

# Caregiver Resource Guide



October 2019  
Santa Maria Valley

## Emergency Services

<b>Police, Fire, Ambulance</b>	<b>911</b>
<b>Adult Protective Services</b> <a href="http://www.countyofsb.org">www.countyofsb.org</a>	844-751-6729 After Hours 692-5744
<b>American Association of Poison Control Centers</b> <a href="http://www.aapcc.org">www.aapcc.org</a>	800-222-1222 (24/7)
<b>CARES Mental Health Crisis Team</b>	888-868-1649
<b>Domestic Violence Solutions</b> <a href="http://www.dvsolutions.org">www.dvsolutions.org</a>	925-2160 (24/7)
<b>Long Term Care Ombudsman</b> <a href="http://www.ltombudsman.org">www.ltombudsman.org</a>	805-922-1236
<b>National Suicide Prevention Lifeline</b> <a href="http://www.SuicidePreventionLifeline.org">www.SuicidePreventionLifeline.org</a>	800-273-8255
<b>North County Rape Crisis Center</b> <a href="http://www.sbcountyrapecrisis.org">www.sbcountyrapecrisis.org</a>	805-736-1273

## Adult Day Health Care

**Santa Maria Wisdom Center** 805-354-5332

[www.LifeStepsFoundation.org](http://www.LifeStepsFoundation.org)

A community-based adult services day program that provides a variety of health and social services as well as planned therapeutic and rehabilitative activities to benefit the needs of adults with physical and/or mental challenges at risk of long-term care placement. Program includes an Alzheimer's day care resource which serves those with Alzheimer's and related dementia disorders by providing a safe, structured, stimulating environment meeting the individual's physical and mental health needs.

### Definition of a Caregiver

*A "caregiver" is a friend, neighbor, family member who regularly looks after a sick, elderly or disabled person.*

## Care Management

**CenCal Health** 805-685-9525

[www.cencalhealth.org](http://www.cencalhealth.org)

Social work services for members who have complex medical or behavioral health conditions, high psychosocial risk factors or need assistance navigating through the health care system. Services are free of charge.

**Dignity Health Family  
Caregiver Support Program** 805-614-2085  
805-332-8590

[www.DignityHealth.org](http://www.DignityHealth.org)

Provides support and services to caregivers who care for medically fragile adults. Works with caregivers to assess, support, guide, teach, and make linkages to services for both the caregiver and the patient. The focus is to engage caregivers of the families through new programs and services designed to empower and support. Services are offered at no charge.

**Partners in Care Foundation** 805-280-4490  
**Multipurpose Senior Service Program (MSSP)**

[www.picf.org](http://www.picf.org)

Provides social work services to limited number of Medicare/Medi-Cal eligible persons who, with these services, will be able to remain at home and not be institutionalized. Services are free of charge.



## Counseling

### **Center for Human Understanding & Growth/Optimal**

805-925-5470

[www.chug-counseling.com](http://www.chug-counseling.com)

Provides educational and training opportunities, counseling and psychotherapy to individuals, couples, groups and organizations to help people make changes that can improve their lives and the world around them. Sliding fee based services.

### **Coast Caregiver Resource Center**

888-488-6555 ext. 4

[CottageHealth.org/services/rehabilitation/caregiver-services](http://CottageHealth.org/services/rehabilitation/caregiver-services)  
Provides family caregivers counseling services via face-to-face meetings and telephonically.

## Do you receive SSI?

*Recipients may be eligible for CALFRESH Food Benefits.*

*Receiving CalFresh does not change the SSI benefits.*

*Call the County Department of Social Services to get information and apply at 805-346-7135.*

### **Family Service Agency of Santa Barbara**

805-928-1707

[www.fsacares.org](http://www.fsacares.org)

Offers free counseling – individual, family – and group support for seniors and family caregivers. Also offers counseling and support group services for those who care for an elderly or disabled family members.

### **Friendship Line**

800-971-0016

[www.ioaging.org](http://www.ioaging.org)

A toll free 24/7 service that listens and refers as appropriate. Program includes a 'Warm Line' which calls out to lonely or depressed older adults and a 'Check In' for older adults living alone or concerned about their safety.

### **The Holman Group**

800-321-2843

[www.HolmanGroup.com](http://www.HolmanGroup.com)

Managed mental health care for Medi-Cal recipients.

### **Elements Counseling Group**

805-349-2255

[www.elementscg.com](http://www.elementscg.com)

Individual, couples and youth therapy. Sliding Scale.

## Education/Training

### **Alzheimer's Association**

800-272-3900

[www.alz.org/cacentralcoast](http://www.alz.org/cacentralcoast)

Provides community education programs for caregivers and people with early stage Alzheimer's disease. Provides respite care and consultation. Also makes available a library of books, DVDs, journals, activity kits, pamphlets and assistance with registration for wanderers (Medic Alert Safe Return).

### **Community Health Center**

805-458-4247

[www.chccc.org](http://www.chccc.org)

Sponsors weekly educational meetings on mental health. Free to attend. Offered in English and Spanish.

### **Marian Regional Medical Center**

#### **Family Caregiver Program**

805-614-2085

[www.DignityHealth.org](http://www.DignityHealth.org)

'Powerful Tools for Family Caregivers' is a free educational series designed to provide tools needed to take care of the caregiver while taking care of an adult relative or friend. Six-week class is offered quarterly. Class participants also receive a free copy of *The Caregiver Helpbook*, developed specifically for the class. Also offers free Atlas of Caregiving Care Map workshops, a visual tool to assess and resolve any caregiver situation.

## Elder Abuse Prevention

### **Adult Protective Services**

844-751-6729

#### **County Department of Social Services**

[www.countyofsb.org](http://www.countyofsb.org)

Investigates allegations of suspected abuse of elders and dependent adults who reside in the community. Provides resource information and makes referrals to community resources.

### **Long Term Care Ombudsman Service**

805-922-1236

[www.fsacares.org](http://www.fsacares.org)

Investigates allegations of suspected abuse of residents of long term care facilities, such as assisted living and skilled nursing.

### **Santa Barbara County District Attorney's Office**

805-346-7540

[www.countyofsb.org/da](http://www.countyofsb.org/da)

Specialized services to prosecute crimes committed against vulnerable victims, including elders.



## End of Life

### **Central Coast Home Health & Hospice** 805-543-2244

[www.centralcoasthomehealth.com](http://www.centralcoasthomehealth.com)

Provides compassionate and quality end of life care. Mission is to provide quality medical, social, and spiritual care to individuals making their end of life transitions as well as support to their family and friends. Services provided while honoring each person's quality of life, freedom and individuality.

### **Dignity Home Health and Hospice** 805-739-3830 800-549-9609

[www.dignityhealth.org](http://www.dignityhealth.org)

Medical care, symptom and pain management, and emotional and spiritual support tailored to the patient's needs. Primary goal is to fulfill patient's wishes and to support their families and caregivers. Hospice can help the patient maintain the highest quality of life possible. Includes bereavement services for a full year after a loss.

### **Wilshire Hospice** 805-782-8608

[www.wilshirehcs.org](http://www.wilshirehcs.org)

Provides patients and their families with comprehensive, compassionate care that relieves undue suffering and pain from the moment of their diagnosis.

## Equipment

### **Braille Institute** 805-682-6222

[www.brailleinstitute.org/santabarbara](http://www.brailleinstitute.org/santabarbara)

Provides free visual consultations for magnification and special lighting as well as low vision aids at cost.

### **CA Telephone Access Program** 800-806-1191

[www.ddtp.cpuc.ca.gov](http://www.ddtp.cpuc.ca.gov)

Special telephones and telephone devices are available for deaf and deafened, vision, speech, cognitive, and motion-mobility impaired persons.

### **Elks Lodge, Loan Closet** 805-922-1538

[www.santamariaelks.com](http://www.santamariaelks.com)

Maintains a variety of equipment items that can be loaned to members.

### **Independent Living Resource Center (ILRC)** 805-925-0015

[www.ilrc-trico.org](http://www.ilrc-trico.org)

ILRC's Assistive Technology Program provides information and referral to assistive technology resources.

### **Vial of Life program** 805-925-9554

[www.CentralCoastSeniors.org](http://www.CentralCoastSeniors.org)

Provides a medical information card in a container that is placed on the front of the home's refrigerator for emergency responders to locate.

## Food & Nutrition

### **Blue Plate Special Dinner delivery** 805-354-5320

[www.LifeStepsFoundation.org](http://www.LifeStepsFoundation.org)

A dinner with dessert is delivered throughout the Santa Maria Valley Monday- Friday. Cost is \$5.50 per meal.

### **CalFresh/Food Stamps, DSS** 805-346-7135

[www.countyofsb.org/dss](http://www.countyofsb.org/dss)

CalFresh Food helps people with low-income buy the nutritious food needed for good health. Recipients can buy food at any grocery store or farmers market that accepts EBT.

### **Central Coast Rescue Mission** 805-614-0220

[www.centralcoastrescuemission.org](http://www.centralcoastrescuemission.org)

Offers a variety of programs for those in need. This includes a hot meal and a food pantry.

### **Community Action Commission Hot Lunches** 805-925-3010

[www.cacsb.org](http://www.cacsb.org)

Provides a hot lunch at congregate sites Monday - Friday and home delivered meals to frail at-risk older persons. Must be over 60 years of age. Free. Donations are welcome.

### **Brown Bag Program, Food Bank of Santa Barbara County** 805-937-3422

[www.foodbanksbc.org](http://www.foodbanksbc.org)

Provides free groceries to low income seniors (aged 62+) twice a month at several locales.

### **Martha's Meals, St. Peters Church** 805-922-3575

[stpeter.ladiocese.org](http://stpeter.ladiocese.org)

A free sack lunch is available to pick up between 3-4:40 p.m. every weekday. Also has a free food pantry that is open Thursdays 8:30 a.m. - 11:30 a.m.

### **Santa Maria Meals on Wheels** 805-938-1200

[www.mealsonwheelssmv.org](http://www.mealsonwheelssmv.org)

Meals are delivered to homebound five days a week. Sliding scale fee. Medical diets can be accommodated.

## Health Services

### County Department of Behavioral Wellness 805-934-6380

[www.countyofsb.org/behavioral-wellness/adult-home.sbc](http://www.countyofsb.org/behavioral-wellness/adult-home.sbc)  
Serves adults who are Medi-Cal beneficiaries with severe mental illness and/or substance abuse disorders.  
Clinic located in Santa Maria.  
24/7 Access Line is 1-888-868-1649.

### Community Health Centers 805-938-9200

[www.communityhealthcenters.org/santamaria](http://www.communityhealthcenters.org/santamaria)  
Provides primary health care to underserved and low income residents. Also has specialty clinics.

### County Health Clinic 805-346-7230

[www.countyofsb.org/PHD](http://www.countyofsb.org/PHD)

### VA Outpatient Clinic 805-354-6000

[www.losangeles.va.gov](http://www.losangeles.va.gov)  
Outpatient clinic provides medical and/or mental health services for veterans.

## Home Care Services

### Community Partners in Caring 805-925-8000

[www.PartnersinCaring.org](http://www.PartnersinCaring.org)  
Provides volunteer support services that allow seniors to live independently while maintaining dignity, respect and quality of life.

### In Home Supportive Services 805-346-8303

[www.countyofsb.org/dss](http://www.countyofsb.org/dss)  
Provides household help and personal care to enable low income elderly or disabled persons to remain safely in their own homes. Eligible with SSI/Medi-Cal only.

### LifeSteps Foundation, Senior Home Care 805-549-0150 ext. 2

[www.centralCoastSeniors.org](http://www.centralCoastSeniors.org)  
Provide homemaking and personal care services in Santa Maria Valley for persons aged 60 and older who are not eligible for In Home Supportive Services. Donations are requested.

### VA Aid & Attendance 805-346-7160

[www.benefits.va.gov](http://www.benefits.va.gov)  
Provides benefits that reduce cost of care for veterans and surviving spouses who require assistance. Can be used for in home care, board and care, assisted living, community and private pay nursing homes. Must meet qualifications.

## Home Health Services

Home health care is a wide range of health care services that can be given in your home for an illness or injury. Home health care is usually less expensive, more convenient, and just as effective as care you get in a hospital or skilled nursing facility (SNF). Examples of skilled home health services include: wound care for pressure sores or a surgical wound; patient and caregiver education; intravenous or nutrition therapy; injections; and monitoring serious illness and unstable health status. The goal of home health care is to treat an illness or injury.

*Agencies providing Medicare Home Health services include:*

### Central Coast Home Health 805-543-2244

### Dignity Health Home Health 805-739-3830

### Kindred At Home Health 805-544-4402

### Guardian Angel Home Care 805-544-4001

### Superior Home Health 805-742-4514

### Wilshire Home Health 805-782-8600

## Home Repair and Utility Assistance

### Community Action Commission Energy Services 805-617-2897

[www.cacsb.org](http://www.cacsb.org)  
Provides one-time utility assistance and home weatherization to qualified low-income persons, owners and renters. Also provides home repair to low income persons.

### Community Action Partnership 805-541-4122

[www.capslo.org](http://www.capslo.org)  
Home repair services available at no cost to seniors age 60 or over living in the Santa Maria Valley. Grab bars, handrails, smoke alarms, carbon monoxide detectors, hand held shower heads and chairs, minor plumbing, carpentry, electrical, and drywall.

## Human Services

### American Red Cross 805-987-1514 805-687-1331

[www.redcross.org](http://www.redcross.org)  
Seeks to help people prevent, prepare for, and respond to natural and human-caused disasters through the immediate mobilization of people and resources and the provision of community, workplace, and school-based training. Also provides first aid training.

**Catholic Charities** 805-922-2059  
[www.catholiccharitiesla.org](http://www.catholiccharitiesla.org)  
Provides help to individuals and families in need. Has a food pantry, provides emergency financial assistance, medical treatment referrals, case management, thrift store client vouchers, and pet services.

**Good Samaritan Shelter** 805-347-3338 ext.101  
[www.goodsamshelter.org](http://www.goodsamshelter.org)  
Provides services to meet the needs of the community, including emergency shelter for adults and families, permanent housing with supportive services, social model residential detoxification, outpatient drug and alcohol treatment, mental health services, residential perinatal treatment, children's after school programming, and clean and sober living homes.

**Salvation Army** 805-349-2421  
[www.salvationarmyusa.org](http://www.salvationarmyusa.org)  
Provides short and long term assistance to address the community needs. This includes meal assistance, bill pay assistance and case management.

## Legal

**Lawyer Referral Service** 805-569-9400  
[www.sblaw.org](http://www.sblaw.org)  
Provides referrals to attorneys who have signed up to be on their panel.

**Legal Aid Foundation** 805-922-9909  
[www.LAFSBC.org](http://www.LAFSBC.org)  
Provides legal services in civil cases, with emphasis on Social Security, landlord/tenant and family law.

**CA Rural Legal Assistance** 805-922-4563  
[www.CRLA.org](http://www.CRLA.org)  
Provides legal representation to low income people in civil matters (housing, education, labor, and health) and for persons terminated from welfare, unemployment and Social Security.

**Legal Resource Center Law Library, Santa Maria** 805-349-1289  
[www.CountyLawLibrary.org.SantaMaria](http://www.CountyLawLibrary.org.SantaMaria)  
Local self-help legal resource center which is staffed by a California licensed attorney. Assistance is offered in the completion of legal and court documents for various civil matters and infractions, and in properly presenting a case in court.

## Long Term Care Facility Placement

**Long Term Care Ombudsman** 805-922-1236  
[www.ltombudsman.org](http://www.ltombudsman.org)  
Provides information about long term care facilities.

**CA Community Care Licensing** 805-562-0400  
[www.cdss.ca.gov](http://www.cdss.ca.gov)  
Licenses and inspects residential care facilities for the elderly and investigates complaints.

**California Department of Public Health** 805-604-2926  
[www.cdph.ca.gov](http://www.cdph.ca.gov)  
Licenses and inspects skilled nursing facilities, home health agencies, hospitals, hospices and most types of nursing facilities.

### What is Respite Care?

*Respite care is temporary care of a dependent elderly, ill or handicapped person, providing relief for the usual caregiver.*

## Respite Care

**Alzheimer's Association** 805-892-4259  
[www.alz.org/cacentralcoast](http://www.alz.org/cacentralcoast)  
Provides grants to families of Alzheimer's and dementia patients for the purchase of respite care.

**Coast Caregiver Resource Center** 888-488-6555 ext. 4  
[www.coastcrc.org](http://www.coastcrc.org)  
Provides respite care for family caregivers of persons who have at least two deficiencies in activities of daily living. Respite care is limited. Provided free of charge through a grant from the Area Agency on Aging; donations are welcome.

**LifeSteps Foundation Wisdom Center** 805-354-5332  
[www.LifeStepsFoundation.org](http://www.LifeStepsFoundation.org)  
Provides adult day health care services which can provide respite for the caregiver.

**Dignity Health Volunteer Respite** 805-614-2085  
Volunteers provide respite care through the Family Caregiver Support program at Marian Regional Medical Center.

## Support Groups

### **Alzheimer's Association** 805-636-6432

[www.alz.org/cacentralcoast](http://www.alz.org/cacentralcoast)

Provides regularly scheduled family support groups at the following two locations:

### **Alzheimer's Family Support Groups at Merrill Gardens** 805-310-4102

### **Alzheimer's Support Group at Luis OASIS Senior Center** 805-937-9750

### **Coast Caregiver Resource Center** 888-488-6555 ext. 4 805-569-8950

[www.CottageHealth.org/services/rehabilitation/caregiver-service](http://www.CottageHealth.org/services/rehabilitation/caregiver-service)

Offers support groups for family caregivers.

### **Family Caregiver Support Group** 805-614-2085

Sponsored by Marian Regional Medical Center. Meets twice monthly in Santa Maria.

### **Huntington's Disease Caregiver Support Group** 888-488-6555

[www.CottageHealth.org/services/rehabilitation/caregiver-service](http://www.CottageHealth.org/services/rehabilitation/caregiver-service)

Provides information, support and a social network for those living with Huntington's and their family and friends. Held at Bethel Lutheran Church. Call for meeting times.

### **Mission Hope Cancer Center Support Group** 805-346-3402 805-219-HOPE

[www.MissionHopeCancerCenter.com](http://www.MissionHopeCancerCenter.com)

Offers many support groups and education programs to the community free of charge. Focus on providing for the long term needs of patients completing curative treatment. General family caregiver support group meets monthly. Call for dates, times and locations.

### **Family Service Agency of Santa Barbara** 805-928-1707

[www.fsacares.org](http://www.fsacares.org)

Provides support group for Spanish speaking family caregivers.

## Transportation

### **American Cancer Society** 800-227-2345

[www.cancer.org](http://www.cancer.org)

Road to Recovery program provides transportation to and from treatment for people with cancer who do not have a ride or are unable to drive themselves.

### **CenCal Health** 1-877-814-1861

Brokers transportation for eligible Medi-Cal and CenCal recipients. Non-emergency transportation and non-medical transportation is available.

### **Community Partners in Caring** 805-925-8000

[www.PartnersInCaring.org](http://www.PartnersInCaring.org)

Volunteers drive clients to medical, social or service appointments by picking them up from where they live, escort them into the appointment location, and return them home.

### **Guadalupe Transit** 805-922-8476

[www.CityOfSantaMaria.org](http://www.CityOfSantaMaria.org)

Guadalupe Flyer offers transit services between Guadalupe and Santa Maria.

### **Santa Maria Area Transit (SMAT)** 805-928-5624

[www.CityOfSantaMaria.org](http://www.CityOfSantaMaria.org)

Public transport services within the City of Santa Maria and in Orcutt. Offers curb-to-curb transportation service for individuals with disabilities. Schedule available on line and in print.

### **SMOOTH, Inc. Senior Dial-A-Ride** 805-922-0146 805-922-8476

[www.smoothinc.org](http://www.smoothinc.org)

Provides origin-to-destination transportation for seniors (60 years and over) in Santa Maria and Orcutt. Wheelchair accessible vans are available for shopping, beauty, social and medical appointments. Monday through Friday 9:00 am-4:00 pm. \$2 per trip / \$4 round trip.



## Veteran Services

### **Veterans Services Office, County of Santa Barbara** 805-346-7160

[www.countyofsb.org](http://www.countyofsb.org)

Information about benefits and services available and assists in application process.

### **Caregiver Support Line** 855-260-3274

[www.caregiver.va.gov](http://www.caregiver.va.gov)

Provides supportive counseling, education on topics related to caregiving and help to connect caregivers to local supports and services.



# INFORMATION

**2-1-1** to find additional health and human services 211  
[www.211sbco.org](http://www.211sbco.org)

**Alzheimer's Association** 1-800-272-3900  
[www.alz.org/cacentralcoast](http://www.alz.org/cacentralcoast)  
Offers a Helpline that is available 24/7 to provide information and referrals about Alzheimer's disease.

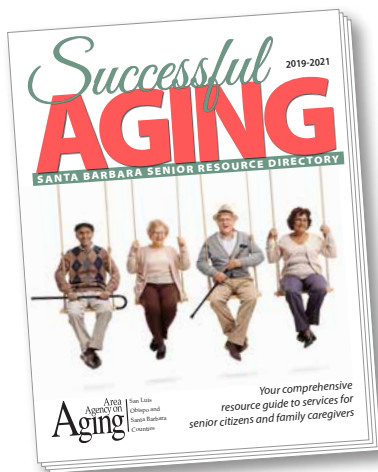
**Health Insurance Counseling & Advocacy Program (HICAP)** 805-928-5663  
[www.CentralCoastSeniors.org/hicap](http://www.CentralCoastSeniors.org/hicap)  
Provides free, unbiased information and one-on-one counseling regarding Medicare and related products and Long Term Care Insurance. Call for an appointment.

**Senior Connection** 805-928-2552  
[www.CentralCoastSeniors.org](http://www.CentralCoastSeniors.org)  
Specialized information and referral service for senior citizens and family caregivers. Links with other senior citizens services throughout the country.

**Senior Resource Directory** 805-925-9554  
[www.CentralCoastSeniors.org](http://www.CentralCoastSeniors.org)  
FREE publication available at many locations such as senior centers, libraries and the Area Agency on Aging office .

## Get Informed • Be Resourceful!

*Your complete FREE local resource directory will help you find...*



Adaptive Aids & Equipment  
Alcohol/Drug & Medication Use Help  
End of Life Services  
Education • Employment  
Food & Nutrition • Health Services  
Home Care • Housing • Income Assistance  
Legal Resources • *and much more*

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