



LGBTQ OLDER ADULT

Resource & Services Directory

the **LGBTQ**
center
long beach

LGBTQ SENIOR SERVICES RESOURCE DIRECTORY

COMPILED BY

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The LGBTQ Center of Long Beach

Senior Services Committee

SENIOR SERVICES RESOURCE DIRECTORY

TABLE OF CONTENTS

Shows resources listed by category, in alphabetical order. Use this section if you know the type of assistance you are seeking.

THE INDEX

Contains a complete listing of all the providers that fall in a specific category. Use this section if you know the name of the provider for which you are searching.

The following providers are listed here as referrals only and are not to be considered as a recommendation. The Center assumes no liability in regard to this list of referrals.

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ABUSE, ADVOCACY AND PROTECTION

Adult Protective Services County of Los Angeles

Community and Senior Services

3333 Wilshire Blvd, Ste 400

Los Angeles, CA 90010

877 477-3646 24/7

www.cdss.ca.gov

Assists seniors 65 yrs. and older who are endangered due to unsafe living conditions, neglect, financial or physical abuse. Disabled 18 yrs. and older. Non-facility abuse.

Domestic Violence Abuse Hotline

In case of emergency, call 911.

800 978-3600 24 hours

www.da.lacounty.gov/domv.htm (LA County District Attorney)

Deals with domestic violence between intimate partners, and primarily with women and children. Shelters for women and children in LA County.

Elder Abuse Hotline LA County District Attorney

Emergencies: 911
800 992-1660 24 hrs.
213 580-3383

Assists with incidents of verbal harassment, abandonment, isolation, psychological abuse, threats, or other forms of intimidation behavior directed at elderly or dependent disabled adults, in addition to any physical or financial abuse. Takes reports of financial, physical abuse and neglect, as well as verbal harassment or threats. Spanish also spoken.

www.da.lacounty.gov/seniors

Long Beach Police Department

Contact numbers and hours:

Child/Elder Abuse (main) 562 570-7321 (8 am -4:30 pm)
Child/Elder Abuse (fax) 562 570-7111

Investigates any physical abuse, mental suffering, neglect, or isolation of any elder (age 65 or older) or that of a dependent adult (age 18-64). Dependent adults are defined as those individuals who have physical or mental limitations restricting his/her ability to carry out normal activities.

Rainbow Services

453 W 7th St
San Pedro, CA 90733
310 547-9343 24 hour hotline

www.rainbowservicesdv.org

Battered adult services including legal referrals and advocacy, support groups , and emergency shelters .

State Ombudsman Programs

1 800 510-2020

Negotiates between facility and older adult residents who have a complaint or whose family has a complaint or wants changes in regard to nursing home or assisted living situation.

Also see California Department of Aging, Long Term Care Ombudsman under Social Services

ALZHEIMER'S

Alzheimer's Association

Helpline 800 272-3900 24/7

www.alz.org

Helpline staffed by volunteers to provide information and referrals to community caregivers, support groups , and home care assistance pertaining to Alzheimer's and related disorders.

Alzheimer's Association Care Consultation

4221 Wilshire Blvd, Suite 400
Los Angeles, CA 90010
323 938-3379 M-F, 8:30-5
www.alz.org/socal

One-on-one care consultation for patients/caregivers dealing with all aspects of dementia care. This free service includes home visits and assessments, consultation, care planning, information and referrals.

MedicAlert + Safe Return (Alzheimer's Association)

888 572-8566 24 hrs.
www.medicalert.org

A nationwide identification program that assists in the safe and timely return of individuals with Alzheimer's disease and related dementias who may and become lost. Provides I.D. bracelets. Caregivers register dementia patients in the data bank.

U.S. Department of Health and Human Services

Us Government free information resource about Alzheimer's disease and related dementias.

www.alzheimers.gov

ALZHEIMER'S RESIDENTIAL CARE FACILITIES

Bellagio Manor

1046 E Fourth Street
Long Beach, CA 90802
562 432-7468 M-F, 8 am-5 pm

Also see under Retirement Homes

Belmont Village

5701 Crestridge Rd
Rancho Palos Verdes, CA 90275
310 377-9977 24 hrs.

Also see under Retirement Homes

Brittany House

5401 E Centralia St
Long Beach, CA 90808
562 421-4717 M-F, 8 am-7 pm, Sat, Sun, 9 am-6 pm
Also see under Retirement Homes

Elderlink

800 613-5772

www.elderlink.org

Free senior referrals for placement in Alzheimer's/dementia care homes, hospice facilities, assisted living, board and care, retirement, and skilled nursing facilities in the State of California. Accepts private pay and will find placement for SSI and Medi-Cal recipients.

Emergency care on call 24 hours. Licensed by the California Department of Public Health Services.

ANIMAL CARE AND PROTECTION

American Society for the Prevention of Cruelty of Animals American

www.aspca.org

Society for the Prevention of Cruelty to Animals Los Angeles

www.spcala.com

The Cruelty Intervention Advocacy Program provides referrals for pet owners with mental health (example animal hoarding), financial or structural barriers that prevent them from providing necessary care to their pets.

The Pitchford Companion Animal Village

7700 East Spring Street
Long Beach, CA 90815
562 570-7387

Wed-Friday, 10 am-5:30 pm
Sat & Sunday, 10 am-4 pm
Closed: Mon, Tues, & Holidays

Stray animal shelter, boarding service, low cost spay/neuter service and animal adoptions.

DENTAL

Harbor UCLA Dental Clinic

1000 W Carson St
Torrance, CA 90509
310 222-3493 M,T,Th,F, 1 -4:30 pm

Provides tooth extraction only. Appointment needed.

Saban Free Clinic

8405 Beverly Blvd
Los Angeles, CA 90048
323 653-8622 M-Th, 8 am-8 pm, F 8 am-5 pm
www.sabanfreeclinic.org

Dental care, including x-rays, fillings, extractions, cleanings. Also provides full dentures for eligible patients. The services are in partnership with UCLA School of Dentistry.

EDUCATIONAL OPPORTUNITIES

Long Beach City College (Senior Studies Center)

1305 E Pacific Coast Highway Room FF108
Long Beach, CA 90806
562 938-3047 M-Th 8 am-3 pm

www.seniorcenter.lbcc.edu

Offers fee based courses specifically designed for the needs and interests of mature students 50 years and older. Courses include art, language, computers, music, consumer studies, literature, current and world affairs, and physical fitness . Day tours to interesting places, i.e., museums, historical buildings, etc.

Osher Lifelong Learning Institute (OLLI)

Contact: 562 985-8237
www.csulb.edu/osher

Low cost classes specifically for older adults at CSULB, utilizing volunteer staff and instructors.

EMERGENCY FOOD/SHELTER PROGRAMS

211 L.A. County #211

211 L.A. County
www.211losangeles.org

Provides resources for emergency food and assists homeless persons with access to shelters year-round for Los Angeles and surrounding areas.

Long Beach Multi-Service Center

1301 W 12th Street
Long Beach, CA 90813
562 570-4500

M-W, F-- 8 am-5 pm
Thu 8 am-2 pm

Provides the following services to individuals and families experiencing homelessness : outreach services, intake and assessment services, case management, as well referrals to shelters and other social service programs.

FINANCIAL SERVICES FOR LOW-INCOME SENIORS

Paying for Senior Care

www.payingforseniorcare.com

The PayingforSeniorcare.com website and the Eldercare Financial Resource Locator Tool were created and are maintained by the American Elder Research Organization. The website is designed to help families and caregivers locate information about long-term care resources for loved ones, and to find public and private programs available to assist in covering the cost of such care.

FEDERAL PROGRAMS

Social Security Administration

2005 Long Beach, CA

1-800 772-1213

www.socialsecurity.gov

For seniors, the primary Social Security benefits are for retirement, disability, and surviving the death of a spouse. Workers who are 62 or older, people with disabilities , or the spouse and children of a deceased or disabled worker who paid into the Social Security program.

Social Security website (www.socialsecurity.gov) offers a screening tool for qualification and application.

Medicare

Medicare prescription drug coverage

800 633-4227

www.medicare.gov

A federal program that provides health insurance for people who are 65 or older and people with disabilities beginning 24 months after their first date of eligibility for Social Security Disability Insurance (SSDI). Medicare covers hospital care, doctor visits, and prescription drugs, among other health care needs, and covers people with disabilities under certain circumstances.

Supplemental Security Income (SSI)

Social Security Administration (SSA benefits & SSI)

800 772-1213

800 325-0778 (TTY)

www.ssa.gov/pgm/links_ssi.htm

Provides income assistance for people 65 and over and for people with disabilities who have very low income and no more than \$2,000 in resources. California supplements this amount through the State Supplementary Program.

CALIFORNIA STATE PROGRAMS

Cash Assistance Program for Immigrants (CAPI)

A state program that provides cash assistance to some legal non-citizens age 65 and over and immigrants with disabilities who are not eligible for SSI because of immigration status.

CAPI participants may be eligible for Medi-Cal, In-Home Supportive Services (IHSS), and/or Food Stamps benefits. Although CAPI applicants may be filed at any DPSS General

Relief office, it is recommended that these applications be filed at the Wilshire Special (CAPI) District Office.

2415 W Sixth St, Los Angeles 90057, help line (213) 738-4290

General Relief

County administered to provide financial assistance to low-income adults. Benefits, payment levels, and eligibility requirements vary with each county.

1 866-613-3777

www.dpss.lacounty.gov

Medi-Cal

A comprehensive health insurance for people of all ages who are low-income. Adults with disabilities, adults age 65 or over, or a parent of a qualifying child under 21 years old may also be eligible. People on CalWORKs and SSI automatically get Medi-Cal. Many aspects of the Medi-Cal programs are run by individual counties. The Social Security office automatically sets up Medi-Cal for SSI/SSP recipients.

Qualified Medicare Beneficiary (QMB/Specified Low-Income Beneficiary (SLMB)

These programs help people with low incomes to pay for Medicare costs. They are part of the Medi-Cal program.

GOVERNMENT SOCIAL SERVICES

California Department of Veteran Affairs

Administration Office
11000 Wilshire Blvd, #5203
Los Angeles, CA 90024
310 620-2755, M-Th 8 am-5 pm

Provides California veterans and their families with compensation and pension benefits, beneficial opportunities through low-cost loans, and rehabilitative, residential, and medical care and services at the California Veterans Homes.

www.cdva.ca.gov

California Department of Aging

Contracts with and provides leadership and direction to Area Agencies on Aging (AAA) that coordinates a wide array of services to seniors and adults with disabilities at the community level and serve as the focal point for local aging concerns. Promotes the independence and well-being of older adults, adults with disabilities, and families through:

- Access to information and services to improve the quality of their lives
- Opportunities for community involvement
- Support for family members providing care
- Collaboration with other state and local agencies.

www.aging.ca.gov

916 419-7500

a. Senior Information Line

For information on services in your area for seniors and adults with disabilities

1-800 510-2020

- b. Long-Term Care Ombudsman CRISIS line
1-800 231-4024

Available 24 hours a day, 7 days a week, to investigate and endeavor to resolve complaints made by, or on behalf of residents of long term care facilities.

Eldercare Locator

800 6777-1116 M-F, 9 am-5 pm ET
www.eldercare.gov

Referrals to local and state organizations for information on community services for the elderly and disabled 60 years and older, anywhere in the country.

LOS ANGELES COUNTY COMMUNITY AND SENIOR SERVICES

For information on items a, b, c, and d below:

www.css.lacounty.gov

- a. Adult Protective Services

A 24-hour service program to investigate all reported at-risk situations without regard to income involving individuals 65 or older and dependent adults (18-64 who are physically or mentally impaired). Types of referrals include physical, sexual or financial abuse, isolation, neglect, or self-neglect. Referrals are received through the Elder-Abuse Hotline or from other entities.

877 477-3646 (24-hrs. Hotline)

b. Dispute Resolution

Provides LA County residents with an alternative to resolve disputes without having to engage with the formal judicial system. Disputes in which no form of court action has been initiated may include merchant-customer, landlord-tenant, family, neighbor to neighbor, and debt disputes.

For information: 213 738-2621

c. Family Caregiver

Providing care for the caregiver

www.css.lacounty.gov

800-510-2020

d. Office of Ombudsman

Helps the public with complaints involving the Sheriff's Department and Office of Public Safety sworn and civilian personnel

HEALTH CARE PLANS AND HOSPITALS FOR OLDER ADULTS

Kaiser Permanente

www.kp.org

Seniors over 65 who are entitled to Medicare Part A and enrolled in Part B and persons under 65 entitled on the basis of Social Security Disability , may be able to enroll in a Kaiser Permanente Senior Advantage (HMO), Senior Advantage (HMO-POS), or Medicare Plus (Cost) plan. Has many services for elders including bereavement groups .

Memorial Hospital of Long Beach

1720 Termino Ave
Long Beach, 90804
562 498-1000

Educational program, support and bereavement groups

SCAN Health Plan

Senior Care Action Network, a not-for-profit for people with Medicare .

www.scanhealthplan.com

St Mary Medical Center

432 E 10th Street
Long Beach, CA 90802
562 491-4849 M-F, 8 am-4 pm
www.stmarymedicalcenter.org

Senior Clinic provides medical care, support groups and free screenings/health lectures for adults ages 55 and over.

INCONTINENCE----National Association for Continence

P.O. Box 1019
Charleston, SC 29402
800 252-3337 M-F, 9-5, ET

Resource guide for sufferers on incontinence . Provides advocacy, support, public education and awareness about causes, presentation, diagnosis, treatments, and management alternatives to incontinence. No eligibility requirement. Serves the entire U.S.

HEARING CARE

AUDIENT

Audient is a nationwide program that helps those in need obtain hearing aids at a reduced cost. Candidates are qualified for the program based on their annual income.

Call 1-866-956-5400 ext. 2
www.audientalliance.org

CALIFORNIA DEPARTMENT OF SOCIAL SERVICES OFFICE OF DEAF ACCESS

744 P Street, M.S. 8-16-91
Sacramento, CA 95814
916 653-8320 (voice)
916 653 7651 (TTY)
www.cdss.ca.gov/cdssweb/PG145.htm

Provides a Directory of Resources for Deaf and Hard of Hearing Services listing contact information for programs and services within California and the United States. This directory is a useful guide individuals who are deaf, hard of hearing, deaf-blind and late deafened, as well as by parents, advocates, educators, service providers or anyone who has an interest in hearing loss.

CALIFORNIA TELEPHONE ACCESS PROGRAM

California Public Utilities Commission Deaf and Disabled
Telecommunications Program

Glendale Service Center
425 West Broadway, Suite 105
Glendale, CA
M-F, 9 am -6 pm

Santa Ana Service Center
2677 North Main Street, Suite 130
Santa Ana, CA 92705
M-F, 9 am-6 pm

800 806-1191

The California Telephone Access Program offers specialized telephone equipment and network services at no cost to qualified California residents who have difficulty using a standard telephone. These telephones and devices will turn up the volume, allow hands free operation, flash in-coming calls, display conversation in text and more. Must be a California and have an existing residential phone service.

For application:

<http://ddtp.cpuc.ca.gov/apply.aspx>

FOUNDATION FOR SIGHT & SOUND

Provides hearing aids for men, women, and children with limited financial resources. The Help America Hear Program works in partnership with manufacturers and providers.

Charges an application fee and cost of the hearing evaluation and batteries.

888 580-8886

www.foundationforsightandsound.org

HEAR Now

Under the Starkey Hearing Foundation, Hear Now assists US residents with hearing loss who have no resources to acquire hearing aids. The Foundation provides the hearing aids and runs the program, but counts on donors across the country to ensure its success.

To download an application: www.starkeyhearingfoundation.org or call: 800 328-8602

THE SAM SIMON FOUNDATION

Assistance Dogs, Pet Visitations & Dog Adoptions

30765 Pacific Coast Hwy, #113

Malibu CA 90265

310 457-5898 (voice/TTY)

For inquiries about the Assistance Dogs Program

info@samsimonfoundation.org

www.samsimonfoundation.com

Provides “hearing dogs” trained to alert people who are deaf or hard of hearing to common household sounds such as knocks, telephones, and smoke alarms. In a public situation, a hearing dog can accompany a deaf or hard of hearing person into places such as grocery stores or restaurants. Service dogs are also provided for pet visitations for residents of assisted living homes and veterans with PTSD.

HIV /AIDS BENEFITS

People living with HIV /AIDS are eligible for a variety of Federal public benefits, including:

Comprehensive AIDS Resources Emergency (CARE)

Health Resources and Services Administration (HRSA)
HIV /AIDS Programs

The Ryan White HIV /AIDS Program provides HIV-related services for those who do not have sufficient health coverage or financial resources for coping with HIV disease. HRSA is working on coordinating any care transition under the Affordable Care Act.

www.hab.hrsa.gov

Social Security Disability Insurance (SSDI), Supplementary Security Income (SSI) Medicare

1-800 772-1213

www.socialsecurity.gov

Veterans Administration Disability Benefits, Veterans Administration Health Care

www.benefits.va.gov

California HIV -specific programs

AIDS Drug Assistance Program (ADAP) California Department of Public Health

www.cdph.ca.gov

California State Disability Insurance

www.edd.ca.gov/disability

Health Insurance Premium Payment (HIPP) Program

Defers medical costs from Medi-Cal by reimbursing certain Medi-Cal beneficiaries' private or employer-related health insurance premiums when it is cost effective.

California Department of Health Care Services

www.dhcs.ca.gov

California Department of Public Health

Office of AIDS (OA-HIPP) is a subsidy program that pays monthly health insurance premiums for eligible clients.

www.cdph.ca.gov

IN-HOME SERVICES

AT Network --Assistive Technology--Tools for Living

800 390-2699

E-mail: info@atnet.org

www.atnet.org

Assistive Technology is any device, gadget, hardware or software used by a person (including seniors) with a disability to do things for themselves that might otherwise be difficult or impossible to do because of that disability. AT can include mobility devices such as walkers and wheelchairs , as well as

hardware, software, and peripherals that assist people with disabilities in accessing computers or other information technologies.

For example, people with limited hand function may use a special mouse, blind people may use software with a computer-generated voice, and those with speech impairments may use a device that speaks out loud as they enter text via a keyboard. Learn how to find the right devices for individual needs, how to get them and how to use them.

Cambrian Homecare

5199 E Pacific Coast Hwy, Suite 100
Long Beach, CA 90804

877 422-2270 24 hours

www.cambrianhomecare.com

Experienced, insured, licensed, bonded, screened care givers and independent living aides providing customized non-medical in-home services including personal care, light housekeeping, companionship, meal preparation, medication reminders, and travel assistance. No minimum hours required. Veteran benefits and Long Term Care insurance processing and maintenance. Complimentary in-home assessments by a case manager to assure needs are met.

Dynamic Nursing and Home Care Services

3815 Atlantic Ave, Suite 6
Long Beach, CA 90807
562 206-2800 M-F, 9 am-5 pm

www.dynamicnursing.com

Provides skilled nursing , certified nurse's aides, physical, occupational and speech therapists. Homemaker services include companion and personal care, meal preparation and light housekeeping . Requires 4 hour minimum. Medicare /MediCal certified. Accepts all insurance companies. Spanish and Tagalog spoken.

Home Instead Senior Care

5500 E Atherton Street, Suite 216
Long Beach, CA 90815
562 596-4884

www.homeinstead.com

Provides home care services 24 hours, daily, including companionship, personal hygiene, meal preparation, light housekeeping , medication reminders, driving to appointments, shopping and errands and Alzheimer's Care.

Oxford Health Care

280 Atlantic Ave
Long Beach, CA 90802
562 432-6400 M-F, 8 am-6 pm

www.oxfordhealthcare.net

Providing home health services by RN's, LVN's, physical therapists, skilled caregivers, Certified Nurse Aid, Personal Care Attendant and live-ins. Veterans Aid and Attendance program for in-home companion services. Veterans must have served 90 days or more on active duty during the war and their spouses for non-service related conditions if they meet income and asset requirements. Medicare certified and accepts most insurance plans.

INSURANCE

California Department of Aging---Health Insurance Counseling and Advocacy Program (HICAP)

Health Insurance Counseling and Advocacy Program provides assistance in choosing and/or enrolling in Prescription Drug Plans and Medicare Health Plans, filing original Medicare and private insurance claims and/or preparing Medicare appeals. For individuals who are home bound, in-home consultation is also available. HICAP counseling is confidential and free of charge.

To set up an appointment in your local community or have questions contact:

Center for Health Care Rights
520 S Lafayette Park Place, Suite 214
Los Angeles, CA 90057
213 383-4519
800 824-0780
800 434-0222
For services, call 800 510-2010

www.aging.ca.gov/hicap/default.aspx

Covered California

www.coveredca.com

CoveredCA.com is a joint partnership between Covered California and the California Department of Health Care Services and provides an easy-to-use marketplace implementing the federal Patient Protection and Affordable Care Act in California. By shopping online, over the phone or in person consumers can compare affordable, quality health insurance options, apply for the one that best fits their needs and budget and get financial assistance if qualified.

Under the Affordable Care Act individuals under 65 years of age with incomes up to 133 percent of the federal poverty level can qualify for Medicaid coverage.

LEGAL SERVICES

Bet Tzedek Legal Services

Bet Tzedek is Hebrew for “The Hours of Justice”

145 S Fairfax Ave, Suite 200

Los Angeles, CA 90036

Call for appointment: 323 939-0506

No legal advice is given over the phone.

FREE

Disability Rights California

Los Angeles Legal Office

350 S Bi I St, Suite 290

Los Angeles, CA 90017

800 776-5746

213 213-8000 M-F, 9 am-5 pm

www.disabilityrightsCA.org

Advances the rights of Californians with disabilities . May file lawsuits on behalf of individuals or groups , investigate charges of abuse and neglect, build peer/self advocacy groups, advocate for change in laws, regulations, public policy and provide information to those who may not know about their rights.

Equality California

www.EQCA.org

Works with policymakers and communities to achieve equality and secure legal protections for LGBT people, including seniors

Lambda Legal

213 382-7600

www.LambdaLegal.org/wro

Works to achieve full recognition of the civil rights of LGBT people and those with HIV through impact litigation, education and public policy work.

Law Help California

www.LawHelpCalifornia.org

Helps people of low and moderate incomes find free legal aid referrals and self-help resources, with specific assistance for seniors.

Legal Aid Foundation of L.A.

Long Beach Office

601 Pacific Ave

Long Beach, CA 90802

562 435-3501 M-F, 9 am-5 pm

800 399-4529

www.lafla.org

Assists low-income individuals who have trouble obtaining or are denied government benefits. Can also assist with housing /eviction defense, family law/domestic violence, and immigration issues. Free.

Long Beach Senior Center

1150 E Fourth Street

562 570-3500

FREE

Medi-Cal Fraud Hotline

California Department of Health Care Services

Languages spoken: Spanish , Vietnamese, Cambodian and Russian

800 822-6222 M-F 8 am-5:30 pm

www.dhcs.ca.gov

Medicare Fraud Hotline

U.S. Department of Health and Human Services Inspector's General's Office

800 447-8477 M-F 8 am-5:30 pm

www.hhs.gov

National Center for Lesbian Rights-Elder Law Project

800 528-6257

www.nclrights.org

Provides legal services, legislative support and policy work to advance equality for LGBT seniors.

National Center for Transgender Equality

800 528-6257

www.TransEquality.org

Advances the equality of transgender people through advocacy, collaboration and empowerment, with special emphasis on issues facing trans elders.

National Resources Center on LGBT Aging

www.LGBTAgeingCenter.org

A technical assistance resource center which provides a wide array of resources for LGBT older adults, aging service providers, and advocates.

National Senior Citizens Law Center

www.NSCLC.org

Protects the rights of low-income older adults through advocacy, litigation, and technical assistance, and manages

Service members Legal Defense Network (SLDN)

www.SLDN.org

Works to guarantee equality of treatment and opportunity for LGBT service members and provides resources on issues affecting LGBT elder veterans .

The LGBTQ Center Long Beach

2017 E Fourth Street,
Long Beach, CA 90814
562 434-4455

www.centerlb.org/seniorservices

Dominique Hernandez, Program Coordinator

Offers free 15-minute legal consultations with an on-site attorney Wednesdays 8-9 pm. By appointment only.

Wise and Healthy Aging

5220 Clark Ave, Ste 415
Lakewood, CA 90712
562 925-2346
800 334-9473

M-F 334-9473

www.la4seniors.com/ombudsman.htm

Takes complaints on board and care, nursing homes, and convalescent hospitals within L.A. County. Provides education for residents and their

families about rights in these facilities and helps address and resolve complaints.

LOW-INCOME ENERGY AND FOOD PROGRAMS

CalFresh Program (previously known as Food Stamps)

Provides food assistance for low-income people. There are income requirements, but adults 60 and over or permanently disabled may be able to gain access more easily. Issues monthly electronic benefits that can be used to buy most foods at many markets and food stores.

SSI recipients not eligible.

Applications can be requested through LA County Department of Public Social Services
(877) 597 4777.

www.dpss.lacounty.gov

Long Beach Community Action Partnership

3012 Long Beach Blvd
Long Beach, CA 90807

562 216-4600

888 351-4061

www.lbcap.org

Provides assistance with residential utility payment, emergency assistance with residential energy-related crises (utility shut-off notices, energy-related life-threatening emergency and home weatherization).

Meals on Wheels Long Beach

P O Box 15688, Long Beach, CA 90815
562 439-5000

<http://www.mealsonwheelsoflongbeach.org>

This program provides home-delivered meals every weekday to eligible home bound seniors and disabled adults with limited mobility.

Medical Baseline Program

Southern California Edison
800 655-4555 24 hours

For consumers with specific medical situations who may require greater amounts of energy to meet day-to-day needs. Additional “Standard Allowance” is available to those meeting health-related qualifications.

www.sce.com

Supplemental Nutritional Assistance Program (SNAP)

Transfer (EBT) can be used like cash to pay for food at most grocery stores.

Contact the California Department of Social Services
1-877-847-3663 (FOOD)

www.cdss.ca.gov

Telephone Assistance

Helps pay for the cost of basic local telephone services. Older adults are automatically eligible if enrolled in one of following programs:

Medi-Cal, Supplemental Security Income (SSI), Federal Housing Assistance/Section 8 Programs, CalFresh (Food Stamps) Low Income Home Energy Assistance Programs Bureau of Indian Affairs (BIA), General Assistance Tribally Administered Temporary Assistance for Needy Families (TANF). Contact local phone company sales department to apply for Link Up or Lifeline.

MENTAL HEALTH SERVICES

Gay and Lesbian Therapy Services

2750 N. Bellflower Blvd, #206A
Long Beach, CA 90815
562 685-1989

The LGBTQ Center of Long Beach

2017 E 4th Street
Long Beach, CA 90814
562 434-4455

Ruby Chevreuil, Mental Health Client Services

www.centerlb.org/counseling

Transitions Support Group Center

4105 E 7th Street
Long Beach, CA 90804
562 344-5022

www.transitionsgroups.org

Provides affordable support groups led by certified facilitators with specialized programs in order to ensure the best environment for group discussion and personal growth.

UCLA Gambling Studies Program

760 Westwood Plaza, Suite 38-262
Los Angeles, CA 90095
310 825-4845

www.uclagamblingprogram.org

Free treatment is available for California residents who have been affected by pathological gambling. Services include: Telephone counseling, outpatient treatment, intensive outpatient treatment, and residential treatment.

To access free services call: 1 800 426-2537, 1 800 GAMBLER 24 hours a day

ORGANIZATIONS PROVIDING CASE MANAGEMENT, REFERRAL AND MULTI-PURPOSE SERVICES

AllCareSeniorServices.com

Helps find resources for Assisted Living, In-Home Care, and Medical Equipment

A Place for Mom

<http://www.aplaceformom.com>

866 344-8005

A Place for Mom: Senior Living Advisors offer personalized assistance, financial resources and time-saving advice in finding senior care and senior living community options to match unique needs and budgets.

Website provides listing for 30 Senior Living Communities in Long Beach

California Association for Adult Day Services (CAADS)

Find a state licensed Adult Day Service provider.

916 552-7400

www.CAADS.org

Home Advisor

Provides listing of senior in-home care providers with ratings and quotes.

www.homeadvisor.com

HomeHealthCareAgencies.com

Home Health Care Directory

Search for Home Care by zip code. Offers a wide range of skilled medical services such as nursing care, physical therapy and occupational therapy from qualified medical professionals in addition to various services from home health aides.

INDEPENDENCE AT HOME (IHA)

A division of SCAN Health Plan

Services are not available for SCAN Health Plan members.

Multipurpose Senior Services Program (MSSP) provide assessment and coordination of services for adults 60 years or older with Medi-Cal coverage with no share of cost, have a medical condition that impacts at least two activities of daily living, including but not limited to: dressing, bathing, ambulating, eating or transferring and live in the program service area.

Supportive Services Program (SSP) provides care management, care planning, service arrangement and coordination.

Family Caregiver Support Program (FCSP) provides support and information to caregivers.

Innerlinks Advantage (IA) is a mental health program serving disabled and older adults in the IAH catchment area.

Volunteer Action for Aging (VAA)

A volunteer service program, operating under Independence at Home, provides friendly visitors to reduce loneliness, phone-a-friend program, volunteer events such as Serve Day, Annual Thanksgiving Meal Delivery, Letters to Troops, and other community projects. Administrative Assistance aid in administrative office duties that support the program volunteers in the field. Recruits and trains volunteers and matches them to compatible clients or to various community events that provide assistance to disabled and frail older adults.

Contact: Volunteer Action for Aging Independence at Home

2501 Cherry Ave, Suite 380, Signal Hill, CA 90755

Phone 562 637-7116

Fax 562 492-9236

Toll free 866 421-1964

www.independenceathome.org

Jewish Family and Children's Service of Long Beach and West Orange

Provides an array of services, including counseling, support groups , care management for older adults, court-referred counseling, emergency financial assistance, career counseling, and referrals.

3801 E Willow Street

Long Beach, CA 90815

562 427-7916

fax 562 427- 7910

email info@jfcslongbeach.org

www.jfcslongbeach.org

Partners in Care Foundation Multipurpose Senior Services Program (MSSP)

St Barnabas Office (MSSP South) services Long Beach zip codes 90805 and 90807

675 S Carondelet Street
Los Angeles, CA 90057
213 738-8320

www.picf.org

A Medicare /Medi-Cal waiver program, helps prevent vulnerable older adults from premature hospitalization and nursing home placement.

The program provides case management services and arrange in-home services to assist clients, 65 years of age or older who are MediCal recipients with no share of cost, with daily living needs and teach them how to lead healthier and more active lives.

Some of the services that MSSP can arrange:

- Respite for Caregivers
- Transportation
- Emergency Response System
- Minor Home Repairs
- Home Safety Modification
- Chore and personal assistance
- Durable Medical Equipment
- Home delivered meals

SeniorAdvisor.com

Provides an extensive collection of senior communities with photos and detailed information on amenities, including user ratings on 5 categories:

cleanliness, value, activities, quality of care and staff friendliness. Find prices & ratings for senior communities. Requires name, e-mail, phone number to see options.

The Alpert Jewish Community Center in Long Beach (AJCC)

3801 E Willow Street
Long Beach, CA 90815
562 426-7601

www.alpertjcc.org

The AJCC provides rich cultural, social and physical activities for its members and the entire community.

Offers a variety of senior adult programs to help keep older members of our community engaged, active and connected: including fitness classes (also has a Jr Olympic heated pool), day trips, lecture series, movies, and weekly hot lunches and the Retired & Senior Volunteer Program.

Membership is open to all faiths and backgrounds, and no one is denied membership due to the inability to pay the established rates.

THE HEART OF IDA

562 496-4734

www.heartofida.org

A Gay Friendly nonprofit 501(c)(3) organization that services the older adult population in and around Long Beach, CA. Mission is to help older adults preserve independence as long as possible, and provide comfort and cheer when assisted living is necessary.

Safe at Home: Does home visits to ensure safety at home, including a multi-point safety check for hazardous and/or unsafe situations, (inadequate lighting, smoke detectors, grab bars & hand rails, nonslip mats, etc.), minor repairs and maintenance by volunteers or referral to a licensed professional.

Volunteer opportunities

Classes on physical activity and self-management education components.

United Way Helplink- -call "211"

Yelp.com (home health care Long Beach, CA)

Reviews of home health care services in Long Beach, CA

PHYSICIANS AND SURGEONS

Bolton, Julie, MD

Family Physician for Men and Women
1777 Bellflower Blvd, Suite 112
Long Beach, CA 90815
562 832-7662

Dressner, Mark, MD

Family Practice
450 E Sprint St., Suite 1
Long Beach, CA 90806
562 933-0050

Herzog, Lars, MD

Ophthalmologist
2977 Redondo Ave
Long Beach, CA 90806
562 426-1773 www.hertzogeyecenter.com

Memorial Podiatry Group

Comprehensive Care of Foot and Ankle Disorders
Eric R Hubbard, DPM, PC
2333 Pacific Ave
Long Beach, CA 90806
562 426-5151
www.MemorialPodiatryGroup.com

Ramelli, Gary MD

Dermatologist and general disease of the skin
2888 Long Beach Blvd, Suite 320
Long Beach, CA 90806
562 432-3469

Rickard, Carrie, MD

Board Certified in Obstetrics and Gynecology

2865 Atlantic Ave, Suite 250

Long Beach, CA 90806

562 595-7709

Scheuer, Steven, MD , FICS

1045 Atlantic Ave, Suite 915

Long Beach, CA 90813

562 630-0660

RETIREMENT HOMES

Bellagio Manor

1046 E Fourth Street

Long Beach, CA 90802

562 432-7468 M-F, 8 am-5 pm

www.bellagiomanorassistedliving.com

A state licensed assisted living facility serving the physical, emotional and spiritual needs of seniors. A secured facility with 40 beds for Alzheimer's/dementia individuals as well as respite care for families. Provides 3 meals a day, health and wellness programs, full time activity director, chapel with non-denominational services, and an internet computer room.

Belmont Village

5701 Crestridge Rd.
Rancho Palos Verdes, CA 90275
310 377-99777 24 hrs.
www.belmontvilage.com

An upscale assist living community for adults 60 years and older, providing personal care, medication management through a licensed nurse, fitness and social activities, water aerobics in the spring and summer, transportation to and from doctors' appointments, companion room options, and chef-prepared meals. Facility has an Alzheimer's secured environment, offers short-term respite and hospice , and 24 hour licensed nurses around the clock.

Bixby Knolls Towers

3737 Atlantic Ave
Long Beach, CA 90807
562 426-6123

www.rhf.org

A non-profit Retirement Housing Foundation community offering affordable senior housing with independent, assisted living, skilled nursing and rehabilitation. Provides 3 meals/day and social activities, excursions, laundry services, beauty shop and weekly housekeeping . The full service apartments accept seniors 55 year and older and provides skilled nursing for 62 year and older.

Brittany House

5401 E Centralia St

Long Beach, CA 90808

562 421-4717 M-F, 8 am-7 pm, Sat, Sun, 9 am-6 pm

www.activecareliving.com

Residential Alzheimer's care for seniors who are between independent living and intensive home settings. Offers short-term or respite stays for family care givers. Fees charged. For-profit agency.

Elderlink

P. O. Box

Santa Monica, CA 90409

800 613-5772

www.elderlink.org

Free senior referrals for placement in Alzheimer's/dementia care homes, hospice facilities, assisted living, board and care, retirement, and skilled nursing facilities in the State of California. Accepts private pay and will find placement for SSI and Medi-Cal recipients. Emergency care on call 24 hours. Licensed by the California Department of Public Health Services.

Harbor Terrace Retirement Center

435 W 8th St

San Pedro, CA 90731

310 547-0090 24 hrs

www.harborterraceretirement.com

87-person capacity for 60 years and older, providing 3 meals daily, utilities included. Studio and one bedroom. Ambulatory patients only. No wheelchairs . Dietitian meets with each new resident. 24-hour full-service and medical transportation provided.

Long Beach Senior Arts Colony

200 East Anaheim Street
Long Beach, CA 90813
562 485-9717

A brand new, affordable senior living apartment community for ages 55 and better. This beautiful community was developed and created using a breakthrough concept: an art-focused setting that encourages dialogue and keeping the mind active and challenged. Do your own thing or take any number of stimulating classes offered on site.

SENIOR CENTERS

The City of Long Beach offers six Senior Centers

www.longbeach.gov/park/recreation/seniors.asp

California Recreation Center
(At McBride Park)
1550 Martin Luther King Jr. Ave
562 570-1605
M-F, 9 am-2 pm

Cesar E Chavez Park Community Center
401 Golden Ave
562 570-8890
M-F, 9 am-1:30 pm

El Dorado Park West Community Center
2800 Studebaker Rd
562 570-3227
M-F, 9 am-2 pm

Houghton Park Community Center
6301 Myrtle Ave
562 570-1640
Open Monday -Friday, 9 am-2 pm

Long Beach Senior Center
1150 E 4th Street
562 570-3500
M-F, 8 am-4:30 pm; Sat 10 am-4 pm

Park Community Center
1545 W. 31st Street
562 570-1675
M-F, 9 am-2 pm

SENIOR HOUSING

Gay & Lesbian Elder Housing (Los Angeles)

Works to improve the life experience LGBT seniors by devoting affordable housing , providing comprehensive care, and conducting advocacy and education.

323 957-7200
www.GLEH.org

SOCIAL & OTHER SUPPORT GROUPS

Old Lesbians Organizing for Change (national and local chapters)

Local contact: Mina or Sharon 562 420-3555

www.oloc.org

The Compassionate Friends of South Los Angeles

Provides support for members (or friends) of a family that has suffered the death of a child of any age.

Meeting info: last Tuesday of each month 8 -9:30 pm

Fire Station #65,

1801 E Century Blvd,

Los Angeles, CA 90002

Chapter #2411 phone 323 546-9755

tcf.southlosangeles@gmail.com

The LGBTQ Center Long Beach

2017 E 4th Street

Long Beach, CA 90814

562 434-4455

www.centerlb.org/seniorservices

The LGBTQ Center Long Beach (continued)

Lez Chat

Meets at the LGBTQ Center every 2nd Saturday of the month,
10 am-12 noon – drop in group

Men Over Forty

Meets at the LGBTQ Center every Monday, 7-8:30 pm; social group

Encore Men

Meets at the LGBTQ Center every 3d Saturday of the month at
10 am -12 noon – drop in group

Other types of support groups -inquire at The LGBTQ Center 462 434-4455.

You may wish to initiate a support group or find out if one is already
happening or in the early stages of forming.

SUBSIDIZED HOUSING

Affordable Housing

Section 8 information line
800 955-2232

Bayside Terrace

860 W. 5th St

San Pedro, CA 90731
310 832-4926

Accepts Section 8 vouchers. 99 one-bedroom units, 55 years and older and disabled.

Harbor Towers

340 S Mesa St
San Pedro, CA 90731
310 831-8981 M-F, 8:30-4:30

Section 8 building administered by management. Does not accept vouchers. 180 one-bedroom units for independent living. 62 years and older.

Oxford Health Care

280 Atlantic Ave
Long Beach, CA 90802
310 538-5400 M-F, 8 am-6 pm

www.oxfordhealthcare.net

Case management providing skilled nursing , respite care, RN's, LVN's, companion care and homemaker services in the South Bay. Spanish and Tagalog also spoken.

VA Century Villages at Cabrillo

2001 River Ave
Long Beach, CA 90810
562 388-8000 M-F, 8:30-12, 1-5:30

www.centuryvilages.org

The U.S. Veterans Initiative administers the facility. A residential community offering transitional housing for homeless veterans and families. Services include a residential addiction treatment program, residential job re-entry program, long-term supported housing for veterans, and rental assistance housing for senior and disabled veterans.

All programs offer food , supportive services and employment assistance to veterans .

The VA Health Clinic provides comprehensive veteran's medical care at 5901 E Seventh St., Long Beach, CA 90822, phone 562 826-8000, ext 8414

TRANSPORTATION AND TRAVEL SERVICES

Access Services, Inc

Services all L.A. County

800 827-0829 M-F, 8 am-5 pm

www.accessla.org

Disabled who cannot board, ride or exit a public bus or train. Wheelchair accessibility. Call for eligibility requirements. Operates 7 days a week.

Best Travel Worldwide

Travel—Airport Shuttle—Medical Transfers

Serving our LGBTQ community

Shirley E. Johnson, van driver/owner

562 862-2378

800 869-6764 (not available from 562 area code)

Email shirley@besttravelworldwide.biz

www.BestTravelWorldwide.biz

Covers LA, Orange and Riverside Counties.

Provides shuttle- service for LAX, John Wayne, Long Beach airports and cruise pier departures and arrivals. Service is ALWAYS private and personal—No Stops or circles for other pick-ups.

Book your tour/cruise or group with Best Travel Worldwide and get a FREE or large discount on shuttle transfer. Minimum purchase required.

Also provides transport for any medical appointment or procedure. Passengers must be ambulatory.

Home Instead Senior Care

Long Beach, Seal Beach
800 640-3914

www.homeinstead.com

Provides senior transportation services in conjunction with our companionship services.

Long Beach Transit—Dial-a-Lift

Provides a curb to curb, shared ride transit service exclusively for persons, at least 18 years of age, who reside in and travel through Long Beach, Lakewood, and Signal Hill, who are permanently mobility impaired and unable to use the Long Beach Transit fixed route bus system.

Long Beach Transit DAL contracts with Long Beach Yellow Cab Co-Op and DAL drivers are trained in the needs of persons with disabilities .

Applicants for DAL must first be members of Access Services the ADA service provider. Access Services may be reached at 800 827-0829.

Long Beach Transit Main Office

1963 E Anaheim Street
Long Beach, CA
562 591-8753 call for Dial-A-Lift Application M-F, 8 am-5 p

VISION CARE

Eye Care America -The Foundation of the American Academy of Ophthalmology

O. Box 429098
San Francisco, CA 94142-9098
800 222-3937

www.eyecareamerica.org

Provides free educational materials on eye health and access to medical eye care for persons 65 years and older who have not been seen by an ophthalmologist in 3 or more years, and who have no eye care insurance .

St Mary's Medical Center - Low Vision Center

Parr Health Enhancement Center
1050 Linden Ave
Long Beach, CA 90813

562 491-9275 M-F, 8 am-4:30 pm. By appointment only

www.stmarymedicalcenter.org

Optical aids, reading devices, and training in activities of daily living. Requires written referral from a licensed eye care practitioner.

VOLUNTEER OPPORTUNITIES

Create the Good, AARP

Connects individuals with Volunteer Opportunities. Find senior services, start a project, find volunteers in local community.

www.createthegood.org

RETIRED & SENIOR VOLUNTEER PROGRAM (RSVP)

Long Beach RSVP
3801 E Willow St
Long Beach, CA 90815

562 506-2801

www.nationalservice.gov/programs/senior-corps/rsvp

One of the largest volunteer networks in the nation for people 55 and over providing a variety of volunteer activities within your community. Volunteers receive pre-service orientation, on-the-job training from the organization where they will serve, and supplemental insurance while on duty. The personal interests and skills of volunteers are matched with opportunities to solve community problems. RSVP volunteers contribute anywhere from a few to over forty hours a week, serving through schools, day care centers, police departments, hospitals and other nonprofit and public organizations to help meet the critical community needs. RSVP volunteers do not receive monetary incentives, but sponsoring organizations may reimburse them for some costs incurred during service.

The LGBTQ Center Long Beach

2017 E 4th Street
Long Beach, CA 90814
562 434-4455

The Center has a variety of volunteer opportunities and also mental health internships. For a volunteer application and more information: www.centerlb.org

HOME HEALTH CARE GLOSSARY

ASSISTED LIVING

Housing for elderly who are unable to live on their own, but can still perform some ADL's themselves. Provides housekeeping , meals medication management, transportation to doctors and activities.

BOARD AND CARE HOMES

Private home licensed to care for seniors. Provide meals, laundry, housekeeping , and transportation to doctors.

HOME HEALTH

Offers medical attention while the patient is at home or in an Assisted Living. Provides medical care or physical therapy for a short time. Many seniors will still need In-home care because Home Health only provides care for one hour a day.

HOSPICE CARE

Designed to provide comfort and support to the patients (and their families) when they are terminally ill in a hospital, nursing home, private hospice - care facility or at the patient's home.

IN-HOME CARE

Assists the elderly or people with disability who need assistance with their ADL's. Care provided is non-medical, assisting with bathing, grooming, meal prep, house-keeping, transportation and medical reminders.

SKILLED NURSING

Homes for individuals in need of Rehab. Provide constant medical attention if needed. Many seniors move into Assisted Living after completing in a skilled nursing facility.

LIFE PLANNING DOCUMENTS

DURABLE POWER OF ATTORNEY FOR HEALTHCARE (aka health care proxy)

Names the person one wants to make medical decisions when unable to communicate.

MEDICAL DIRECTIVE

Spells out what types of medical action desired when to communicate choices regarding medical care.

DURABLE POWER OF ATTORNEY FOR FINANCES

Appoints an agent to take care of finances when unable to do for oneself.

WILL OR LIVING TRUST

Specify who will receive property after death

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