surrounding counties, contact Del Oro Caregiver Resource Center at 1-800-635-0220 or (916) 971-0893.
- Some agencies offer placement services only, so the hiring party is the employer. Other agencies provide the caregiver and take care of all the legal matters involved in being the employer.

Comparison Chart Private Caregivers vs. Agency Caregivers

	Advantages	Disadvantages
Hiring Your Own Help	<ul style="list-style-type: none"> • It can be less costly than going through an agency. • You directly manage the person and exercise more control over the employee’s hours and tasks. 	<ul style="list-style-type: none"> • All advertising, recruitment and interviewing is your job, a time-consuming process. • When an employee does not show up, you will need to arrange for substitutes yourself. • You are responsible for all paperwork, such as Social Security records and payments, and insurance. • You will need liability insurance to cover the worker in case of accidents.
Using Agencies	<p>Agencies can save you time and energy by:</p> <ul style="list-style-type: none"> • Screening and hiring qualified workers • Providing help quickly • Sending replacements when necessary • Taking care of training, supervising, and providing liability insurance for workers • Handling recordkeeping (Social Security deductions, workers’ compensation) • Helping 	<ul style="list-style-type: none"> • The services may be too costly to use regularly • You may have to accept employees on a schedule that may not meet your family’s needs. • You may not be pleased with the quality or reliability of the worker • Different workers may be sent on different days, interrupting the continuity of care.

If you are the employer, be sure to investigate legal issues that include taxes, Workers’ Compensation, and other insurance requirements. Contact the Employment Development Department in Sacramento at (888) 745-3886 for a tax guide booklet on household workers.

LONG-DISTANCE CAREGIVING

Definition:

Caring for a loved one who does not live nearby (commuting between cities or states) involving extensive travel as well as arranging for formal and informal support systems.

Organizations that can help:

The Senior Connection
5105 Manzanita Avenue
Carmichael, CA 95608
(916) 334-1072
(888) 334-3490

www.eskaton.org

The Senior Connection offers in-home assessments, active care management and care monitoring for seniors in the Sacramento area.

National Association of Professional Geriatric Care Managers (GCM)
1604 N. Country Club Road
Tucson, AZ 85716-3102
(520) 881-8008

<http://www.caremanager.org/>

GCM is an organization of practitioners whose goal is the advancement of dignified care for the elderly and their families through education, advocacy, counseling and the delivery of concrete services.

Your Employer:

Some employers offer assistance programs for employees. Check with your Human Resources Department to see if they are able to connect you with senior resources in the area where the person you are caring for lives.

Other Resources:

It is important to discuss your situation with knowledgeable people such as social workers, clergy, nurses, physicians, and employee counselors. Talk to friends and neighbors who may have dealt with similar long-distance caregiving responsibilities.

TIPS FOR CAREGIVERS

Stress is a natural part of life. It can be both physical and mental, and much of it can come from everyday pressures. Everyone handles stress differently, some better than others. Left unchecked, stress can cause physical, emotional, and behavioral disorders which can affect your health, vitality, and peace-of-mind, as well as personal and professional relationships.

A checklist of negative reactions to stress and tension:

- Do minor problems and disappointments upset you excessively?
- Do the small pleasures of life fail to satisfy you? Are you feeling sad constantly?
- Are you unable to stop thinking of your worries? Are you keyed-up and on edge?
- Do you feel inadequate or suffer from self-doubt? Do you feel worthless and guilty?
- Are you constantly tired? Are you unable to concentrate?
- Do you experience flashes of anger over a minor problem?
- Have you noticed a change in sleeping or eating patterns?
- Do you suffer from chronic pain, headaches, or backaches?
- Are you using more and more alcohol to relax, or too many medications?
- Have you been feeling depressed for two weeks or more?

Caregiver Tips:

If you answered “yes” to most of the questions above, consider the following tips for reducing or controlling stress:

- Be realistic. If you feel overwhelmed by some activities, learn to say NO!
- Meditate for ten to twenty minutes. Use deep breathing techniques, learning to empty your mind of troubles.
- Visualize how you can manage a stressful situation more successfully.
- Take one thing at a time. Prioritize your tasks and focus on one at a time.
- Exercise regularly.
- Take on a hobby that will give you a break from your worries.
- Live a healthy lifestyle.
- Blend good nutrition, adequate rest, regular exercise, limited caffeine and alcohol, and balanced work and play into your schedule – arrange for time alone.
- Share your feelings with family and friends. Don't try to cope alone. Ask for help and be willing to accept it.
- Give in occasionally. Be flexible.
- Go easy with criticism. You may expect too much of yourself and others. Give yourself the credit you deserve.
- Maintain your sense of humor.

TIPS FOR CAREGIVERS (cont.)

If you think you have too much stress in your life, it may be helpful to talk with your doctor, spiritual advisor, or local mental health associations. Because reactions to stress can be a factor in depression, anxiety and other disorders, they may suggest that you visit with a psychiatrist, psychologist, social worker, or other qualified counselor.

Other Ideas for Caregivers:

Learn about the disease. Become familiar with the possible changes that may occur. Understand your loved one's limitations, and set reasonable goals based upon those limitations. Remain flexible to inevitable change.

List priorities; decide what to leave undone, and think of ways to streamline the work.

Join a caregiver's support group.

Identify and make a list of your needs. Request help regularly; don't wait until a crisis occurs.

Take care of your needs. By taking care of yourself, you will be better able, both physically and emotionally, to provide care to your loved one.

TIPS FOR DEALING EFFECTIVELY WITH YOUR DOCTOR

1. Schedule at least 20 extra minutes prior to the appointment to relax and gather your thoughts before talking with the doctor.
2. Reduce distractions and agitation by asking for a quiet place to wait for the doctor. A quiet exam room, the foyer, or your car may suit you better than a busy waiting room. If you have a hearing impairment, be certain to wear your hearing aid, making sure the battery is fresh and the aid is clear of earwax.
3. Prepare for the appointment by writing down what you want to tell or ask the doctor. Be clear and concise. Include a brief description of symptoms, when they started, how often they happen, and if they are getting worse or better. Cross each item off the list after it has been addressed. Take an extra pad of paper, or a tape recorder, to record the doctor's main points and instructions. Review the instructions at the end of each issue to ensure understanding.
4. Ask your doctor to write down the diagnosis in layman's terms. Ask him/her to include a description of recommended treatment, plan for and goals of rehabilitation, and an estimate of the time frame and the costs.
5. Trust your instincts. As caregivers and patients, you are the primary "experts" about your individual case.
6. New prescriptions need to be accompanied by a written list of what you should and should not do/eat/ or take with that medication. Be responsible for understanding the medications you take.
7. Keep an up-to-date chart of medications. The chart should include these headings: name of drug, what it is for, color/shape, date started, doctor, dosage, and instructions.
8. Ask your doctor to make a notation in your file stating that you should receive a copy of all reports, lab reports, and tests as soon as they are received in the office. Keep an up-to-date medical file, including copies of all correspondence, diagnoses, test results, prescriptions, etc. Immediately address any discrepancies.
9. Ask questions. Have the doctor clarify items you do not thoroughly understand. Get a second opinion if you feel it is important.
10. Educate yourself about the disease or disability that afflicts you or your loved one.
11. Teammates. Remember that you and your doctor are working together. Recognize that not all questions have answers.