# Welcome to the Santa Barbara

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2017-2018 Santa Barbara County Senior Resource Directory  
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THE CENTRAL COAST COMMISSION FOR SENIOR CITIZENS-AREA AGENCY ON AGING (AAA), the sponsor of the Santa Barbara County Senior Resource Directory, is a non-profit organization responsible for allocating federal and state dollars to local agencies to advance the development of a ‘senior friendly’ community throughout Santa Barbara County.

Services provided are funded by the Older Americans Act. This Act is designed to strengthen our community’s ability to address the needs of its older persons and the caregivers of older persons. The Area Agency on Aging is the local organization designated to utilize the limited state and federal funds to address local needs.

The AAA is committed to the development of a home- and community-based system of care that will:

1. Secure and maintain maximum independence and dignity in a home environment for older persons capable of self care and appropriate supportive services;
2. Remove individual and social barriers to economic and personal independence for older persons;
3. Develop a continuum of care for the vulnerable elderly.

We are thankful to the organizations and businesses listed below for their generous financial support. This Directory would not be possible without their support.

In addition to the community’s financial support many individuals reviewed and updated the text of the Directory. This task can be quite laborious and I would like to extend a special thanks to those individuals who helped make the information as accurate as possible.

Additionally, the information from the Senior Resource Directory is available on the AAA home page (www.centralcoastseniors.org). This will permit you to secure updates from the home page and provide us with another communication tool.

Please let me know your suggestions to improve this directory. A survey is enclosed for this purpose or just contact me.

The Santa Barbara County Senior Resource Directory is a community project with many people sharing their expertise and resources to help professionals, family members and older adults acquaint themselves with the many resources available within our community. Your generosity is greatly appreciated.

joyce ellen lippman
Area Agency on Aging

Financial Support provided by:

At Home Senior Services
CAC Senior Nutrition Program
Central Coast Home Health
Dallas Atkins
David Turpin
Family Services Agency Caregiving
Family Services Agency Senior Expo
GranVida Senior Living
Help Unlimited
HICAP
Home Choices for Mom and Dad
Home Helpers
Home Instead
Hummel Village
Josette Fast, Physical Therapist
Liv Home
Lompoc Skilled Nursing & Rehab
Lompoc Valley Community Health Organization
Maravilla
Meridian of Lompoc
Merrill Gardens
Quinn Fiduciary Services
Sansum Clinic
Senior Connection
Senior Planning Services
Sharon Kennedy Estate Management
SMOOTH
Visiting Nurse & Hospice Care

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Margaret Weiss, Sansum
Jeanne M. West, DASH
The Central Coast Commission for Senior Citizens, Area Agency on Aging is delighted to present the 2017/18 Santa Barbara County Senior Resource Directory. Santa Barbara County residents have access to a variety of services. It is not necessarily easy determining what services you or a loved one may need and equally difficult locating the appropriate service agency. We wish the Santa Barbara Senior Resource Directory would answer all of your questions. We know it cannot. It is our hope the Directory simplifies your search, expands your base of information, and ultimately eases the challenges you or a loved one is experiencing.

The Directory provides a listing of nonprofit and governmental agencies offering services to seniors with descriptions of services and benefits. The financial supporters include for-profit businesses; inclusion of a listing or information ad does not imply endorsement.

How do you know the right questions to ask? Who can help you evaluate if a service will meet your needs? Can you expect services to be available when you need them?

It takes time and energy researching services to meet your needs. In the midst of a crisis is the most difficult time to assess a need and investigate resources. The Directory is an opportunity to get familiar with resources before a crisis hits.

Various factors play a role in establishing a service’s accessibility. Five important factors are:

1. Determining the need.
2. Finding an appropriate service.
3. Eligibility requirements.
4. Waiting lists.
5. Cost.

Determining Your Need

When a problem exists which you cannot easily resolve, it may be helpful to talk with someone experienced in identifying specific problems to determine which could be helped by community services. Most nonprofit agencies provide informal information and referral.

If there is more than one problem, define each problem individually. Often, no one agency can provide the complete scope of services you need. You may obtain different services from various agencies.

Finding an Agency to Assist You

This Directory can help narrow down your choices. If you call an agency you think may help, and for some reason they cannot, ask them for suggestions.

Senior Connection

A free, specialized senior information and assistance service of the Area Agency on Aging, Senior Connection assists with information, referral, follow up, and education. Call 800-510-2020, 965-3288 or 928-2552.

With any referral, call and explain the situation. If they can help, Great! If they cannot, ask for another referral. Also, call back Senior Connection for additional referrals.

There are other information and referral agencies. Contact the one addressing your needs.

Eligibility Requirements

Agencies have different eligibility requirements. The most common are age and income. ASK!

Some agencies provide services to people not on an entitlement program, others require income below a certain level, and others don’t have any income requirements. Eligibility requirements may be specified by the funder, or may be an effort to provide services to a specific population.

Find out exactly what income and asset information is required and what kind of documentation must be provided.

If you are assisting someone, that individual may need to write a short letter authorizing you to act on their behalf. “Durable Powers of Attorney” and “General Powers of Attorney” are legal documents allowing an individual to act for another person. Both documents can be used only for specific reasons which are defined by law. Investigate before you proceed.

Waiting Lists/Denials

So you determine you’re eligible for a particular service and it will best meet your needs, the next question is: When can the service begin?

Our advice? If there is a waiting list, get on it. You may have to settle for another service that either costs more or does not quite meet your needs in the meantime. If you don’t need the service when your name comes up, they go to the next person. Don’t wait until the agency no longer has a waiting list. It may not happen.

If your health plan or an agency denies services, ask them about your right to appeal the decision. If the denial regards a Medicare service, contact Health Insurance Counseling and Advocacy Program (HICAP) at 800-434-0222 or 928-5663. All services funded by the Area Agency on Aging have a grievance procedure.
Questions Consumers Should Ask

The following is a list of important questions that consumers and caregivers should ask their health care providers about each medicine:

- Why is this medicine prescribed?
- How does the medicine work in my body?
- How can I expect to feel once I start taking this medicine?
- How will I know the medicine is working? Is there a typical period after which my symptoms should improve?
- How long will I have to take this medicine? Will I need a refill when I finish this prescription?
- Will this medicine interact with other medicines—prescription and nonprescription—that I am taking now?
- Should I take this medicine with food? Are there any foods or beverages I should avoid?
- Are there any activities I should avoid while taking this medicine?
- What possible problems might I experience with the medicine? How can I prevent these problems from occurring? At what point should I report problems with the medicine?
- What is the cost for the medicine prescribed? Is there a less expensive alternative prescription?
- Should I take this medicine with food? Are there any foods or beverages I should avoid?
- Are there any activities I should avoid while taking this medicine?
- What possible problems might I experience with the medicine? How can I prevent these problems from occurring? At what point should I report problems with the medicine?
- What is the cost for the medicine prescribed? Is there a less expensive alternative prescription?

Consumer Alert

Get Health Care in Your Language

A recent law (SB 853) says private health plans must give you health care in your language. This means you have the right to:

Tell your health plan or your doctor that you want services in your language.

Ask for an interpreter when you make an appointment with your doctors, dentist, therapist, or other health care provider.

Ask your health plan to provide you with written materials in your language.

If you need help or are not getting services in your language, call the Help Center: 1-888-466-2219.

The California Office of Patient Advocate is a state agency that informs and educates consumers about their health care rights and responsibilities. www.opa.ca.gov

Source: The Patient Advocate
Caregiving for members of our family affects persons from all walks of life. Whether the care receiver is over the age of 90 or in the final stages of Parkinson's Disease, has Alzheimer's Disease or some other physical or cognitive impairment, the role of the caregiver is a challenge. While it is a privilege to accept the responsibility to care for our mother, uncle or sister, caregiving has inherent challenges and stresses along its course, from logistical (where care is most appropriate) and financial, to emotional and spiritual. Caregiving truly affects the whole person in ways that no book or article can fully explain.

This introductory page is meant to help the reader understand the impact of caregiving, learn how to recognize changes (in either the care-impact of caregiving, learn how to help the reader understand the whole person in ways that no book or article can fully explain.

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Taking care of yourself while caring for others
It is important to recognize the signs and symptoms of caregiver stress. This may include feeling overwhelmed and alone, isolated or deserted by others, sleeping too much or too little, gaining or losing a lot of weight, feeling tired most of the time or losing interest in activities you used to enjoy. Caregiver stress may affect your physical and behavioral health. Studies show that stress can affect caregivers in a variety of ways. One may develop depression and anxiety, or a weakened immune system causing more sick days and slower recovery from illness. There may be an increased likelihood of obesity, especially in women, increased risk for chronic diseases, or problems with short-term memory or attentiveness skills.

Here is a message of importance to each and every caregiver. Make time for yourself - take care of yourself! Exercise is important – and try to do this with others. Develop and nurture new friends and social activities. When safe and practical, get your family member moving- take a group exercise class, join a mall walking club or walk the dog together.

Your identity as caregiver needs to be recognized
Both federal legislation and good sense directs that the hospital consider the caregiver as part of the team. Many physician offices include the caregiver in the care receiver's medical records and as part of the team. This is important for planning to meet care needs, such as bathing, eating and walking. It is imperative that the caregiver have access to appropriate medical records and information, so making this need known early in the caregiving experience is critically important.

And, if you are a working caregiver trying to balance employment and caregiving, ask your employer if they have any benefits that fit your needs. Is there paid family leave? Paid sick leave? Scheduling flexibility and predictability? Remember, getting adequate and timely support is dependent upon making your needs known early in the caregiving experience.

Assessing Needs
It is important to assess both the needs of the care receiver and the caregiver. This would include providing information and training about the tasks that the caregiver will be expected to complete. Based on the care receiver’s health condition and skilled care needs, perhaps training can be provided by a home health nurse or physical therapist, as ordered by the physician. It is important to inquire about all potential resources at the outset of becoming a caregiver to your loved one, so that appropriate care is given and mishaps avoided.

Last, consider the issue of safety of the care receiver in their living environment. As physical conditions change, it is important to re-evaluate the physical environment. This can be done through a home safety evaluation which, with a physician's order, can be conducted by a licensed physical and/or occupational therapist. They will help the caregiver evaluate the following: does the environment need to be adapted; are there tripping hazards; are any home or equipment repairs needed; is the house well lit, inside and out; is there clutter; is there carpeting or safety grips on stairs? Making needed modifications at the outset, or as needs change, will hopefully avoid injuries to the care receiver AND also help protect the caregiver.

Involving other People
Involving other people in the caregiving responsibility is a benefit for both the caregiver and the care receiver. This can be achieved by holding a family conference, obtaining professional guidance and using community resources.

Although care may be provided primarily by one person, all family members, friends and significant others should be involved in all aspects of caregiving. Holding family conferences throughout the process is the best way to maintain communication and address issues as they occur. Being proactive rather than reactive can make the difference in the safety and well-being of all concerned. It may mean the difference between keeping the loved one at home for as long as possible, versus needing placement in a long term care facility. Remembering that Hospice care is a valuable resource to both the care receiver and the caregiver and is also a great source of comfort and support at end-of-life, will enhance the capabilities of all involved in the circle of care.

Bringing in an objective third party may also help to deal with conflicts or stressful situations that might arise. Securing professional advice and assistance can help to reduce stress and ensure the 'best' course of action is underway. Reaching out and getting support can help to ensure objectivity and a clear perspective and may also enable one to be a better caregiver.

Santa Barbara County is a community that is replete with many resources for caregivers. Check each section of this Directory to find resources that may fit the needs of the caregiver or care receiver.
The following checklist can help determine whether or not a person is safe at home. These warning signs should alert you that an individual may not be capable of meeting all of his or her needs. Check each area that applies to your loved one. None of these warning signs should be ignored.

- **EATING**
  Individual is not eating, or not eating right. See Food & Nutrition section.

- **BATHING/HYGIENE**
  Individual is not bathing and is uninterested in personal hygiene. Individual has lost interest in appearance or does not dress all day.
  See Home & Nursing Care section.

- **DRESSING/GROOMING**
  Individual shows a loss of interest in life, daily activities and may neglect their own needs. See Mental Health/Counseling section.

- **MEDICATIONS**
  Individual takes medicine at the wrong time or takes the wrong dosage.
  See Alcohol/Drug/Medication section.

- **HOUSEKEEPING**
  Individual is not able to keep or clean house as before.
  See Home & Nursing Care section.

- **MOBILITY**
  Individual cannot ambulate without some assistance, or has frequent falls.
  See Transportation section.

- **SECURITY/SAFETY**
  Individual is alone, vulnerable, and may require daily visits.
  See Home & Nursing Care section.

- **INDEPENDENCE**
  Individual is increasingly dependent on others for assistance with transportation, shopping, financial affairs, laundry, etc.

- **SOCIALIZATION**
  Individual is not in contact with others, or lacks group interaction.
  See Recreation and Support Group and Education Groups sections.

All of the above needs must be met to insure the success of the individual in any living environment. Please consider assessing how to change the situation so the person is safe and secure.

*Original Source: Garden Court*
24-Hour Crisis
Intervention Agencies
DIAL 9-1-1 (V/TDD) in Santa Barbara County to contact Police, Fire, Highway Patrol, Paramedics, and Sheriff for any emergency.

CARES CRISIS TEAM & Mental Health Assessment Team (MHAT) County of Santa Barbara
Alcohol, Drug and Mental Health Services
888-868-1649
For crisis in mental health or behavior issues for older adults who may be gravely disabled and cannot provide food, clothing or shelter for themselves, or, who may be a danger to themselves or others, call 9-1-1 and tell them you need the Santa Barbara County Alcohol, Drug and Mental Health Services’ CARES Crisis Team. The CARES CRISIS Team will provide an authorized person to do an evaluation.

2-1-1
2-1-1 is a 24 hour social services information and referral hotline, including abuse and mental health referrals.

Hospital Emergency Rooms
Dignity Health/Marian Regional Medical Center
1400 E. Church St.
Santa Maria, CA 93454
739-3000
www.marianmedicalcenter.org
Goleta Valley Cottage Hospital
351 S. Patterson Ave.
Santa Barbara, CA 93111
967-3411
www.cottagehealth.org
Lompoc Valley Medical Center
1515 E. Ocean Ave.
Lompoc, CA 93436
737-3300
www.lompocvmc.org
Santa Barbara Cottage Hospital
400 W. Pueblo St.
Santa Barbara, CA 93102
682-7111
www.cottagehealth.org
Santa Ynez Valley Cottage Hospital
2050 Viborg Road
Solvang, CA 93463
688-6431
www.cottagehealth.org

Victims of Violence
If you are a victim or witness a situation where others are being seriously threatened or abused, your first recourse should be to call 9-1-1 and report the incident to local law enforcement.

Adult Protective Services (APS)
Santa Barbara - Santa Maria - Lompoc
1-844-751-6729
www.countyofsb.org
To report suspected elder or dependent adult abuse, staff is available from 8 a.m. to 5 p.m. After 5 p.m. (Mon.-Fri.) and during the weekend, a recording will offer instructions on what to do.
APS investigates reports of suspected dependent adult abuse (18-64) and elder abuse (65+), including self-neglect, occurring in the community.

North County Rape Crisis & Child Protection Center
Lompoc
24-hour Hotline 736-7273
Office 736-8535
Santa Maria
24-hour Hotline 928-3554
Office 922-2994
Provides emotional, medical and legal support to victims of sexual assault, child abuse and their families.

Long Term Care Ombudsman
123 W. Gutierrez
Santa Barbara, CA 93103
120 E. Jones St.
Santa Maria, CA 93454
922-1236
965-1001 ext.244
ltco@fsacares.org
Long Term Care Ombudsman is responsible for the investigation of elder and dependent adult abuse allegations in long term care facilities. They coordinate with law enforcement.

Victim Witness Assistance Program
Santa Barbara County District Attorney’s Office
Santa Barbara
1112 Santa Barbara St.
Santa Barbara, CA 93101
568-2400
Toll Free (855) 840-3232
Santa Maria
312 East Cook Street #D
Santa Maria, CA 93454
346-7529
Toll Free (855) 840-3233
Lompoc
115 Civic Ctr. Plaza
Lompoc, CA 93436
737-7910
www.countyofsb.org/da
From 8 a.m. to 5 p.m. Monday - Friday, provides services to victims.
EMERGENCY SERVICES

of violent and property crimes. Services include crisis intervention, referrals, information about the criminal justice system and support through the court process. Intervention on the victim’s behalf with employers and creditors for problems created by a crime. Assistance in applying for reimbursement for medical and counseling expenses, lost wages or loss of support, and funeral expenses for victims of violent crime. Aids in returning lost property and counsels clients. Advocates are available for sexual and family violence counseling.

Urgent Care Centers

Medcenter, Inc
2954 State St.
Santa Barbara, CA 93105
682-7411
271 N. Fairview Avenue #101
Goleta, CA 93117
681-7411

Sansum Clinic Urgent Care
215 Pesetas Lane
Santa Barbara, CA 93105
563-6110
1225 N. H Street
Lompoc, CA 93436
737-8786

Physicians provide minor emergency treatment without an appointment. Lab and X-ray on site. Weekend & extended hours. Medicare accepted.

Urgent Care

340 E. Betteravia Suite C
Santa Maria, CA 93454
922-0561
Open Monday-Saturday.

Emergency Assistance

Material Assistance
Sometimes we’re unable to stretch our dollars as far as they need to go. Food, clothing, and shelter can be jeopardized because circumstances become difficult. The agencies below offer assistance to help people meet their immediate needs. Each agency operates different programs - call for specific information. During winter months, shelters open on a temporary basis to assist homeless persons trying to escape inclement weather.

American Red Cross of the Pacific Coast
2707 State St.
Santa Barbara, CA 93105
687-1331
Provides disaster relief and offers disaster preparedness and education classes.

Path Santa Barbara
816 Cacique St.
Santa Barbara, CA 93101
884-8481
path@epath.org
Homeless shelter and a wide range of services.

Catholic Charities
Santa Barbara
609 E. Haley St.
Santa Barbara, CA 93103
965-7045

Lompoc
325 N Second St.
Lompoc, CA 93436
736-6226

Santa Maria
607 West Main St.
Santa Maria, CA 93454
922-2059

Carpinteria
941 Walnut St.
Carpinteria, CA 93013
684-8621
Food, clothing & utility/rent financial assistance.

Community Action Commission/Energy Services
5638 Hollister Ave. #230
Goleta, CA 93117
964-8587
www.cacsb.com

Countywide Home Energy Assistance Program. Applications accepted only by mail.

Cuyama Valley Family Resource Center
4689 Highway 166, Unit B
P O Box 5
New Cuyama, CA 93254
661-766-2369
Provides emergency and basic services, such as food distribution center and community garden.

Department of Social Services, Santa Barbara County
Santa Barbara
234 Camino del Remedio
Santa Barbara, CA 93110
681-4401

Lompoc
1100 W Laurel Ave.
Lompoc, CA 93430
737-7080

Santa Maria
2125 S Centerpointe Pkwy.
Santa Maria, CA 93455
346-7135
www.countyofsbc.org
General relief, food stamps & Medi-Cal.

Good Samaritan Shelter
Operates two emergency shelters

Bridgehouse Emergency Shelter
2025 Sweeney Rd.
Lompoc, CA 93436
735-4390

401 W. Morrison, Ste B
Santa Maria, CA 93458
347-3338 x101

Provides emergency, transitional and affordable housing with support services.

Little House by the Park
4681 11th St.
Guadalupe, CA 93454
343-1194

Provides emergency and basic services.

Jewish Family Services
524 Chapala St.
Santa Barbara, CA 93101
957-1115

Food, clothing and financial assistance on one time basis.

Marks House Transitional Shelter
203 North N St.
Lompoc, CA 93436
735-9980
An alcohol and drug-free transitional shelter for homeless
Pre Employment Credit Checks

Potential employers are not just reading your resume; they are also reviewing your credit history to find out:

• If you pay your bills on time.
• How much money you owe.
• If someone has sued you.

Potential employers must notify you and ask your permission before they request or use your credit report.

Be proactive and get a copy of your report before you begin your job search so you will know beforehand what companies see and correct inaccuracies.

If a company decides not to hire you because of your credit report, it must tell you so, as well as your rights to get a free report, and your rights to dispute the accuracy of the report.


Vial of Life

Be prepared for an Emergency with The Vial of Life Program

Emergencies are never planned. And that’s why it’s important to be as prepared as possible when one does strike. Emergency medical personnel responding to calls for assistance in the home need crucial and immediate information.

The Vial of Life provides instant, detailed information to emergency medical responders. Vial of Life is available free of charge. The labeled container has a magnet on the back which is placed on the front of the refrigerator.

You can pick up a Vial of Life at the local senior center.

For more information call the Area Agency on Aging

800-510-2020
Because seniors experience many health changes and may also take medication, they need to be aware of the effects of combining medications with other drugs or alcohol. Medication misuse and abuse is one of the leading causes of loss of independence in frail older persons.

There are a variety of services if one is having trouble with alcohol and/or the misuse of prescription drugs. The two general types of services are outpatient and in-patient/residential.

**Out-Patient**
Out-patient means that you go to the facility for the program or session(s), and then return home. These services are normally available 9 a.m. to 5 p.m., Monday through Friday. Services can include diagnosis and evaluation; group and/or family counseling, and self-help groups.

**Santa Barbara Cottage Hospital**
C.O.P.E.
Pueblo at Bath
PO Box 689
Santa Barbara, CA 93105
569-7434

Intensive family focused outpatient program offering individual, group and family counseling, education and relapse prevention. Most insurance accepted. Experienced staff include licensed therapists.

**In-Patient or Residential Treatment**
In-patient or residential treatment programs can include up to a week of detoxification and then an average of 30 days of treatment in a residential setting or in a medical facility. Longer term treatment is also available if needed.

Within Santa Barbara County both in-patient and out-patient services are available to seniors. Some programs accept Medicare, Medi-Cal, private insurance, or have a sliding fee schedule. These services are offered through private agencies, hospitals and county clinic referrals.

**Adult Inpatient Psychiatry Service**
Santa Barbara Cottage Hospital
Emergency Room, Pueblo & Bath
Santa Barbara, CA 93105
569-8339

Information and admission through Emergency Psychiatric Services. Twenty bed acute, voluntary, short-term service in a therapeutic setting that includes individual, group and family therapy and counseling, management of medication, and full medical care as appropriate. Experienced staff provide thorough discharge planning and follow up. This inpatient service includes specialized care for geriatric concerns and dual diagnosis (psychiatric illness and substance abuse or dependency).

**Adult Chemical Dependency Residential Rehabilitation Service**
Santa Barbara Cottage Hospital
Cottage Residential Center
316 W. Montecito St.
Santa Barbara, CA 93105
569-7422

Intensive, family-focused four week drug and alcohol residential rehabilitation service in a therapeutic environment that includes individual, group and family counseling, education and relapse prevention. Experienced staff includes psychiatrists, internists, and licensed therapists/case managers. Specialized services for dual diagnosis offered. Day program available.

**Counseling**
Santa Barbara Council on Alcoholism and Drug Abuse
232 E. Canon Perdido
Santa Barbara, CA 93102
963-1433

Project Recovery Drop In Center
133 E. Haley St
Santa Barbara, CA 93101
308-8547

The council provides walk-in counseling, education, information and referral to patient treatment. Free short-term counseling available. Support and information for family members and friends.

**Elements Counseling Group**
301 S Miller # 105
Santa Maria, CA 93454
349-2255

Individual and group counseling for substance abuse and adult senior counseling.

**Family Services Agency**
123 W Gutierrez St
Santa Barbara, CA 93101
965-1001
110 S C St # A
Lompoc, CA 93436
735-4376
120 East Jones Street, Suite 130
Santa Maria, CA 93454
925-1100
5201 Eighth Street, Suite 202A
Carpinteria, CA 93013
566-1619

Provides individual counseling services on a sliding scale fee basis.

**Good Samaritan/Recovery Point**
245 Inger Dr. #103B
Santa Maria, CA 93454
346-8185

Residential detox, outpatient treatment for adults. Uses drug free social model with acupuncture for adult drug and alcohol clients.

**Information and Referral**
2-1-1
2-1-1 provides a 24-hour crisis counseling line. Through this 24-hour telephone service, also provides referrals to drug and alcohol related programs.

**Bilingual Counseling**
Zona Seca
26 W. Figueroa
Santa Barbara, CA 93101
963-8961

Zona Seca is a nonprofit organization offering alcohol counseling in English and Spanish.
Steps for Successful Management of Medications

1. Know your medicines.
2. Know the names, reason for use and possible side effects.
3. Ask your pharmacist or doctor if you do not understand the instructions.
4. Contact your pharmacist or doctor if you are having a side effect.
5. Take your medicines exactly as directed.
6. Continue taking all of your medicines until the doctors says to stop.
7. Keep an updated list of all of your prescribed medicines, sample medicines, OTC medicines, vitamins and dietary/herbal supplements.
8. Do not use old or expired medicines.
9. Store medicines in a cool and dry place.
10. Do not store medicines in the heat (e.g. near the stove), in direct sunlight (on a windowsill) or in a wet or damp place (bathroom).
11. Store your medicines in one location.
12. Keep all of your medicines in one place unless they need to be stored in the fridge.
13. Use only one pharmacy.
14. Ask your pharmacist or doctor before taking any over the counter medicines.
15. Read all of your medicine labels and written instructions before taking each medicine.
16. Do not share your medicine with other people, including family members.
17. Bring an up to date medicine list to all of your doctor appointments.

Tip: Home Repair Scams Alert

Never Buy Home Repairs From Door To Door Sellers

Many elderly persons are targeted by scam artists who use high pressure tactics to sell unneeded and overpriced contracts for “home improvements.” Often they charge more than their customers are led to believe. And then, when the senior refuses to pay for shoddy or incomplete work, the contractor or its closely affiliated financial institution, attempts to force payment by placing a lien on the senior’s home and making threats.

How You Can Protect Yourself

There are several basic steps one can take which can prevent a problem from arising:

- Never deal with any door to door contractors or buy repairs advertised on TV. Deal with local trades people recommended by friends or reputable building supply stores.
- Before agreeing to hire any home improvement contractor, get at least a second estimate for the same work from another contractor.
- Get a written contract or estimate describing the work, the price, the responsibility for cleaning up, and the hourly rate for any added work.
- Get references for the contractor and speak to those references. Ask about satisfaction and any problems that arose.
- Take a look at other work performed by the same contractor.

If problems have developed with a contractor’s work, seniors should immediately take steps to protect their interests, such as:

- Obtain an estimate from a professional detailing how much damage was done by the contractor and the value of whatever services were rendered.
- Take detailed pictures of the work or damage left by the contractor and date them. These photos can be used in court to show the nature and extent of the problem.
- Hire an expert (architect, reputable contractor, etc.) to look at the work for quality and compliance with specifications. The expert can also provide an estimate regarding the fairness of the price for work completed, the extent of physical damage, and its cost to repair.
You Are Not Alone

Learn how to come to grips with Senior Substance Abuse problems…

1st
Get information.

2nd
Educate yourself – learn about treatment options and the problems that abuse can cause.

3rd
Talk with your doctor.

Information and Assistance
Take the first step – access the health and human services available in Santa Barbara County. The information in the Resource Guide can assist in obtaining needed services for older persons and for those acting on behalf of an older person.

For listings of local agencies like Alcoholics Anonymous and Al-Anon Family Groups. Call today.

Available in English and Spanish.

Call today for your free brochure
925-9554
Civic
An important tip to finding the appropriate government office is to refer to the front section of the white pages of your local telephone directory. The “Easy Reference List” provides information on Federal, State, County and City Government Services.

Voter Registration
Santa Barbara County
Clerk Recorder
Election Division
Santa Barbara County
4440 A Calle Real
Santa Barbara, CA 93110
568-2200
www.sbcrecorder.com
511 E. Lakeside Pkwy, # 134
Santa Maria, CA 93455
346-8374
1-800-722-8683
www.sbvote.com
Registration forms are also available at Post Offices, DMV offices and Public Libraries.

Community
Libraries
www.sbplibrary.org
Buellton Branch
140 W. Highway 246
Buellton, CA 93427
688-3115
Carpinteria Branch
5141 Carpinteria Ave.
Carpinteria, CA 93013
684-4314
Central Branch
40 E. Anapamu
Santa Barbara, CA 93101
962-7653
Cuyama Library
4689 Hwy 166
Cuyama, CA 93254
661-766-2490
Eastside Branch
1102 E. Montecito
Santa Barbara, CA 93103
963-3727
Goleta Branch & Bookmobile
500 N. Fairview Ave.
Goleta, CA 93117
964-7878
Guadalupe Branch
4719 W. Main St. #D
Guadalupe, CA 93434
343-1405
Lompoc Branch
501 E. North Ave.
Lompoc, CA 93436
875-8775
Montecito Branch
1469 East Valley Rd.
Montecito, CA 93108
969-5063
Orcutt Branch
175 S. Broadway
Santa Maria, CA 93455
937-6483
Santa Maria Branch
421 S. McClelland
Santa Maria, CA 93454
925-0994
Solvang Branch
1745 Mission Drive
Solvang, CA 93463
688-4214
Vandenberg Village Branch
3755 Constellation Rd.
Lompoc, CA 93436
733-3323
Senior Organizations
There are several organizations and groups which focus on the needs and interests of seniors. Some are for retired workers of a particular profession, some are involved in social or political advocacy and yet others offer special benefits for their members.

AARP
American Association of Retired Persons
Regional Headquarters
1415 L St. # 960
Sacramento, CA 95814
866-448-3614 (toll free)
800-424-3410 National
casacramento@aarp.org
www.aarp.org
Santa Barbara Chapter #72
Meetings held at 1232 De la Vina St., Santa Barbara. First Monday of each month, 1 p.m.
www.aarp.org
AARP is a membership organization that is committed to mature adults. The organization provides special information on various services, legislation and consumer education. Membership open to anyone over the age of 50.

Area Agency on Aging (AAA)
Central Coast Commission for Senior Citizens
528 S. Broadway
Santa Maria, CA 93454
925-9554
965-3288
900-510-2020
The Central Coast Commission for Senior Citizens is the Area Agency on Aging to serve and represent senior citizens in Santa Barbara County. The AAA has the responsibility of distributing federal monies from the Older Americans Act to support home and community based services for seniors and adults with functional disabilities.

The Area Agency on Aging has an Advisory Council, composed of seniors from throughout the County, that provides information and advocacy on senior issues.

California Commission on Aging
1300 National Dr. # 173
Sacramento, CA 95834
916-419-7591
Fax 916-419-7596
www.ccco.ca.gov
Advisory Council to the state Department of Aging advocates at the state level on behalf of older Californians.

**California Retired Teachers Association**
800 Howe Ave. #370
Sacramento, CA 95825
916-923-2200
www.calrta.org
Frank Stevens, President
335 E. Valerio St.
Santa Barbara, CA 93101
687-9678
fkstevens@cox.net

**Division 17**
Phil Morris, President
1208 Jackie Lane
Santa Maria, CA 93455-2121
922-1629
Advocates to enhance the welfare of and increase benefits to retired teachers in California.

**California Senior Legislature**
1020 N Street #513
Sacramento, CA 95814
916-552-8056
www.4csl.org
The Senior Legislature meets yearly in Sacramento to develop and promote legislation which responds to the needs and concerns of older Californians. Election of delegates is conducted by the Area Agency on Aging. For information, call Area Agency on Aging office at 800-510-2020

**Current CSL delegates**
**Senior Assemblyman-S B County**
Martin Tucker
969-0760
tuckmet@aol.com

**Senior Senator**
Garilee Cave
801-4103
garicave@gmail.com

**Congress of California Seniors**
1230 N St. Ste 201
Sacramento, CA 95814
916-442-4474
800-543-3352

**Statewide nonprofit education and advocacy organization. Conducts research, analyzes issues and provides voter and consumer education.**

**National Association of Retired Federal Employees, District IX**
Santa Maria, Santa Ynez Valley
934-5986
Lompoc
598-9055, 268-2199
lompocski@gmail.com
Monthly meetings are held. Advisors and advocates on behalf of retired federal employees on issues relating to retirement and other public benefits.

**Santa Barbara Village**
15 E. Carrillo St.
Santa Barbara, CA 93101
P.O. Box 2191, 93120
729-8828
Info@sbvillage.org
www.SBVillage.org
Santa Barbara Village works to help seniors age in place in their homes. The Village is membership based, not for profit.

**Social Service/Advocacy Organizations**

**Catholic Charities**
965-7045 Santa Barbara
922-2059 Santa Maria
Provides case management directed food, clothing, emergency utility/rental financial assistance, immigration referrals, and counseling services for Spanish-speaking persons.

**Family Services Agency**
965-1001
Bilingual Outreach Advocate provides in-home assessment, casework, counseling and translation services for Spanish speaking persons.

**Filipino Community Association of Santa Barbara County**
425 State St
Santa Barbara, CA 93101
Provides activities, including weekly Bingo, for seniors at their State Street Community Center.

**Filipino Community of Santa Maria Valley**
2270 Preisker Lane
Santa Maria, CA 93458
928-0392

**Filipino Seniors Association of Santa Maria**
PO Box 6883
Santa Maria, CA 93456

**League of Women Voters**
328 A East Carrillo St.
Santa Barbara, CA 93101
965-2422
league@lwvsantabarbara.org
www.lwvsantabarbara.org
PO Box 1388
Santa Maria, CA 93456
lwsvm2012@gmail.com
www.lwvsantabarbara.org

The League is a nonpartisan organization which promotes political responsibility and informed participation in government. Membership open to all citizens aged 18 years and older.

**National Asian Pacific Center on Aging**
Los Angeles Office
3727 W. 6th St., Ste. 619
Los Angeles, CA 90020
213-365-9005
www.napca.org
Advocate on behalf of the AAPI aging community at local, state and national levels. Educates AAPI seniors and general public on the unique needs of the APA aging community.

Toll free Helplines:
Chinese 1-800-582-4218
Korean 1-800-582-4259
Vietnamese 1-800-582-4336
English 1-800-336-2722
Pacific Pride Foundation
126 E. Haley St. A-11
Santa Barbara, CA 93101
963-3636 ext.117
819 W. Church St.
Santa Maria, CA 93454
349-9947
Fax 349-8638
www.pacificpridefoundation.org
The LGBT organization in Santa Barbara County has services specialized for Lesbian, Gay, Bisexual and Transgender Elders. Services Include: monthly social/educational Potlucks, usually on the 4th Friday of the month at noon located at 2101 State Street, S.B. (First Congregational Church of S.B. auditorium) call 963-3636 ext 230 and leave a phone number; Sensitivity trainings for staffs at residential and non-residential senior facilities so they can better understand the needs of LGBT elders (assisting with new State and Federal Law compliance standards); and a Friendly Visitor Program to carefully match trained and screened volunteers with homebound LGBT elders in need of socialization with another LGBT community member.

People Helping People
545 North Alisal Road, Ste 102
Solvang, CA 93463
686-0295
php@syvphp.org
www.syvphp.org
People Helping People (PHP) provides social services, client advocacy and entitlement application assistance to persons living in the Santa Ynez Valley (Solvang, Buellton, Santa Ynez & Los Olivos), Los Alamos, Sisquoc and the Gaviota Coast.

Community Centers
Filipino Community Center
P. O. Box 6/2270 Preisker Ln.
Santa Maria, CA 93456
928-0392

Jewish Family Services
524 Chapala St.
Santa Barbara, CA 93103
957-1116
Fax 957-9230
jfs@sbjf.org
www.jewishsantabarbara.org
Provides services for the community such as short term case management, social and educational activities, luncheons and low cost counseling.

La Casa de la Raza
601 E Montecito St
Santa Barbara, CA 93103
965-8581
Fax 965-6451
A community center offering a variety of services.

Consumer
Consumer Complaints & Information
Many local agencies will speak on your behalf, support or defend a case or provide you with information about your rights.

The agencies listed below will help you to access consumer protection, political action and other assistance.

Conflict Solution Center
1528 Chapala St. #205
Santa Barbara, CA 93101
963-6765 x5
120 E. Jones St., Ste 133
Santa Maria, CA 93454
349-8943
www.cscsbs.org
Mediators are impartial third parties who will meet with you to help you discuss issues and come to agreements. Divorce, parenting, household, business, neighbor, workplace, small-claims disputes and victim offender are among a few of the issues where mediation can be utilized. Appointment recommended.

Housing
Fair Housing Enforcement Program
630 Garden St., 2nd Flr
Santa Barbara, CA 93101
564-5461
A program within the City of Santa Barbara designed to assist people who believe they have experienced discrimination in the rental of housing.

Rental Housing Mediation Program
City of Santa Barbara
630 Garden St.
Santa Barbara, CA 93101
564-5420
Provides basic information on California rules and regulations regarding tenant/landlord rights. Offers mediation services in rental housing disputes.

Mobile Homes
Golden State Mobile Home Owners League
14802 Beach Blvd.
La Mirada, CA 90638
800-888-1727
714-994-9638
www.gsmol.org
Santa Barbara County Region: Anne B. Anderson
333 Old Mill Rd # 161
Santa Barbara, CA 93110
895-8319
This organization is statewide and lobbies for appropriate legislation at the state level. In addition, it works with local government to develop and implement standards on such issues as rent control.

Mobile Home Ombudsman
Division of Codes and Standards Dept. of Housing & Community Development
PO Box 31
Sacramento, CA 95812-0031
800-952-5275
Receives and processes complaints related to living In manufactured homes and mobilehomes. Provides information, coordination, referrals to help resolve complaints related to operations, purchase, sale,
financing, titling and registering and health and safety matters.

**Products and Services**

**Better Business Bureau of the Tri-Counties**

P O Box 129  
211 E. Victoria St.  
Santa Barbara, CA 93102  
963-8657

info@santabarbara.bbb.org  
www.bbb.org/santa-barbara

Helps consumers identify trustworthy business, and those that aren’t, through business reviews. Sets standards for and evaluates ads.

**Consumer and Environmental Protection Unit**

**District Attorney, Santa Barbara County**

312 E. Cook St. Ste D  
Santa Maria, CA 93454  
346-7540

Investigation of complaints from individuals and businesses. Mediation of consumer complaints by volunteer staff. Prosecution of civil and criminal fraud violations.

**Bureau of Department of Motor Vehicles (DMV)**

**Investigation**

1732 Palma Dr., #202  
Ventura, CA 93003-5717  
654-4711  
Fax 654-1680  
www.dmv.ca.gov

Handles complaints against auto dealers, car contracts, auto advertising and warranties and victims of ID Theft or other issues involving the purchase of a vehicle or ID Theft.

**Mobile Home Registration - Titling**

8911 Folsom Blvd.  
Sacramento, CA 95826  
800-952-8356  
RD@hcd.ca.gov

**United States Consumer Product Safety Commission**

4330 East-West Highway, 4th floor  
Bethesda, MD 20814  
800-638-2772  
TTY 301-595-7054  
www.cpsc.gov

Investigates complaints of product safety, defects and hazards, as well as product safety-related injuries.

**Professional Services**

**State Dept. of Consumer Affairs**

1625 N. Market St. N112  
Sacramento, CA 95834  
916-445-1254  
800-952-5210  
www.dca.ca.gov

This state department investigates consumer complaints, and has numerous boards specializing in various areas that are responsible for the investigations. Some of these boards are:

**Contractor State License Board**

800-321-2752 (CSLB)  
Senior Scam seminars  
916-255-3273

**Bureau of Automotive Repairs**

**District Office**

10949 N. Mather Blvd.  
Rancho Cordova, CA 95670  
800-952-5210  
www.bar.ca.gov

**Dental Board of California**

2005 Evergreen St #1550  
Sacramento, CA 95815  
916-263-2300  
877-729-7789

**Medical Board of California**

2005 Evergreen St #1200  
Sacramento, CA 95815  
916-263-2382  
800-633-2322  
www.mbc.ca.gov

Licenses medical doctors, investigates complaints, disciplines those who violate the law, conducts physician evaluations and facilitates rehabilitation where appropriate. Also performs these functions for affiliated healing arts professionals including registered dispensing opticians, spectacle lens dispensers, contact lens dispensers, licensed midwives and research psychoanalysts.

**Nursing Home Administrator Program**

MS 3302  
PO BOX 997416  
Sacramento, CA 95899-7416  
916-552-8780  
nhap@cphc.ca.gov  
www.cdh.cpa.gov

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**Senior Expo of Santa Barbara**

**AN ACTIVE AGING FAIR**

**Coming to Earl Warren Showgrounds in October!**

Discover the latest goods & services for seniors and caregivers.

- Flu Shots for Seniors 55+
- 100+ Exhibitors
- Health Screenings
- Activities for Seniors
- Information for Caregivers
- Live Entertainment
- Free Healthy Snack

Learn more at SeniorExpo.com

Presented by

[Logo of Family Service Agency]
10 Tips to Make Sure Your Contractor Measures Up

1. Hire only state-licensed contractors.
2. Check a contractor’s license number online at www.cslb.ca.gov or by calling 800-321-CSLB (2752).
3. Get at least three bids.
4. Get three references from each bidder and review past work in person.
5. Make sure all project expectations are in writing and only sign the contract if you completely understand the terms.
6. Confirm that the contractor has worker’s compensation insurance for employees.
7. Never pay more than 10% down or $1,000, whichever is less. Don’t pay in cash.
8. Don’t let payments get ahead of the work.
9. Keep a job file of all papers relating to your project, including all payments.
10. Don’t make the final payment until you’re satisfied with the job.

Source: Contractors State License Board
www.cslb.ca.gov or 800-321-2752
Basic Steps to Protect Yourself

1. Obtain a free copy of your credit report.
   www.annualcreditreport.com
   1-877-322-8228

2. Remove your name from direct mail lists.
   Send your name, address and $1 check or money order payable to: DMA Choice
   P.O. Box 643, Carmel, NY 10512
   or go to www.dmachoice.org to register for removal.
   Registration is good for 3 years.

3. Remove your name from telemarketing lists; sign-up for the National Do Not Call Registry.
   Register online at www.donotcall.gov, or call toll-free 1-888-382-1222 (TTY 1-866-290-4236)
   from the number you wish to register.
   Registration does not expire.

4. Remove the name of a deceased family member from direct mail lists.
   Sign up for Deceased Do Not Contact at www.ims-dm.com/cgi/ddnc.php. There is no charge to register.

5. Remove yourself from pre-approved offers of credit
   If you prefer not to receive pre-approved unsolicited offers of credit and insurance offers, you can opt out of such offers by calling 1-888-5 OPT OUT (1-888-567-8688). Or log onto: www.optoutprescreen.com.

6. Remove Unwanted E-mail and Internet Ads
   If you would like to remove your email address from unsolicited commercial e-mail lists or Internet ads, log onto: www.dmachoice.org.
   Registration is good for 5 years.

Prepared by Sharon Kennedy, Esq., Sharon Kennedy Estate Management, Updated November 2016
Free Annual Credit Reports

Under the Fair and Accurate Credit Transactions Act of 2003, all consumers are entitled to free annual credit reports from the three major credit bureaus: Equifax, Experian and TransUnion.

To order your free credit report, go to the government-mandated site:
www.annualcreditreport.com

If you do not have internet access, call 1-877-322-8228 to request your credit report.

Placing A Fraud Alert on Your Account

If you discover that someone else is taking out credit cards or loans in your name, immediately report the situation to the fraud units of the three credit bureaus. If you notify one bureau that you are a victim of identity theft, it is required to notify the other two bureaus. Ask that your file be flagged with a fraud alert. Add a statement to your report (“My ID has been used to apply for credit fraudulently. Contact me at [telephone number] to verify all applications.”)

Fraud alerts are placed in your file for 90 days, but you can extend the time period to seven years. You may cancel fraud alerts at any time.

Placing A Freeze on Your Account

You can also place a freeze on your account so that no further credit accounts can be opened in your name, contact each of the three credit bureaus and complete the required paperwork for a freeze to be placed on your account. A credit report freeze costs $10 (or $30 for all three credit bureaus). You can suspend the freeze with a few days’ notice if you are planning to seek additional credit yourself, but the cost is another $10 to each of the three bureaus to suspend the freeze. If you are a victim of identity theft, the freeze is free. If you are 65 or older, Experian and TransUnion will place a freeze for free, Equifax will charge $5.00.

Credit Reporting Bureaus

Equifax
P.O. Box 105788
Atlanta, GA 30348
1-800-525-6285
www.equifax.com

Experian
PO Box 9554
Allen, TX 75013
1-888-397-3742
www.experian.com

TransUnion
P.O. Box 6790
Fullerton, CA 92834
1-800-680-7289
www.transunion.com

Prepared by Sharon Kennedy, Esq., Sharon Kennedy Estate Management, Updated November 2016
A variety of educational opportunities exist for seniors. Classes range from regular college courses to special physical fitness, English as a Second Language (ESL) and planning for retirement, to name a few. There are a number of different ways that you can take these courses. The following is a listing of the different types of programs and the schools and other organizations that offer them. Some programs offer special discounts for seniors.

Road Scholar
11 Avenue de Lafayette
Boston, MA 02111-1746
1-800-454-5768
roadscholar.org

Road Scholar Program is a not-for-profit educational travel organization for people 40 and older, offering nearly 7,000 exciting educational programs throughout the United States, Canada and in 135 countries around the world. Programs range from one day to three weeks, depending on location and level of interest.

Road Scholar Caregiver Grants
Recognizing the role of the caregiver and the value of the learning adventures provided, Road Scholar can help offset the costs of arranging substitute care while attending a Road Scholar program. There is an application to complete and there is eligibility criteria. Check the website for the details.

Adult Education Programs
These programs offer many courses of interest to seniors. Some classes are free; others have fees. The selection of course is extensive.

Allan Hancock College
Community Education
800 South College Drive, Bldg. T
Santa Maria, CA 93454
922-6966, Ext. 3209
Fax 352-1046
www.hancockcollege.edu
One Hancock Drive
Lompoc, CA 93436
735-3366

Santa Barbara City College Center for Lifelong Learning
Alice Schott Center
310 W Padre St
Santa Barbara, CA 93105
687-0812
Fax 569-5457

Selmer O. Wake Center
300 N Turnpike Rd
Santa Barbara, CA 93111
964-6853
Fax 964-7564

Continuing education offers classes designed to promote and help maintain the mental, physical, emotional and social well-being of older adults to foster awareness and appreciation for aging as a lifelong developmental process. Instructional objectives are designed to encourage and assist with continued, healthful, meaningful engagement of the participant by broadening the scope of interests and increasing one’s knowledge-base and enhancing coping skills and enriching self-awareness as we age.

Adult Literacy
Adult Literacy Programs provide trained volunteer tutors who will teach adults to read, write and speak English on a one-to-one basis. Listed below are literacy programs accessible throughout Santa Barbara County.

Central Coast Literacy Council
421 S. McClelland Street
Santa Maria, CA 93454
925-0951, Ext. 837
Fax 928-7432
cclcread@mypowerpipe.com

The Central Coast Literacy Council, a non-profit organization, provides one-on-one tutoring and small group adult basic literacy classes in seven centers throughout Santa Maria. There is also one center in Guadalupe, one in Solvang and another in Lompoc. Their mission is to teach adults in Northern Santa Barbara County to read, communicate and understand English so they can develop to their full potential to benefit themselves, their families and the community.

SBCC Adult Education Adult Literacy Program
Selmer O. Wake Center
300 North Turnpike Road
Santa Barbara, CA 93111
683-8260

Free literacy classes are available through SBCC Continuing Education Division. Classes are available at numerous locations from Carpinteria to Goleta.

Other Adult Education Programs
University of California, Santa Barbara
2160 Kerr Hall
UCSB Main Campus
Santa Barbara, CA 93106-1110
893-4200
Studentservices@extension.ucsb.edu
www.extension.ucsb.edu
Adult School, Lompoc
320 North “J” Street
Lompoc, CA 93436
742-3100
Fax 742-3085
Lompoc Adult School offers programs which include basic education, high school programs, vocational and occupational training and English as a Second Language (ESL). The school has a GED center which provides a high school diploma. They also offer “traffic school” and provide “behind-the-wheel” driver training.

Cooperative Extensions/Farm Advisor
Santa Barbara County Cooperative Extension
2156 Sierra Way, Suite C
San Luis Obispo, CA 93401
781-5940
Fax 781-4316
cesantabarbara.uc2nr.edu
The Cooperative Extension provides informal education through delivery of information in areas of agriculture, natural resources, home economics, marine sciences and youth development.

Hospice of Santa Barbara, Inc.
2050 Alameda Padre Serra, #100
Santa Barbara, CA 93103
563-8820
Fax 563-8821
info@hospic eof santabarbara.org
www.hospic eof santabarbara.org
Hospice sponsors lectures and retreats on end-of-life topics. Experienced hospice professionals teach the community about facing death and dealing with grief recovery. Available free of charge is a book and video library, pamphlets, Advance Directives and Living Will forms.

Walter H. Capps Center
UCSB
3045 Humanities & Social Sciences Bldg.
Santa Barbara, CA 93106
893-2317
www.cappscenter.ucsb.edu
The center is designed to provide studies of ethics, religion and public life. It serves as a community forum for discussing issues of local, national and global significance. Its free public events are presented in downtown Santa Barbara and at UCSB main campus. Information about current offerings can be found at its website.

Health Education
Alzheimer’s and Dementia Care
Alzheimer’s Association
1528 Chapala Street, #204
Santa Barbara, CA 93101
892-4259
Fax 892-4250
www.alz.org/centralcoast
Santa Maria Office
120 E. Jones St., Ste.133
636-6432
1-800-272-3900 to request a schedule by mail.
The Association provides regularly scheduled workshops and educational programs for families, professional caregivers and the community throughout the four-county (Santa Barbara, San Luis Obispo, Ventura and Kern) service area. View schedule of classes at the Association’s website or call

American Red Cross
2707 State Street
Santa Barbara, CA 93105
687-1331
Fax 682-4655
Offers classes in first aid, CPR, family caregiving, emergency preparedness and disaster response, as well as emergency communication resources for the armed forces and volunteer support.

Care Connection
Ask Dr. Jamie
800-927-7930
866-232-8484
slondon@alzfd.org
www.askdrjamie.net/selfcareradio.html
Care Connections is a free national telephone support network for caregivers of Alzheimer’s Disease and related illnesses hosted by Dr. Jamie Rotnofsky of Santa Barbara. It broadcasts every week live on Thursday at 6 pm. When there is a fifth Thursday in the month, a tape recording of a previous guest speaker will occur. If you would like to receive a weekly e-mail reminder that will also inform you of the guest speaker and topic, contact the Alzheimer’s Foundation of America (AFA) and ask to be placed on the Care Connection e-mail notification list. More information is available by calling AFA at 866-AFA-8484

Marian Regional Medical Center
Community Education Department
1400 E. Church St.
Santa Maria, CA 93454
739-3593
Provides a offers a wide variety of programs about health.

Sansum Clinic
Education Department
215 Pesetas Lane
Santa Barbara, CA 93110
1225 North H Street,
Lompoc, CA 93436,
866-829-0909 toll free
Register online at www.SansumClinic.org/classes
Offers a wide variety of health education programs, from Asthma to weight management, including comprehensive diabetes education. All are open to the community. Most are free of charge, some with a materials fee. Call or visit online for offerings and schedule www. SansumClinic.org/classes.

Sansum Clinic Health Resource Center
215 Pesetas Lane
Santa Barbara, CA 93110
681-7672
800-281-4425 x7672
Free and open to the public. Reliable answers to your health questions. A private, comfortable place with trained staff. Internet, books, newsletters and videos on health. Community resource information. Information and registration for classes. Help with Medicare by appointment. Help with Advance Directives by appointment.
ELDER ABUSE & CRIME

What is Elder Abuse?
The aging of our society presents challenges to many sectors of our community. Increasing numbers of older persons are being cared for in their own homes, where resources to provide sufficient care may be limited. Substantial portions of our elderly are being cared for by elderly children and spouses. Elder abuse is not a new problem.

Definitions
Abduction: removing a person from their state of residence or restraint from returning to their state of residence.

Neglect: Denial of food, clothing, shelter or health care or the inability to provide basic needs.

Mental Suffering: Infliction of mental anguish by demanding, name-calling, insulting, ignoring, humiliating, frightening, threatening, isolating, harassment or coercion.

Financial Abuse: Theft, misuse of funds or property, extortion, duress, fraud.

Abandonment: Desertion or willful forsaking of an elder by anyone having care or custody of that person under circumstances in which a reasonable person would continue to provide care or custody.

Physical Abuse: assault, battery, restraint, deprivation of food or water, over/under medication, sexual assault.

Isolation: Intentionally preventing an elder from receiving his or her mail or telephone calls. Telling a caller or prospective visitor that an elder is not present, or does not wish to talk or meet when the statement is false or is contrary to the express wishes of the elder, whether she/he is competent or not, and is made for the purpose of preventing the elder from having contact with family, friends or concerned people. False imprisonment. Physical restraint for the purpose of preventing the elder from meeting with visitors.

Self Neglect: The negligent failure of the person themselves to exercise the degree of care that a reasonable person in a like position would exercise. Includes: physical, medical care, health and safety, malnutrition and dehydration, financial.

Toward Prevention – for Individuals

Do’s
- Stay sociable as you age; maintain and increase your network of friends and acquaintances.
- Keep in contact with old friends and neighbors if you move in with a relative or change to a new address.
- Develop a “buddy” system with a friend outside the home. Plan for at least a weekly contact and share openly with a person.
- Ask friends to visit you at home; even a brief visit can allow observations of you well-being.
- Accept new opportunities for activities. They can bring new friends.
- Participate in community activities as you are able.
- Take pictures of all your valuables for your records.
- Check your credit report every year; review for any accounts you did not open
- Volunteer or become a member or officer of an organization. Participate regularly.
- Have your own telephone; post and open your own mail. If your mail is being intercepted, discuss the problem with postal authorities.
- Stay organized. Keep your belongings neat and orderly. Make sure others are aware that you know where everything is kept.
- Take care of your personal needs. Keep regular medical, dental, barber, hairdresser, and other personal appointments.
- Arrange to have your Social Security or pension check deposited directly to a bank account.
- Get legal advice about arrangements you can make now for possible future disability, including powers-of-attorney or conservatorships.
- Keep records, accounts, and property available for examination by someone you trust, as well as the person you or the court has designated to manage your affairs.
- Review you will periodically. Give up control of your property or assets only when you decide you cannot manage them.
- Ask for help when you need it. Discuss your plans with your attorney, physician, or family members.

Don’ts
- Don’t live with a person who has a background of violent behavior or alcohol or drug abuse.
- Don’t leave your home unattended. Notify police if you are going to be away for a long period.
- Don’t leave messages on the door while you are away.
- Don’t leave cash, jewelry, or prized possessions lying about.
- Don’t accept personal care in return for transfer or assignments of your property or assets unless a lawyer, advocate, or another trusted person acts as a witness to the transaction.
- Don’t sign a document unless someone you trust has reviewed it.
- Don’t allow anyone else to keep details of your finances or property management from you.

Abuse and/or neglect may be intentional or due to a caregiver’s lack of knowledge or capacity to care for the older person. Abuse also can be reflective of a stressed family or long-standing difficult home, in residential or convalescent facilities, or in other areas of the community. Abusers can be family members, caregivers, employees, or strangers.
If you suspect that an elder is being abused, contact:

**Adult Protective Services Hotline:**
1-844-751-6729

**Online:**
www.ReportToAPS.org

An investigation into the suspected abuse may be initiated based upon the information that you are able to provide. You may, if you choose, report anonymously or call to discuss your concerns without making a report. Elder-care custodians, health practitioners, or employees of any agency/business who, within their professional capacity or within the scope of the employment, have a reasonable suspicion of abuse, MUST REPORT immediately by telephone and in writing within two working days to Adult Protective Services. Long-Term Care Ombudsman Services, or to law enforcement.

**IN CASE OF AN EMERGENCY, CALL 9-1-1**

**District Attorney’s Office**
**Vulnerable Victim Prosecution Unit**
1112 Santa Barbara St.
Santa Barbara, CA 93101
568-2300

Hours: 8:00 am to 5:00 pm M-F
312-D East Cook Street
Santa Maria, CA 93454
346-7540

The District Attorney’s Office has a specialized unit to prosecute crimes committed against vulnerable victims, including elders. The Unit is comprised of trained investigators and prosecutors who are familiar with dynamics which are common in elder abuse cases. In addition to the assignment of specially trained Elder Abuse prosecutors and investigators, the District Attorney’s Office has implemented an Advocacy Program comprised of crime victim advocates. The advocates offer services to victims and their families that include crisis intervention, orientation to the criminal justice system, case status information, court support, referral and resource information, assistance in obtaining state compensation for crime related expenses and emergency food and financial assistance.

**Long Term Care Ombudsman**
123 W. Gutierrez
Santa Barbara, CA 93103
965-1001 ext 244
ltco@fscare.org
www.fscare.org

LTC Ombudsman investigate reports of alleged dependent adult abuse (18-59) and elder abuse (60+) that occurs in skilled nursing or residential care facilities. The Long Term Care Ombudsman is also responsible for investigating complaints against skilled nursing and residential care facilities that pertain to a person’s quality of care. A 24-hour answering machine is available. Emergencies should be directed to local law enforcement by dialing 911. A statewide Ombudsman Hotline is also available at 800-231-4024, where an answering service will take your call and alert the appropriate agency.

**U.S. Senate Special Committee on Aging**
**Toll Free Fraud Hotline**
1-855-303-9470

A toll-free hotline to help seniors who have been victims of investment scams, identify theft, bogus sweepstakes and lottery schemes, Medicare and Social Security fraud, and a variety of other senior exploitation issues. The hotline investigators will directly examine complaints, and, if appropriate, refer them to the proper authorities.

**Reporting Elder Financial Abuse**
Consumer Scams: Contact the Office of the District Attorney.

**The Consumer Financial Protection Bureau (CFPB):** You can submit a complaint about an issue you have with a company about a consumer financial product or service. The CFPB receives complaints about bank accounts or services, credit cards, credit reporting, money transfers, mortgages, student loans, and vehicle or consumer loans. Contact the CFPB by visiting: www.consumerfinance.gov/complaint/.
Friend of a Friend Scam: File a complaint with the California Department of Real Estate at www.yourhome.ca.gov/file_complaint.shtml. If a real estate professional has committed fraud having to do with your reverse mortgage, file a complaint with the California Department of Real Estate at www.yourhome.ca.gov/file_complaint.shtml.

To Request to Potentially Block Victims From Sending Further Wire Transfers Through Money Transmitters:

**Western Union**

**For Family Members:** To block a sender (AKA: “interdiction”) from transferring funds to scammers: If a family member or concerned third party (including law enforcement and Adult Protective Services) knows that someone is sending money to scammers, they may request that Western Union stop and black list any future wire transfers by calling Western Union Fraud Hotline Service at 1-800-448-1492. Western Union will ask for the victim's name and phone number(s). Request should include variations of the victim’s name (ie. nicknames, abbreviations, misspellings) for the black list.

**Money Gram**

**For Family Members:** To block a sender (AKA: “internal deny/watch list”) from transferring funds to scammers: If a family member or concerned third part (including police and APS) knows that someone is sending money to scammers, they may request that Money Gram review and perhaps internally deny any future wire transfers. To do so, family members and other concerned third parties (including law enforcement and APS) can call MoneyGram Consumer Service at 1-800-926-9400 (select 5 “more options”, select 5 “fraud”) Money Gram will ask for the victim’s name and phone number(s). Request should include variations of the victim’s name (ie. nicknames, abbreviations, misspellings) for the internal deny/watch list.

**Consumer Information from the FTC – Scam Alerts**

Crooks use clever schemes to defraud millions of people every year. They often combine sophisticated technology with age-old tricks to get people to send money or give out personal information. They add new twists to old schemes and pressure people to make important decisions on the spot. One thing that never changes: they follow the headlines — and the money.

Stay a step ahead with the latest info and practical tips from the nation’s consumer protection agency. Browse FTC scam alerts by topic or by most recent from the Federal Trade Commission website.

**Most Recent Scam Alerts:**

- A government program that pays your bills?
- Credit Bureau Center’s Online Rental Scam
- Don’t pay for a car with Amazon gift cards. Ever.
- Yahoo customer service scam
- Fake “FTC investigation” email making the rounds again
- Timeshare resale fail
- There’s an app for that (but it might be fake)
- IRS warns of a new tax bill scam
- FTC sues phone scammers who promised free money

Source: www.ftc.gov
Older adults are sometimes confronted with the need to change jobs, re-enter the work force because of a change of status, or seek part-time employment to supplement a fixed income.

Working While Receiving Social Security
Work does not reduce your Social Security benefit if you have reached full retirement age. You may receive your full benefit without any limit on your earnings. In fact, continued work often increases your benefit since you are still contributing to Social Security. You do not need to report these earnings to Social Security.

If you’re younger than full retirement age, there is a limit to how much you can earn and still receive full Social Security benefits. If you’re younger than full retirement age, a deduction of $1 will be taken from your benefits for each $2 earned above $15,720. If you reached full retirement age during 2016, the deduction will be $1 from benefits for each $3 earned above $41,880 until the month you reach full retirement age. Beginning with the month you reach full retirement age, no limit applies.

Questions can be answered by calling 800-772-1213 or looking online at www.socialsecurity.gov. If you start or stop working while you are under full retirement age and receiving benefits, you should report the change to Social Security.

Training and Placement for Seniors
The following programs are designed to help you connect with meaningful employment, and/or provide specialized job training.

One Stop Career Centers

Workforce Resource Centers are the One Stop Career Centers for Santa Barbara County. They provide job orientation, job assessment, counseling and job placement and referral. Classroom training is available for pre-employment skills and other specialized skills. Employer/employee self help materials are available in the library/classroom.

Other Training and Placement Programs

The following programs offer assistance to all people who qualify:

Department of Rehabilitation
2615 South Miller St, Suite 101
Santa Maria, CA 93455
928-1891
509 E Montecito St. # 101
Santa Barbara, CA 93103
560-8130
560-8167 TTY
www.dor.ca.gov

Assists people with permanent disabilities with employment.

Women’s Economic Ventures
333 S. Salinas St.
Santa Barbara, CA 93103
965-6073
731 S. Lincoln St.
Santa Maria, CA 93458
456-2319
www.wevonline.org

Provides opportunities for entrepreneurs in every phase of the business life cycle: start up, launch, grow and sustain/exit. All services open to women and men. Has a 14 week self employment course.

Senior Community Service Employment Program
Na. Association for Hispanic Elderly
315 South C Street
Oxnard, CA 93030
240-7771

Seniors with limited income aged 55 and over are assigned to paid part-time positions in public and private non profit agencies. Paid classroom and on-the-job training opportunities available.

Employment Referral

Employment Development Department (EDD)
130 E. Ortega St.
Santa Barbara, CA 93101
568-1296
1410 S Broadway #E
Santa Maria, CA 93454
348-3230
www.caljobs.ca.gov

The EDD offers placement services, job search workshop, and veteran’s employment services.

CalJOBS

The State Employment Development Department (EDD) has implemented a primary matching tool for Job Service, the California Job Opening Browse System, commonly known as CalJOBS. CalJOBS is an electronic job listing and referral system developed by EDD to make customer self-service possible. CalJOBS is a computer link between employers and job seekers and is the primary matching tool for Job Service.

While CalJOBS is primarily a self service tool, one can access CalJOBS at the local One Stop Career Centers. Staff is available to acquaint a person with CalJOBS and how to use it in seeking a job referral.

You can access CalJOBS at www.caljobs.ca.gov.
Determine Your Nutritional Health

The warning signs of poor nutritional health are often overlooked. Use this checklist to find out if you or someone you know is at risk for a poor diet. Read the statements below. Circle the number in the Yes column for those that apply to you or someone you know. For each yes answer, score the number in the box. Total the nutritional score.

**YES**

I have an illness or condition that made me change the kind and/or amount of food I eat.  
2

I eat fewer than 2 meals a day.  
3

I eat few fruits or vegetables, or milk products.  
2

I have 3 or more drinks of beer, liquor or wine almost every day.  
2

I have tooth or mouth problems that make it hard for me to eat.  
2

I don’t always have enough money to buy the food I need.  
4

I eat alone most of the time.  
1

I take 3 or more different prescribed or over-the-counter drugs a day.  
1

Without wanting to, I have lost or gained 10 pounds in the last 6 months.  
2

I am not always physically able to shop, cook and/or feed myself.  
2

**Total**

**If your score is:**

0-2  Good. Recheck your nutritional score in 6 months.

3-5  You are at a moderate nutritional risk. See what can be done to improve your eating habits and lifestyles. See services in this directory that may be of help. Recheck your score in 3 months.

6 or more  You are at high nutritional risk. Bring this checklist the next time you see your doctor or other health care provider. Ask for help to improve your nutrition.

*This Nutritional Screening tool was developed by the Nutrition Screening Initiative, a project of the American Academy of Family Physicians, The American Dietetic Association and the National Council on the Aging.*
Never too Early to Make a Plan

Talking about end of life is not easy, but making a plan in advance can assure that you will get the type of care you want and give you peace of mind. It is a gift for your family to know your wishes and not have to guess during a stressful time.

Some things you may consider and discuss with family:

- Where do I want to die? At home, in a hospice or in a medical facility?
- Who do I want to be there? Do I like to be surrounded by family and friends or do I prefer privacy and quiet?
- What type of medical treatment do I want?
- Who will be my caregiver?
  Family, friends or professionals, male or female, or any other considerations?
- Do I want to donate organs or donate my body to science?
- What kind of funeral or memorial do I want? Do I want burial or cremation?

One tool to help you make a plan is an Advance Directive for Health Care. It is a legal document that allows you to state what kind of treatment you want and don’t want at end of life. It also lets you choose someone who will speak for you about your health decisions if you are too ill or injured to speak for yourself. If you like, you can include information about how you want to be remembered, what kind of memorial service you prefer, your instructions about organ donation and more. Although the Advance Directive is a legal document, you can complete one yourself. A lawyer is not required. Accidents can happen, even to those who are in good health. If you are over the age of 18 it is a good idea to have an Advance Directive.

Another tool is the Physician Orders for Life Sustaining Treatment (POLST). POLST is for people who are frail, chronically ill, terminally ill, in hospice or very elderly. It is a doctor’s order completed by the doctor (or Physician Assistant) and the patient to be specific about end of life choices such as CPR, medical interventions, support for nutrition, hydration and breathing as well as pain management.

What to do When a Loved One Dies
When a loved one dies there are many things to be done. The tasks may be as simple as cancelling a gym membership, as challenging as closing out a complex financial portfolio and as emotional as planning a proper tribute. All of this work is done while dealing with one’s own feelings. This work is best handled by a few people so no one person is over-burdened. Use the checklist below as a guide.

**Immediately:**

- Arrive for organ donation
- Contact close family members
- Arrange for the body to be handed according to the person’s wishes. If there are no instructions, next of kin can decide.
- Consider funeral preparations. Follow the instructions of the deceased if possible or consult with key family members.
- Choose a funeral home and meet with the director regarding a service if desired
- Contact the church
- Notify close friends and extended family
- Secure property — including home and vehicle as well as pets
- Notify the post office using the forward mail option
- For a veteran, contact Veterans Affairs to ask about benefits that may be desired for the service
- Check with clubs, union or church of the deceased to see if financial assistance is available for the funeral and burial
- Ask friends and relatives to help with the funeral. This may in-
clude serving as pallbearers, creating a program for the funeral, making and serving a meal after the service. They may also help care for children, pets, the home of the deceased and other family members.
- Spread the word about the service
- Keep track of well-wishers who send cards, flowers and donations so they can be acknowledged later
- Prepare an obituary

**After the funeral:**

- Get duplicate death certificates
- Send thank-you notes
- Notify Social Security, who will notify Medicare
- Stop health insurance, including Medicare Prescription Drug Coverage (Part D), Medicare Advantage (Part C) or Medigap if any
- Notify life insurance companies
- Meet with a probate attorney
- Make a list of important bills
- Contact financial advisors, stockbrokers, mortgage companies, banks, credit card accounts
- Notify credit reporting agencies (Equifax, Experian and TransUnion). Follow-up in 6 weeks to check the deceased person’s credit history to ensure no fraudulent accounts have been opened in their name
- Cancel driver’s license
- Cancel email and website accounts
- Cancel memberships such as clubs, professional organizations, gyms, etc.
- Contact a tax preparer

**Advance Health Care Directives**

Agencies listed below provide programs and assistance to help people complete their advance directive for
health care and to learn how to have a meaningful conversation with family and friends to express their wishes about end-of-life care.

**Alliance for Living and Dying Well**  
2040 Alameda Padre Serra, suite 110, Santa Barbara  
845-5314  
info@allianceforlivinganddyingwell.org  
www.allianceforlivinganddyingwell.org

**Sansum Clinic Advance Directive Workshop**  
866-829-0909  
www.SansumClinic.org/health-and-wellness

**Benefits**

**Social Security Administration**  
A family member or other person responsible for the beneficiary’s affairs should do the following when a beneficiary dies:

- Promptly notify Social Security of the beneficiary’s death by calling toll free 800-772-1213.
- If monthly benefits were being paid via direct deposit, notify the bank or other financial institution of the beneficiary’s death. Request that any funds received for the month of death and later be returned to Social Security as soon as possible.
- If benefits were being paid by check, do not cash any checks received for the month in which the beneficiary died or thereafter. Return the checks to Social Security as soon as possible.

**Other**

Some unions and fraternal organizations have benefits. Contact any organizations that the decedent belonged to and ask if benefits are available.

The Public Administrator under certain conditions can administer a decedent’s estate. Call for more information: 568-2920 (Santa Barbara) or 346-8330 (Santa Maria).

**Burial and Cremation Information**

The Yellow Pages of the telephone directory has listings for “Funeral Directors, Services” and “Cremation Services.” Contact the Funeral Consumers Alliance-Channel Cities for information about low-cost and/or cremation services.

**Cemetery and Funeral Bureau**  
Department of Consumer Affairs  
1625 N. Market, Ste. S-208  
Sacramento, CA 95834  
916-574-7870  
EmailCFB@dca.ca.gov  
www.cfb.ca.gov  
Licenses and regulates the California funeral and cemetery industries. Also investigates complaints against funeral homes, cemeteries and individual licensees. Publishes “Consumer Guide to Funeral & Cemetery Purchases.”

**Federal Trade Commission**  
Consumer Response Center  
877-FTC-HELP  
866-653-4261 TDD  
www.ftc.gov  
Provides information about funerals, funeral providers, fees and a pricing checklist as well as where to file a complaint.

**Funeral Consumers Alliance**  
888-737-3911  
Info@fcasocal.org  
www.fcasocal.org  
Provides knowledge and tools to carry out meaningful, personalized and affordable funerals. Includes price comparisons.

**Death Certificates**

A funeral director will usually obtain copies of the death certificate for you. Certified death certificates are usually required for benefits determination. Certified copies cost $21.00 each in Santa Barbara County. Costs will vary by jurisdiction. Obtain a death certificate by visiting or writing to:

**County of Santa Barbara Public Health Department, Office of Vital Records**  
345 Camino Del Remedio  
3rd Floor, Rm 320  
Santa Barbara, CA 93110  
681-5150  
Fax 681-5141

**County of Santa Barbara Hall of Records**  
1100 Anacapa St  
Santa Barbara, CA 93101  
568-2250  
Fax 568-2266

**County of Santa Barbara Betteravia Government Center**  
511 E. Lakeside Prkwy.Ste.115  
Santa Maria, CA 93455  
346-8370  
Fax 346-8371

The California Health and Safety Code Section 103526 permits only specific individuals to receive an authorized certified copy of a birth or death record. An authorized certified copy of a death may be required to obtain death benefits, claim insurance proceeds, notify social security, and obtain other services related to an individual’s identity. Those that do not meet the criteria for an authorized certified copy may receive an informational certified copy that includes the words, “INFORMATIONAL, NOT A VALID DOCUMENT TO ESTABLISH IDENTITY” imprinted across the face of the copy.

**Indigent Death**

Cremation services only are available through:

**Public Administration, Santa Barbara County**  
105 E Anapamu St, Rm 301  
Santa Barbara, CA 93101  
568-2790  
511 E. Lakeside Pkwy.  
Santa Maria, CA 93455  
346-8330

**Unattended Death**

If the deceased has not seen a physician within 20 days prior to the death or if the death is the result of an accident or of a suspicious nature, the County Coroner will become
It is recommended that any person wishing to donate their organs or body make arrangements in advance to eliminate any possible confusion or delay at the time of death. This choice should also be included in an advance directive.

**One Legacy** - A non-profit organization associated with the DMV “pink dot” on your driver’s license enabling organ/tissue donation to people awaiting transplants. The body is then returned to the family for burial/cremation.

800-786-4077
www.onelegacy.org

**UCLA Medical Center** - A non-profit organization that accepts bodies from the Southern California area for local medical research and education. The body/cremated remains are not returned to family.

310-794-0372
DBPinfo@mednet.ucla.edu
www.uclahealth.org/donatedbody/

**University of Tennessee’s Forensic Anthropology Center (UTFAC)** - A research center within the University of Tennessee that accepts bodies from the Southern California area for forensic anthropology research.

865-974-4408
Donateinfo@utk.edu
https://faculty.utk.edu/body-donation/

**Science Care** - A for-profit organization based in Arizona that receives bodies from throughout the US (except New Jersey and Minnesota) for medical research, training and professional education nationwide. Cremated remains are returned to family.

800-417-3747
www.sciencecare.com

**Life Legacy** - A non-profit organization based in Arizona that is able to receive bodies from throughout the US and benefits research institutions around the world. Cremated remains are returned to family.

888-774-4438
lifelegacy.org

**Support Groups**

Bereavement groups for anyone experiencing the loss of someone special, particularly within the last year, are held by some many organizations. One-to-one counseling may also be available for those who require more intensive support. For a listing, see Support Groups.
Social Security Administration
800-772-1213
www.socialsecurity.gov

The Social Security Administration is responsible for programs that can provide financial assistance:

Social Security Retirement Benefits
Retirement benefits are payable as early as age 62 for a worker who has Social Security credit for at least 10 years of work. Benefits are permanently reduced for each month of early benefits claimed before the full retirement age. The amount of a Social Security benefit is based on the average amount of the worker’s earnings in jobs covered by Social Security, over a 35 year period. To assist in financial planning, a free benefit estimate, social security statement, retirement calculators, and other tools are available online at www.socialsecurity.gov. Monthly benefits are also paid to eligible spouses, divorced spouses (for marriages lasting at least 10 years), children under 18, and adult children who were disabled before age 22. File online at www.socialsecurity.gov or call 800-772-1213 to start the application process.

Medicare
At age 65 most people are eligible for Medicare coverage regardless of their retirement status. Medicare will also start automatically after two years of entitlement to disability benefits. Medicare health insurance will help pay for medical expenses including doctor and hospital charges. Apply for Medicare up to three months before reaching age 65 at www.socialsecurity.gov or 800-772-1213.

Supplemental Security Income Program (SSI)
The Social Security Administration also handles a program that provides monthly financial assistance to persons in financial need who are 65 or older, blind, or disabled who have limited income and assets. A recipient must be a citizen, refugee, or a permanent legal immigrant who meets certain income eligibility requirements.

A person may be eligible for SSI benefits even if he or she receives a small Social Security check or other income. If a person is eligible for SSI, s/he will also receive Medi-Cal.

Call Social Security at 800-772-1213 to learn more about SSI, or to begin the application process.

For More Information
Information can be obtained from the Social Security web site at www.socialsecurity.gov.

Social Security can be reached toll-free anytime between 7 a.m. and 7 p.m. by calling: 1 800-772-1213. Service Representatives can answer your questions, make an appointments, and tell you what you will need to provide if you file an application. Most Social Security business can be handled online or by telephone, including filing a claim for benefits, reporting changes in your address, signing up for direct deposit of your checks, and reporting earnings.

To find out more about Social Security programs you may also call, write or visit any Social Security office.

Social Security Offices
Santa Barbara Office
355 Paseo Nuevo
Santa Barbara, CA 93101
800-772-1213 or 866-695-6285
Hours: Monday Tues, Thursday and Friday: 9 a.m. - 4 p.m.
Hours: Wednesday: 9am - 12pm

Santa Maria Office
2436 Professional Parkway
Santa Maria, CA 93455
800-772-1213 or 866-331-2316
Hours: Monday Tues, Thursday and Friday: 9 a.m. - 4 p.m.
Hours: Wednesday: 9am - 12pm

County Programs
Department of Social Services Santa Barbara County
The following are locations of the Department of Social Services in Santa Barbara County:

234 Camino del Remedio
Santa Barbara, CA 93110
681-4401
1100 W. Laurel Ave.
Lompoc, CA 93436
737-7080
2125 S. Centerpointe Parkway
Santa Maria, CA 93455
346-7135
www.countyofsb.org
Cal Fresh (Food Stamps)
Many seniors are eligible for food stamps. Supplemental Security Income (SSI) recipients are not eligible. You may own one home and one car, but there is a limit on your other assets and income. For information on eligibility and benefits, contact the nearest Department of Social Services Office listed above. There are home interviews available for the disabled individual. Call for the Food Stamp screening time and location.

General Relief
If you are very low income, less than 65 years of age, and are not eligible for federally funded assistance, you may qualify for General Relief. Information about this program can be obtained from the Department of Social Services. Apply at the office closest to you.

Veteran’s Benefits
There are Veteran’s benefits for eligible veterans and/or spouses who are disabled or over the age of 65. The benefits available to a veteran depend on many factors, including assets and income. For more information, contact:

Department of Veteran’s Affairs
4440 Calle Real
Santa Barbara, CA 93110
683-1491 x494
800-827-1000
Monday and Tuesday, 8-4:30 p.m.

SB Veteran’s Service Offices
315 Camino Del Remedio, Bldg. 3, Rm 251
Santa Barbara, CA 93110
681-4500
401 E. Cypress Street, Rm 101.
Lompoc, CA 93436
737-7900
511 E. Lakeside Parkway, Rm 126
Santa Maria, CA 93455
346-7160

Credit Counseling
Catholic Charities
609 E. Haley
Santa Barbara, CA 93103
965-7045

HICAP (Health Insurance Counseling and Advocacy Program)
Central Coast Commission for Senior Citizens
528 S. Broadway
Santa Maria, CA 93454
928-5663
800-434-0222
seniors@kcbx.net
www.centralcoastseniors.org
Offers free information and assistance with understanding Medicare benefits and rights, solving medical billing problems, filing claims and appeals, and comparing insurance policies. Information can be received over the phone or in person. Trained volunteer counselors are available to provide assistance. Call for more information or an appointment. Counseling sites are located in Santa Barbara, Goleta, Lompoc, Santa Maria, Guadalupe, Carpinteria and Orcutt.

SHARON KENNEDY ESTATE MANAGEMENT
5951 Encina Road, Suite 106, Goleta, CA 93117
phone/fax (805) 681-1347
We are a dedicated team of professionals who manage the care needs and financial affairs of our clients. We provide compassion and experience across an array of professional fiduciary and case management services.

- Trust and Estate Administration
- Conservatorships
- Care Management
- Personal Money Management
- Powers of Attorney

Sharon Kennedy, Licensed Professional Fiduciary
CA License No. PF 37
www.skestatemanagement.com

325 North Second Street
Lompoc, CA 93436
736-6226
607 W. Main St.
Santa Maria, CA 93454
922-2059
Fax 925-1979
Catholic Charities provides nondenominational family and individual counseling and assists individuals with debt obligations. Financial assistance is available to qualified individuals. Applicants must apply in person. Also provides Money Management workshops including topics such as: Developing Money Goals, Developing a Spending Plan that Works, and Personal Investing - The Basics.

Surepath
80 Wood Rd, Suite 200
Camarillo, CA 93010
800-432-7310
surepath.org
Consumer Credit Counseling Service is a non-profit agency that counsels and educates consumers about debt, credit, budgeting, and housing matters including reverse mortgages. Maintains confidentiality of clients and
counseling sessions are free. Counseling provided over the phone and online. Spanish speaking services are available.

**Money Management/Bill Paying Service**
Some older people need help with bill paying, particularly medical bills and insurance claims. Senior Connection has a list of individuals and businesses which can provide basic bookkeeping and bill paying services for those persons who are having difficulty continuing to do so. HICAP can provide a listing of services that provide medical claims assistance.

While there are no right or wrong answers, the following questions may help to determine what services/qualities are important to you regarding medical bill management.

**Operations**
1. How long has the company been in business?
2. What is the background/experience of the claim handler? What types of insurance are they familiar with handling?
3. Is the company willing to provide references? Be sure to check them.
4. Does the company charge a flat rate, an hourly fee, or a percentage of what is being filed? Is there an initial, onetime setup charge or an annual fee? What are the charges to file past claims?
5. Does the company guarantee confidentiality?
6. Does the company have a complaint process?

**Claims Processing & Reporting**
11. On average, how much time lapses from when the company receives the claim to when the claim is processed and sent to the insurance company?
12. Will the company follow-up on a claims appeal at no charge?
13. Does the client receive the reimbursement check directly or does the company first receive it from the insurance company?
14. Does the company provide regular reporting to clients on claims activity, e.g. monthly or quarterly? Does it supply year-end summaries for tax purposes?
15. Are the company’s activity reports clean and comprehensible to you? Ask for a sample.
16. Will the company keep on file all of the paper documentation that it receives?
17. Ask the company detailed questions about their fees and make sure you understand when, for what and how much you will be billed.

**Guide to Financial Planning Assistance**

**Why Do I Need a Financial Planner?**
There are many reasons people seek out a financial planner. Questions vary: Have I adequately planned for my later years? Am I purchasing the right type and amount of life, dis-

ability, long-term-care and Medicare supplemental insurance? Are my life insurance beneficiary designations correct and advantageous? Are my investments right for me? Am I comfortable with the investment decisions I've been making? If I were to become disabled or incompetent, is there anyone who knows enough about my financial affairs to properly advise my family? Do I know what my family’s financial obligations and resources will be as a result of my death or disability? Are my estate planning documents in order and consistent with my wishes?

**What Does a Financial Planner Do?**
The professional helps you to:

1. Clarify your present situation by collecting and assessing all your relevant financial information such as all assets, liabilities, insurance coverage, wills, etc.
2. Identify both personal and financial goals and objectives.
3. Identify financial problems which create obstacles to you reaching your goals and objectives.
4. Provide a written plan and course of action.
5. Implement or coordinate the implementation of the strategy you decide is best to reach your goals. The professional may coordinate the implementation of your plan with other professional advisors.
6. Periodically review your plan to assure it is making progress toward reaching your goals.

**How Do I Select a Professional Financial Planner?**
You want to select someone you can work with comfortably. It is your right and responsibility to fully investigate the person’s background,
methods of practice, credentials, etc. The following questions should help you make an informed decision:

1. What relevant education and/or credentials does the professional have in the financial planning field?
2. How long has the professional been working in the field you need assistance in?
3. What did the professional do before becoming a financial planner?
4. Ask for references; call and verify.
5. What are the professional’s areas of expertise?
6. Verify that the professional has good working relationships with accountants, attorneys, and others who may be needed to implement your plan.
7. What type of clientele does the professional serve?
8. How will the professional keep you informed of new financial information?
9. How will the professional be compensated; on a fee basis, charging an hourly rate or through commissions generated through the sale of financial products, or a combination? You must choose which method you are most comfortable with.
10. Talk with friends, business associates, and others who are involved in the financial services field. They can provide insight into what to expect, or perhaps a referral.
11. Has the planner ever had any regulatory action taken against him/her?
12. Has any client ever filed a claim or suit against the planner you are considering?
13. Has the planner ever had a claim filed against him/her involving employee relations?

The leading national industry organization that can offer referrals is:

**Financial Planning Association**
7535 E. Hampden Ave. #600
Denver, CO 80231
800-322-4237
www.plannersearch.org/
Info@OneFPA.org

**Taxes/Homeowner’s & Renter’s Assistance**

**Homeowner’s Property Tax Exemption**
If you own your home and occupy it as your principal residence on January 1, you may apply for an exemption of $7,000 from your assessed value. New property owners will automatically receive an exemption application in the mail. A Homeowner’s Exemption may also apply to a supplemental assessment if the property was not previously receiving a Homeowner’s Exemption on the annual Assessment Roll. There is no charge for filing for the Homeowner’s Exemption on the assessment roll. More information is available at: [http://www.sbcvote.com/Assessor/AssessorPTPHomeownerExemption.aspx](http://www.sbcvote.com/Assessor/AssessorPTPHomeownerExemption.aspx)

**Assessors Office**
105 E. Anapamu, Rm. 204
Santa Barbara, CA 93101
568-2550
511 E. Lakeside Parkway
Santa Maria, CA 93455
346-8310

**Renter’s Tax Credit**
A tax credit or refund that is available for California tenants. If you were a renter and a resident of California for the entire year, you are probably eligible. Claim is made by filling out the state income tax form provided for that purpose within the tax booklet mailed out by the State each year. You may file for renter’s credit even if you do not file a state income tax form. Deadline for filing each year is April 15th, although one may file for renter’s credit as far back as four years. If you have missed the filing period, call for a late filing form at the number below.

**Franchise Tax Board**
800-852-5711
800-735-2929 TDD for hearing impaired
www.ftb.ca.gov

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**QUINN FIDUCIARY SERVICES**
120 E De La Guerra Street, Suite B
Santa Barbara, CA 93101
Ph 805.845.5664 Fax 805.845.0860

Quinn Fiduciary Services’ team acts in a position of trust and confidence for their clients in a variety of ways, including:

- As Trustee for Trust and Estate Administration
- As Agent under Powers of Attorney
- As Conservator
- As Personal Money Manager
- As Care Manager

Jackie Quinn, PhD, Owner
California Licensed Professional Fiduciary - CA License No. 192
www.quinnfiduciaryservices.com
The Federal Trade Commission (FTC) has amended the Telemarketing Sales Rule to give consumers a choice about whether they want to receive most telemarketers calls. Consumers are able to put their phone numbers on a national ‘do not call’ registry. It is illegal for most telemarketers to call a number listed on the registry. Consumers may sign up on the Web at www.donotcall.gov or call 888-382-1222. The hearing impaired may call 866-290-4236.

Californians can register either through the FTC site or through the California attorney general’s website, www.caag.state.ca.us/donotcall which has a link to the FTC site. Californians who registered through the state attorney general’s website will have their information transferred to the FTC.
Good nutrition enhances a person’s health and well being. A good diet can also prevent some chronic diseases and minimize the impact of others.

**Meals**

Hot lunches are provided to seniors 60 and over at the Nutrition Sites listed below. Reservations for lunch at a site are required 24 hours in advance. A donation is requested for the meals. Transportation may be available - call the Senior Center or the Nutrition sites.

**Community Action Commission Nutrition Sites**

- **Atkinson Center**
  1000 N. Railroad Ave.
  Santa Maria, CA 93454
  925-3010 for reservations

- **Carpinteria Senior Center**
  941 Walnut Street
  Carpinteria, CA 93013
  684-6090 for reservations

- **Central Kitchen**
  315 Camino Del Remedio
  Santa Barbara, CA 93110
  692-4979 for reservations

- **Elwin Mussell Senior Center**
  510 E. Park Street
  Santa Maria, CA 93454
  925-3010 for reservations

- **Franklin Center**
  1136 E. Montecito
  Santa Barbara, CA 93103
  692-4979 for reservations

- **Goleta Senior Center**
  5679 Hollister Ave.
  Goleta, CA 93117
  692-4979 for reservations

- **Guadalupe Senior Nutrition Program**
  4545 Tenth Street
  Guadalupe, CA 93434
  925-3010 for reservations

- **L. L. Davis Community Center**
  1232 De la Vina St.
  Santa Barbara, CA 93101
  692-4979 for reservations

- **Lompoc Senior Nutrition Center**
  1120 Ocean Ave.
  Lompoc, CA 93436
  310-1557 for reservations

- **Luis OASIS Senior Center**
  420 Soares Street
  Orcutt, CA 93455
  925-3010 for reservations

- **Presidio Springs**
  721 Laguna
  Santa Barbara, CA 93103
  692-4979 for reservations

- **Union Plaza**
  120 N. Broadway
  Santa Maria, CA 93454
  925-3010 for reservations

- **Villa Caridad**
  4204 Calle Real
  Goleta, CA 93110
  692-4979 for reservations

**Other Nutrition Programs**

- **Buellton Senior Center**
  164 Highway 246
  Buellton, CA 93427
  688-4571
  Monday thru Friday at noon (one day notice).
  Fee $4.50 and scholarships available.

- **Cliff Drive Senior Luncheon**
  1435 Cliff Dr.
  Santa Barbara, CA 93109
  965-4286
  A lunch is served at 11:00 a.m. the first and third Thursday on a donation basis. Open to all. Not open during August.

- **Martha’s Meals**
  St. Peter’s Church
  402 S. Lincoln
  Santa Maria, CA 93454
  922-3575
  A free sack lunch is available to pick up between 3:00 p.m. - 4:30 p.m. every weekday. Also has a free food pantry.

- **Solvang Senior Center**
  1745 Mission Drive
  Solvang, CA 93463
  688-3793
  Monday thru Friday at noon (one day notice)

**Home-Delivered Meals**

Home delivery can be arranged for frail and homebound elders through several local organizations.

**Community Action Commission “Healthy At Home”**

- **Lompoc**
  5638 Hollister Ave Suite 230
  Goleta, CA 93117
  692-4979
  401 West Morrison, Bldg. D
  Santa Maria, CA 93458
  925-3010
  A hot noon meal is delivered to frail, at-risk homebound persons aged 60 years of age or older five days a week. Frozen meals may be provided for weekends. Meals are provided throughout Santa Barbara County. The suggested donation is $2.75.

**Meals-on-Wheels**

- **Lompoc**
  Po Box 531
  Lompoc, CA 93439
  736-3257
  Meals are delivered to any homebound person. Regular meals are delivered as a refrigerated meal. Special diet meals are delivered as hot meals. Meal delivery is usually between 10:00 a.m. and Noon on Monday thru Friday (No weekend delivery). Cost is $3.50 per meal.

- **Santa Maria**
  200 W. Cook St.
  Santa Maria, CA 93454
  938-1200
  Meals are delivered to homebound persons. Service is limited to five days a week – no service on Sundays or Thursdays. Cost is $3.00 per meal, sliding scale is offered. Can provide medical diet needs.

- **Santa Barbara**
  PO Box 6099
  Santa Barbara, CA 93160-6099
  683-1565
  A hot noon meal is delivered to homebound seniors seven days a week including holidays. A meal fee is charged. Call for more information between 9 a.m. and Noon.
FOOD & NUTRITION

Santa Ynez Valley
Atterdag at Home, Inc.
636 Atterdag Rd
Solvang, CA 93463
350-8478
Meals are delivered Monday thru Friday to any homebound person. $4.50 per meal is requested. Some financial assistance is available.

Santa Maria Wisdom Center
1414 N. Broadway, Ste. A
Santa Maria, CA 93454
354-5320
349-9810
Delivery is available in Santa Maria, Orcutt, Lompoc, Nipomo, and 5 Cities.
Fee is $5.50. Meal includes dinner and dessert, (Monday - Friday) and open to all ages.

Supplementary Food
The following agencies supply food to people in need. Each program has its own eligibility criteria so it is advisable to call for information.

Food for the Heart
POB 3908
Santa Barbara, CA 93130
334-5292
www.sbffoodfromtheheart.org
Provides free groceries to low income seniors 60 and over twice monthly at sites throughout the County. Limited home delivery available.

Catholic Charities
609 E. Haley
Santa Barbara, CA 93103
965-7045
6647 El Colegio Rd.
Isla Vista, CA 93117
965-7045
4711 Hwy 166
New Cuyama, CA 93254
922-2059
4681 11th Street
Guadalupe, CA 93434
922-2059
941 Walnut St.
Carpinteria, CA 93013
684-8621
Foxen Elementary School
4949 Foxen Canyon Rd
Sisquoc, CA 93454
922-2059
All above are Mobile Food distribution sites, and offer pantry items as available in emergency situations.

Food Bank Sites
Brown Bag Program
4554 Hollister
Santa Barbara, CA 93110
967-5741
490 W. Foster Rd.
Santa Maria, CA 93455
937-3422 x107
www.foodbanksbco.org
Provides free groceries to low income seniors 60 and over twice monthly at sites throughout the County. Limited home delivery available.

Unity Shoppe
1401 Chapala St.
Santa Barbara, CA 93103
965-4122
Receives referrals for food and clothing. Open Monday- Saturday 10 a.m. - 6 p.m. Also has a Job Smart program.

Additional Resources
Grocery Resources
Senior Connection maintains a list of stores in your area that deliver, and of errand services that do your shopping. Homemaker Programs can sometimes assist with shopping. In addition:

Hospital Meal Discounts
Lompoc Hospital District
1515 E. Ocean Ave
Lompoc, CA 93436
737-3300
Offers seniors 55 and over a nutritious meal for $4.36 and 10% discount on all other items.

Marian Regional Medical Center
1400 East Church St.
Santa Maria, CA 93454
739-3514
Seniors are offered a 25% discount on meals in cafeteria.

Health for Life Nutrition workshops.

Santa Barbara Cottage Hospital
400 W Pueblo
Santa Barbara, CA 93105
682-7111
Seniors are offered a 20% discount in the hospital’s cafeteria.

Community Gardens
Community gardens can improve the quality of life for people participating. A community garden can grow vegetables, flowers or more. A community garden can produce nutritious foods, reduce food budgets, create opportunities for recreation, exercise, therapy, socialization, preserves green space, and conserves resources.
Senior lunches available
Monday through Friday
Served at 13 senior centers – countywide
Home-delivery available for eligible seniors
Donation suggested – no fees

For information call
South County 805-683-4458 • North County 805-925-3010
Mobile Food Pantries and Mobile Farmers Markets
The Mobile Food Pantries and Farmers Markets, in participation with the Santa Barbara County Food Bank, provide free food distribution programs for low-income individuals and families. Participants do not need to apply; simply show up at various community center locations to receive free groceries. Participants should bring their own bags or boxes to carry the food.

- Isla Vista
  - Estero Park Community Garden
    - Between Camino del Sur and Camino Corto
    - 968-2017
  - Lompoc Community Garden
    - 737-9968
    - lompoccommunitygarden@gmail.com
  - Santa Barbara
    - Sponsored by the City Recreation Department
      - www.santabarbaraca.gov
      - $64 resident $75 non-residents per year fee; 10’ x 20’ plot

- Pilgrim Terrace Community Garden
  - Pilgrim Terrace Dr at Modoc Rd
  - 897-2560 (or visit Westside Center)
  - Operation hours: dawn to 1/2 hour after sunset

- Rancheria Community Garden
  - Rancheria St near Montecito St.
  - 897-2560 (or visit Westside Center)
  - Operation hours: dawn to 1/2 hour after sunset

- Yanonali Community Garden
  - E. Yanonali St at Soledad St.
  - 897-2560 (or visit Franklin Center)
  - Operation hours: dawn to 1/2 hour after sunset

**Who is eligible for CalFresh?**
In general, CalFresh is available to individuals and families with a gross income of 130% or less of the federal poverty line, but several factors can affect eligibility (such as net income, age, and other aid types received). The income level for an aged 60 and over or disabled household is 200% of the federal poverty level. Again, there are numerous factors that are involved with eligibility and the level of benefits.

Persons who currently received SSI/SSP are not eligible for CalFresh.

If you can use a pre-screening tool (www.mybenefitsCalwin.org) to see if you are likely to be eligible. You must be a citizen or legal resident to receive CalFresh.

**How can I apply?**
You can visit offices listed below, call our toll-free automated phone number (1-866-404-4007); or submit an application online. The County Department of Social Services determines eligibility based on the information you provide on your CalFresh application and any required verifications. You may request expedited (faster) service in certain emergency circumstances (such as little or no cash, and/or emergency need for housing).

- **Santa Barbara**
  - 234 Camino del Remedio
  - 681-4401
- **Lompoc**
  - 1100 W. Laurel Ave.
  - 737-7080
- **Santa Maria**
  - 2125 S. Centerpointe Pkwy.
  - 346-7135

**Food through the Mail**
Several for-profit companies have entered a new business model that mails food to customers. They are commonly referred to as ‘meal kit companies’. Available to all ages. There is a subscription cost. Some of the companies are: Blue Apron, Hello Fresh, Gobble, and Purple Carrot.

**Calfresh**
Calfresh is a supplemental program that helps low-income individuals and families buy the food they need in order to stay healthy. Benefits are provided on an electronic card that works like a bank debit card, and is accepted at grocery stores and markets, as well as some Farmer’s Markets. The CalFresh Program can add to your food budget to put healthy and nutritious food on the table.
There are a variety of services to promote and maintain health in Santa Barbara County. Several specialized centers exist to address specific concerns as well as low cost clinics to provide access for all residents.

**Health Care Centers**

**Santa Barbara County Health Care Services**

**County Health Care Centers**

www.countyofsb.org/phd

Clinical services are provided through federally qualified health care centers (FQHC’s) located throughout the County. Services are available to all members of the community. Medi-Cal and Medicare are accepted. For those without Medicare or Medi-Cal, payment is on a sliding fee basis. No services are denied due to inability to pay. Specialty clinics available.

- **Carpinteria**
  - 931 Walnut Ave.
  - Carpinteria, CA 93013
  - 560-1050

- **Franklin Center**
  - 1136 E. Montecito St.
  - Santa Barbara, CA 93103
  - 568-2099

- **Lompoc**
  - 301 North R St.
  - Lompoc, CA 93436
  - 737-6400

- **Santa Barbara**
  - 345 Camino del Remedio
  - Santa Barbara, CA 93110
  - 681-5488

- **Santa Maria**
  - 2115 S. Centrepontie Pkwy.
  - Santa Maria, CA 93455
  - 346-8410

**Santa Barbara Neighborhood Clinics**

www.sbcclinics.com

Santa Barbara Neighborhood Clinics is a private nonprofit corporation that have been designated as FQHC’s. Services are funded by fee for service, grants and government programs. There are four freestanding clinics

Website: www.sbcclinics.org

**Eastside Neighborhood Clinic**

915 N Milpas St.
Santa Barbara, CA 93103
963-1641

**Goleta Neighborhood Clinic**

5580 Calle Real
Goleta, Santa Barbara, CA 93111
617-7878

**Isla Vista Neighborhood Clinic**

970 Embarcadero del Mar
Isla Vista, CA 93117
968-1511
Fax 968-7041

**Westside Neighborhood Medical Clinic**

628 W. Micheltorena St.
Santa Barbara, CA 93101
963-1546

**American Indian Health & Services**

4141 State St., # B-11
Santa Barbara, CA 93110
681-7356
Fax 681-7358

American Indian Health & Services is committed to empowering our community by delivering accessible, socially responsive, and culturally appropriate health care. The clinic serves people of all ethnicities through the framework of the traditional circle of physical, social, emotional and spiritual well-being. Clients are cared for in an atmosphere that respects individuality and confidentiality.

**Pacific Central Coast Health Centers**

**Marian Community Clinic**

117 West Bunny Avenue
Santa Maria, CA 93458
739-3890

**Family Medicine Center**

1400 E. Church Street, Building 8
Santa Maria, CA 93454-4175
739-3561
217 W. Central Ave Ste.G
Lompoc, CA 93436
735-4292

**Family Health Center**

5075 S. Bradley # 131
Santa Maria, CA 93455
332-8155

1510 E. Main St.,Ste 104C
Santa Maria, CA 93454
349-8514

**Community Health Centers of the Central Coast**

2081 Santa Maria Way #A
Santa Maria, CA 93455
934-5400

1835 N. Broadway
Santa Maria, CA 93454
345-3701

4581 10th St. #C
Guadalupe, CA 93434
343-5577

425 W. Central #201
Lompoc, CA 93436
737-1169

www.chccc.org

**Sansum Clinic**

Sansum Clinic, Pueblo Multi-Specialty
317 W. Pueblo Street
Santa Barbara, CA 93105
681-7500

Sansum Clinic, Pesetas Multi-Specialty
215 Pesetas Lane
Santa Barbara, CA 93110
681-7500

Sansum Clinic, Carpinteria
4806 Carpinteria Avenue
Carpinteria, CA 93013
566-5080

Sansum Clinic, Lompoc Multi-Specialty
1225 N. “H” Street
Lompoc, CA 93436
737-8700

www.sansumclinic.org
1(800)4-SANSUM

Sansum Clinic is an independent non-profit healthcare organization providing the full spectrum of health care throughout Santa Barbara County. Services are provided at 23 patient care locations, including primary care and more than 30 specialties. Accredited by the Institute of Medical Quality, Clinics are located in Santa Barbara and Goleta, Lompoc, Carpinteria, Santa Maria and Solvang outpatient.
surgical and medical center at 4151 Foothill Road in Santa Barbara provides enhanced coordination of services and offers more advanced surgical options for patients.

**Santa Ynez Tribal Health Clinic**
90 Via Juana Lane
PO Box 539
Santa Ynez, CA 93460
688-7070
Fax 686-2060
www.sythc.com
This clinic is located in the Santa Ynez Reservation and serves American Indians and is available to all members of the community. Offers sliding fees based on income and available programs.

**V.A. Health Clinic**
4400 Calle Real
Santa Barbara, CA 93110
683-1491
1550 E. Main St.
Santa Maria, CA 93454
354-6000

**Palliative Care**
“Palliative care” is a way of caring for patients who are facing a life-threatening illness. By enhancing patients’ comfort and controlling pain, palliative care ensures the highest possible quality of life regardless of the person’s age, stage of disease or need for other therapies. Palliative care is provided in many different settings and professional fields.

**Hospice of Santa Barbara**
2050 Alameda Padre Serra, Ste 100
Santa Barbara, CA 93103
563-8820
The Patient Care Services program at Hospice of Santa Barbara is a relationship based approach to supportive medical care. This program will serve patients in any stage of a life threatening illness or those in active medical treatment along with their family and caregivers.

The purpose of this program is to assist the patient and their families manage the impact of their medical condition by providing Medical Social Work, Spiritual Care, and Volunteer Services in the home.

**Marian Regional Medical Center (Dignity Health)**
739-3943
Palliative Care is specialized medical care that focuses on relieving and preventing the suffering of patients with serious illnesses to improve quality of care for both patients and their families. This type of care focuses on providing patients with relief from pain, symptoms and the stresses caused by a serious illness.

Dignity Health (Marian Regional Medical Center) Palliative Care services are provided by an interdisciplinary team of physicians, registered nurses and other expert specialists who work with a patient’s primary physician and any other physician specialists to provide added support. Palliative Care medicine is appropriate for patients at any age and in all disease stages including those undergoing treatment for curable illnesses, chronic diseases and patients nearing end-of-life.

Dignity Health Hospice is a comprehensive Medicare Certified Hospice Program serving Northern Santa Barbara County. Accreditation by Joint Commission. For more information, contact the Palliative Care team at 739-3943.

**Palliative Care Consultation Service at Cottage Hospital**
PO Box 689
Santa Barbara, CA 93102
569-8393
Cottage Hospital Palliative Care team works with the patient’s primary care physician to address symptom management while the patient is in the hospital. The team also serves the patient by enhancing communication between caregivers and family members, providing an extra layer of emotional support during hospitalization. The team manages symptoms such as pain, shortness of breath, nausea, anxiety or depression, constipation or diarrhea, loss of appetite, fatigue, agitation or restlessness.

The program is open to any patient in the hospital who is coping with a chronic, progressive or life-threatening illness. Introduced early in the disease process, palliative care can be woven into the care plan and can provide ongoing support during later hospital stays. Typically, all costs for palliative care services are covered by the partnership between the sponsoring organizations which include Cottage Health System, Visiting Nurse and Hospice Care and the St. Francis Foundation.

**Visiting Nurse & Hospice Care**
512 East Gutierrez, Suite A
Santa Barbara, CA 93103
965-5555
Visiting Nurse & Hospice Care partners with the Cancer Center of Santa Barbara and Sansum Clinic to provide a Community Palliative Care Program. The mission of this program is to provide palliative care to improve quality of life for those patients and their families who are facing a life threatening illness outside the hospital setting.

The Community Palliative Care team consists of a doctor, nurse and nurse practitioner specially trained in palliative care. They treat pain and other symptoms, and address patients’ and family members’ emotional and social issues and spiritual concerns. A primary focus of this program is to connect patients and families to community resources, and provide a smooth transition when the patient moves from the hospital to home, or to another care setting. To find out more about Palliative Care, call 690-6212.

**Physician Referral**
Central Coast Medical Association
5350 Hollister Ave., #A 4
Rehabilitative/Therapeutic Services

Rehabilitation centers provide professional restorative care designed to help people who have been disabled due to illness, accident, or injury. Rehabilitation services fall into the following three categories: (1) in-patient hospital care; (2) out-patient care (the patient visits the facility for treatment but does not stay overnight); and (3) in-home services (treatment is given in the patient’s home - patient must be “homebound”).

Medicare will pay for medical rehabilitation costs if the patient has the potential for rehabilitation, and certain types of skilled care are required. Medicare Part A covers services for in-patient and homebound persons; Part B covers 80% of out-patient costs. A physician’s referral is required.

Medicare covers the full cost of in-home visits by rehabilitation therapists when the patient is homebound, has rehabilitation potential, and the agency providing the service available is a Medicare Certified Home Health Agency.

In Patient/Outpatient Services

Cottage Rehabilitation Hospital
2415 De La Vina
Santa Barbara, CA 93105
569-8999 ext. 82102

Keck Center for Outpatient Services
569-8999 ext. 82403

The Tuohy Foundation Aquatic Center
569-8999 Ext. 82552

Cottage Rehabilitation Hospital (CRH) provides comprehensive medical rehabilitation services for both outpatient and inpatient care. The goal is to empower people with disabilities to achieve optimal quality of life. The rehabilitation team employs a transdisciplinary approach to the rehabilitation process to address the medical, physical, cognitive, neuropsychological and family needs of the patient. Working together as a team, physicians, therapists and nurses develop individualized courses of treatment to help each patient set and reach practical, patient-focused goals.

Cottage Rehabilitation Hospital’s full range of services include: Acute Rehabilitation, Pain Management, Physical Therapy, Occupational Therapy, Orthopedic Rehabilitation, Outpatient Brain Injury Services, Psychology/Neuropsychology, Speech and Language Pathology, Stroke Rehabilitation and Therapeutic Recreation.

The Cottage Rehabilitation Hospital features the Tuohy Foundation Aquatic Center which offers a variety of aquatic therapy classes and programs for patients as well as community members. Through its Keck Center for Outpatient Services, CRH offers adapted driving services including a pre-driving evaluation, behind-the-wheel evaluation, driver training and evaluation and training on adaptive equipment. The services are for any patient or community member whose physical or cognitive disability has the potential to impair driving ability.

Project Re-Entry
569-8999 Ext 82101

Project Re-Entry is a therapeutic re-socialization program for stroke victims and their caregivers.

Vista del Monte Fitness, Aquatics and Physical Therapy Center
3775 Modoc Road
Santa Barbara, CA 93105
879-5556

Vista del Monte’s Fitness and Aquatic Center is committed to restoring functional capabilities and to maintaining the health and fitness of older adults and other residents of the Santa Barbara Community. The comprehensive wellness approach is provided by board certified therapists in a comfortable environment for older adults. Services include a heated pool, SwimEx hydrotherapy pool and a gym with senior-friendly fitness equipment. Vista del Monte accepts Medicare, HMO and most private insurances when therapy is ordered by a physician. One can call for a complimentary Fall Risk Assessment.

Other Rehabilitative Services

Independent Living Resource Center
423 W. Victoria St.
Santa Barbara, CA 93101
963-0595 (V/TDD)

327 E Plaza Dr., # 3A
Santa Maria, CA 93454
925-0015 (V/TDD)

www.ilrc-trico.org

ILRC provides a wide range of non-medical rehabilitative services to persons with disabilities. Services include peer/benefits counseling, independent living skills, training, personal assistant referral services, sign language interpreting, advocacy, employment and housing services, and information and referral to other service provider organizations.

Jodi House
625 Chapala St.
Santa Barbara, CA 93101
563-2882
563-3982 (FAX)
**HEALTH SERVICES**

info@jodihouse.org
www.jodihouse.org

Jodi House supports and empowers brain injury survivors not merely to survive, but to thrive. The day program in Santa Barbara is open Monday-Friday, 11 am to 4 pm and includes a variety of classes geared toward strengthening a survivor’s cognitive, physical and social function. Jodi House also offers employment services in partnership with the Department of Rehabilitation, case management services in the tri-counties and a resource and referral program for survivors, their families and loved ones. Adult survivors of traumatic and acquired brain injury are eligible for Jodi House services and are encouraged to call 563-2882 ext. 3 for more information and to set up a tour.

Support Groups - Chronic Conditions

Some non-profit groups, such as the Alzheimer’s Association, Arthritis Foundation and Parkinsons’ Association sponsor ongoing special exercise classes and patient and caregiver groups to cope with that disease. See Support Groups in another section of the Directory.

**Blood Bank**

**United Blood Services**

4213 State St.
Santa Barbara, CA 93110
965-7037
Fax 965-3113
1770 S. Broadway
Santa Maria, CA 93454
928-2546
Fax 922-8751

The Blood Bank collects, tests and processes blood donation to supply hospitals.

**Blood Pressure Screening**

Most senior centers, clinics, hospitals and some pharmacies in Santa Barbara County provide regularly scheduled blood pressure checks at low or no cost. Call facility for specifics.

**Cancer**

**Breast Cancer Early Detection**

Medicare will pay for a mammogram every year. The State sponsors a program called “Every Woman Counts” to encourage early detection of breast cancer. The woman must be age 40 or over and meet income requirements. The program applies to those with no other health Insurance and who cannot afford the fee-for-service. To access the Every Woman Counts Locator Service, go to www.dhcs.ca.gov. Call for information about a free clinical breast exam and mammogram.

Call 800-511-2300 to reach a Cancer information specialist, available 24/7 to answer any specific questions about a cancer diagnosis or treatment.

**American Cancer Society**

1432 Chapala Street
Santa Barbara, CA 93101
963-1576
1-800-227-2345 (24/7, including holidays)

www.cancer.org

Hours: Mon-Fri: 9 am - 5 pm

The American Cancer Society provides programs and services for cancer patients, such as “Look Good, Feel Good” and “Road to Recovery.”

**Breast Cancer Resource Center**

55 Hitchcock Way, Suite 101
Santa Barbara, CA 93105
569-9693
Fax 569-9243

Programs & support for individuals with breast cancer.

**Cancer Information Center**

Marian Mission Hope Cancer Center

1325 Church Street
Santa Maria, CA 93454
219-HOPE (4673)
misisonhopecancercenter.com

Mission Hope Cancer Center is the only comprehensive state-of-art integrated oncology facility in the region, uniting oncology treatment, imaging, research, education and outreach services. Their caring oncology nurse navigators are available to guide patients through services which include cancer prevention, risk, biopsy, treatment and survivorship, supporting patients at no charge.

**Dental Services**

Medicare does not cover routine dental care such as x-rays, cleaning, filings, extractions, or dentures.

**Routine Dental Referral and Emergency Care**

**American Indian Health & Services**

4141 State St # B2-B5
Santa Barbara, CA 93110
696-1002

The Dental Clinic is staffed with five full-time dentists and a registered dental hygienist. The Clinic offers preventative and restorative care for adults and children. They accept Medi-Cal and Cen Cal for adults and children.

**Denti-Cal Dental Care Dentist Referral Services for those eligible for Medi-Cal**

1-800-322-6384

www.denti-cal.ca.gov

Current dental services include: exam and x-rays, cleanings, fluoride treatments, fillings, anterior root canals, prefabricated crowns, extractions, full dentures and other medically necessary services. There is an annual cap of $1,800 for eligible dental services. Approved dental services may exceed allowable amount with prior authorization. For most current benefit information, go to www.denti-cal.ca.gov and access the “What’s New” section on the website’s home page.

**Eastside Family Dental Clinic**

923 N. Milpas St
Santa Barbara, CA 93103
884-1998
Become an active participant in your good health.

Our Health Education Programs are designed with you in mind. All are taught by professionals, include take-home materials and are available on an ongoing basis. They are free of charge or low in cost and are open to the community.

For more information or to register online visit www.SansumClinic.org/Classes or call toll-free (866) 829-0909
Visit our Health Resource Center located at 215 Pesetas Lane

Informing + Empowering

We provide the full spectrum of services ranging from primary care to more than 30 specialties at our 22 patient care locations throughout Santa Barbara County. One of the many benefits of receiving care at Sansum Clinic is the coordination of medical services across all departments.

- More Than 30 Medical Specialties
- 22 Patient Care Locations Throughout Santa Barbara County
- New Medical & Outpatient Surgery Center and Eye Center in Santa Barbara
- Convenient Urgent Care Centers Open Evenings and Weekends
- Online Access to Your Electronic Health Record
- Health Education Programs and Health Resource Center
- Annual Flu Shot Program
- Community Health Screening Program

Programs include:

- Advance Directives
- Back Wellness
- Balance & Mobility Training
- Diabetes Education
- Dementia Caregivers Support
- Fibromyalgia Support & Education
- Healthier Living with Ongoing Health Conditions
- Heart Health
- Hip or Knee Replacement Seminar
- Lymphedema Education
- Medicare Information
- Neck & Posture Wellness
- Nutrition Navigator
- Oncology Patient Support Programs
- Pre-Diabetes
- Stop Smoking Help
- Stress Management
- WomenHeart Support Group

For more information or to register online visit www.SansumClinic.org/Classes or call toll-free (866) 829-0909
Visit our Health Resource Center located at 215 Pesetas Lane

Learn more at www.SansumClinic.org
1 (800) 4-SANSUM
1 (800) 472-6786
HEALTH SERVICES

Fax 884-1875  
www.sbclinics.org  
Goleta Neighborhood Dental Clinic  
164 Kinman Ave.  
Goleta, CA 93117  
617-7900  
www.sbclinics.org  
Clinics at both sites provide full services through Medi-Cal and a sliding fee scale. Emergency hours for people experiencing significant pain may walk into the Clinic site at 7:45 a.m. Monday through Saturday. Sponsored by the Santa Barbara Neighborhood Clinics.

Community Health Centers of the Central Coast Dental Clinics  
425 W. Central Ave., Ste 201  
Lompoc, CA 93436  
737-1169  
210N. Broadway  
Santa Maria, CA 93454  
347-1171  
1414 S. Miller St., Ste 8  
Santa Maria, CA 93454  
345-3702

People Helping People  
545 Alisol Rd.  
Solvang, CA 93463  
686-0295  
www.syvphp.org  
People Helping People has a service to help low income older adults afford dental care. The program will intake individuals who meet the low income guidelines. If approved, the individual then goes to a local dentist participating in the program to receive the dental care with a 50-60% discount. PHP will pay the dental provider for the services and will then establish a payment plan for the individual to pay back their program.

Santa Barbara - Ventura Dental Society  
1607 E. Thompson Blvd.  
Ventura, CA 93001  
648-7282  
Fax 648-5154  
www.sbvcds.org  
Santa Ynez Tribal Health  
90 Via Juana Lane  
Santa Ynez, CA 93460  
688-7070  
Fax 686-2060  
www.sythc.com  
Provides cleanings, x-rays, fluoride, extractions and root canals. Services are available on a sliding fee scale. Low income, uninsured, Medi-Cal and some private insurances are accepted.

Flu Shots and Vaccinations  
Flu shots and vaccinations are generally available during the October – November period. Call Senior Connection at 800-510-2020 for information about available clinics for flu shots.

Health Assessment & Health Promotion  
Santa Barbara Cottage Hospital Parish Nursing  
PO Box 689  
Santa Barbara, CA 93102  
563-8636  
Cottagehealth.org  
Provides health education and support within participating faith communities in south Santa Barbara County area.

Health Screening Fairs  
Fairs are sponsored by local hospitals and other health care facilities. Call the nearest facility for more information.

Hearing  
Since hearing loss may be related to a number of causes, it is good to begin with a visit to a licensed physician or a specialist in diseases of the ear for a thorough examination. An audiometric examination will be an important part of the procedure. In-depth audiological testing intended to evaluate the nature and degree of hearing loss is reimbursable by Medicare at 80% of the approved charges after the deductible has been met. Medicare does not cover hearing aids or routine hearing examinations directly related to the prescribing, fitting, or changing of hearing aids.

Medicare may cover hearing aid costs if a medical evaluation from a physician has been obtained, and if the need has been verified. Medi-Cal and some supplemental insurance policies will cover hearing testing by an audiologist and any medically necessary hearing aids. Check with a Cen Cal Health representative or with your supplemental insurance company.

Definitions  
Ear, Nose and Throat (ENT) physicians specialize in the care of these areas of the body. Otolaryngologist and otorhinolaryngologist are also technical terms for ENT physicians. Audiologists have advanced training in testing and evaluation of hearing. They can prescribe individual hearing aids. Some audiologists also fill prescriptions for hearing aids. Hearing Aid Company Representatives often offer free hearing tests; however, they are usually not audiologists.

Television Caption Decoding  
Many prime time television programs are now produced with closed captions. Closed caption is written dialogue that can be read on the TV screen by those with serious hearing loss. The device can be purchased locally and attached to a TV.

Independent Living Resource Center (ILRC)  
423 W. Victoria St.  
Santa Barbara, CA 93101  
963-0595 (V/TDD)  
Fax 963-1350  
327 E. Plaza, Suite 3A  
Santa Maria, CA 93454  
925-0015 (V/TDD)  
Fax 349-2416  
www.ilrc-trico.org  
ILRC provides many communication services for deaf and hearing impaired persons. These services include interpreter registry, document translation, and other services.
No/Low Cost Hearing Aids and Services

Ear of the Lion Foundation
A Lions Club program providing hearing aids which have been donated and reconditioned for use by those who need but cannot afford them.

For information on general information on Hearing Services, go to Lion’s Club International at http://www.lionsclubs.org/EN/how-we-serve/health/hearing-programs.php

Starkey Hearing Foundation
Hear Now Program
1-800-328-8602
www.hearnow@starkey.com
www.starkeyhearingfoundation.org
Hearing Aid Assistance may be available—call to discuss eligibility and request an application.

Other Hearing Resources
Stewart & Louisa MacDougall Eye Center
Santa Barbara Cottage Hospital
569-8264
2400 Bath Street
Santa Barbara, CA 93105
Cottagehealth.org
Hours: Mon 10:30 a.m. - 1:30 p.m.
and Thurs 2:00 - 5:00 p.m.

Other Resources
HELP-4-HEP (Hepatitis C Helpline)
1-877-435-7443
9am-7pm EST Mon-Fri

HIV InfoLine
273 Ninth Street
San Francisco, CA 94103
415-558-8669
1-800-822-7422
10am-4pm Mon-Fri PST
www.projectinform.org

National info line operated by Project Inform in San Francisco. Provides treatment and health care information to people living with HIV, their providers and support network.

Medical Board of California
Central Complaint Unit

2005 Evergreen St # 1200
Sacramento, CA 95815
800-633-2322
www.mbc.ca.gov

According to State law, licensed hearing aid dispensers must provide a specified warranty to customers covering the first thirty days from the purchase date. Hearing aid consumers should refer to their purchase contract to understand their rights. Complaints may be filed with this Board. To obtain a complaint form or to ask further questions, call the Hearing Aid Dispenser’s Examining Committee at: 800-633-2322.

Telephone Services
Deaf and Disabled Telecommunications Program is a service of the California Public Utilities Commission.

California Relay Service
Communicating with deaf and some hard-of-hearing people via a standard telephone can be difficult. Although many deaf and hard-of-hearing people have electronic telephone devices, referred to as TTY or TDD that allow them to type their messages to others with similar devices, few hearing households and businesses have the telephone equipment to communicate with those devices.

The California Relay Service addresses this need. Hearing callers trying to contact the deaf by telephone can call an operator who will assist with the call. The operator acts as a middleman in an otherwise normal telephone call. You talk to the operator, the operator types your dialogue, the call recipient reads the message and types a response and the operator reads the message to you. Using the system is simple.

To access a CRS operator, dial 711
English - 800-735-2929
Spanish - 800-855-3000

To reach a person who has TTY:
English - 800-735-2922
Spanish - 800-855-7200
Speech to Speech - 800-854-7784
www.ddtp.org

This resource has TTY assistance available in seven languages. For more information, go to the website

California Telephone Access Program (CTAP)
PO Box 30310
Stockton, CA 95213
1-800-806-1191
Fax 800-889-3974
TTY 800-806-4474

We are Caring for a Lifetime:
a Lifetime of Memories,
a Lifetime of Care,
a Lifetime of Love

You Have A Choice
Experience The Difference

Lompoc Skilled Nursing & Rehabilitation Center
1428 West North Avenue
Lompoc, California 93436
805-735-4010
www.lifegen.net/lompoc
Mon-Friday 7 Am to 6 PM
Saturday 9 AM-4 PM

Center in Santa Barbara
Located inside the Independent Living Resource Center
423 W. Victoria Street,
Santa Barbara, CA 93101
Voice Mail: 800-995-6831

CTAP offers specialized telephone equipment and network services at no cost to qualified California residents who have difficulty using the telephone. Eligibility includes being certified as having at least one of the following disabilities either temporarily or permanently: deaf/deafened, hard of hearing, cognitive loss, impaired mobility, blind/low vision, and speech impairment.

Tuberculosis Testing
Check with your Primary Care Provider, who should be able to provide TB testing upon request, or refer you to another resource for this service.

Urinary Incontinence
An involuntary loss of bladder control, urinary incontinence is estimated to affect more than 20 million Americans. Unfortunately, most people who experience incontinence are either unaware that anything can be done, or are too embarrassed to seek help.

Incontinence is not a disease. Most incontinence can be cured or greatly improved after proper diagnosis. Many treatments such as bladder training, medications, pelvic muscle exercises, surgery and outpatient procedures involving collagen injections, have been successful in restoring and enhancing bladder control.

Incontinence is a symptom with many causes, so it is important to seek treatment from a physician who specializes in treating incontinence. For more information on incontinence and/or reference to a specialist in your area, call the Bladder Control Hotline at 800-BLADDER (800-252-3337).

Cottage Rehabilitation Hospital
Keck Center for Outpatient Services
2415 De La Vina Street
Santa Barbara, CA 93105
569-8900 x82403
Cottagehealth.org/rehab

Provided by a licensed physical therapist, the program is an adjunct or alternative to medication or surgery. Services require an appointment and physician referral.

Tobacco Prevention Services
The importance of quitting smoking is well known. Counseling to quit smoking is available via telephone and with web-based resources.

California Smoker’s Hotline
English-800-662-8887 (NO BUTTS)
Spanish-800-456-6386 (NO FUME)

Other Resources
National Cancer Institute
1-877-44U-QUIT
www.TobaccoFreeCA.com
www.nobutts.org
Smokefree.gov
1-800-QUIT NOW

Stop Smoking Programs:
California Smokers Helpline
(1-800-NO-BUTTS)
Spanish: 1-800-456-6386

Specially trained counselors are available to provide free information and support by telephone.

Public Health Department
Santa Barbara
681-5407
www.tobacco@sbcphd.org

Information on support services is available.

If you are ready to quit, a Helpline counselor can set you up with a “how-to quit plan” that’s right for you. Your first call will be answered by an intake screener who will send you a packet of helpful information. The packet will contain a number you can call to arrange a consultation with a cessation counselor.

There are no community-based classes being offered in Santa Barbara County.

Tobacco Prevention Program
Smoking Cessation Program
Cottage Health
Toll free 1-855-CHS-WELL
1-855-247-9355

The Tobacco Prevention Settlement Program (TPSP) provides a variety of prevention, enforcement, and support services to the community. Goals are to prevent youth, and all non-smokers, from becoming tobacco users, to assist smokers in their efforts to quit, and to protect the public from the harmful effects of tobacco and secondhand smoke.

Tobacco related materials and trainings are available to the public.

For persons covered by Cen-Cal Health (Medi-Cal), the Program offers FDA-approved tobacco cessation products for their members:
• Nicotine Patches
• Nicotine Gum or Lozenges
• Nicotine Inhaler or nasal spray (with prior authorization)
• Bupropion SR (Zyban)
• Varenicline (Chantix)

Vision
Medicare is very specific about what it will and will not cover in the area of eye care and vision correction. Medicare does not cover routine testing directly related to the prescribing or fitting of eyeglasses, or the purchase of frames or lenses. Speak to an ophthalmologist or optometrist about conditions that are covered.

Medi-Cal and some supplemental insurance policies will cover vision testing and any medically necessary glasses. Check with a Cen-Cal Health Beneficiary Representative at your nearest County Social Services office or check with your insurance company.
**Personalized Physical Therapy & Exercise**  
in the comfort & convenience of your home!  

- Optimize rehabilitation after an injury, illness or surgery beyond what insurance covers  
- Optimize quality of life through strength, balance & mobility training  
- Private pay sessions allow for complete flexibility in scheduling frequency, length and duration of visits  
- Certified in effective exercise for Parkinson's  

**Call Josette for a consultation.**

Josette Fast, PT  
Owner, (fit'nis) physical therapy  
UCLA-trained  
Serving patients since 1980  

805.722.8035  
www.fitnisphysicaltherapy.com

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**Specialist Referral**

**EyeCare America**  
American Academy of Ophthalmology  
PO Box 429098  
San Francisco, CA 94142 -9098  
877-887-6327  
Fax 415-561-8567  

The Project is for seniors age 65 and older who are U.S. Citizens or Legal Residents and have no access to an ophthalmologist (i.e. through an HMO or other prepaid health plan such as armed forces or VA). The Program links a person with a local volunteer ophthalmologist who will provide a medical eye exam at no out-of-pocket cost and up to one year follow-up care for any condition diagnosed during the initial exam. There is also a Glaucoma Program for those who have not had an eye exam in 12 months or more and are at increased risk for glaucoma, determined by age, race and family history.

Eyeglasses, prescriptions, hospital services and fees of other medical professionals are not covered.

**Definitions**

**Ophthalmologist** - These are physicians (medical doctors) who also specialize in the diseases of the eye. In addition to vision exams, they can detect and treat other conditions of the eye. Santa Barbara County Medical Society makes referrals to ophthalmologists in Santa Barbara at 683-5333.

**Optometrists** - American Optometric Association – These specialists have advanced training in eye care but are not medical doctors. They provide comprehensive vision exams, including glaucoma testing, and fill prescriptions for eyeglasses and contact lenses. Members are listed in the Yellow Pages under “Optician.”

**Braille Institute of America**  
2031 De la Vina St.  
Santa Barbara, CA 93105  
682-6222  
Fax 687-6141  

www.brailleinstitute\santabarbara.org  
This organization serves Santa Barbara County and offers 60 classes for persons with limited vision in independent living skills, arts, crafts, music, technology and general education. The institute provides a consultant to demonstrate low vision aids (magnifiers) to individuals with a doctor’s referral. The Institute also has a library that provides a Talking Book service. Tape cassettes of books and records of magazines, along with the machines to play them, are available at the library. Machines are repaired on site. Reading materials can also be downloaded online at the Braille website. The Braille Institute provides counseling, mobility training, and use of assistance devices for visually impaired persons.

**Eye Clinic/County Health Clinic**

Santa Barbara  
681-5488  
Santa Maria  
346-7230  
Lompoc  
737-6400  
An ophthalmologist is available by appointment only and requires referral from a Primary Care Physician. Provide glaucoma, cataract and diabetic eye exams. Services are provided on a sliding fee scale.

**Independent Living Resource Center (ILRC)**

423 W. Victoria St.  
Santa Barbara, CA 93101  
963-0595 (V/TDD)  
Fax 963-1350  
327 E. Plaza Dr. #3A  
Santa Maria, CA 93454  
925-0015 (V/TDD)  
Fax 349-2416  

ILRC provides many services for visually impaired persons such as independent living skills training, help in finding funding for assistive devices, personal attendant care referral and placement, and much more.
for children and adults. Assists in paying for eye exams, eye glasses, vision related aids and eye surgery. One needs to request an application for eye services.

**Stewart & Louisa MacDougall Eye Center**  
Santa Barbara Cottage Hospital  
2400 Bath St.  
Santa Barbara, CA 93401  
569-8264  
Glaucoma testing.

**Vandenberg Village Lions Club**  
733-2898  
Funds available to assist Lompoc senior citizens with a vision exam and glasses.

**Vision Rehabilitation**  
As a result of a brain injury or stroke, one may need to improve visual skills necessary to perform activities of daily living, and vision rehabilitation may be needed. In consultation with a vision specialist, occupational therapists assist in retraining those who have impairment with visual motor skills and assist in modifying tasks and/or the environment to help adaptation for those with low vision.

**Keck Center for Outpatient Services**  
Cottage Rehabilitation Hospital  
569-8900  
By appointment.

**SHARP Disposal**  
Home generated sharps (‘sharps’) are needles, syringes with needles, and disposable lancets. Improper disposal of sharps is a health and safety threat. Sharps should be placed in approved collection containers- leak-proof, red containers constructed of rigid, thick-walled plastics with a biohazards label. Sharps containers can be purchased at many local pharmacies and through medical supply companies. Sharp containers should never be thrown away in the trash or recycle bins. Bring sharp containers to the collection sites listed below. Most accept sharp containers free of charge. Call for days and hours of operation.

**South County Locations**  
**County Health Care Center- Franklin**  
1136 E. Montecito St.  
Santa Barbara, CA 93101  
568-2099

**County Health Care Center- Carpinteria**  
931 Walnut Ave.  
Carpinteria, CA 93013  
560-1050

**North County Location**  
**City of Santa Maria Household Hazardous Waste Collection Facility**  
2065 E. Main St.  
Santa Maria, CA 93454  
925-0951 ext.7270

**Operation Medicine Cabinet**  
The Santa Barbara Sheriff’s Department and the County Public Works Department have installed secure drop-boxes at eight Sheriff’s Substations which allows residents to get rid of all types of unwanted and outdated medications, including prescription and over the counter drugs. Residents can drop off unwanted medications at the following Sheriff’s Substations:

- **Carpinteria**  
  5775 Carpinteria Ave.  
  684-4561

- **Goleta**  
  4434 Calle Real  
  681-4100

- **Isla Vista**  
  6504 Trigo Road  
  681-4179

- **Lompoc**  
  3500 Harris Grade  
  737-7737

- **Buellton**  
  140 West Highway 246  
  686-8150

- **Solvang**  
  1745 Mission Drive  
  686-5000

- **Santa Maria**  
  812-A West Foster Road  
  934-6150

**For more information**  
Resource Recovery and Waste Management Division of the Public Works Department 882-3615 www.lessismore.org

**Expected Producer Responsibility (Expired Meds Program)**  
Effective in mid to late 2017, as a result of a County Sponsored Ordinance, this EMP will go into effect in Santa Barbara County. This means that once the program is in place, pharmaceutical manufacturers MUST be responsible (at their cost) for taking back and properly disposing of, at their cost, any unused pharmaceuticals they sell here in Santa Barbara County. This means that In addition to the sites listed in the Operation Medicine Cabinet section, unused or outdated medications will be able to be disposed of either at pharmacies where they were purchased, at specified kiosk locations, or by a mail order process to be further defined. Additionally, there may be designated “take-back” events where medications can safely be turned over to proper authorities.
Home Evaluation
Perhaps you or someone you know has reached a point in life where living independently is not as easy as in the past. Assistance with housekeeping, shopping, or meal preparation may make all the difference in someone's ability to continue living comfortably at home.

There are professionals who are trained to assist you in deciding the kind of help you need and then connecting you with the appropriate resources. The agencies listed will make home visits to complete these assessments.

Coast Caregiver Resource Center (CCRC)
A Program of Cottage Rehabilitation
Hospital
2415 De la Vina Street
Santa Barbara, CA 93105
569-8950 Ext. 1
www.cottagehealth/services/rehabilitation/caregiverservices
CCRC offers county-wide assessment of families/friends caring for older adults. Offers specialized information, caregiver consultation, planning assistance, counseling, support groups and respite care for family caregivers.

Dignity Health Home Health
124 S. College
Santa Maria, CA 93454
739-3830
800-549-9609
425 W. Central Ave Suite 101
PO Box 597
Lompoc, CA 93438
736-7119
Fax 735-4016
www.marianmedicalcenter.org
Completes a home health assessment to determine if home care is needed and the level of care required (personal care or skilled nursing). Requires MD referral.

Santa Barbara Cottage Hospital Parish Nursing
PO Box 689
Santa Barbara, CA 93102
563-8636
Cottagehealth.org
Provides health education and support within participating faith communities and service organizations in south Santa Barbara County area.

Visiting Nurse & Hospice Care
Santa Barbara
512 E. Gutierrez St.
Santa Barbara, CA 93103
965-5555
Santa Ynez & Lompoc Valleys
2029 Village Lane
Solvang, California 93463
Santa Ynez
693-5555
Lompoc
735-4444
info@vnhcsb.org
www.vnhcsb.org
Serves Lompoc to South Santa Barbara County
Will assess home safety and the level of care you may need - skilled nursing, rehabilitation, hospice or personal care. Call directly or ask your doctor about services. In Home Assessment is generally free of charge.

Wilshire Home Health
1414 Miller St Ste R
Santa Maria, CA 93455
925-8694
Will assess home safety and the level of care you may need - skilled nursing, rehabilitation, hospice or personal care. Call directly or ask your doctor about services. Services Guadalupe, Santa Maria, Solvang, Buellton, Lompoc and Vandenberg Village.

Care Management
Care management services assist the frail elderly client to remain at home by developing and monitoring care plans to support safety and independence. Care managers work with family members and other professionals to provide access to health and social services and ensure coordinated delivery of services to the client.

Private Care Managers are available. Call Senior Connection at 800-510-2020 for referrals.

CenCal Health
4050 Calle Real
Santa Barbara, CA 93110
681-8260
Cencalhealth.org/providers/case-management
Service for CenCal Health members who have complex medical or behavioral health conditions, high psychosocial risk factors or need assistance navigating through the health care system and continuum of care. Website has a downloadable referral form.

Multipurpose Senior Service Program (MSSP)
A Program of Partners in Care Foundation
5951 Encina Road Ste. 200
Goleta, CA 93117
280-4490
www.picf.org
MSSP arranges services for a limited Medi-Medi population. Program qualifications: Age 65 or older, Medi-Cal recipient with appropriate aid code and no share of cost and Skilled Nursing Facility Certified.

Visiting Nurse & Hospice Care
Santa Barbara
512 E. Gutierrez St.
965-5555
Santa Ynez & Lompoc Valleys
2029 Village Lane
Solvang, California 93463
Santa Ynez
693-5555
Lompoc
735-4444
info@vnhcsb.org
www.vnhcsb.org
Visiting Nurse & Hospice Care offers Care Management services including assessment of needs, individualized care plans, coordination of services and ongoing monitoring to preserve independence at home. Sliding fee scale is available.

VN&HC administers with a County grant a short term case management program. Provides a free assessment and prepares a care plan by a R.N. 690-6203
Home Care
Home care for the elderly includes many types of medical services such as nursing care, therapy, home health aides, medical social workers and nutritionists.

Homemaker and personal care services such as meal preparation, housework, help with personal needs and shopping are also available.

“Hiring In-Home Help: A Practical Guide for Seniors and their Families” is a free booklet that can help you determine what is needed and how to go about hiring help in the home. It provides information about both hiring through an agency or hiring directly. Copies can be secured from the local senior center or by calling Senior Connection at 800-510-2020 or 928-2552 or online at www.centralcoastseniors.org.

Home Health Care
Home health agencies provide Skilled Nursing, Physical Therapy, Occupational Therapy, Speech Therapy and Home Health Aides as prescribed by a physician.

Home health agencies may be profit or nonprofit organizations. Some are hospital-based and serve as an outpatient extension for care needed at home after hospitalization. Others are free standing organizations. They must be licensed and certified by Medicare to entitle patients to receive benefits under Medicare and Medi-Cal. Medicare pays for home health services for patients when the following conditions are met:

1. In need of skilled nursing or therapy services
2. Medical status qualifies him or her as homebound, simply meaning it is taxing to get out or can’t get out without help. Patients are still considered homebound even if they go out for medical appointments.
3. A face-to-face encounter related to the primary reason for home health occurs 90 days prior or 30 days after the start of home health care.
4. The home health agency serving you is certified by Medicare.

Medicare benefits for the homebound patient are paid for under Part A (Hospital). Medi-Cal also pays for some home health services provided by certified home health agencies. Discuss the benefits with the home health agency that you call.

A patient’s physician may make suggestions about a particular agency. Discharge planning departments in hospitals can also help with referrals. Even if a hospital has its own home health agency, you are not obligated to utilize it. The choice is always yours. Look in the telephone directory Yellow Pages under “Home Health Services” for a listing of private agencies or telephone Senior Connection at 800-510-2020 or 928-2552. The Medicare.gov website also has a feature to compare Medicare certified home health agencies. This compari-
son include proprietary, non-profit and government sponsored agencies.

**Dignity Health Home Health**
124 S. College
Santa Maria, CA 93454
739-3830
800-549-6909
425 W. Central Ave Ste 101
PO Box 597
Lompoc, CA 93438
736-7119
Fax 735-4016

Provides skilled nursing care, including high-tech IV and complex wound care; home health aide personal and bath care; physical, occupational and speech therapies; medical social services and a comprehensive, certified Hospice program. All Home Care Services are Medicare certified and JCAHO certified.

**Visiting Nurse & Hospice Care**
512 E. Gutierrez St.
Santa Barbara, CA 93103
965-5555
Fax 568-5178
2029 Village Lane
Solvang, CA 93463
693-5555
Fax 693-5566
homehealth@vnhcsb.org
www.vnhcsb.org

VNHC is a full service home health and hospice agency providing skilled nursing, rehabilitation (PT,OT,ST), hospice care as well as personal care and care management services. On Call 24/7. VNHC accepts Medicare, Medi-Cal, private insurance and self-pay. Subsidized care is available.

**Wilshire Home Health**
1414 Miller St Ste R
Santa Maria, CA 93454
925-8694
277 South St. Suite W
San Luis Obispo, CA 93401
736-2124
782-8600
www.wilshirehomehealthcc.org

Wilshire Home Health is a Medicare & Medi-Cal Certified and CHAP accredited full service Home Health Agency that serves central and north Santa Barbara County. Provides skilled nursing, physical, occupational, speech therapies, home health aide and MSW services to qualified patients.

**Homemaker and Personal Care Services**
These services are considered non-medical services. Some of these services are performed by home health agencies while also providing medical care. If the patient is receiving skilled medical services covered by Medicare, limited personal care, such as bath care may also be covered during the Medicare treatment episode. Personal care services i.e. help with personal hygiene, dressing, and other personal needs such as feeding. Homemaker services i.e. meal preparation, light housework, laundry, grocery shopping and errands.

**OBSERVING** an aging loved one face daily health challenges can be confusing. When you’re at those crossroads you need peace of mind, to know that care and comfort are in your control. With day-to-day support when you need it, your loved one can thrive in the most comfortable surroundings – at home.

Whether you are seeking support for a few hours or 24 hours, Senior Planning Services is the experienced, professional and dependable solution you have been looking for.

**CALL US TODAY FOR CONSULTATION.**
(805) 966-3312
The following programs offer homemaker services at no or low cost to eligible seniors. Call for details.

**In-Home Supportive Services (IHSS)**
- 234 Camino del Remedio
  Santa Barbara, CA 93110
  681-4550
- 1100 W. Laurel Ave.
  Lompoc, CA 93436
  737-6020
- 2125 S. Centerpointe Pkwy
  Santa Maria, CA 93455
  346-8303

Provides household help and personal care to enable low income elderly or disabled persons to remain safely in their own homes.

If you receive SSI or Medi-Cal you may be eligible for IHSS if you need services to remain safely in your home. Other aged, blind or disabled persons who meet the SSI resource limits ($2,000 for an individual; $3,000 for a couple), but have income above the SSI limit may still be eligible for IHSS. If this is the case you may have a share-of-cost (SOC). For more information on share-of-cost please contact the local IHSS office, listed above.

**Personal Care & Homemaker Services**
- Programs of Visiting Nurse & Hospice Care
  512 E. Gutierrez St.
  Santa Barbara, CA 93103
  690-6202
  965-5555

**Santa Ynez & Lompoc Valleys**
- 2029 Village Lane
  Solvang, CA 93463

**Santa Ynez**
- 693-5555

**Lompoc**
- 735-4444

pcs-office@vnhcsb.org
www.vnhcsb.org

Personal Care Services (PCS) offers personal assistance at home, including bathing, dressing, cooking, light housekeeping and errands. Subsidized bath care and respite care are available. Free homemaker services available for eligible seniors 60 years of age or older with a donation requested.

**Senior Home Care Program**
- 528 S. Broadway
  Santa Maria, CA 93454
  925-9554

Homemakers provide homemaking and personal care services in the Santa Maria Valley (Orcutt, Guadalupe and Santa Maria). Free service - donation requested.

**Registry**
- Independent Living Resource Center (ILRC)
  423 W. Victoria St.
  Santa Barbara, CA 93101
  963-0595

ilrc-trico.org

ILRC serves all persons with disabilities. ILRC provides information and referrals, advocacy and systems change, peer support,

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**YOUR CHOICE FOR LOCAL HOME HEALTH SERVICES**

**Home Health. Inc.**

Physician-Directed Nursing and Rehabilitation.

- Medical Staff available 24/7.
- No delay in start of care.
- 100% covered through qualified medicare benefit.
- Locally owned & operated.

We have a growing list of specialty programs designed to give you a better quality of life. All our clinicians are professionally trained and certified in their field.

Serving the entire Central Coast from Paso Robles to Carpinteria.

Phone: (805) 543-2244 Fax: (805) 543-2224
4213 State St. Santa Barbara, CA 93110 centralcoasthomehealth.com
From a few hours a week to full time comprehensive care, the professionals at Home Instead ensure you have the assistance you need when you need it.

To us, it’s personal.

Serving All of Santa Barbara County

805.560.6995
homeinsteadsbc.com

HOME AND NURSING CARE

independent living skills instruction, personal assistance management training, communications access assistance, American Sign Language interpreting, housing assistance/home modification, employment assistance, assistive technology information and advocacy, access and barrier removal consultation, California Community Transitions Lead Organization.

In Home Care Network
304 W. Carmen Lane
Santa Maria, CA 93458
346-7602
866-313-1353
Fax 346-7601

Provides a listing of available caregivers for persons receiving IHSS countywide. Caregivers have been screened and all have first aid training. No walk-ins accepted.

Other In-Home Services

Center for Successful Aging
228 E. Anapamu St., Ste 208
Santa Barbara, CA 93101
898-8080
The Center for Successful Aging offers a free telephone reassurance service (Careline) 7 days a week to frail and elderly people who are isolated in their homes. A daily phone call is made to check on the senior’s welfare, remind them about daily chores and create a connection with them to the community. Call 898-8080 to enroll.

Jewish Family Services
524 Chapala
Santa Barbara, CA 93101
957-1116 Ext 115
Jewish Family Services provides advocacy, friendly visitor program, and referral sources for senior housing and caregiving services.”

Santa Barbara Village
P.O. Box 2191
Santa Barbara, CA 93120
729-5038
Info@sbvillage.org
Sbvillage.org
Santa Barbara Village is a nonprofit membership program where seniors and volunteers help one another age in place in Santa Barbara, Goleta and Carpinteria. Santa Barbara Village provides seniors aging in place with rides, volunteer help, technology support, grocery shopping, social events, and educational events.”

Real Help
A Program of Center for Successful Aging
228 Anapamu St., Ste 208
Santa Barbara, CA 93101
965-1531
Makes referrals to individuals willing to provide low-cost in-home support or care, overnight, housework, light cooking, limited personal care, minor home repairs,
greeting, driving or shopping to frail, ill, handicapped and convalescing seniors of limited to moderate income.

Hospice
Hospice focuses on maximizing the quality of life for the terminally ill patient and providing emotional support to the patient and family. Two models of hospice care are available. The first model provides hospice care under the Medicare benefit and are listed below under Certified Hospice programs. The second model is a volunteer based program that focuses on counseling and addresses the emotional and spiritual needs of the patient and family.

Certified Hospice
The philosophy of a certified hospice program is to provide the highest quality medical, psychological, emotional and spiritual care to individuals with a life threatening illness. The focus of certified hospice is pain and symptom control to alleviate suffering. This allows individuals to live as fully as possible, with the support of family and friends. Services are reimbursed by Medicare, Medi-Cal, and private insurance. Following are some of the benefits of a certified hospice program:

- hour on-call nursing service
- Intermittent nursing visits
- Management of pain and symptoms
- Personal care, i.e. bathing, shampooing
- Physical and other therapies
- Medical supplies
- Trained volunteers
- Spiritual and emotional support
- Respite care
- Medical equipment
- Bereavement support

**Hospice**
Dignity Health Hospice
124 S. College
Santa Maria, CA 93454
703-3830
800-549-9609
Serves northern Santa Barbara County and San Luis Obispo counties.

**Visiting Nurse & Hospice Care**
Santa Barbara
512 E. Gutierrez St.
Santa Barbara, CA 93103
965-5555

Santa Ynez & Lompoc Valleys
2029 Village Lane
Solvang, CA 93436

**Santa Ynez**
693-5555
Fax 693-5566

**Lompoc**
735-4444

**Help Starts with LivHOME**

Finding home care can be a challenging experience, but it doesn’t have to be. Families trust LivHOME to provide the highest level of care and support for a loved one.

• Personal Care
• Household Management
• Companionship
• Transportation

• Illness/Disability Care
• Care Coordination
• Senior Placement
• Crisis Intervention

Call (805) 395-4797 to speak with a Care Consultant.

LivHOME Connect is a tablet that connects you to the people and things that matter most.

• Seniors can check-in daily and tell us how they are feeling today.
• Seniors have unlimited face-to-face video call access to a licensed nurse at anytime.
• Helps manage chronic conditions with medication reminders and health surveys.

www.livhome.com
HCO #424700012
hospice@vnhcsb.org  
www.vnhcsb.org  
Serves Lompoc to South Santa Barbara County

**Wilshire Hospice**  
277 South Suite #R  
San Luis Obispo, CA 93401  
782-8608  
800-801-8019  
www.wilshirehospicecc.org  
Serves northern Santa Barbara County area (Santa Maria, Lompoc, Solvang and Santa Ynez Valley) and throughout San Luis Obispo County.

**In-Patient Hospice Services**  
For hospice patients whose needs cannot be met at home there are 2 inpatient hospice facilities.

**Sarah House**  
2612 Modoc Rd.  
PO Box 20031  
Santa Barbara, CA 93120  
682-1515  
office@sarahhousesb.org  
www.sarahhousesb.org  
Primary focus is to provide compassionate end-of-life care for the low income community.

**Visiting Nurse & Hospice Care**  
**Serenity House**  
930 Miramonte Drive  
Santa Barbara, CA 93109  
617-7777  
Fax 963-7864  
hospice@vnhcsb.org  
www.vnhcsb.org  
This inpatient hospice house has 18 private rooms in a serene and homelike setting.

**Volunteer Hospice Program**  
**Hospice of Santa Barbara, Inc.**  
2050 Alameda Padre Serra #100  
Santa Barbara, CA 93103  
563-8820  
www.hospiceofsantabarbara.org  
Hospice of Santa Barbara provides emotional and practical support for those with serious or life-threatening illnesses and their families; bereavement counseling for adults and children, workshops, and quality of life programs. Services are free.

**Respite Care**  
Respite is that time when someone is available to take over the care of a frail, elder in order to give the main “caregiver” some relief. Respite can be provided in the home or outside the home. A primary function of Adult Day Centers is to offer respite to caregivers. Hospice programs often provide respite care to the families of someone who is terminally ill (see above). Some home health and homemaker services offer respite care. Ask at your doctor’s office, your church, or call Senior Connection at 800-510-2020.

**In-Home Respite Care**  
**Alzheimer’s Association**  
1528 Chapala St. #204

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**It’s Your Choice...**  
**Choose Compassionate & Trusted Care**

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**Visiting Nurse & Hospice Care**  
There when you need us most  
Providing comprehensive, professional healthcare in your home since 1908  
805.965.5555  
www.vnhcsb.org
Visiting Nurse & Hospice Care  
512 E. Gutierrez St.  
Santa Barbara, CA 93103  
965-5555  
2029 Village Lane  
Solvang, CA 93463  
Santa Ynez  
693-5555  
Lompoc  
735-4444  
pcs-office@vnhcsb.org  
www.vnhsbc.org  
Serves Lompoc to South Santa Barbara County  
Provides respite care by experienced personal care attendants to families caring for frail elderly patients requiring heavy care or supervision. Subsidized respite care is available.

Adult Day Care Centers  
Adult Day Center refers to two separate kinds of programs that provide out of home services to physically or mentally impaired adults. Adult Day Care usually provides supervision, activities, meals, exercise and transportation to the site as well as providing counseling and time away from caregiving for the families. Community Based Adult Services (formerly known as Adult Day Health Care) also provides medical services and rehabilitative therapy for its clients. Both provide respite for caregivers.

Friendship Adult Day Care Center  
89 Eucalyptus Lane  
Santa Barbara, CA 93108  
820 N. Fairview Ave  
Goleta, CA 93117  
969-0859  
www.friendshipcentersb.org

Lompoc Valley Haven  
Adult Day Program  
502 N. 3rd St.  
Lompoc, CA 93436  
733-9459  
lompocvalleyhaven@gmail.com  
www.valleyhaven.org  
Valley Haven is a nonprofit social day program. Also provides no cost day program to eligible veterans.

Wisdom Center (CBAS)  
LifeSteps Foundation, Inc.  
1414 N. Broadway Ste. A  
Santa Maria, CA 93454  
349-9810  
354-5320  
www.lifestepsfoundation.org  
Provides services formerly provided by an Adult Day Health Care Center.

Seniors Living Alone

Emergency Response Systems
Seniors living alone and independently often feel concerned about how they might let others know if they should need assistance, or how they might communicate important health information in an emergency. Emergency response units are available throughout Santa Barbara County. These systems enable an individual to summon emergency assistance by means of a simple device worn around the neck or on the wrist. Senior Connection at 800-510-2020 for information about emergency response systems available from commercial companies.
Lompoc Valley Medical Center Hospital
LifeLine Service
1515 E. Ocean Ave.
Lompoc, Ca 93436
740-2842

Companions/Friendly Visitors
There are organizations in Santa Barbara County who will visit a frail, elderly person at home or in a nursing home.

Adventures in Caring Foundation
1528 Chapala St. #202
Santa Barbara, CA 93101
962-4500
www.adventuresincaring.org
Adventures in Caring: Student volunteers befriend the socially isolated elderly in local skilled nursing, assisted living, and memory care units, visiting on a weekly basis throughout the school year. The students are undergraduates who are pursuing careers in health care. They receive in-depth training in advanced listening skills, emotional intelligence, and how to make a heartfelt, meaningful connection with anyone, regardless of disability. No fee. Please call to request a visit for a friend or family member.

Community Partners in Caring
120 E. Jones St. Suite 123
Santa Maria, CA 93454
925-8000

1120 W. Ocean Ave. (Inside Lompoc Senior Center)
Lompoc, CA 93436
737-1976

164 W. Highway 246
Buellton, CA 93427
688-1100

www.partnersincaring.org

Trains and supervises volunteers who visit in the home and take people on errands and to appointments.

Jewish Family Services
524 Chapala St.
Santa Barbara, CA 93101
957-1116 Ext. 115
Volunteers are sometimes available to visit elderly in their homes or in a nursing home.

UCSB Associated Students
Community Affairs Board & Senior Friendship Program
UCen Room 2523
Santa Barbara, CA 93106-6081
893-4296
(closed during student vacations)

Students volunteer to visit elderly persons at home or to escort them to community events.

Other organizations which provide support to persons with particular diseases may offer in-home visitors. See Support Groups and call to inquire. Some churches also provide this service.

Out of Home Respite
Temporary respite care or permanent long-term care may become necessary when independent or assisted living is not possible.

When a person cannot continue to live in their own home, a decision must be made about the level of care which is the most appropriate. The following is a brief description of the two possible choices in Santa Barbara County.

Residential Care Facilities
Also known as “assisted living” or “board and care,” residential care facilities provide room and board, some personal care assistance, monitoring of medication taking, and social opportunities. They are for people who can no longer live at home, yet do not need professional nursing care. These facilities are licensed and monitored by the State Department of Social Services.

Skilled Nursing Facilities
Also known as “nursing homes” or “convalescent hospitals,” nursing facilities provide professional nursing services on a 24 hour basis as prescribed by the patient’s physician. In addition to medical nursing care, physical, occupational, and other therapies can be provided. These facilities are licensed by the State Department of Public Health.

Placement Assistance
Long Term Care Ombudsman Services
123 W. Gutierrez
Santa Barbara, CA 93101
120 E. Jones
Santa Maria, CA 93454
922-1236
Fax 922-1541
marco@fsacares.org
www.fsacares.org

Long-term Care Ombudsman Services provides information and assistance to persons who are

Quality care in your home.

- Personal care, homemaking, and more
- Services planned to meet your needs
- Staff carefully selected, bonded, and supervised
- Your satisfaction is guaranteed

CALL FOR A BROCHURE: 922-3644
736-8249
www.At-Home.com
1111 S. Broadway, Ste. 111
Santa Maria, CA 93454
514 No. “H” St.
Lompoc, CA 93436
Dept. of Soc. Services
Lic. No. 424700004

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making decisions about appropriate levels of care, available facilities, and other concerns having to do with placing a friend or family member. They can answer many questions that you may have about long-term care, provide you with a list of in-county facilities and/or out-of-county referrals, and advocate on behalf of residents of a long-term care facility.

Other sources of assistance for placement include hospital discharge planners for persons who are about to leave the hospital and home assessment case management programs if in-home evaluations are needed. An unregulated, unlicensed cottage industry has grown of businesses providing placement services for residential care facilities for the elderly. In addition, a listing of the residential care facilities and skilled nursing facilities is also available from Senior Connection at 1-800-510-2020.

**Problems with Residential Care/Skilled Nursing Care Facilities**

If there is a problem with the care someone is receiving in a residential care or skilled nursing facility, an attempt should be made first to resolve it with the facility’s administration. If the problem cannot be resolved, you can contact:

**Long-Term Care Ombudsman Services**

Ombudsman Services investigates and resolves, when possible, complaints made by or on behalf of residents in residential care or skilled nursing facilities. Ombudsman Services is also officially designated by the state to receive and investigate reports of abuse in long-term care facilities.

Licensing and certification reports are public information and available either through the state departments listed below or through Long-Term Care Ombudsman Services.

Complaints about long-term care facilities can also be directed to:

**State Dept. of Public Health Licensing and Certification**

District Office
1889 N. Rice Ave. #200
Oxnard, CA 93036
604-2926
800-547-8267
Fax 604-2997
www.cdph.ca.gov

Investigates complaints in skilled nursing facilities.

**State Department of Social Services Community Care Licensing**

Central Coast Division
Goleta Unit
6500 Hollister Ave Ste 200
Goleta, CA 93117
562-0400
Fax 685-1820

**Other Services**

**MedicAlert Safe Return**

**Alzheimer’s Association**

1528 Chapala St. #204
Santa Barbara, CA 93101
892-4259
800-272-3900 24-hour hotline
www.alz.org/cacentral

Alzheimer’s Association sponsors a nationwide, community-based program called Safe Return. The program helps identify, locate and return individuals who are memory impaired and become lost through wandering. An ID bracelet and registration in a national database offers a 24 hour toll free number to contact when an individual is lost or found.

**Project Lifesaver**

Contact: Tiffany Hampton
681-4179
TLA4304@SBSheriff.org
www.sbsheriff.org/projectlifesaver.html

Project Lifesaver serves patients with Alzheimer’s Disease, Dementia, Mental Dysfunction Disorders, Down’s Syndrome and Autism. Participants of the program are given wristbands with transmitters; in the event that a participant wanders or goes missing, trained Search and Rescue personnel are dispatched to use unique receivers and antennas to locate them.
Housing which is affordable, available and adequate is extremely limited in Santa Barbara County. There currently is a housing crisis in south Santa Barbara County with less than 1/2 percent vacancy rate. This makes finding housing very difficult for anyone but especially for individuals on low and extremely low incomes. The following section describes some of the programs designed to assist you with housing.

Low Cost Rentals

Federally Subsidized Housing

Housing Authorities develop and manage federally financed public housing projects and other below-market housing developments, and provide these units on a rental basis to eligible low income persons and families. There are two Housing Authorities located in Santa Barbara County: the Housing Authority of the City of Santa Barbara, and the Housing Authority of the County of Santa Barbara. It is important to apply for assistance with both agencies.

Both Housing Authorities also administer the Section 8 Housing Choice Voucher Program which provides rental subsidies to low income individuals and families.

Because the demand for subsidized housing is very high in Santa Barbara County, both the City and County Housing Authorities have long waiting lists and enrollment for certain programs is not always open. Contact each agency for specific details about their programs and waiting lists.

At the time of publication of this directory the City of Santa Barbara Housing Authority has closed waiting lists for section 8 and public housing but accepts application for senior housing. The County of Santa Barbara does not accept new applications for section 8 but individuals can apply for Public Housing (housing owned by the County Housing Authority).

Housing Authority of the City of Santa Barbara
808 Laguna Street
Santa Barbara, CA 93101
965-1071
www.hacsb.org

HACSB owns and/or manages several developments for low-income seniors within the City of Santa Barbara (including Presidio Springs, SHIFCO, Villa La Cumbre, El Patio and Vista la Cumbre).

Section 8 vouchers can be used to lease an apartment from a private landlord in the community.

Housing Authority of the County of Santa Barbara
5575 Armitos Avenue
Goleta, CA 93117
967-3402

817 W. Ocean Ave.
Lompoc, CA 93436
735-8351

200 W. Williams
Santa Maria, CA 93456
925-4393 or 922-0902
www.hasbarco.org

The Housing Authority of the County of Santa Barbara owns and manages low-income housing throughout Santa Barbara County. Call one of the offices listed above for details.

Other Federally Financed Housing

Pilgrim Terrace Cooperative Homes
649 Pilgrim Terrace Dr.
Santa Barbara, CA 93101
682-3618

Federally financed rental units for low-income seniors 62+ or disabled persons.

St. Vincent’s Villa Caridad Apartments
4202 Calle Real
Santa Barbara, CA 93110
683-4375

Federally financed rental units for low-income seniors 62+.

Union Plaza
120 N. Broadway
Santa Maria, CA 93454
922-5226
seniorsareus@aol.com

For the person 62+ or disabled over age 18 years. HUD Section VIII.

Private Non-Profit Housing

Castillo Homes
1028 B Castillo St.
Santa Barbara, CA 93101
965-9710

Community Housing Corporation (CHC)
11 E. Haley St.
Santa Barbara, CA 93101
963-9644
www.chcsb.com

This nonprofit developer aids in the construction of affordable housing.

The following private, nonprofit organizations offer housing for seniors at prices usually below market rates.

Battistone Foundation
Edgerly Apartments
1324 De La Vina St.
Santa Barbara, CA 93101
965-4541

Palm Tree Apartments
2111 De La Vina
Santa Barbara, CA 93105
569-0710

Quality, affordable, independent living for seniors 62 and older.

Laguna Cottages for Seniors
803 Laguna St.
Santa Barbara, CA 93101
965-1179

65+, two year county residents eligible

Oak Knoll Haven
4845 S. Bradley Rd.
Santa Maria, CA 93455
934-2027

62+ and disabled over 18 eligible

People’s Self-Help Housing Corporation
26 E. Victoria Street
Santa Barbara, CA 93101
962-5152

Rainbow Plaza
220 W. Pine Ave.
Lompoc, CA 93436
735-1952

Elderly (62+ and disabled eligible

Some for-profit residential corporations offer low-cost housing, a few accept Housing Authority Section VIII vouchers. The Yellow Pages of your telephone book, “Retirement and Life Care Communities and Homes,” will steer you in the right direction. Call each facility for specific information.

A listing of Independent Senior Facilities is available from Senior Connection at 800-510-2020.

Waiting List Tips

Many apartment projects, both subsidized and non-subsidized, have long waiting lists and sometimes waiting lists are closed for a while if they have grown so large that the waiting times would be unreasonable. Don’t be discouraged! If they will take your name, give it. Waiting lists sometimes move surprisingly fast. Being number 400 on a list doesn’t necessarily mean that there are actually 400 people ahead of you. Many people have already found a place to live, moved out of the area or are no longer interested in the apartment.

1. There is no limit to the number of waiting lists you can put your name on. It is best to sign up on several lists to increase your likelihood of receiving assistance.

2. Make sure that you keep the project informed of your current address and telephone number. One reason lists move quickly is that people cannot be reached easily when there is a vacancy.

3. Check back regularly, but don’t be a pest. Let them know you are still interested.

Other Financial Assistance

Alexander House Foundation
PO Box 23642
Santa Barbara, CA 93121
966-3665

Provides financial assistance for housing for the elderly, 65 and over, on a fixed income and at least a 10-year resident, who live between Carpinteria and Isla Vista in the Santa Barbara area.

Reverse Mortgages

A Reverse Mortgage allows you to borrow against the equity in your home to provide you with tax-free income. You continue to own your home and live in it for the life of your loan. You typically make no loan payments, as the Reverse Mortgage becomes due only when you sell your home or move out of it.

A Reverse Mortgage operates in an opposite manner from a conventional mortgage. With a conventional mortgage, your equity grows and your debt shrinks as you repay the lender. In a Reverse Mortgage, your equity shrinks and your debt grows as the lender pays you.

Money obtained from a Reverse Mortgage can be distributed in a number of ways:

- As a single lump sum of cash.
- As regular monthly payments.
- As a credit line that lets you decide how much and when to draw it.
- As a combination of these payment plans.

Why get one?

A Reverse Mortgage makes sense for some homeowners. It’s a way of cashing in on that hard-earned equity that you’ve been building over the years. It can provide you with the extra income you need.

Some homeowners use the money to repair or remodel their homes. Some spend it on traveling. Others use the money to pay off debts, medical expenses or home care. Some want a line of credit they can draw upon as needed for unplanned expenses or extras.

A Reverse Mortgage provides other advantages for some homeowners, including:

- You get to keep your home. As long as you abide by the loan requirements, you can never lose your home.
- You can never owe more than the value of your home. Although your debt grows larger the longer your loan lasts, it can never grow larger.
EMERGENCY SERVICES
CARES CRISIS TEAM 888-868-1649
Hospital Emergency Rooms
Dignity Health/Marian Regional Medical Center 739-3000
Goleta Valley Cottage Hospital 967-3411
Lompoc Valley Medical Center 737-3300
Santa Barbara Cottage Hospital 682-7111
Santa Ynez Valley Cottage Hospital 688-6431
Adult Protective Services (APS) Santa Barbara - Santa Maria - Lompoc 1-844-751-6729
Victims of Violence
North County Rape Crisis & Child Protection Center Lompoc 24-hour Hotline 736-7273, Office 736-8535
Santa Maria 24-hour Hotline 928-3554, Office 922-2994
Long Term Care Ombudsman 922-1236, 965-1001 ext.244
Santa Barbara Rape Crisis Center 963-6832, 24-hour Hotline 564-3696
Domestic Violence Solutions
County-wide Office 963-4458
Santa Barbara 24-hour Hotline 964-5245
Santa Maria 24-hour Hotline 925-2160
Lompoc 24-hour Hotline 736-0965
Santa Ynez Valley 24-hour Hotline 686-4390
Victim Witness Assistance Program
Santa Barbara 568-2400, Toll Free (855) 840-3232
Santa Maria 346-7529, Toll Free (855) 840-3233
Lompoc 737-7910
Emergency Assistance
American Red Cross of the Pacific Coast 687-1331
Path Santa Barbara 884-8481
Catholic Charities
Santa Barbara 965-7045
Lompoc 736-6226
Santa Maria 922-2059
 Carpinteria 684-8621
Community Action Commission/Energy Services 964-8857
Department of Social Services, Santa Barbara County
Santa Barbara 681-4401
Lompoc 737-7080
Santa Maria 346-7135
Good Samaritan Shelter Bridgehouse Emergency Shelter 735-4390, 347-3338 x101
Marks House Transitional Shelter 735-9980
Salvation Army 962-6281, 349-2421
Santa Ynez Valley People Helping People 686-0295
California Poison Control System Hotline 24-hour Hotline: 800-222-1222
Friendship Line 800-971-0016
National Suicide Prevention Lifeline 800-273-TALK (8255)
ALCOHOL/DRUG/MEDICATION MANAGEMENT
Santa Barbara Cottage Hospital 569-7434
Santa Barbara Council on Alcoholism and Drug Abuse 963-1433, 308-8547
Elements Counseling Group 349-2255
Family Services Agency
Santa Barbara 965-1001
Lompoc 735-4576
Santa Maria 925-1100
 Carpinteria 566-1619
Good Samaritan/Recovery Point 346-8185
 Zona Seca 963-8961
Central Coast Headway
Santa Maria 922-2106
Lompoc 737-0015
CIVIC/COMMUNITY/CONSUMER
Adult & Aging Network 81-4678
AARP 866-448-3614 (toll free), 800-424-3410 National
Area Agency on Aging (AAA) 925-9554, 965-3288, 800-510-2020
California Commission on Aging 916-419-7591
California Retired Teachers Association Sacramento 916-923-2200
Santa Barbara 687-9678
Division 17 922-1629
Senior Assemblyman-SB County, Martin Tucker 969-0760
Senior Senator, Garilee Cave 801-4103
Congress of California Seniors 916-442-4474, 800-543-3352
National Association of Retired Federal Employees, District IX
Santa Maria, Santa Ynez Valley 934-5986
Lompoc 598-9055, 268-2199
Santa Barbara Village 729-8828
Family Services Agency 965-1001
League of Women Voters Santa Barbara 965-2422
National Asian Pacific Center on Aging 213-365-9005
Pacific Pride Foundation
Santa Barbara 963-3636 ext.117
Santa Maria 349-9947
People Helping People 686-0295
Filipino Community Center 928-0392
Jewish Family Services 957-1116
La Casa de la Raza 965-8581
Consumer Complaints & Information
Conflict Solution Center
Santa Barbara 963-6765 x5
Santa Maria 349-8943
Fair Housing Enforcement Program 564-5461
Rental Housing Mediation Program 564-5420
Golden State Mobile Home Owners League 800-888-1727
Santa Barbara 895-8319
Mobile Home Ombudsman 800-952-5275
Better Business Bureau of the Tri-Counties 963-8657
Consumer and Environmental Protection Unit 346-7540
Bureau of Department of Motor Vehicles (DMV) 654-4711
Mobile Home Registration - Titling 800-952-8356
State Dept. of Consumer Affairs 916-445-1254, 800-952-5210
Santa Barbara County 2017-2019
Senior Resource Directory
Your comprehensive guide to services for senior citizens and caregivers
Contractor State License Board 800-321-2752 (CSLB), 916-255-3273
Bureau of Automotive Repairs 800-952-5210
Dental Board of California 916-263-2300, 877-729-7789
Medical Board of California 916-263-2382, 800-633-2322
Health Insurance Counseling and Advocacy Program (HICAP) 928-5660
Community Care Licensing Division 562-0400
State Dept. of Public Health 604-2926, 800-547-8267
Consumer Financial Protection Bureau (CFPB) 855-411-CFPB (2372)
Community Care Licensing Division 562-0400
State Dept. of Public Health 604-2926, 800-547-8267
Consumer Financial Protection Bureau (CFPB) 855-411-CFPB (2372)

EDUCATION
Road Scholar 1-800-454-5768
Allan Hancock College Community Education 922-6966, Ext. 3209
Santa Barbara City College Center for Lifelong Learning 687-0812
Central Coast Literacy Council 925-0951, Ext. 837
SBCC Adult Education Adult Literacy Program 683-9260
Sansum Clinic Health Resource Center 681-7672, 800-281-4425 x7672

ELDER ABUSE & CRIME
Adult Protective Services Hotline 1-844-751-6729
District Attorney’s Office Vulnerable Victim Prosecution Unit
Santa Barbara 568-2300
Santa Maria 346-7540

EMPLOYMENT
One Stop Career Centers
Santa Barbara 568-1296
Santa Maria 614-1550
Department of Rehabilitation
Santa Barbara 928-1891
Santa Maria 560-8130
Women’s Economic Ventures
Santa Barbara 965-6073
Santa Maria, 456-2319
Senior Community Service Employment Program 240-7771
Employment Development Department (EDD)
Santa Barbara 568-1296
Santa Maria 348-3230
Americans with Disabilities Act (ADA) Information Line
San Diego 800-514-0301

END OF LIFE
Alliance for Living and Dying Well 845-5314
Sansum Clinic Advance Directive Workshop 866-829-0909
Cemetery and Funeral Bureau 916-574-7870
Federal Trade Commission 877-FTC-HELP, 866-653-4261 TDD
Funeral Consumers Alliance 888-737-3911
Organ Donation 800-786-4077
UCAL Medical Center 310-794-0372
University of Tennessee’s Forensic Anthropology Center 865-974-4408
Science Care 800-417-3747
Life Legacy 888-774-4438

FINANCIAL ASSISTANCE
Social Security Administration 800-772-1213
Social Security Offices
Santa Barbara Office 800-772-1213 or 866-695-6285
Santa Maria Office 800-772-1213 or 866-331-2316
Department of Social Services Santa Barbara County
Santa Barbara 681-4401
Lompoc 737-7080
Santa Maria 346-7135
Department of Veteran’s Affairs 683-1491 x494, 800-827-1000
SB Veteran’s Service Offices
Santa Barbara 681-4500
Lompoc 737-7900
Santa Maria 346-7160
Catholic Charities
Santa Barbara 965-7045
Lompoc 736-6226
Santa Maria 922-2059
Surepath 800-432-7310
Franchise Tax Board 800-852-5711, 800-735-2929 TDD
AARP Tax Aide Program 888-OUR-AARP (888-687-2277)
Internal Revenue Service 800-829-1040, 800-829-4059 (TDD)

FOOD & NUTRITION
Meals
Community Action Commission Nutrition Sites
Atkinson Center 925-3010 for reservations
Carpinteria Senior Center 684-6090 for reservations
Central Kitchen 692-4979 for reservations
Elwin Mussell Senior Center 925-3010 for reservations
Franklin Center 692-4979 for reservations
Goleta Senior Center 692-4979 for reservations
Guadalupe Senior Nutrition Program 925-3010 for reservations
L. L. Davis Community Center 692-4979 for reservations
Lompoc Senior Nutrition Center 310-1557 for reservations
Lompoc Senior Nutrition Center 925-3010 for reservations
Presidio Springs 692-4979 for reservations
Union Plaza 925-3010 for reservations
Villa Caridad 692-4979 for reservations
Buellton Senior Center 688-4571
Cliff Drive Senior Luncheon 965-4286
Martha’s Meals 922-3575
Solvang Senior Center 688-3793
Community Action Commission “Healthy At Home”
South County 692-4979
North County 925-3010
Meals-on-Wheels
Lompoc 736-3257
Santa Maria 938-1200
Santa Barbara 683-1565
Santa Ynez Valley 350-8478
Santa Maria Wisdom Center 354-5320, 349-9810
Food for the Heart 334-5292
Organic Soup Kitchen 284-3552
Brown Bag Program
Santa Barbara 967-5741
Santa Maria 937-3422 x107
Food Bank of Santa Barbara County
Santa Maria 937-3422
Santa Barbara 967-5741
Santa Ynez Valley People Helping People 686-0295
Unity Shoppe 965-4122
CalFresh
Santa Barbara 681-4401
Lompoc 737-7080
Santa Maria 346-7135

HEALTH SERVICES
Santa Barbara County Health Care Services
Carpinteria 560-1050
Franklin Center 568-2099
Lompoc 737-6400
Santa Barbara 681-5488
Santa Maria 346-8410
Santa Barbara Neighborhood Clinics
Eastside Neighborhood Clinic 963-1641
Goleta Neighborhood Clinic 617-7878
Isla Vista Neighborhood Clinic 968-1511
Westside Neighborhood Medical Clinic 963-1546
American Indian Health & Services 681-7336
Pacific Central Coast Health Centers
Marian Community Clinic 739-3890
Family Medicine Center 739-3561
Santa Maria 735-4292

Catholic Charities
Santa Barbara 965-7045
Lompoc 736-6226
Santa Maria 922-2059
Surepath 800-432-7310
Franchise Tax Board 800-852-5711, 800-735-2929 TDD
AARP Tax Aide Program 888-OUR-AARP (888-687-2277)
Internal Revenue Service 800-829-1040, 800-829-4059 (TDD)
Welcome to Senior Living in Carpinteria

Welcome to a "Great Life." That's what GranVida will provide for seniors and their families who live along the Central California Coast.

As Carpinteria's only senior living and memory care community, GranVida fits perfectly into local community life. It just feels like home.

For more information or to schedule your personal appointment, please call 805.881.3670.

GranVidaSeniorLiving.com
5464 Carpinteria Ave., Carpinteria, CA 93013
RCFE# 306005251
EQUAL HOUSING OPPORTUNITY

NOW OPEN

Welcome to Senior Living in Carpinteria

Welcome to a “Great Life.”

That’s what GranVida will provide for seniors and their families who live along the Central California Coast.

As Carpinteria’s only senior living and memory care community, GranVida fits perfectly into local community life. It just feels like home.

For more information or to schedule your personal appointment, please call 805.881.3670.

GranVida
Senior Living + Memory Care
Small town. Great life.

A Reverse Mortgage is not right for everyone. It can have significant disadvantages for some homeowners. These disadvantages need to be carefully weighed against the advantages. Some reasons NOT to get a Reverse Mortgage include:

- It is more complicated than conventional mortgages and often not well understood, even by loan and legal professionals.
- It could have adverse tax consequences for some homeowners.
- These are very expensive loans and consumers need to be aware of all the costs. Cost for these loans typically include upfront fees (origination and closing costs), monthly account maintenance fees and interest on the principle (which compounds). It could be an expensive loan if you end up defaulting on the loan or need to move too soon (within a few years of the loan’s closing.)
- It could affect your eligibility for public assistance.
- It could have a negative impact on the estate your heirs will inherit.
- Other solutions may be available and cost much less.

How to decide?
The best way to decide if a Reverse Mortgage is right for you is to consult a Reverse Mortgage professional. The U.S. Department of Housing and Urban Development (HUD) can help you find a HUD-approved Reverse Mortgage counselor that you should consult BEFORE you contact a lender. This is so important that most lenders will require that you have a certificate showing that you have consulted with a counselor before they will approve your loan!

HUD-approved Reverse Mortgage counselors in California are with the SurePath Financial Solutions (formerly CCCS) at 877-615-7873 (SURE). If you cannot locate a counselor within driving distance, you can consult one by phone.

Not all counselors are equally knowledgeable, so it’s a good idea to ask them how long they have been doing Reverse Mortgage counseling and how many clients they have worked with. Often this counseling is free of charge, but sometimes a small fee is required (usually around $75). However, what you learn from this service is, as the saying goes, “priceless.”

A good counselor will…

- Be unbiased, independent, and protect your privacy.
- Disclose all your options and help you decide what is right for you. There will be no pressure to apply for a Reverse Mortgage.
- Give you a “Personal Reverse Mortgage Analysis,” and a written comparison of all the Reverse Mortgage programs available in your area.
- Provide you with a “HUD Certificate of HECM Counseling,” which some lenders will require before giving you a Reverse Mortgage.

Other Helpful Resources
As you are thinking about whether a Reverse Mortgage is right for you, here are additional sources of information.

AARP Foundation's Reverse Mortgage Education Project
601 E Street N W, Suite A1-200
Washington, DC 20049
800-209-8085
www.hecmresources.org

AARP also publishes a free consumer’s guide on Reverse Mortgages called “Home Made Money.” This book can be read online or printed.

Consumers Union, West Coast Regional Office
1535 Mission Street
San Francisco, CA 94103
1-415-431-6747
Ultimately, it’s your experience that matters.

To be sure we’re proud of our 28 years of experience in senior living. But, to us, what really matters is your experience at our communities. We invite you to experience Maravilla for yourself at a complimentary lunch and tour. Please call now to schedule.

MARAVILLA
INDEPENDENT & ASSISTED LIVING
MEMORY CARE

5486 Calle Real • Santa Barbara
805.284.9861
SRGseniorliving.com

implications of Reverse Mortgages on Seniors in California.”

U.S. Department of Housing and Urban Development (HUD)
Housing Counseling Clearing House
Washington, DC 20410-8000
800-569-4287
www.hud.gov

These websites include information about HECM and other senior housing issues. They also list HUD-approved counselors and lenders.

Retirement Residences - Not For Profit
Friendship Manor
6647 El Colegio Rd.
Isla Vista, CA 93117
968-0771
Fax 968-2182
www.friendship-manor.org

Nonprofit residence offering meals, activities, transportation and housekeeping service, 62+.

Garden Court
1116 De La Vina
Santa Barbara, CA 93101
884-0095
info@gardencourt.org
www.gardencourt.org

Residential Care Facilities for the Elderly
Residential Care Facilities for the Elderly provide care and supervision as well as meals and housekeeping. There are over 130 RCFE’s in the County. Go to www.cclsd.ca.gov for a complete listing. Or contact the Long Term Care Ombudsman at 922-1236 for a complete listing. Both provide listings free of charge.

Placement Agencies
Businesses that refer a person or family member to a residential care facility for the elderly. This is a new business model that is currently unregulated in the State of California. Caution is suggested. Here are some questions to ask a referral agency:

- Do you receive a fee, commission or any payment if a person you refer decides to move into a RCFE?
- Describe any agreement or contract you have with any referrals?
- Do you have any conflict of interest in any of the referrals you present?
- Do you provide a copy of recent licensing or monitoring visits by State Community Care Licensing?
- Does the referred facility meet the required licensing standards?
- What is the contact information for the long term care ombudsman program?
- Do you have liability insurance coverage? If so, in what amount?
- When was the last time you visited this facility in person?

Shared Housing
Home sharing by two or more people is becoming increasingly practical. In the absence of programs which offer this service, what follows are some tips on finding a shared housing situation. Some assisted and independent living communities offer this as well.

Tips on Shared Housing
1. Spread the word among your friends that you are looking for a roommate or a room in someone’s house. It’s possible that they know of someone who can help you.
2. Look in the classified ads in your local newspaper under “Roommates” or “Situation Wanted.” People are sometimes willing to exchange services such as cooking and cleaning for rent.
3. If you choose to advertise for a roommate, it is wise to rent a PO Box for replies from prospective roommates. Ask for references and check them.
4. Be clear with applicants about what life styles and behavior are acceptable to you. You may
consider drawing up a contract specifying such practical matters as when the rent is due, cleaning deposit information, etc. If you are exchanging services for rent, outline in writing what services you expect.

5. Talk to assisted and independent communities and see if they may have this option.

The housing offices at the colleges sometimes have students, faculty or staff who are offering a service in exchange for rent. Occasionally a student looking for long-term housing prefers living with a senior citizen for a stable and quiet atmosphere.

Santa Barbara City College (SBCC)
721 Cliff Drive
Santa Barbara, CA 93109
965-0581, x2262
www.sbcc.edu

University of California, Santa Barbara (UCSB)
Community Housing
University Center, R, 3151
Santa Barbara, CA 93106
893-4371
Fax 893-4375

Westmont College
Housing Office
955 La Paz Road
Santa Barbara, CA 93108
565-6037 office
housing@westmont.edu
www.westmont.edu

Discrimination
A landlord, manager or real estate agent cannot refuse to rent, sell or negotiate with a potential tenant because of age, race, sex, national origin, religion, marital status, sexual orientation, physical disability or the presence of children in the family. File complaints or inquire about your rights with one of the following agencies:

Fair Employment and Housing Dept.
Housing: 800-884-1684
TTY: 800-700-2320
www.dfeh.ca.gov

Investigates discrimination complaints on the basis of race, color, sex, national origin, marital status, creed, and/or handicap regarding housing, employment or accommodation.

Legal Aid Foundation of Santa Barbara County
Senior Citizens Law Center
201 S. Miller Suite 209
Santa Maria, CA 93454
922-9909
604 E. Ocean Ave. Suite B
Lompoc, CA 93436
736-6582
301 E. Canon Perdido
Santa Barbara, CA 93101
963-6754
www.lafsbc.org

Provides legal assistance to senior citizens of Santa Barbara County on a case by case basis with housing concerns.

Tenant/Landlord Mediation
For other Tenant/Landlord Problems the following agencies have trained staff available to provide you with current information and tenant/landlord counseling, their services may also include conciliation, mediation and/or arbitration. Conciliation means limited intervention by telephone or mail. Mediation is a process in which a voluntary agreement is reached with the assistance of a neutral third party. Arbitration is a hearing conducted by a neutral third party who hears both sides and then issues a decision.

CA Rural Legal Assistance
22 N. Milpas Suite F
Santa Barbara, CA 93101
963-5982
2050 “G” South Broadway
Santa Maria, CA 93454
922-4563
www.crla.org

Provides services that relate to unlawful detainer defense, substandard housing and tenant rights.

Rental Housing Mediation Task Force
630 Garden St. 2nd Floor
Santa Barbara, CA 93101
564-5420
www.santabarbaraca.gov

The Task Force program purposes are to provide information on the
California Rules and Regulations pertaining to Landlord/Tenant rights and responsibilities to parties in residential rental housing, and to provide an inexpensive and effective means to resolve rental housing disputes for Santa Barbara city residents without resorting to the State justice system.

Home Repair
Community Action Partnership of SLO County
1030 Southwood Dr.
San Luis Obispo, CA 93401
541-4122
800-495-0501
www.capslo.org
Provides home repair, weatherization services in Santa Maria Valley. No fees; donations only.

Habitat for Humanity
2039 Preisker Ln
Santa Maria, CA 93454
928-5399
6860 Cortona Dr.
Goleta, CA 93117
692-2226
Can provide volunteer assistance for minor home repairs. No fees;

Utilities
If you are ever in danger of having your source of energy cut off because you are unable to pay your bill, it is best to call the billing dept. of the particular utility company before you are cut off and explain your situation. In many, they are amenable to working out a payment plan.

Catholic Charities
609 E. Haley Street
Santa Barbara, CA 93103
965-7045
www.CatholicCharitiesLA.org
Catholic Charities provides utility assistance to low-income clients through their Gas Assistance Fund (GAF), Energy Assistance Fund (EAF), and utility assistance through FEMA when available.

Community Action Commission/Energy Services
5638 Hollister Ave., Rm. 301
Goleta, CA 93117
964-8857
617-2897
HEAP 800-655-0617
www.cacsb.com
CAC has a weatherization program and provides utility assistance through the Home Energy Assistance Program (HEAP). HEAP can provide for eligible persons a once a year payment to one energy account. HEAP does not provide crisis services; time to process applications is 4 months.

Pacific Gas & Electric
866-743-2273
www.pge.com
Has CARE REACH and Medical Baseline Program for those qualified. Call for information and application.

City of Santa Barbara City Hall
Finance Department
735 Anacapa St
Santa Barbara, CA 93101
564-5346
Fax 897-1978
www.santabarbaracagov
Santa Barbara County
Tax Collector’s Office
105 E. Anapamu St., #109
Santa Barbara, CA 93101
568-2920
Fax 568-2488
Southern California Gas Company
800-427-2200
800-342-4545 (Spanish)
www.socalgas.com/residential/assistance
Has a CARE Program which provides a 20% reduction in monthly bill for those eligible. Application must be completed. Provides energy efficient home

Memory Care with Compassion
Our memory care community at Merrill Gardens at Santa Maria offers a homelike setting, individualized care and life enhancement activities that focus on culture, life history and ability of residents.

Call today to schedule your personal visit.
(805) 863-9290
1220 Suey Road
Santa Maria, CA 93454
merrillgardens.com
improvements to help with energy usage if qualified. May include repair and replacement of faulty furnaces (800-331-7593.) Has a Medical Baseline Program which files application. Also has service establishment discount program if eligible.

Will light pilot lights and help with home appliances.

**Southern California Edison**
800-447-6620 x2 CARE  
www.sce.com  
Has several programs for people who qualify. Relamping Program; Refrigerator Replacement Program; Evaporator Cooler Program.

**Cable Television Discounts**
Senior discounts for those 65+ and low income are available for basic cable services.

**Comcast Cable Co.**  
32323 Thompson Way  
Santa Maria, CA 93455  
800-comcast  
226-2278  
646 North H St.  
Lompoc, CA 93436  
800-comcast  
226-2278  
646 North H St.  
Lompoc, CA 93436  
683-6651  
www.cox.com  
Provides info about discount. Application is provided and then sent to SB City officials for review. If approved, the discount is provided.

**Toilet Replacement Rebates**

**City of Lompoc**  
100 Civic Center Plaza  
Lompoc, CA 93436  
875-8298  
City will rebate up to $103. per toilet to change old 3.5 + gallon per flush toilet to 1.28 gallon per flush toilet.

**City of Lompoc Utility Conservation**  
100 Civic Center Plaza  
Lompoc, CA 93438-8001  
875-8298  
The City has a variety of programs to reduce the utility bill, such as LED Holiday lights, Solar PV rebate, Electric rate Assistance program, and refrigerator replacement rebate.

**Foreclosure Education**

**Hope Now**  
Neighbor Works Home Ownership Center  
888-995-HOPE  
Provides counseling, lending services and preservation of homeownership. Assists homeowners in finding solutions to foreclosure.

**Foreclosure Fraud**

**Avoiding Mortgage Fraud**
Mortgage fraud is becoming increasingly common. Scam artists often target homeowners struggling to meet their mortgage commitments or anxious to sell their homes.

There is help available when facing financial problems or foreclosure, but make sure you are dealing with a reputable organization before getting involved. To protect your home and home equity and avoid falling victim to fraudulent schemes, recognize and understand the signs of mortgage fraud. Know how to report fraud to state and federal authorities so they can stop scam artists from preying on innocent borrowers.

If you are facing financial difficulties that are making it difficult to pay your mortgage, or if you feel you might be falling prey to a fraudulent scheme, the best solution is to talk to your lender or a reputable counselor. Also, be wary of individuals who promise to rescue you from financial difficulty or possible foreclosure.

**Foreclosure Rescue Scheme**
If you have fallen behind on your mortgage payments, this may seem like an attractive solution - but beware. A foreclosure rescue scheme often begins with a scam artist offering a promise to pay off your delinquent mortgage, allowing you to stay in the home as a renter with the option to purchase the home back when your financial situation improves. But what really happens is a series of steps designed to cash out the equity in the home and disappear.

- As part of the "rescue," the homeowner will be required to deed the property to a new borrower who is often "investing" in a rental property, but who is really part of the scam.
We offer the finest independent living. Enjoy carefree, maintenance free living in a beautiful country setting. All single story homes • Home cooked meals • Fun monthly activities.

CALL FOR A TOUR TODAY!
805-937-2021

HUMMEL VILLAGE
4468 Hummel Drive, #106, Orcutt
office@hummelvillage.com • www.humelvillage.com

The proceeds of the sale pay off the delinquent loan and the new borrower removes all the equity in the house, never to be seen again.

The distressed homeowner is now merely a renter in a home they no longer own, unaware that the new borrower is not making payments.

When the new borrower defaults on the loan, the homeowner is evicted from the home – they have lost the house and all the equity in it.

Scam artists are very crafty and will often vary the scheme depending on the homeowner they are talking to, so be cautious. Some warning signs that a scam artist may be trying to set you up as a victim of a foreclosure rescue scheme include:

- Being approached by a stranger with an unsolicited "rescue" offer.
- Receiving an unsolicited call, mail or flyer about "foreclosure rescue" or saving your home.
- Participating in a complicated deal that you don’t fully understand.
- Signing documents that have blanks or false statements. Regardless of what you are told, this is never okay.

The best solution when you face financial difficulties that may endanger your home is always to talk to your lender or a reputable counselor.

**Illegal Flipping**

Flipping is a legitimate practice where an investor purchases a property in need of repairs or upgrades, makes the necessary changes to the property in a very short amount of time and sells the home for a profit. We’ve all seen the TV shows about flipping and they’re fun to watch. But there are scam artists who use flipping to make money illegally.

Often times, the scam artist will offer much more than the asking price of a home with a stipulation that the “surplus” amount over the asking price is given back to the borrower at closing. At closing, the inflated value of the home will be attributed to home improvements that were never made. The scam artist will pocket that and default on the loan.

As a homeowner, especially one whose house has been on the market a long time, this may seem like an attractive deal but remember – falsifying documents is fraud.

**Reporting Mortgage Fraud**

If you suspect that you have been a victim of mortgage fraud or are aware of a possible scam, you can report it by calling the Mortgage Fraud Hotline 1-800-4Fraud8 (1-800-437-2838).

**Safe RV Parking Program**

Due to the alarming increase in vehicle dwellers in south Santa Barbara County, coupled with the crackdown on overnight parking enacted by the City of Santa Barbara, New Beginnings currently operates a program to provide safe overnight parking for individuals and families who find themselves living in their vehicles.

**New Beginnings**

The Safe Parking Program
845-8492
Fax 845-8493

The program is a cooperative between New Beginnings, area churches and non-profits whereby participating institutions provide parking places for vehicle dwellers registered with the New Beginnings program. The program currently includes various dispersed locations in the cities of Santa Barbara and Goleta. The purpose of the program is to provide a level of stability needed for vehicle dwellers to effectively make positive changes in their lives. A safe place to park, together with the social services and case management provided by New Beginnings case workers, are the tools used to achieve this end. Interested parties should direct their calls to The Safe Parking Program administrative office.
Finding an Attorney

Elder law is a special area of law with practitioners who focus primarily on the issues of aging, incapacity, long term care, estate planning for seniors, public benefits, and/or elder abuse and neglect or financial exploitation. When seeking legal advice relating to issues concerning seniors, finding a knowledgeable, competent attorney is extremely important. Not all elder law attorneys practice in all sub-fields of elder law.

Some specialized resources for finding an elder law attorney are the National Academy of Elder Law Attorneys (www.naela.org; 703-942-5711), ElderCounsel (www.eldercounsel.com), and California Advocates for Nursing Home Reform, known as CANHR (www.canhr.org; 800-474-1116). CANHR also provides free consumer information and assistance both verbally and through their website, and referrals to attorneys whom they have screened for experience in the area. In some cases, CANHR may be able to provide you with reduced attorney fees through their referral.

You may also find an attorney through personal recommendations from friends, relatives, support groups, community groups, or attorneys and CPAs you know and trust. Individuals who have faced similar problems may already have done the leg-work in tracking down a competent attorney, but be aware that an expert in one field of law may not know about another field of law, so make sure that word-of-mouth recommendations are suitable for your specific needs. Always ask a prospective attorney the nature of his or her practice and experience.

Lawyers Referral Service

15 W. Carrillo Street
Santa Barbara, CA 93101
569-9400
Fax 569-2888

The Lawyer Referral Service serves Santa Barbara County with referrals to attorneys who have signed up to be on their panel.

For a small fee, the service will make the appointment for you, and a 30 minute free consultation is provided. By describing your needs, a referral can be made to an attorney in the area of practice that can most help you. Personal injury referrals are provided at no cost; low income seniors who need a will may receive a free referral. It is important to check the qualifications of an attorney and to call around and compare experience. Please note that some attorneys charge only hourly rates; some charge flat fees for a project; and others may do both. Ask the attorney whom you call. Calbar.ca.gov is the State Bar website, and you can look up a California attorney to check the date of joining the bar, contact information, current status, and history of disciplinary actions. You may also find a link to the attorney’s website.

AARP Legal Services Network

866-330-0753
www.aarp.org

Members of AARP can access AARP Legal Services Network. This includes a free initial consultation and reduced fees. The Yellow Pages of the telephone book have an extensive list of attorneys. There are special sections under “Attorneys” for “Elder Law,” “Social Security Law,” “Health Care and Hospital Law,” “Probate Law,” and “Wills, Trusts and Estate Planning.”

Wherever you get the name of an attorney, if you “google” the name of the lawyer on your computer, you may find a website for that lawyer, or you can call the attorney’s office and ask for their website address or a brochure so that you can learn more about the attorney’s services and practice.

Lastly, low or free legal services may also be available depending on income. Legal document services are not a reliable substitute for a competent attorney because these services are not attorneys and cannot legally offer any legal advice on the documents they prepare for you from their boilerplate trusts and other important documents. Many estate planning attorneys have seen clients suffer from legal document services documents, especially where the client has subsequently become incapacitated and unable to change those documents. Your individualized legal needs can be determined only through a legal consultation with a competent attorney, a missing element of legal document services. Costly legal errors can be made without an attorney’s involvement in the decision-making and tailoring your legal documents to meet your individualized needs. Online legal drafting software or documents designed for people to draft their own legal documents are also not recommended for the same reason and because they may not be appropriate for California-specific law or your individualized needs.

Low/No-Cost Legal Services

Criminal

Public Defender
Santa Barbara County Courthouse
Location
1100 Anacapa Street, #3
Santa Barbara.

Mail
1 E. Anapamu St.
Santa Barbara, CA 93101
568-3470
Fax 568-3536

312 E. Cook St.
Santa Maria, CA 93454
346-7500
Fax 614-6735

115 Civic Center Plaza
Lompoc, CA 93436
737-7770
Fax 737-7881

Open from 8 a.m. to noon and 1 p.m. to 5 p.m., Monday through Friday, the Public Defender, upon order of the court or upon request of the defendants, defends any person not financially able to
employ counsel and who is charged with any contempt or criminal offense in Superior Court.

Civil

California Rural Legal Assistance:
2050 S. Broadway, Ste. G
Santa Maria, CA 93454
922-4563
Fax 928-0693
www.CRLA.org

Open from 1:30 to 5 p.m., Monday through Thursday, Closed Friday.
Legal representation is provided to low income people in civil matters (housing, education, labor, and health). Legal representation for persons terminated from welfare, unemployment, and Social Security. No criminal cases handled. All calls must be screened by telephone.

Legal Aid Foundation
www.LAFSBC.org

Santa Barbara
301 E. Canon Perdido
Santa Barbara, CA 93101
963-6754
Fax 963-6756
Mon-Thurs. 9:30-12, 1:30-4. Friday by appointment.

Lompoc
604 East Ocean Avenue, Ste. B
Lompoc, CA 93436
736-6582
Fax 740-2773
Mon-Thurs. 9-12:30, 1:30-4. Closed on Friday.

Santa Maria
301 S. Miller 1116
Santa Maria, CA 93454
922-9909
Fax 347-4494
Mon, Tues, Thurs: 9-12, 1-3. Wed: 9-12, 1:30-3. Closed on Friday
From 9 a.m. to 4 p.m., Monday through Thursday, senior citizens of Santa Barbara County on a case by case basis can receive legal services. Emphasis on Social Security, landlord/tenant, and family law.

Legal Aid Foundation also offers services at senior centers throughout Santa Barbara County. Call the office nearest you for information.

Other free legal services are provided by the Foundation for low income persons: civil suits, landlord/tenant problems, family law matters, administrative hearings (Social Security, Disability, Unemployment, Welfare). No criminal cases. Aid in housing and employment discrimination, as well as consumer debt and defense litigation problems.

Other Legal Services
There are several options available if you are involved in a dispute with your neighbor or you feel that someone owes you money. Mediation services are available if you are involved in a landlord or tenant dispute, See Rental Housing Mediation Task Force.

Many other consumer groups are available to assist you in resolving problems. See Consumer Complaints and Information before you resort to legal action.

Legal Resource Centers
Residents of Santa Barbara County have access to local self-help legal resource centers. Staffed by a California licensed attorney and open to the public on a first come, first served basis. Assistance is offered in the completion of legal and court documents for various civil matters and infractions, and in properly presenting your case to the court. Hours are limited.

Santa Barbara County Superior Court
Santa Barbara
McMahon Law Library- 2nd Floor
1100 Anacapa St
Santa Barbara, CA 93101
568-2296

Santa Barbara County Superior Court
Santa Maria
Santa Maria Law Library
312 E. Cook St.
Santa Maria, CA 93454
349-1289

Wills
A Will is a document that specifies how you wish to have your assets distributed after you die and designates who will carry out your wishes. A Will is necessary unless your assets are in joint tenancy (not good for tax planning) or have designated (named) beneficiaries assigned (e.g. in payable on death designations for life insurance, IRAs, or bank accounts). A Will requires probate court proceedings if your estate has more than $150,000 worth of assets, excluding joint accounts, mobile homes, trust accounts, retirement accounts, life insurance, registered vehicles, payable on death accounts or other accounts with named beneficiaries. Please note that if you have only a Will (no trust), and your estate exceeds $150,000, and you have been a Medi-Cal beneficiary, your estate may be subject to Medi-Cal estate recovery after the death of both spouses.

If you are 60 years of age or older and have liquid assets (not counting your home) of no more than $15,000.00, you may be eligible to have a simple Will prepared for you for a nominal fee through the Lawyer Referral Service.

How to Maintain Control Over Your Affairs
People are used to planning for death. They are familiar with traditional estate planning, which involves counseling and planning for the disposition of their estate to make sure that their property goes to the people they want to have it and to minimize any post-death taxes. The current estate tax exemption is $5 million per person, so the estates of most people will not be subject to federal estate tax (death tax) after the death unless the laws change in the future to tax smaller estates. California has no
inheritance tax at this time, so only the federal rates will affect California estates.

But too few people plan for disability or incapacity during their lifetime, which is sometimes a more important need than what happens after death. Further, if you have a special needs or disabled relative to whom you want to leave property after your death, your legal documents should establish a "third party supplemental needs trust" for that person's share of your estate, as that will protect that relative from losing government benefits like Medi-Cal or SSI, and the inheritance can also be protected from estate recovery claims after that person's death.

The consequence of failing to plan is often the loss of control over who will make decisions and how those decisions will be made, as well as whether you or your disabled beneficiaries will be able to qualify for Medi-Cal or VA pensions. It is far less expensive for you to plan for incapacity than it is for your loved ones to go to court due to your lack of planning if you become incapacitated.

**Why Plan?**

- To allow financial and health care decisions to be made according to your instructions without the need for court intervention or conservatorship proceedings.
- To ease the financial and emotional burden on spouse or other family members, including through otherwise unnecessary legal fees and the interference with a disabled relative’s public benefits such as SSI.
- To have control over who makes your decisions and how they are made.
- To protect the financial resources of spouse and family if nursing home care is required.

### What Can Be Done To Plan for Health Care?

An Advance Health Care Directive (hereafter, "AHCD") enables you to give another person legal authority to make medical decisions if you become unable to make your own healthcare decisions. The AHCD also allows you to specify what decisions you want to be made. You can specify instructions for prolonging or not prolonging life with life support or invasive measures even if you do not want to name an agent. You must have cognitive capacity at the time you sign your AHCD; however, your AHCD will remain in effect after you becomes unable to make your own decisions. Another form of the AHCD is "The Five Wishes." Whatever form you use, it is recommended to get your form notarized after you sign it. There are special witnessing rules without notarization or if the signer is in a skilled nursing facility at the time of signing.

The law on the AHCD governs the forms. Durable Powers of Attorney for Health Care signed before January 1, 1992, have automatically expired. It is essential that you execute a new Advance Health Care Directive. It is wise to review these documents yearly and to execute new forms whenever a change in your agent needs to be made. Never designate an expiration date for your AHCD, and always appoint alternate agents to back up your primary agent if the primary agent dies, becomes incapacitated, or is unwilling to act.

FREE Advance Health Care Directive forms are available at www.CANHR.org (California Advocates for Nursing Home Reform) and freecopies of the Advance Health Care Directive forms are available at the:

**Area Agency on Aging**
528 South Broadway
Santa Maria, CA 93434.

**Santa Barbara**
965-3288

**Santa Maria**
925-9554

www.CentralCoastSeniors.org

Monday-Friday, 8 a.m.-5 p.m.

To register the Advance Health Care Directive or Five Wishes form, one should always sign a HIPAA Release and Authority form, which authorizes specific persons to get your health care information (including billing information) from your doc-
tors or other health care providers. It is wise to list everyone whom you want to have access to your health care information on this document. One can sign a POLST (Physician Orders for Life Sustaining Treatment) with your doctor if you want a more explicit order regarding what you do and do not want, not as a substitute for the Advance Health Care Directive, Five Wishes, and HIPAA Release and Authority, but rather in addition to them. Be sure that you are ready for the POLST, but beware of signing a POLST if you are admitted to a skilled nursing facility or other care facility. Discuss this with your own physician and attorney first. The POLST document (printed on bright ‘ultra pink’ card stock paper) is meant to serve as a physician order that helps frail/chronically ill, terminally ill, Hospice patients, and elderly (persons age 80 and older) have more control over their end of life care. POLST enables you to specify the treatments (CPR, medical interventions, and nutrition) that you do or do not want to receive toward your end of life. Completing a POLST form is voluntary; however, California law requires that once the form is completed, it must be followed by all health care providers. A DNR (do not resuscitate) is an option in the POLST. Whatever health care documents you sign, make sure that you appoint agents who are willing and able to carry out the wishes that you have regarding your health care. You can know this only by discussing your health care wishes and end-of-life care wishes with your potential agents before you add their names as agents.

Conservatorship of the Person
Conservatorship of the person is a public legal process for assuming control over an incapacitated individual’s personal (non-financial) affairs, including health care decisions. The conservator is responsible for making sure the conservatee is properly fed, clothed, housed, cared for, and medically treated. The Conservatorship is usually the last alternative considered and is often not necessary if one has signed the health care documents listed above, but it may be necessary if the person is already unable to manage his or her own daily activities, care needs, and health decisions. A court hearing is required before a conservator can be appointed. Legal expenses are high. A well-drafted and current Advance Health Care Directive or Five Wishes and HIPAA Release and Authority can avoid the need to go to court for a conservatorship in many cases, if the documents were signed and notarized or properly witnessed when the person was competent.

When the court decides who will be the Conservator of the Person, a family member is preferred if available. Where no family member is available or capable of serving as Conservator of the Person, the Public Guardian is the conservator of last resort for frail elderly and brain-impaired adults, but the Public Guardian may decline to serve if there are family members who could serve.

Legal Aid Foundation
www.LAFSBC.org
Santa Barbara
301 E. Canon Perdido
Santa Barbara, CA 93101
963-6754
Fax 963-6756
Mon-Thurs. 9:30-12, 1:30-4. Friday by appointment.
Lompoc
604 East Ocean Avenue, Ste. B: Lompoc, CA 93436
736-6582
Fax 740-2773
Mon-Thurs. 9-12:30, 1:30-4. Closed on Friday.
Santa Maria
301 S. Miller 1116
Santa Maria, CA 93454
922-9909
Fax 347-4494
Mon, Tues, Thurs: 9-12, 1-3. Wed: 9-12, 1:30-3. Closed on Friday
Can assist with establishing a Conservatorship for person only.
Santa Barbara County Public Guardian
PO Box 2517
Santa Barbara, CA 93120
568-2790
Fax 568-2487
North County office
511 East Lakeside Parkway
Santa Maria, CA 93454
346-8337

What Can Be Done to Plan for the Management of Financial Affairs?

Durable Power of Attorney
A General Durable Power of Attorney (for Property Management or Financial Affairs) may be considered an alternative to trusts or a Conservatorship over the Estate to provide for management of financial affairs, legal affairs, and assets. Along with the Advance Health Care Directive, it is the single most important document that you need to have if you are 18 or over. It must be signed while the signer still has cognitive capacity. The document does not affect the signer’s own authorities while he or she has capacity, but rather it gives the agent (“attorney-in-fact”) explicit authorities in relation to third parties. The creator of the power, or “principal,” may choose to have all his or her assets or only specified assets managed by another person, the “agent” or “attorney in fact.” That person does not have to be an attorney at law. The principal may choose to have the powers effective immediately upon signing the document, or may choose to make it effective only after he or she later becomes incapacitated as defined in the document (a “springing” durable power of attorney), which may require getting one or two physicians’ certificates of incapacity before the agent can act. Many attorneys strongly prefer immediately effective durable powers of attorney rather than springing powers of attorney to minimize the hurdles to the agent’s ability to act on your behalf.
when suddenly needed or if a doctor is resistant to signing a certificate stating that you are incapacitated. If you cannot trust your agent when you have capacity, how are they trustworthy after you lose capacity? The key is to appoint trustworthy agents in the first place. If the principal wants to give the agent the powers needed for gifting and self-gifting, dealing with retirement benefits, government benefits, pension benefits or IRS matters, or setting up a revocable trust, an irrevocable trust, or a special needs trust and funding it with the principal’s funds, or revoking or amending a revocable trust, the document must specifically and explicitly state those powers. The Uniform Statutory Form Power of Attorney appears to grant the agent comprehensive authorities to do anything and everything, but certain authorities stated in the previous sentence must be added to the document above and beyond the listed checklist of authorities stated in the form.

The principal may revoke or change a power of attorney for health or financial affairs at any time as long as he or she still has cognitive capacity, but it must be in writing.

The financial agent has a great deal of authority over an individual’s assets as relates to third parties, financial institutions, and legal issues. It is crucial to appoint as agents only those persons who are completely trustworthy in terms of finances, rather than people who have problems with drugs, alcohol, gambling, debts, or a shaky marriage or a pending divorce. The court can revoke this power if it determines that there has been mismanagement or abuse of the power. However, revocations may be too late to recover assets. Thus, as with the Advance Health Care Directives, it is important to consult an attorney regarding the utilization of the Durable Power of Attorney, even though it can be created without an attorney’s assistance. Although the Civil Code provides for sanctions against those refusing to honor valid documents, banks and brokerage houses sometimes resist or refuse to do so unless it is their own internal form (which you can also sign as a back-up). As soon as you sign your Durable Power of Attorney, be sure to provide a copy to your financial institutions and ask that they submit it to their own legal department for review, approval, and recording on their computer records for you in advance of the need to use the powers. If the bank indicates that it will not honor your durable power of attorney when you give the bank a copy, then you may need to ask your attorney to speak with the bank attorney. It is also important to provide copies to your designated agents so that they can act for you when it becomes necessary. Some people even appoint agents without asking or telling them that you are naming them as agents; this is a grave error.

If you are an agent/attorney-in-fact, and a financial institution resists or refuses to honor your authority when you need to act soon, ask the supervisor to send a copy of the Durable Power to their lawyer (not their legal help line, which is not staffed by lawyers) for immediate evaluation and approval, and ask your lawyer to speak to their legal department if necessary.

Revocable Living Trust
A trust created during your lifetime can provide for management of your trust property during your lifetime, avoidance of probate after your death, avoidance of Conservatorship during your life, minimization of taxes after your death, protection of your privacy, and prevention of a Medi-Cal estate recovery claim after your death. A revocable living trust is a legal document through which a person called the Trustee (generally the persons who set up the trust and provide the funds for the trust) takes title to property (real estate, financial accounts, etc.) as Trustee of the trust. For example, if you own your own home, you can transfer your home to yourself as trustee of your own trust. The trust document will specify how property is to be used during your life and who is to receive the assets of the trust after your death. The powers granted in the trust and the powers granted in the Durable Power of Attorney should be consistent and parallel with each other. For example if you want your agent under your Durable Power of Attorney to have the authority to revoke or to amend your trust, that authority must be explicitly stated in both your Durable Power of Attorney and In your revocable living trust. Starting January 1, 2017, a revocable living trust does protect the trust assets from Medi-Cal estate recovery. This has not been so for the past decades, and it is a wonderful change in the law.

Declaration of Homestead
Persons who own their own home may be able to protect a portion of the equity value, in the event of a forced sale in order to satisfy unpaid debts, by preparing and recording a declaration of homestead.

Conservatorship of the Estate
Similar to the Conservatorship of the person, this allows for the management of a disabled person’s money, other assets, and legal affairs. Court proceedings to designate a conservator are required. This is usually the last method considered, but may be necessary if the individual is already unable to manage his or her own affairs and does not have a well-drafted Durable Power of Attorney and Revocable Living Trust. These documents signed when you have legal capacity can prevent the need for a conservatorship of the estate in most cases. Conservatorships of the estate (financial assets and income) remain under the supervision of the court, and certain actions require new court orders. Periodic accountings to the court are required.
Public Benefits

Medicare and Medi-Cal
Planning for public benefits such as Medi-Cal, a "needs-based" program) is desirable if an elder needs long term care in a skilled nursing facility or in-home care. Medicare is not a needs based program, but rather a national insurance program with a monthly premium for persons over 65 who worked 40 or more quarters at a job that paid into Social Security and Medicare, or persons who are determined to be disabled or blind.

Coverage for skilled nursing facilities by Medicare is very restricted and will be denied unless the patient was admitted as a patient in a hospital for the same condition for 72 hours in the previous 30 days, and is receiving at least 5 days per week of skilled nursing services (physical therapy, speech therapy, occupational therapy, IV therapy, and/or other skilled services, but not merely assistance with activities of daily living such as eating, toileting, bathing, dressing, transferring, or 24/7 supervision due to cognitive impairment). Medi-Cal does not have these restrictions and will provide coverage so long as the countable assets are below a certain amount (for those 65 or older. For those younger than 65 who do not receive Medicare, the Affordable Care Act (“Obamacare”) changed the rules to allow those persons to qualify for Zero Share of Cost Medi-Cal purely based on low income (138% federal poverty level or less; called MAGI Medi-Cal) or, under Covered California, to qualify for subsidies to help pay for a private insurance plan if their income is over 138% but less than 400% of the federal poverty level, even if they do own assets that would disqualify them for Medi-Cal if they were 65 or over or if they already have Medicare. See CANHR.org website or the County Department of Social Services regarding Medi-Cal and the federal subsidies for Covered California private plans. See the Social Security Administration regarding Medicare, or go to the Social Security Website (www.ssa.gov).

Also, health insurance agents may be certified enrollment counselors for Covered California plans, and some insurance agents also sell Medicare plans.

Where Medicare is the provider, some Medicare supplemental insurance plans cover all or part of the co-pay, but only if Medicare is paying part. The enrollment period to change or to obtain a Medicare supplement plan or a Medicare HMO plan begins on October 15 every year, or when you have lost other insurance.

Medicare provides no long term care benefits, but rather has a maximum of 100 days per benefit period (per year) for skilled nursing services. Private long-term care insurance policies may cover all or part of long-term custodial care bills at home, or in an assisted living facility, and/or in a skilled nursing facility, but policies vary widely and should be carefully chosen for these options. These private LTC policies have very expensive premiums, depending on the age when you purchase the policy and the amount of premium increases the company has imposed across the board.

Fewer LTC insurance carriers are issuing policies in California than in previous years because the aging population is living longer and using their policies. These companies are also charging more for their policies, and they are reducing benefits and resisting claims. Some law firms specialize in filing complaints against insurance companies that wrongly deny the claims of their LTC policy holders.

Because Medicare covers so little and so few seniors have private long-term care insurance, many middle class couples or individuals may have to plan for and rely on Medi-Cal benefits. Through experienced legal advice and planning strategies that comply with the law, middle class couples and individuals may qualify for Long Term Care Medi-Cal (LTC Medi-Cal) without impoverishing themselves, as this program currently has very favorable California laws making this essentially a middle class program, not just a poverty program.

It is important that Medi-Cal planning be done with the assistance of an attorney who is current with the ever-evolving Medi-Cal law to ensure that a spouse needing skilled care is adequately cared for and the spouse residing outside the facility has the resources for his or her support. Even for most middle class couples and individuals, the high cost of skilled nursing facility care ($8,189 per month average in California in early 2017, or about $7,000-$10,500 average per month in the Central Coast) makes paying for long term care in skilled nursing homes without Medi-Cal financially impossible. LTC Medi-Cal pays only for care within a skilled nursing facility.

Medi-Cal long term care planning is a specialized area with complex rules. Make sure that you get up-to-date legal advice from an attorney with current training and experience in Medi-Cal. Strategies that were allowable in previous years may create problems when new laws are implemented. The home can be legally protected from a Medi-Cal estate recovery claim if the home is titled in a trust prior to the death of the Medi-Cal beneficiary. Since there are tax problems to avoid when transferring the home, prior to the death of the Medi-Cal beneficiary, seek the assistance of an attorney preventing a Medi-Cal estate recovery claim without creating undesirable tax consequences. Further, if the home might be sold during a Medi-Cal beneficiary’s life, it will be advisable to transfer the home to a certain type of irrevocable trust to prevent loss of Medi-Cal benefits. There are many factors to consider, and this is a tricky area of law because it involves obtaining and retaining Medi-Cal benefits while alive, preventing a Medi-Cal estate recovery claim after
I help seniors and their loved ones plan for long term care, quality of life, autonomy, and asset preservation.

- Medi-Cal for nursing homes (custodial care or skilled)
- VA pensions for home care or assisted living (no injury required)
- Estate planning with focus on care needs (present or future)
- Strategies aimed to protect well spouse’s standard of living

(805) 687-8782

5290 Overpass Road #209, Santa Barbara

www.AtkinsElderCareLaw.com
Legal

Required Minimum Distributions. Mary has a $60,000 CD in her own name and $150,000 in her 401K retirement account. John enters a nursing home for long term custodial care. Mary remains at home or in an assisted living facility. Normally, John can be eligible for Medi-Cal as soon as they spend their total countable resources ($160,000, since the IRA and the 401K do not count) down to $122,900, i.e. the countable resource allowance for Mary, $120,900, plus John's allowable countable property reserve of $2,000. However, if Mary's fixed income in her own name is less than $3,023/month (gross), she may be able to get her resource allowance increased to an amount exceeding the standard $120,900 through judge's order in a court proceeding or in an administrative hearing. The amount of increase is determined by Mary's gross income and by the going short-term CD rate. The lower Mary's income is, and the lower the going 6-month CD rate is, the more countable assets Mary can keep above and beyond the standard $120,900. This could be hundreds of thousands of dollars more in some cases, but it will require a court procedure, which is not ever opposed by the County or the State, neither of which respond to the notice of the court matter in writing or in person. A lawyer is required for a court order, as these are complicated cases. Although an administrative law judge can also grant an increase in the community spouse's resource allowance, the rules governing an ALJ are extremely restrictive in this area of law, so seeking an administrative hearing is not recommended for this purpose.

Physical Separation of Assets after Medi-Cal Approval
Within 90 days of Medi-Cal approval, the nursing home spouse's name must be removed from all assets in the community spouse resource allowance. The nursing home spouse's name or interests can remain on only a total of only $2,000 worth of countable assets. The rest must be transferred to the community spouse's individual name or individual trust and cannot remain in the nursing home spouse's name alone or jointly with another or in a joint trust for which the nursing home spouse is a lifetime beneficiary. In John and Mary's case, for example, Mary must take John's name off the countable assets (with the exception of the $2,000 personal needs allowance and his non-countable IRA or other retirement accounts) and keep it in her name. If she wants to have a living trust, she will need to have a new trust drafted rather than using the couple's joint trust. Otherwise, it will be considered "available" to John. A court order may be necessary to do this if John has lost capacity to sign the transfer documents and if the existing trust and power of attorney documents do not provide this authority to transfer assets.

Court Order for Medi-Cal Purposes
In some circumstances, a court order can be obtained to allow the spouse who is not in a nursing home to retain resources over the standard community spouse resource allowance, $120,900 in 2017.

Example: John and Mary have $200,000 in a joint account or in a revocable living trust account. John enters a nursing home. Normally, John would be eligible for Medi-Cal only after they spend down to $122,900, i.e. $120,900 for Mary and $2,000 for John, or $122,900 at the time of application (2017 figures).

However, if one spouse lacks cognitive capacity, and the spouse who is not in a skilled nursing facility has less than $3,023/month in gross income (Social Security, pensions, required minimum distributions for retirement accounts such as IRAs, and annuity income), the spouse who has capacity can hire an attorney to seek a court order authorizing an increase in the community spouse resource allowance in order to generate the monthly income allowable. If granted, Mary could retain more than the $120,900 resource allowance, sometimes hundreds of thousands of dollars more.

Income
In 2017, the community spouse (at home or in an assisted living facility) will be able to keep all of the income in her or his own name, no matter how high it might be. If the community spouse's income is less than $3,023/month, then the community spouse will be allowed an allocation from the income of the spouse who is in the nursing home. This amount is almost always adjusted annually. If the fixed income of the community spouse is less than $3,023/month gross, a court petition can be filed to increase the resources to generate a total of $3,023/month. If the couple's income jointly is less than $3,023, then the community spouse will have all of that joint income allocated to her, except $35 per month for the spouse in the nursing home. If the couple's joint income exceeds $3,023 + $35 per month, and the community spouse does not have enough income to cover the ongoing expenses, then a judge in court can increase the amount of income that can be retained by the community spouse through a court order of monthly income support. Any income of the nursing home spouse allocated to the community spouse will decrease the nursing home spouse's Medi-Cal Share of Cost (i.e. monthly co-pay paid to the nursing home) by that amount, even if results in Zero Share of Cost. For single persons in a skilled nursing home, the Share of Cost that the nursing home resident will be required to pay to the nursing home will be all of the person's gross income, minus $35 per month for his or her personal needs allowance, minus all health insurance premiums.

Example 1: John is in a skilled nursing home and Mary lives at home or in an assisted living facility. John receives a pension and Social Security of $3,000/month. Mary receives...
Social Security of $1,023/month in her gross income.

Since Mary is allowed a minimum income of $3,023/month, $2,000 of John’s income would be allocated to her to bring her up to $3,023 in her monthly gross income. If Mary needs more than $3,023 to meet her needs, her attorney can go to court to ask for an order of support against John’s income, which would increase her total income to above $3,023 to meet her actual needs. Further, if the community spouse (Mary) receives more than $2,023/month in her name only (e.g. if she has pension of $3,000 and Social Security of $2,000), she will be able to keep it all of her own income in her own name, no matter how high it is. She will get an allocation from John only with a court order of monthly income support against John’s income.

Example 2: Mary receives $3,000 in a pension and $2,000 in Social Security. John receives only $1,000. John is in the nursing home. Mary is at home or in assisted living. Since Mary’s pension and Social Security are in her name only, she can keep it all. Without a court order, she will not be allowed to keep any of John’s income, since she already receives more than $3,023/month. That being said, if Mary has higher expenses than her income, for instance if she has home care or is in an assisted living facility (which is not covered by Medi-Cal), and her expenses were $6,000 per month, then a court order of support of $1,000 to be enforced against John’s income for the support of Mary would allow Mary to keep all of the couple’s income of $6,000 per month (which is what she needs to live on), and would make John have zero Share of Cost (no Medi-Cal co-pay for the nursing home).

Fair Hearing vs. Court Hearing for Medi-Cal
The rules for increasing the community spouse’s resources allowance (the property allowance) are extremely restrictive in a fair hearing (administrative law appeal). The best results will be obtained in a court hearing, so long as one spouse has capacity and the other spouse lacks capacity (or has a Conservator). If both spouses have capacity, the fair hearing is the only route, but the desired result will not be obtainable if the couple’s joint income is $3,023 or greater. Even though the community spouse resource allowance cannot be increased in a fair hearing if the joint income exceeds $3,023 (unlike a court hearing), a higher spousal income allocation could be obtained if the couple has joint income exceeding $3,023 per month and community spouse can demonstrate a higher need than $3,023 for extraordinary expenses, such as possibly assisted living fees or home care costs. But if couple has too many countable assets (exceeding 122,900), the court route will be the better route when one spouse lacks financial capacity. An administrative law judge in a fair hearing can never grant a support order—only a Superior Court judge can do so.

Transfer of Assets for Less than Fair Market Value (Gifts) and Medi-Cal
Elder law attorneys anticipate that the new laws in California regarding gifts and Medi-Cal will be implemented sometime within one to three years of 2017. Consult an attorney who is current on the Medi-Cal rules for up-to-date advice in this complex subject, or view the CANHR website: www.canhr.org. (See DRA update.)

The grossly misunderstood “look-back period” is merely the time period for which a Medi-Cal applicant must report gifts made prior to a Medi-Cal application. This reporting requirement is to determine if an institutionalized Medi-Cal applicant or his or her spouse has made a penalizable transfer of countable assets leading to a period of ineligibility. Not all gifts are penalized. The look-back period will change from 30 months to 60 months when California implements new federal rules (DRA transfer rules). A gift is a transfer of money or property in which the applicant or spouse gave away property without receiving something of equal fair market value in return. Such a transfer within the look-back period might or might not result in the denial of Medi-Cal eligibility for a period of time (currently capped at a maximum of 30 months), depending on the type and value of the property transferred and the date of the transfer. If you have gifted or plan to gift prior to applying for Medi-Cal, seek up-to-date legal

Consultation and Representation for
- Estate and Long Term Care Planning
- Eligibility for Medi-Cal Benefits
- Conservatorship Proceedings
- Durable Powers of Attorney
- Trust, Probate and Conservatorship Litigation

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advice immediately—prior to applying for Medi-Cal.

Not all transfers of assets result in a period of ineligibility, however. If the Medi-Cal beneficiary can make a satisfactory showing that the resource was exempt at the time of transfer, the transfer will not affect eligibility. Also the period of ineligibility may already have run its penalty time if it occurred prior to the new rules taking effect. There are no periods of ineligibility for transfers to an applicant’s minor child or disabled adult child. If you have given gifts in the look-back period, it is critical to delay the application until you consult with an attorney who is up-to-date and experienced in Medi-Cal so that any periods of ineligibility can be assessed and so that remedies can be made if possible.

Your Home and Medi-Cal

As of early 2017, a primary residence of any value is currently an exempt asset, and its value will not be counted for the purposes of determining an applicant’s eligibility. After the new rules are implemented in California, then the home equity must be less than approximately $800,000 plus a cost of living increase. We anticipate that equity value will remain defined as tax assessed value minus encumbrances or appraised value minus encumbrances, whichever is LESS. Many homes with high appraised fair market value have a very small tax assessed value because the home was purchased before the massive home value inflation of the past years. Or a home with a high tax assessed value may be heavily mortgaged. When the new home equity rule that disqualifies applicants from getting Medi-Cal is implemented in some future year, homes with low tax assessed value or with big enough mortgages will not be disqualifying. For now, the value of the primary residence remains irrelevant.

Under both the old rules and the new rules when implemented, even an exempt home could be vulnerable to a Medi-Cal estate recovery claim after the death of the Medi-Cal recipient unless the home is in a revocable living trust at the time of death or unless the beneficiary is survived by a spouse who inherits the home from the beneficiary. It will depend on how the home is titled. The current law allows a Medi-Cal beneficiary to transfer an exempt asset such as the primary residence to anybody without any penalty or loss of eligibility, but certain other documents and notifications must be done at the same time for Medi-Cal purpose. Careful attention must also be paid to avoiding loss of current Medi-Cal eligibility and to prevention of tax problems. That being said, transferring the home is no longer necessary if the home is titled in a revocable living trust or with survivorship interests on the deed. Consult an attorney for an accurate assessment of what you need to do and what you no longer need to do to protect your home.

Further, there are ways to transfer the home that will retain certain property tax and estate tax benefits for the donee, and ways that will incur tax disadvantages. An attorney who understands the current Medi-Cal rules is necessary to transfer the home in a fashion to meet all of the goals (both Medi-Cal goals and tax goals). If the home might need to be sold during a Medi-Cal beneficiary’s life, it may be necessary to transfer the home to a certain kind of irrevocable trust to protect the beneficiary’s Medi-Cal benefits during life. There is a common misconception in the media and in the grapevine that Medi-Cal is a “loan” because an estate recovery claim is possible after the deaths of both spouses. In fact, Medi-Cal for a nursing home immediately reduces the nursing home resident’s bill by a significant amount. Further, and especially since January 1, 2017 when the new estate recovery rules came into effect, a Medi-Cal estate recovery claim is preventable in almost 100% of the cases. See an elder law attorney as soon as possible before or after someone qualifies for Medi-Cal, and at the latest before making any changes in title and before loss of capacity of the person who owns or co-owns the home. Whatever legal steps available to be taken (including but not limited to transfer of a home) must be done prior to the death of the Medi-Cal beneficiary.

Other Legal Services

There are several options available if you are involved in a dispute with your neighbor or you feel that someone owes you money. Mediation services are available if you are involved in a landlord/tenant dispute, See Rental Housing Mediation Task Force. Many other consumer groups are available to assist you in resolving problems. See Consumer Complaints & Information, before you resort to legal action.

Small Claims Court

If you are involved in a dispute with your landlord over a deposit, any dispute where someone owes you money, or you desire the return of property that belongs to you, Small Claims Court is designed for you. Attorneys are not allowed to represent either side at the hearing. An attorney, however, can assist you in preparing your case. The maximum amount of money that an individual natural person can sue for is $10,000. The maximum for a business is $5,000. If your claim is larger, you may consider hiring an attorney to take your case to a higher court.

You file your suit in Small Claims Court either in the district where the problem occurred or in the district where the defendant (the person you are suing) resides.

For more information (offers small claims procedural advice, no legal advice given), contact your local Small Claims Advisor (by phone only) or www.sbcourts.org:

Santa Barbara
568-3303
Locating a Notary Public
Notary Publics can be found at many banks, real estate offices, and title companies and through the phone book. The maximum fee per signature notarized is $15 as of January 1, 2017. To locate a notary public and learn more about additional resources for assistance in crime prevention, defense representation, discrimination, diversion, medical and law enforcement, contact Senior Connection or the Yellow Pages.

Immigration
With the passage of welfare reform in 1996, the citizenship status of individuals is an important determinant of eligibility for publicly funded programs. Some programs that are means tested and available to senior citizens may be restricted to permanent legal residents and/or citizens.

As a result, many elderly and disabled non-citizens legal immigrants currently receiving SSI may lose these benefits, unless they are legal immigrants under certain limited circumstances. To retain eligibility for some programs, persons with legal status should consider citizenship. The citizenship process includes exams, processing, interview, and an oath ceremony. This may become more important than ever due to the results of the 2016 elections.

The steps to citizenship include: 1) Naturalization process; 2) Interview preparation with the INS; 3) Interview; and 4) Naturalization ceremony.

Catholic Charities
609 E. Haley St.
Santa Barbara, CA 93103
965-7045
Fax 963-2978

Immigration and Naturalization
United States Citizenship and Naturalization
800-375-5283
800-870-3676 - Automated phone service, must leave message.
This office provides information and assistance on obtaining needed forms. Forms are available for changing your status, becoming a permanent resident and filing a visa petition for a relative.
If you know what forms you need, call 800-870-3676.

Citizenship Services in Santa Barbara
Services to assist legal immigrant adults become U.S. citizens.

Atkinson Lifelong Learning Center
1000 North Railroad
Santa Maria, CA 93458
922-6966, x3213, Alicia Valdiviezo, Citizenship Program Specialist
Fax 352-1046
Services include: free citizen preparation classes, citizenship written exam, citizenship application processing. Also provides ESL classes and adult basic education.

Citizenship applicants wishing to find out the status of their pending applications need to write to US Department of Justice. Inquiries should include the applicants full name, address, date of birth, dates interviewed, and alien registration number.

Santa Barbara City College
Citizenship Center
Wake Center, Room 22
300 North Turnpike Road
Santa Barbara, CA 93111
964-6853
Services include: free citizenship preparation classes, citizenship exam administered in Santa Barbara, complete preparation of application, and I.N.S. Interview and Ceremony in Santa Barbara.
range of adaptive aids and adaptive equipment can help people. These may include aids for mobility, hearing, sight, exercise and entertainment. These devices can do more than make life easier.

**Adaptive Equipment**

**Independent Living Resource Center (ILRC)**
423 W. Victoria St.
Santa Barbara, CA 93101
963-0595 Voice or Text (TTY/TDD)

327 E. Plaza Dr. #3A
Santa Maria, CA 93454
925-0015 Voice or Text (TTY/TDD)

www.ilrc-trico.org

ILRC’s Assistive Technology (AT) Program provides information and referral to assistive technology resources for seniors or individuals with any type of disability. The AT Program works with an individual to achieve goals to obtain or use assistive technology devices that will increase her/his independence. Examples of assistive technology include durable medical equipment (wheelchairs, shower chairs, walkers), computers and software applications. ILRC participates in a California-wide Device Lending Program that provides free short-term loans of new and used low and high-tech devices for people with disabilities that include magnifiers, mobility devices, DME and software.

**ABLEDATA**
103 W. Broad St., Suite 400
Falls Church, Virginia 22046
800-227-0216
abledata@newadditions.net
www.abledata.com

ABLEDATA offers assistive technology information, resource information on rehabilitative aids and equipment for individuals with disabilities. Maintains a searchable database of over 40,000 product listings in twenty areas. We do not make or sell products.

**Braille Institute of America**
2031 De la Vina
Santa Barbara, CA 93105
682-6222

www.brailleinstitute.org

For appointments in Santa Maria, telephone 462-1225

Provides free visual consultations. Consultations for magnification and special lighting as well as low vision aids at cost (e.g. canes, watches, clocks, cookware and learning materials). Talking book library. Independent living skills instructions. Wide variety of classes with emphasis on life enrichment.

**California Telephone Access Program**
PO Box 30310
Stockton, CA 95213
800-806-1191
TTY 800-806-4474
www.ddtp.org

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

**Loan of Medical Equipment**
A number of agencies will loan equipment, such as wheelchairs, hospital beds and specialized equipment, to those who need it for a medical problem. Some of these agencies are listed below.

**Accessible Environments, Inc.**
106 Wingate Dr.
Williamsburg, VA 23185
800-643-5906
www.acessinc.com

Specialize in the sales of handicap accessible products and custom home and business construction for handicap access. Have an online catalog.

**American Cancer Society**
1432 Chapala St.
Santa Barbara, CA 93101
963-1576
800-227-2345
Fax 963-6093
www.cancer.org


**Central Coast Assistive Technology Center**
11491 Los Osos Valley Road Suite 202
San Luis Obispo, CA 93405
549-7420
www.ccatc.org

The Central Coast Assistive Technology Center offers professional advice, assessment, and referral services to individuals with disabilities, families, and service providers. The goal is to lead people to the most appropriate sources for technology, help them access funding to purchase equipment, and follow-up to make
Have you fallen one or more times in past six months?

YES NO

If so, how many times ______

Are you afraid of falling?

YES NO

Do you feel unsteady when walking outdoors?

YES NO

Do you get dizzy when you move your head quickly or sit up in bed?

YES NO

Do you have any loss of feeling/tingling in your feet?

YES NO

Do you difficulty performing daily household chores?

YES NO

Do you have problems with your vision?

YES NO

If yes, do you get regular vision check-ups?

YES NO

Are you currently taking more than 4 prescription medications?

YES NO

Do you take medication to help you sleep, calm you down?

YES NO

If you answered yes to two or more of these questions you may be at risk for falling. Please talk to your Physician about a fall risk assessment.

Adapted Seating & Mobility Equipment

Keck Center for Outpatient Services
Cottage Rehabilitation Hospital
2415 De La Vina
Santa Barbara, CA 93105
569-8900

www.cottagehealthsystem.org

To promote safe, independent living, a physical therapist or occupational therapist will work with you to identify the most appropriate equipment to optimize your function in your home and in the community.

Other

Lifeline Assistance Program
Universal Service Fund
800-395-2171

www.assurancewireless.com

Free cellphone for California residents receiving Supplemental Security Income (SSI). With a federal grant and approval by the state’s Public Utilities Commission, Assurance Wireless is leading this program in California. To apply, residents must first request a phone from Assurance Wireless. Once the paperwork is submitted, residents will receive a free phone. After receiving the phones, they will receive an application from the State of California. They must return the complete form within 45 days along with proof of eligibility. If eligible, they can continue to receive free service.

Multiple Sclerosis Society
1921 State Street Suite A
Santa Barbara, CA 93101
682-8783
Fax 563-1489

www.nationalmssociety.org/cal

The MS Society will connect people to financial aid towards durable medical equipment and other needs and will provide limited financial aid if eligible.

Muscular Dystrophy Association
6167 Bristol PKWY Suite 325
Culver City, CA 90230-6612
310-390-6802
Fax 310-398-4738

876.office@mdausa.org
www.mda.org

This agency loans wheelchairs to persons diagnosed with one of the forty neuromuscular diseases.

Visiting Nurse & Hospice Care Loan Closet
602 E. Montecito Street
Santa Barbara, CA 93103
690-6235, 965-5555
Fax 564-8478

info@vnhcsb.org
loancloset@vnhcsb.org
www.vnhcsb.org

Provides temporary, short-term loan of medical equipment such as walkers, wheelchairs, crutches, commodes. Available to all individuals within our service area.
Mental health is more than the absence of mental illness; it is a state/condition characterized by a general sense of well-being, satisfying relationships with other people, and the ability to handle life's up's and down's and the feelings that accompany them. Throughout our lives, we all go through several experiences that affect our mental health. At one point or another, we all have had to adjust to change, we've all experienced loss, anger, fear, sadness, or worry about something. Both our genetic makeup as well as our learned ability to cope with these feelings effects our ability to enjoy optimal mental health.

The experience of changes in mood or the workings of the mind should never be assumed to be the result of the normal aging process - they are always a sign that something is not well with a person's health and that the individual needs medical help. Fortunately, most mental and emotional health issues are treatable. And, as is true with any illness, the earlier the treatment of mental health problems, the more likely the individual will regain the capability of living a normal life. In this day and age, there is no justification for anyone to suffer needlessly because of lack of treatment.

Persons born in the first third of the 20th century grew up accustomed to receiving help from extended families, friends and neighbors in communities which were relatively stable. Today, however, community agencies and helping professionals provide assistance for those whose natural helping communities are not available. People who have been self-reliant in their younger years may not recognize their need for help or wish to accept help even though they may see the need for assistance. For these reasons and the stigma associated with mental and emotional problems, older adults and their family members may not pursue the mental health care available to them which could significantly improve their enjoyment and their quality of life. Many people do not realize that such help is accessible to them and that it is much more effective than that what was provided less than a decade ago.

**Emergency Mental Health Services**

In the County of Santa Barbara, if a person is demonstrating severe mental health or behavior problems, call 9-1-1. Describe the situation; as needed, County Dispatch may enlist the support of the County Mental Health Mobile Crisis Team.

If a person is willing to receive emergency services, you may refer them to one of the following programs:

**CARES (Crisis and Recovery Emergency Services)**
- 884-6850
**Santa Barbara**
- 2034 De La Vina
- Santa Barbara, CA 93101
**Santa Maria**
- 500 W. Foster Road
- Santa Maria, CA 93454

County program, offers walk-in assessment/treatment to address mental health concerns. Serves clients with Medi-Cal and Medicare as well as offers sliding scale fees. 24/7 countywide crisis line.

**Cottage Hospital Emergency Psychiatric Services**
- 569-8339

Provides voluntary, short-term inpatient treatment for adults, residential and intensive outpatient care.

**Sanctuary Centers of Santa Barbara**
- 569-2785

Nonprofit program that offers crisis stabilization, residential treatment, and outpatient support.

**Anka Behavioral Health**
- 925-825-4700

Nonprofit program, offers crisis stabilization, residential and day programs.

**Hospital Emergency Rooms**

Hospital emergency rooms provide 24-hour assessment and crisis intervention or psychiatric and chemical dependency concerns.

**Goleta Valley Cottage Hospital**
- 967-3411

**Lompoc Valley Medical Center**
- 737-3300

**Marian Regional Medical Center**
- 739-3000

**Santa Barbara Cottage Hospital**
- 682-7111

**National Suicide Prevention Lifeline**
- 800-273-8255 (TALK)
- 800-784-2433

**Santa Ynez Valley Cottage Hospital**
- 688-6431

**Out-Patient Counseling**

**American Indian Health & Services**
- 4141 State Street, Suite A-3
- Santa Barbara CA 93110
- 681-7356

Provides individual and group counseling.

**Center for Human Understanding & Growth**
- 301 South Miller St., Suite 112
- Santa Maria, CA 93454
- 925-5470

Provides individual counseling and group support. Offers sliding fee scale.

**Center for Successful Aging**
- 1815 State Street, Ste. E
- Santa Barbara, CA 93101
- 898-8080

Info@csasb.org
www.csasb.org

Provides no-cost peer counseling for seniors, delivered by trained volunteer lay counselors.

**Coast Caregiver Resource Center**

A program of Cottage Health System
- 1528 Chapala St. #302
- Santa Barbara, CA 93101
- 569-8950 or 888-488-6555 (outside of Santa Barbara)

Offers counseling, education, and in-home care for families and
caregivers of brain-impaired adults. Also offers counseling and support groups for unpaid family caregivers.

**Community Counseling & Education Center**
923 Olive Street
Santa Barbara, CA
962-3363
Provides individual, family, and group counseling. Offers a sliding fee scale.

**Family Service Agency**
Lompoc
110 South C Street, Ste. A
Lompoc, CA 93436
735-4376
Santa Barbara
123 W. Gutierrez Street
Santa Barbara, CA 93101
965-1001
Offers free counseling – individual, family, and group support for seniors and caregivers of seniors.

**Family Therapy Institute**
Los Olivos
2900 Nojoqui, #1
Los Olivos, CA
882-2424 - ext. 106 or 306
Santa Barbara
111 E. Arrellaga
Santa Barbara, CA 93101
882-2400
Provides individual, group, and family counseling. Sliding fee scale; private insurance accepted.

**Friendship Line**
1-800-971-0016
An accredited crisis intervention program that includes a 24-hour Call-In Crisis Hotline, 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) service.

**Jewish Family Services of Santa Barbara**
524 Chapala St.
Santa Barbara, CA 93101
957-1115
Provides individual and family counseling. Offers a sliding fee scale; accepts Medicare and some insurance plans.

**Mental Wellness Center**
617 Garden St.
Santa Barbara, CA 93105
884-8440
www.mentalwellnesscenter.org
Provides recovery, education, and family support classes for adults with mental illness. No fees.

**New Beginnings Counseling Center**
324 E. Carrillo St.
Santa Barbara, CA 93101
963-7777
Provides individual, group, and family counseling as well as educational classes. Offers a sliding fee scale.

**Tribal Health Clinic**
90 Via Juana Lane
Santa Ynez, CA
688-7070

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**Family Service Agency**

FSA is here for you.

We don’t always see eye to eye.

Caring for a loved one over 60?

**CARING TOGETHER**

FSA is here for you.

Take care of you, so you can care better.

CaringTogetherSB.org or call 805.965.1001 ext. 226
MENTAL HEALTH/COUNSELING

Provides mental health, drug, alcohol, tobacco counseling. Drug alcohol and tobacco counseling available for Native Americans only.

UCSB Hosford Clinic
893-8064
Provides individual and family counseling. Available to community members.

Offers a sliding fee scale.

Valley Community Counseling
1825 Alamo Pintado Rd.
Solvang, CA
688-7779
Provides individual and family counseling. Sliding fee scale; accepts most insurance.

Avoid ID Theft

Identity Theft is a serious crime. It occurs when your personal information is stolen and used without your knowledge to commit fraud or other crimes. Identity theft can cost you time and money. It can destroy your credit and ruin your good name.

Deter identity thieves by safeguarding your information.

- Shred financial documents and paperwork with personal information before you discard them.
- Protect your Social Security number. Don’t carry your Social Security card in your wallet or write your Social Security number on a check. Give it out only if absolutely necessary or ask to use another identifier.
- Don’t give out personal information on the phone, through the mail, or over the Internet unless you know who you are dealing with.
- Never click on links sent in unsolicited emails; instead, type in a web address you know. Use firewalls, anti-spyware, and anti-virus software to protect your home computer; keep them up to date. Visit OnGuardOnline.gov for more information.
- Don’t use an obvious password like your birthdate, your mother’s maiden name, or the last four digits of your Social Security number.
- Keep your personal information in a secure place at home, especially if you have roommates, employ outside help, or are having work done in your house.

Detect suspicious activity by routinely monitoring your financial accounts and billing statements.

- Be alert to signs that require immediate attention:
  - Bills do not arrive as expected
  - Unexpected credit cards or account statements
  - Denials of credit for no apparent reason
  - Calls or letters about purchases you did not make
- Your financial statements. Review financial accounts and billing statements regularly, looking for charges you did not make.
- Close accounts. Close any accounts that have been tampered with or established fraudulently.
  - Call the security or fraud departments of each company where an account was opened or changed without your okay. Follow up in writing, with copies of supporting documents.
  - Use the ID Theft Affidavit at ftc.gov/idtheft to support your written statement.
  - Ask for verification that the disputed account has been closed and the fraudulent debts discharged.
  - Keep copies of documents and records of your conversations about the theft.
- File a Police Report. File a report with law enforcement officials to help you with creditors who may want proof of the crime.
- Report the theft to the Federal Trade Commission. Your report helps law enforcement officials across the country in their investigations.

Online: ftc.gov/idtheft • By phone: 1-877-438-4338 or TTY, 1-866-653-4261
By mail: Identify Theft Clearinghouse, Federal Trade Commission, Washington, DC 20580
Source: Federal Trade Commission
Access to health care is important for all ages. As people age, its importance increases. For some it is difficult to access health care due to a variety of reasons. There have been significant changes in the payment for health care in recent years.

**Medicare**

Medicare was established in 1965 under Title XVIII of the Social Security Act and was initially established to provide health insurance to individuals age 65 and older, regardless of income or medical history, so long as the required work credits and payroll tax contributions have been made. The program was expanded in 1972 to include individuals under age 65 receiving Social Security Disability Insurance payments for long-term disabilities and people suffering from end-stage renal disease (ESRD) or Lou Gehrig’s disease (ALS).

**Enrolling in Medicare**

The initial Medicare enrollment period starts three months prior to the month in which you reach age 65 and continues three months after your birth month. Most people at age 65 are automatically enrolled if they or their spouse are receiving Social Security payments and have made payroll tax contributions for 10 or more years (40 quarters). If not, local Social Security offices take Medicare applications and provide information and assistance. You can also apply for Medicare on-line at www.socialsecurity.gov, or by calling the national Social Security number 800-772-1213.

**The Parts of Medicare**

Medicare consists of several parts, each covering different benefits.

- **Part A** hospital insurance program covers inpatient hospital services, skilled nursing care in a skilled nursing facility, home health, and hospice care. If a person has made payroll tax contributions for 10 or more years, there is no monthly premium. You may also qualify if your spouse is eligible. If you are admitted to a hospital, there is an initial deductible of $1,316 (2017). Medicare pays in-patient hospital costs for up to 60 days after which there is a daily co-insurance amount of $329 per day for days 61-90 and $658 per day for days 91-150. Part A also covers 100% of the first 20 days in a Skilled Nursing Facility following a 72 hour or more hospitalization, excluding the discharge day, after which there is a co-insurance amount of $164.50 per day for days 21-100. Note that Medicare does not pay for custodial long-term care in a skilled nursing facility; instead, in order for Medicare to cover any part of a skilled nursing facility bill, the resident must have received 5 days or more per week of skilled services, primarily rehabilitation services such as physical therapy, speech therapy, occupational therapy, and other skilled services. Once the facility ceases to provide skilled services at least 5 days per week, Medicare ceases to cover the services. Then Medi-Cal becomes a possible solution.

- **Part B** outpatient services benefit covers a portion of the Medicare approved costs for out-patient medical services such as doctors’ services, outpatient hospital care, laboratory tests, out-patient physical and speech therapy, some home health care, ambulance services, and some medical equipment and supplies. Part B pays 80% of approved charges with an annual deductible of $183 (2017). There are many preventive services that are not subject to the annual deductible or the coinsurance for doctors who accept Medicare assignment. Those with a modest income and assets may be eligible for assistance with Part B costs. In 2017 the average monthly premium is $109 if you enrolled prior to 2016 and have the premium deducted from your Social Security check. If you enroll for the first time in 2017, the monthly premium is $134 for individuals with income under $85,000 ($170,000 for couples). Premiums are higher for people with higher incomes. Most people choose to enroll in Part B when they turn 65. Although Part B is optional, a penalty could apply if you sign up at a later date. If you are working and have medical coverage through your place of employment or your spouse’s employment, you may delay your enrollment in Part B without a penalty provided the coverage is considered “creditable.”

- **Part C** Medicare Advantage (MA) plans allow beneficiaries to enroll in a private plan. After you are enrolled in Original Medicare (Part A and Part B) you can apply for a MA plan through private insurance companies. When you are new to Medicare you have the same seven-month initial enrollment period as Part B. Enrollment in a MA plan is based on a calendar year. Beneficiaries have the option of changing MA plans or returning to Original Medicare each year during the Annual Election Period (October 15th to December 7th).

To join a MA plan, you must be enrolled in both Medicare Part A and Part B and continue to pay the Part B premium. There may be an additional monthly premium paid to the MA plan. If you join a MA plan, you receive Medicare-covered benefits through your plan. You are still on Medicare and still retain the full rights and protections entitled to all Medicare beneficiaries. MA plans are available in specific geographic areas and zip codes. Most commonly available plans in our area are HMO plans. Many MA plans include prescription drug coverage.

- **Part D** prescription drug benefit was established by the Medicare Modernization Act of 2003 and launched in 2006. This benefit is delivered through private plans that contract with Medicare. Individuals who sign up for a Part D plan pay a monthly premium and some plans have deductibles. There are distinct differences between the plans regarding the medications they cover, the negotiated costs of the medications and restrictions on refills. Each year from October 15th through December 7th (Annual Enrollment Period) you may review the various

**PAYING FOR HEALTH CARE**
Part D plans to ensure you are in a plan that covers your medications and is the least expensive. Plan providers change their medication formularies each year and medications are discontinued while others are added. Monthly premiums are also adjusted. Beginning January 1st the following year, a beneficiary is locked into their chosen Part D plan (except under special circumstances). It is highly advisable to have a free and unbiased personalized Part D plan search completed each year during the Annual Enrollment Period. This can be completed through the Medicare.gov website or as a free service by HICAP. Those with a modest income and assets may be eligible for assistance with premiums and cost-sharing amounts.

Most people choose to enroll in Part D when they turn 65. Although Part D is optional, there is a life-long penalty for those who do not enroll. The penalty is based on the number of months not enrolled in a Part D plan. If you are working and have prescription drug coverage through your place of employment or your spouse’s employment, you may delay your enrollment in Part D without a penalty provided the coverage is considered “creditable.”

It is worthwhile to note that Part D benefits have a coverage gap also known as the “donut hole” in which a beneficiary must pay a greater percentage of their medication costs for a predetermined limit after which they receive reduced medication expenses for the remainder of the calendar year. The Affordable Care Act implemented a systematic plan to reduce the expense of the donut hole and close it by the year 2020. The future of this component of the Affordable Care Act is uncertain at the time of publication.

Supplemental Insurance (also known as Medigap Insurance)

These are standardized insurance plans sold by private insurance companies to cover some of your expenses after Medicare pays. These policies only cover the “gaps” in Medicare A and B payments; if Medicare does not approve a service, the Medigap plan will not cover it. There are ten standard plans to choose from covering different portions of the expenses. Although Medigap plan benefits are standardized, the prices are not and they can vary widely from company to company. If you are exploring Medigap plans, be sure to get price quotes from several companies.

At age 65, a beneficiary has the one-time option to purchase a supplemental plan with no medical underwriting. This is known as “guaranteed issue.” In California, a person may shop for a less expensive plan each year on their birthday plus 30 days. If they find a less expensive plan that provides the same or lesser coverage, they maintain their guaranteed issue status. If they change to a plan which provides greater benefit coverage, the guaranteed issue status is forfeited and the supplemental insurance company can then ask medically qualifying questions to determine whether they will sell you a supplemental plan or adjust the cost based on your medical issues.

Supplemental plans are under the oversight of the California Department of Insurance and are sold by insurance agents and insurance companies. Unbiased counseling on supplemental health insurance is available as a free service from the Health Insurance Counseling and Advocacy Program (HICAP) by calling 800-434-0222.

Understanding your Medicare Benefits

Medicare provides free booklets that describe Medicare benefits. The publication entitled “Medicare and You” is updated annually. Medicare and You booklets can be ordered at Medicare.gov. Your local HICAP office also provides Medicare and You booklets in English, Spanish, English Large Print, English Braille, and Spanish Braille.

The Medicare helpline can be reached at 1-800-MEDICARE (1-800-633-4227). Calls to Medicare are accepted 24 hours a day 7 days a week. Calling later in the evening may shorten any on-hold wait time. Should you prefer to meet one-on-one with a counselor in your local community or attend a local seminar on benefits, you can call HICAP at 800-434-0222 or access locations and times by going online to www.CentralCoastSeniors.org.

Choosing a Medicare provider

It is important to ensure that the doctors and providers you are using for medical treatment and equipment are contracted with Medicare. If they are not, Medicare will not pay for the services you receive. When going to a new doctor, it is important to ask whether they accept “Medicare Assignment.” If they accept Assignment, the doctor agrees to accept 80% of the Medicare approved amount as payment for the claims they submit. The doctor forwards the remaining 20% of the bill to you or your supplemental Medigap plan. If a doctor does NOT accept “Medicare Assignment,” they will process the paperwork but you will have to pay them first and request reimbursement directly from Medicare.

Doctors who do not accept assignment are able to charge 15% in excess of the Medicare approved rate. If you have a supplemental Medigap policy, you may have one of the plans that cover these “excess charges.” Lastly, there are doctors who “Opt Out” and do not participate with Medicare at all. They are required to provide you with notification and it is your responsibility to pay them privately. Medicare will not approve any payment to them or you for services provided.

Appealing a claim

You have the right to appeal a Medicare claim denial. You may use a copy of your Medicare Summary Notice or the Explanation of Medicare Benefits received from the Medicare contractor to document your reasons for appealing. You may call the phone number listed on the Medicare Summary Notice or Explanation of Benefits for clarification of your claim. The local Health Insurance Counseling and Advocacy Program (HICAP) at 800-434-0222 provides free one-on-
one assistance for help filing an appeal or reviewing your claim.

Appealing a discharge
If you are in a hospital, skilled nursing facility, hospice, home health agency, or rehabilitation center and believe you are being discharged too soon, you have the right to an immediate review of your case. Each service type has different rules and time frame for appealing. There has been a nationwide practice of premature or inappropriate discharges, especially discharges to the individual’s home where that individual is not able to live independently. In these cases especially, it is important to request an immediate review and to assert that it is an unsafe discharge.

The Beneficiary and Family Centered Care Quality Improvement Organization (BFCC-QIO) in your area will conduct the review. The hospital can’t force you to leave before the BFCC-QIO reaches a decision. Within 2 days of your admission and prior to your discharge, you should get a notice called “An Important Message from Medicare” that lists the BFCC-QIO’s contact information. If you don’t get this notice, ask for it.

The Quality Improvement Organization for California is:

Livanta
1-877-588-1123
1-855-887-6668 (TTY)
1-855-694-2929 FAX for appeals
BFCC-QIO Area 1
9090 Junction Dr., Ste 10
Annapolis Junction, MD 20701
You may obtain a Medicare Appeals and Grievances fact sheet from Medicare by calling 800-633-4227 or calling your local HICAP at 800-434-0222.

Medicare Fraud
Medicare fraud costs taxpayers billions of dollars per year. If you believe the billing for any services paid by Medicare which you received is fraudulent, contact Medicare at 1-800-Medicare 800-633-4227 or the Senior Medicare Patrol at 855-613-7080.

Tips to prevent fraud include:

• Never give your Medicare card number over the phone or to people you don’t know because it is your social security number and can result in identity theft.
• Medicare will never call you on the phone.
• Beware of suppliers and providers that use phone calls and door-to-door selling as a way to sell you goods or services.
• Be suspicious of companies that offer free medical equipment or offer to waive your co-payment without first asking about your ability to pay.
• Beware of health care providers who say they represent Medicare or a branch of the Federal Government, or providers who use pressure tactics to get you to accept a service or product.

Center for Medicare Advocacy
A non-profit legal advocacy organization of Medicare experts
860-456-7790 (not toll free)
www.MedicareAdvocacy.org

Centers for Medicare and Medicaid Services
The federal government
800-633-4227
www.Medicare.gov

Health Insurance Counseling and Advocacy Program (HICAP)
Impartial, free Medicare advisors
528 S. Broadway
Santa Maria, CA 93454
800-434-0222
928-5663
www.CentralCoastSeniors.org

When Will Medicare Pay for Skilled Nursing Facility Care?
Seniors may have to pay skilled nursing facility care for themselves or their spouses. When it comes to skilled nursing facility care, Medicare is really a short-term rehabilitation program, not a long term care program.

There are several requirements in order for Medicare or a Medicare Supplement to cover any care in a skilled nursing facility. #1: The patient must have been admitted and spent at least 72 hours in a hospital within the past 30 days for the same condition, excluding the discharge day. Think of it as 3 overnights plus a discharge day as a fully admitted patient. #2: The patient must be discharged to a skilled nursing facility for rehabilitation services or other skilled services. #3: The patient must receive at least 5 days per week of skilled services, e.g. physical therapy, occupational therapy, speech therapy, IV therapy, and/or other services requiring a skilled health care professional.

Custodial care alone is not enough to get Medicare coverage in a skilled nursing facility. Custodial care includes 24/7 supervision due to cognitive impairment, and/or assistance with two or more activities of daily living, i.e. feeding (getting food from the plate to the mouth), toileting, bathing, dressing, using incontinent supplies, or transferring. If the patient is receiving only custodial care at the skilled nursing facility and not 5 days per week of skilled nursing services, then Medicare A, most Medicare Advantage plans, and Medicare Supplements (Medigap) cover nothing.

If a stay at a skilled nursing facility is covered by Medicare, then Medicare A will pay 100% of the first 20 days, so long as 5 days per week of skilled services are received. From day 21 to day 100, there is a daily co-pay of $164.50 (2017). Once Medicare stops paying, the patient must pay 100%. For this reason, most long-term skilled nursing facility residents have Medi-Cal. Either they run out of money, or they learn how to qualify for Medi-Cal from an attorney. The best time to see the lawyer if a senior is going to be in a skilled nursing facility for the long term (30 days or more) is as soon as you realize that this stay may be long term, not short-term.

Observation in Hospitals
Some Medicare hospital patients find themselves in ‘observation’ status. Consequences of such status can be expensive for the patient, if seeking
rehabilitation or skilled nursing care following discharge. New rules regarding notification will be required after March 2017. At that time, hospitals will be required to provide notice to individuals receiving observation services as outpatients for more than 24 hours explaining the status of the individual as an outpatient and the implications of such status. This required notification includes a CMS approved form and an oral explanation.

Medi-Cal
Medi-Cal is the medical assistance program for persons with limited assets in the State of California. It is a joint federal and state program, called Medicaid in other states. People who have both Medicare and full Medi-Cal are referred to as “dual eligible.” If you qualify for both, you do not need additional health insurance to pay medical costs. You will, however, need to enroll in a Medicare Part D plan for prescription coverage.

For those individuals and couples who have SSI, the Social Security Administration and County Departments of Social Services, determine eligibility for Medi-Cal. This eligibility is based on federal and state guidelines regarding income and real and personal property limits. If you receive Supplemental Security Income (SSI, which is different from Social Security Retirement Benefit and different from Social Security Disability Insurance), then Medi-Cal coverage is automatic. To apply for SSI, contact the Social Security Administration office in your area. (See the Financial Matters section for further detail on SSI.) If you lose your SSI, e.g. through an inheritance, you will need to apply for Medi-Cal, and the determination of eligibility will be made entirely by the County Social Services Department based on your countable property, not based on your income. This type of Medi-Cal is based on being aged (65 or over), blind, or disabled and having less than the allowable amount of countable property. Your Medi-Cal monthly co-pay (Share of Cost) will be determined by your income. For a person who is aged, blind, or disabled and receiving Medicare, you will qualify for Medi-Cal if you have up to $2,000 in countable assets as an individual, or $3,000 in assets as a couple living in the community, or $122,900 (a limit that can be raised by a judge) if one spouse is in a skilled nursing facility and the other spouse is not. Some assets, including your home, one car, and retirement accounts that have regular distributions or are owned by the spouse who is not in a skilled nursing facility are not counted when determining your eligibility. To determine your eligibility for Medi-Cal under any of the following programs, you may contact your county Department of Social Services, but frequently there are errors, in which case it is advisable to seek legal assistance. It is always worth it to get a legal consultation before applying online or with the Department of Social Services to see if you are already financially qualified or if you need to do take steps to become financially qualified. Be sure to call ahead to learn what documents you will need to complete your application. (Note: Long Term Care Medi-Cal for a skilled nursing facility is discussed in the following section on Long Term Care.)

Aged and Disabled Federal Poverty Level Program
If you are over 65 or disabled, and your assets meet the limits but your income is higher than SSI limits, in California you may qualify for Medi-Cal under the Aged and Disabled Federal Poverty Level Program, which will require you to pay a Medi-Cal Share of Cost.

Medi-Cal with Share of Cost
You may qualify for Medi-Cal with a “share of cost” (SOC) if you meet the asset limits but exceed income limits. The SOC is the amount you must pay to the nursing home or other health care providers each month before Medi-Cal will pay the remainder of your medical bills. Most medical expenses as well as your premiums for Medicare Part A or B, Medigap, Medicare Advantage, and Medicare D Rx plans can be used to reduce your share-of-cost.
Collect calls accepted
An Advisory Board to CenCal Health meets every month and is composed of Medi-Cal beneficiaries, beneficiary representatives, and Human Services workers who offer input and perspective on the experience of beneficiaries under the CenCal Health plan. This important information is used to assist in planning and management of the CenCal staff and Board of Directors. Contact your Benefit Service Representative at County Social Services for more information.

Veterans Health Benefits

Veterans Affairs and Outpatient Clinic
4440 Calle Real
Santa Barbara, CA 93110
683-1491

Santa Maria Clinic
1550 East Main Street
Santa Maria, CA 93454
354-6000

The Santa Barbara Outpatient clinic is located at the Santa Barbara Health Care Services Clinic. It provides medical services and facilitates admission to VA hospitals, residential care and skilled nursing facility facilities. Clinic staff will assist veterans in the use of the VA health care system. The VA Social Work and Mental Health Services are at the same address. Veterans, their widows, widowers or dependents may call for information or walk in for assistance with veterans benefits.

(For help in applying for benefits, see Veterans Benefits).

Qualified Medicare Beneficiary, “QMB”, Specified Low-Income Medicare Beneficiary “SLMB” or Qualified Individual or “QI.”
The Qualified Medicare Beneficiary (QMB), the Specified Low-Income Medicare Beneficiary (SLMB), and Qualified Individual programs were created by federal law requiring that State Medicaid (Medi-Cal) programs pay Medicare costs for certain elderly and disabled persons with low incomes and very limited assets.

An individual who has Medi-Cal in addition to Medicare is already getting the QMB benefit. Eligible individuals do not have to pay the monthly Medicare premium, the deductible for Part A Hospital and Part B Medical benefits, the daily coinsurance charges for hospital stays beyond 60 days, the co-payments for skilled nursing care beyond 20 days and the 20 percent coinsurance for Medicare-covered services. In most cases, if you are eligible for the QMB benefit, you do not need to purchase additional health insurance.

To be eligible for the QMB benefit, you must be eligible for Medicare (age 65 or older; or have been a disabled beneficiary under Social Security or the Railroad Retirement Board for more than 24 months; or on kidney dialysis; or received a kidney transplant) and have an income in 2016 of less than $1,010 per month if you are single or $1,355 per month for married couples. Income includes Social Security plus any other income sources. To be eligible your financial resources, such as bank accounts, stocks, and bonds, cannot exceed $7,280 for one person or $10,930 for a married couple.

The home in which you and/or your spouse live, one automobile, pre-paid burial plot, home furnishings, personal jewelry and term life insurance with no cash value do not count as resources. If you do not qualify for QMB assistance because your income is too high, you may be able to get help under the SLMB program. The SLMB program is for persons whose incomes are slightly higher than the national poverty level, but not more than 120 percent of the Federal Poverty Level. In 2016 the income level for one person is $1,208 a month and for a couple it is $1,622 a month. If you qualify for assistance under the SLMB program, the State is required to pay the Medicare Part B monthly premium and Part D Extra Help for you. You will continue to be responsible for Medicare’s deductibles and coinsurance and for charges for health care services and items not covered by Medicare.

One other program allows greater income limits and has some benefits of paying all of the Medicare Part B premiums. This program is known as Qualifying Individual (QI). The QI income limit for one person is $1,357 and $1,823 for a couple in 2016.

If you have questions about these programs, contact the Department of Social Services. If you think you may be eligible for any of these benefits, contact the County Department of Social Services.

Department of Social Services:
234 Camino del Remedio
Santa Barbara, CA 93110
681-4401

2125 S. Centrepointe Pkwy
Santa Maria, CA 93455
346-7135

1100 W. Laurel
Lompoc, CA 93436
737-7080

www.countyofsb.org

Lompoc Valley Community HealthCare Organization
736-4580

The Lompoc Valley Community HealthCare Organization is a community-based organization that formed in 1995 to assure quality health care services are available locally for residents of the Lompoc Valley. The Community HealthCare Organization works with employers, organizations and individuals to improve the health of the community by assuring local access to a coordinated system of health promotion, disease prevention and treatment services.

Financial Help with Medical Expenses
In addition to medical costs covered by Medicare, Medi-Cal, or private insurance, people occasionally come up against extraordinary health care costs that they cannot afford. There
are “funds of last resort” available through charitable organizations in Santa Barbara County.

**The Jefferson Foundation**
114 E. De la Guerra Street #3
Santa Barbara, CA 93101
963-8822
This is an endowment fund that helps needy people who are not on public assistance of any kind. Not limited to medical expenses. South County only.

**Cecilia Fund**
P O Box 50136
Santa Barbara, CA 93150
www.ceciliafund.org
This is a secular organization whose mission is to provide funds for unmet medical and dental care for Santa Barbara County residents. They may fund diagnostic testing, prescription medications, mental health care, dental care, hearing aids or other medical devices, in addition to paying for hospital stays and physician care. Referrals for financial help must come from hospitals, healthcare providers, social service agencies, and others throughout all of Santa Barbara County.

**Covered California**
Covered California™ is a marketplace to implement the federal Patient Protection and Affordable Care Act in California. This marketplace is not available to persons who are over 65 or who receive Medicare because of disability or age. For persons who are younger than 65 and not disabled and covered by Medicare, through Covered California, you can compare affordable, quality health insurance options and choose the one that best fits your needs and budget. By law, your coverage can’t be dropped or denied if you have a pre-existing medical condition or if you get sick. You may be able to get financial assistance through Covered California to make your health coverage more affordable. Covered California is a part of the state of California and was created to help you get health coverage to protect yourself and your loved ones. Having insurance can ensure your access to medical care if you get sick or are injured.

**Enrollment**
Millions of Californians learned that they qualified for free or low-cost health coverage through the federally sponsored expansion of Medi-Cal if they are younger than 65, not covered by Medicare, and have household income below the income thresholds for the current year. This is called MAGI Medi-Cal. If your income exceeds the MAGI Medi-Cal limits, you still may qualify for Covered California. Open enrollment for health insurance plans through Covered California begins November 1st and continues through January 31st. Sometimes there are extension periods granted. Covered California also offers a special-enrollment for life-changing events such as getting married, having a child or moving or losing health insurance through losing a job. Please be aware that MAGI Medi-Cal and Covered California are possible only through the Affordable Care Act (“Obamacare”), which is currently at risk of repeal by the 2017 Congress, which has already voted to repeal the law through the Budget Reconciliation process. Your calls to Congress and the Senate are essential to let your Senators and Representatives know that you want them to fight to keep the Affordable Care Act in place unless and until something more comprehensive can be finalized.

**CoveredCA.com, a Joint Partnership**
CoveredCA.com is a joint partnership between Covered California and the California Department of Health Care Services (DHCS). Covered California’s mission is to increase the number of Californians with health insurance, improve the quality of health care for all Californians, reduce health care coverage costs and make sure California’s diverse population has fair and equal access to quality health care. The mission of DHCS is to provide low-income Californians with access to affordable, high-quality health care, including medical, mental health and substance abuse treatment services, and long-term care. Its vision is to preserve and improve the physical and mental health of all Californians. Covered California and DHCS are committed to ensuring that Californians are aware of their health coverage options. Through CoveredCA.com you can find out if you qualify for free or low-cost health insurance (including Medi-Cal) and choose the right coverage option for you. Covered California also provides information in many languages and in culturally relevant ways.

**Covered California**
PO Box 989725
West Sacramento, CA 95798-9725
1-800-300-1506
TTY 888-889-4500
Spanish 800-300-0213
Fax 888-329-3700
There is an Enrollment Assistance program comprised of enrollment entities and enrollment counselors.

Certified Enrollment Entities are entities and organizations that are eligible to provide in-person assistance to consumers and help them apply for Covered California health plans. Entities will distribute fair and impartial information concerning enrollment into qualified health plans as well as facilitate enrollment into qualified health plans available through Covered California. Certified Enrollment Entities must provide information that is culturally and linguistically appropriate.

In order to be a Certified Enrollment Entity, organizations must meet any licensing, certification or other standards prescribed by the State or Exchange. For a listing of local of local Certified Enrollment Entities contact Covered California.

Certified Enrollment Counselors are trained individuals who are available to provide in-person counseling and assistance to consumers in need of help with applying for Covered California programs. Counselors will provide assistance in culturally and linguistic appropriate manners to consumers throughout California.
Planning for Long Term Care Needs

Long-term care is assistance with daily activities such as bathing, dressing, toileting, transferring, and eating, or supervision of these activities when someone has physical or cognitive impairment. This type of care is often provided by family members or nurses’ aides and is not considered skilled care that nurses, doctors or therapists are licensed to provide, or that Medicare and other health insurance will usually pay for. This kind of care is referred to as “custodial care” or “personal care.” People often need long-term custodial care or personal care services after an illness or injury, such as a stroke or a broken hip, or because of a chronic physical or cognitive disorder, such as dementia, Alzheimer’s disease, or Parkinson’s Disease, or as result of aging and the inability to take care of one’s self. Many people live at home with help from family or paid caregivers. Others go to a skilled nursing facility, assisted living or other residential facility to receive this care.

Long-term care is expensive. There are many ways to finance long-term care services and there is no single answer for everyone. Each person’s needs and financial situations are different. Good financial advice and planning is important in considering long-term care. Consult an Elder Law attorney regarding your options. Your CPA and financial advisor will not be adequately informed about long term care benefits. Some people will never need this kind of care. However, those who do are likely to use a combination of payment sources, including their own resources, to pay for this care. This section discusses two of these sources: long-term care insurance and the public program under Medi-Cal.

Long-Term Care Insurance

Insurance policies specifically designed to cover long-term care are referred to as Long-Term Care (LTC) insurance. Individuals can purchase LTC insurance from a number of companies through insurance agents or a variety of groups or employers. All long-term care policies marketed in California must meet certain consumer standards established by state law. Policies in California are labeled according to where benefits will be paid. General types are:

Home Care Only
Benefits are paid only for home health, adult day health care, hospice, respite care, personal care and homemaker services. New policies for home care only are rarely issued now.

Skilled Nursing Facility and Residential Care Facility
Will only pay for care in a skilled nursing facility and in a place that is licensed as a Residential Care Facility for the Elderly (RCFE). Unlike some private LTC insurance plans, Medi-Cal pays only for long term care in a skilled nursing facility, not in assisted living, memory care, or other RCFE.

Comprehensive
Benefits include both home care and skilled nursing facility/residential facility care.

Partnership for LTC
These policies will allow you to keep more of the assets you would otherwise have to spend to qualify for Medi-Cal. When you buy a LTC policy, you choose: 1) the type of policy you want to buy, 2) the amount of the daily benefit that will be paid, 3) the number of years you want the policy to pay benefits, 4) the number of days before the company begins paying benefits after you qualify, and 5) whether you want inflation protection. These five factors, combined with your age when you buy the policy, determine the premium you will pay. In general, premiums can range from a few hundred dollars a year, if you buy at age 45 years, to several thousand dollars a year, if you buy at age 75. Many companies will not sell LTC insurance to people who are over 85 years old or who are deemed “ uninsurable” due to a medical diagnosis. Some companies will insure you if you have a particular health condition, but they may charge you a higher premium.

Assessing your needs and ability to pay for long-term care insurance is a complex process. Contact the Health Insurance Counseling and Advocacy Program (HICAP) to meet with a local HICAP State Registered Volunteer Counselor for a free and unbiased counseling session. 800-434-0222 or (805) 928-5663.

Medi-Cal and Long-term Care

In California, Medi-Cal can help pay for some long-term care for people who fall within income and asset limits. Medi-Cal, known as Medicaid in other states, is a joint federal-state program that provides health care services to those who cannot afford to pay for these services themselves. LTC Medi-Cal is the most frequent payer of skilled nursing facility care in California. For people who qualify, Medi-Cal helps to pay for skilled nursing facility care (LTC Medi-Cal) or can provide some home care under the In Home Supportive Services (IHSS) program. To qualify for Medi-Cal, a single individual must have $2,000 or less in countable property or assets, as distinguished from income. However, special rules apply for couples that are designed to prevent the impoverishment of one spouse when the other goes into a skilled nursing facility. As of 2017, the spouse remaining at home (also referred to as the “community spouse”) can keep all of the couple’s income up to $3,023 per month. The community spouse may also obtain additional income through a judge’s order, more easily through a court hearing than through a “fair hearing,” at which it is almost impossible to get a judge’s order.

The spouse in the skilled nursing facility is allowed to use part of her/his own income to pay for her/his health insurance premiums and can keep $35 each month for personal needs. If the income of the other spouse, i.e. the “community spouse,” is not at least
$3,023, all or part of the income of the spouse who is in the skilled nursing facility will be allocated over to the community spouse to bring his/her income up to $3,023 per month. The monthly Share of Cost obligation to be paid from the ill spouse’s income to the nursing home will be what is left over after the health insurance premiums of the ill spouse, the $35 personal needs allowance, and the allocation to the community spouse. Medi-Cal pays the rest of the nursing home bill each month. The community spouse at home can also keep up to $120,900 in countable resources (2017), or more with a judge’s support order. The spouse in the skilled nursing facility can keep up to $2,000. For specific Medi-Cal eligibility guidelines, contact your county Department of Social Services or see an Elder Law attorney, who can also advise you on steps to take to become eligible.

Note that when you apply for Medi-Cal, your primary residence will not be included as a countable asset. However, federal and state laws limit a person’s home equity to $828,000, a figure that goes up every year or so, but fortunately, the equity value is the tax-assessed value or the appraised value, whichever is less, minus encumbrances. Depending on when your home was purchased, the tax assessed value may be a fraction of its appraised value. While your home is not counted as an asset in qualifying for Medi-Cal, the state may include your home’s value in any “estate recovery” action after you pass away, but only if it is not in a trust or does not have a survivorship interest on the deed. This is so due to new, beneficial Medi-Cal estate recovery rules that came into effect on January 1, 2017 and affects all deaths of the Medi-Cal or his/her spouse that occurs on or after 1-1-2017. There are other exemptions of assets such as home from estate recovery if a spouse or a minor or disabled child lives in it. If the Medi-Cal beneficiary is survived by a spouse or by a disabled child at the time of the claim, there also will be no estate recovery no matter how the assets are titled. As this is a new law, see an Elder Law attorney to see how your home can be protected from a Medi-Cal estate recovery claim.

Also note Medicaid (Medi-Cal in CA) is a federal and state program. Each state sets its own rules based on federal minimums for income, assets, and estate recovery. If you move outside of California, these rules will usually be very different in your new home state. California now has the most liberal Medicaid/Medi-Cal rules in the U.S.

Pharmaceutical Assistance

Alliance for Pharmaceutical Assistance (APA)

505 E. Plaza Dr.
Santa Maria, CA 93454
614-2040
1515 E. Ocean Avenue
Lompoc, CA 93436
737-5799

The Alliance for Pharmaceutical Assistance is a local non-profit organization which assists individuals who struggle to meet their basic health needs and are unable to afford their medications. APA provides access to brand-name medication for chronic conditions, at no cost to individuals and in collaboration with their physician by accessing Patient Assistance Programs (PAP’s) offered by the Pharmaceutical Companies.

APA has also a partnership with Dignity Health and Abbott Diabetes Care Program to provide low cost diabetic supplies (free meter and low cost glucose strips) for up to one year; prescription from your physician required. This is not a government program or insurance plan.

Pharmacy Discount Programs

There are many programs that provide a discount, some provided by large retail stores. If you are considering a drug discount program, you should shop around for the best value since not every program is as cost-effective. Check the fine print before enrolling. Consider: 1. Knowing what you have signed up for; 2. Asking about restrictions; 3. Reviewing discount lists frequently and 4. Consider your local independent drug store.

Blink Health Prescription Savings Plan
1-844-366-2211
www.blinkhealth.com

No membership fees. Find savings up to 95% for over 15,000 medications. Go on-line to search and pay for your prescription and obtain a Blink card. Take Blink card to pharmacy as payment.

Coast2Coast Rx Card
1-800-931-8872
cost2coastrx.com/santabarbara

In Santa Barbara County, a free discount Rx card for individuals and families, everyone qualifies. To locate a participating pharmacy, for drug prices, to print a card or for more information call above phone.

Costco Member Prescription Program

Free for Costco members. Prices may vary by location, and the program includes only those drugs not covered by a person’s insurance plan.

Kmart Pharmacy Savings Plus
1-866-435–7958

Open to everyone. Annual membership $15 per household or $10 per person. Ten At $3.00 program provides members ten most commonly prescribed medications at one price of $3.00 each.

Rite Aid Rx Savings Program
1-844-550-6822

This program may be helpful if uninsured or medication not covered by any insurance. Price for a 30-day supply of select generics is $9.99 and a 90-day supply is $15.99.
Having a pet is a wonderful experience, at any age. Especially as one ages, one may find companionship and better health as a byproduct. Stress reduction, increased exercise and community activity may be enhanced with a pet. Owning a pet is also a responsibility.

**Animal Control**
The Animal Control offices listed below offer a variety of services: rabies control, animal bite quarantine, stray animal patrol, dead animal pick-up, leash law enforcement, animal euthanasia, licensing of dogs, issue of permits and inspection for pet-related business. This agency investigate reports of barking or roaming dogs. All three County Animal Shelters also offer adoption programs.

**Animal Control**
Santa Barbara Animal Service
5473 Overpass Road
Santa Barbara, CA 93111
681-5285

1501 West Central
Lompoc, CA 93436
737-7755

548 W. Foster Rd
Santa Maria, CA 93455
934-6119

www.sbcphd.org
Santa Barbara County Animal Services has many dedicated volunteer groups that assist them with lost and found services as well as adoption counseling. Groups like, Animal Shelter Assistance Program (ASAP), K9 PALs, Bunnies Urgently Needing Shelter (BUNS), Companion Animal Placement Assistance (CAPA), and the Santa Barbara County Animal Care Foundation (SBCACF) help Animal Service. Volunteers are available to help match animals with their potential adopters. A senior facilitated adoption program is available through these volunteer groups as well.

In 2010, the County launched **Project PetSafe**, a program dedicated to increasing pet owner responsibility and promoting the message to: Vaccinate, License, Spay and Neuter, and Micro-chip pets. A pet’s license is their ticket home.

**Animal Control**
Santa Barbara City Limits
c/o Santa Barbara Police Dept.
Animal Control Division
P. O. Box 539
Santa Barbara, CA 93102
963-1513
882-8900 Emergency Number

**Adoption**
Owner-relinquished animals at the Humane Society and Animal Control shelters are available for adoption. The following agencies offer animal adoption services.

**Humane Society of Santa Barbara**
5399 Overpass Rd
Santa Barbara, CA 93111
964-4777

www.sbhumanesociety.org
Low cost spay/neuter clinic open to public. Low cost vaccination clinic available to members. Requested euthanasia available to public. Owner-relinquished animals accepted and cared for until adopted.

**Humane Society of Santa Maria Valley**
1687 W. Stowell Rd.
Santa Maria, CA 93458
349-3435

www.smvhs.org
No kill shelter and adoption facility for owner-relinquished dogs and cats. Provides education classes on responsible pet ownership to community schools. Provides low cost spay/neuter program.

Santa Ynez Valley Humane Society
111 Commerce Drive
Buellton, CA 93427
688-8224

www.syvhumane.org
In addition to adoption services, this agency will provide low cost vaccinations, as well as spaying and neutering services.

**VIVA**
Volunteers for Intervalley Animals
133 North D St.
Lompoc, CA 93436
735-6741

www.vivaonline.org
Rescue and adoption for cats. Also operates a retirement home, Sylvester House, for cats of people who have died or can no longer take care of them.

**Other Resources**
**Assisted Therapy Program**
Humane Society of Santa Barbara
5399 Overpass Road
Santa Barbara, CA 93111
964-4777 x17

www.sbhumanesociety.org
Adult volunteers bring small animals, kittens and puppies to various facilities to visit the frail, elderly and/or disabled. Pet Assisted Therapy.

**C.A.R.E.4Paws**
PO Box 60524
Santa Barbara, CA 93160-0524
805.968.CARE (2273)
info@care4paws.org
Works to reduce pet overpopulation and keep animals out of shelters in Santa Barbara County. Offers a range of services to support pets and pet owners in need, including free spay/neuters, bilingual community outreach and intervention programs that allow dogs and cats to stay in their homes. Programs to help elderly with their companion/pets.

*C.A.R.E.4Paws is not a shelter and cannot take in stray or other animals*
Making the Most of Your Medical Appointments

Since medical appointments are the main time you will interact with your health care team, being as prepared as possible for these visits is important. It will help to ensure that you understand your diagnosis and treatment, get answers to your question and feel more satisfied with your overall care. Here are some ways to prepare for your medical appointments:

✓ Communicate with your healthcare team
✓ Learn about your treatment options
✓ Write down your questions
✓ Keep a treatment journal
✓ Get a Second Opinion

12 Questions to ask your Doctor

1. What stage is my illness?
2. Is treatment recommended at this point?
3. If so, what are my treatment options?
4. What is the goal of the recommended treatment?
5. What are the possible side effects?
6. How often will I receive treatment?
7. How much will my treatment cost?
8. Is financial help available if I need it?
9. Where can I learn more about my diagnosis and available resources?
10. Who should I call if I have non-urgent questions about my treatment?
11. Who should I call in case of an emergency?
12. What preparations should be made for care post treatment?
13. Is there anything else I should know?

Courtesy of Hospice of Santa Barbara
There are many special recreation activities for seniors. A good place to begin finding out about these activities is your nearest senior center or City recreation department.

Adult education classes offered through the high school districts, the community colleges and local universities are other sources of activities. Road Scholar offers a wide variety of programs all over the world.

Travel
Amtrak, Greyhound, airlines, and others have special discounts for senior citizens. Check with your travel agent or call directly regarding special tours and rates for seniors.

Organizations that offer group travel for seniors or handicapped persons are available.

Immunizations for Foreign Travel
CDC
800-232-4636
TTY: 888-232-6348
www.cdc.gov/travel

Information on vaccinations, outbreaks and cruise ship sanitation.

Sansum Clinic
Infectious Disease & Travel
317 W. Pueblo
Santa Barbara, CA 93105
898-3530

Free information available on immunization requirements.

Call and make an appointment to get information on immunizations.

Passport
Can be secured from designated offices of the United State Postal Service. (Check www.usps.com/passport for locations.) To apply for your passport, take in a certified copy of your birth certificate, a passport photo, a Driver’s License or other select government-issued identification. The cost is $110.00 for book or $140.00 for Book and Card. Card is $30.00. Payment is to the Department of State. A $25.00 processing fee applies to non-renewal passport application. Can be paid by credit card, cash or check to the United States Postal Service. Your passport will take 5-6 weeks to obtain and will be valid for 10 years.

Free Advice
“Country Information Notices” offer advice about specific areas of the world. They include facts about currency and customs regulation, entry requirements, dual nationality, import and export controls, vaccination requirements, restrictions on photography and warnings on the use of drugs.

For a free single copy, send a postcard to Passport Services, Department of State, Washington, DC, 10524.

Leisure
City Parks and Recreation Departments
City of Carpinteria
5775 Carpinteria Ave.
Carpinteria, CA 93013
684-5405 x449
www.carpintirca.ca.us

City of Guadalupe
918 Obispo St.
Guadalupe, CA 93434
343-1340 x8
www.ci.guadalupe.ca.us

City of Lompoc
125 W Walnut
Lompoc, CA 93436
875-8100
www.cityoflompoc.com

New Cuyama
4885 Primero
PO Box 270
New Cuyama, CA 93254
661-766-2270

City of Santa Barbara
620 Laguna Street
Santa Barbara, CA 93101
564-5418
www.santabarbaraca.gov

City of Santa Maria
615 S. McClelland St.
Santa Maria, CA 93454
925-0951 x2260
www.cityofsantamaria.org

City of Solvang
1644 Oak Street
Solvang, CA 93463
688-7529
www.cityofsolvang.com

Recreation departments often have special programs or facilities for seniors.

Senior Centers
Senior Centers may offer a variety of recreational activities. Call the center nearest you for specific information.

YMCA
Young Men’s Christian Association
36 Hitchcock Way
Santa Barbara, CA 93105
687-7727
Fax 687-7568

201 W. College
Lompoc, CA 93436
736-3483
Fax 737-1822

591 Santa Rosa Lane
Montecito, CA 93108
969-3288

900 N. Refugio Rd.
Santa Ynez, CA 93460
686-2037
Fax 686-1424
www.ciymca.org

3400 Skyway Drive
Santa Maria, CA 93455
937-8521
Fax 937-7007
www.smvymca.org

YMCA provides physical education and recreation programs and facilities for all ages.
Other Options

Entertainment - Golf, Bowling, Theatre, Museums
Senior discounts are offered at many facilities. Please check your telephone directory for desired entertainment in your area. For more information about joining a senior citizens club, telephone the local senior center.

Lawn Bowling

MacKenzie Park Lawn Bowls Club
Las Positas Road at McCaw Avenue
Santa Barbara, CA 93105
563-2143
www.mackenzieparklbc.org
Lawn bowling in the morning on Mondays – Wednesdays – Fridays

Santa Barbara Lawn Bowls Club
1216 De la Vina Street
Santa Barbara, CA 93101
965-1773
www.santabarbaralbc.org
Lawn bowling in the morning on Tuesdays, Thursdays, Saturdays and Sundays

Santa Maria Lawn Bowling
420 S. McClelland St.
Santa Maria, CA 93454
349-9838
Lawn bowling daily, except Tuesday morning

Bicycling

Goleta Valley Cycling Club
968-3143
cyclebug@aol.com
www.goletabike.org
Everyone is welcome to join this leisurely paced ride around Goleta on Saturday mornings. No one is ever left behind. You must wear a helmet to ride with the Goleta Valley Cycling Club.

Tailwinds Bicycle Club of Santa Maria
POB 48
Santa Maria, CA 93456
937-1519
tailwinds@tailwindsofsantamariabc.org
www.tailwindsofsantamariabc.org

Senior Softball
Santa Barbara Senior Softball at Elings Park
895-9007
Contact Clyde Bennett for details: clydebennett50@yahoo.com
All players age 50 and over are welcome. Participation is free of charge for Monday and Thursday mornings - practice starts at 10am and games run from 11am-1pm. Players can also gather Monday nights at Elings Park for to participate in a league ($400 per team). Bring your own glove; bats are available.

Fishing Licenses
Yearly California fishing licenses are available for $6.95 to seniors who are age 65 and over and on SSI, or on a limited income (total income no more than $889.40 a month for a single person or $1,496.20 for a couple). If on SSI, application must be accompanied by form SSA 2458, completed by Social Security, to verify income. The licensing period is January 1 through December 31. Reduced-fee fishing license applications may be obtained from: www.dfg.ca.gov.

Camping & Parks
Santa Barbara County Parks may be used on a first come, first served basis. Reservations are available at the county parks for large groups, www.countyofsb.org/parks.

Camping
Lake Cachuma Recreational Area (Highway 154 between Santa Barbara and Solvang). Auto discounts available for annual passes, daily and weekly campsites, and boat launching. Group areas can be reserved. All other areas are first-come, first-served.

1 Lakeview Dr.
Santa Barbara, CA 93105
686-5054 or 686-5050
www.countyofsb.org

Day Use Parks
Group reservations are available by calling 568-2460. Fee rate is determined by the size of the area. All reservable areas have BBQ pits, picnic tables, and electrical outlets. All areas not subject to reservation have picnic tables and BBQ pits. A guide, indicating handicap parking, accessible restrooms, volume control phones, and bus service if applicable, is available.

Park Administration Office
610 Mission Canyon Rd.
Santa Barbara (Rocky Nook Park)
568-2461
Contact@sbparks.org

One all-terrain beach wheelchairs are available for use at Goleta Beach County Park and Jalama Beach County Park. Available at no cost. The chairs are not motorized so an able bodied companion is needed to push. Contact the Ranger staff at Goleta Beach (967-1300) or Jalama Beach (736-3504) for info and to schedule the use of the chairs. Two all-terrain beach wheelchairs are available for use at East Beach in Santa Barbara (897-2680). A complete list of California beaches that provide all-terrain wheelchairs can be on the California Coastal Commission’s website at www.coastal.ca.gov/access/beach-wheelchairs.html

Department of Fish and Game
License & Revenue Branch
1740 N. Market Blvd.
Sacramento, CA 95434
916-928-5805
Fax 916-419-7585
Free licenses available for persons with disabilities (legally blind, mobility impairments, or Developmentally Disabled). Many senior centers have fishing license applications, check center nearest you. A fishing license may also be purchased from any tackle or sporting goods store that sells them. Senior discounts are not offered. More information or other senior discounts, please call 858-467-4201.

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State Parks and Recreation District Office
Refugio State Park
968-1033

www.parks.ca.gov
State Park camping reservations are made through Reserve America at 800-444-7275.
A variety of discount passes are available.

Golden Bear Pass
This pass is issued at any state park for a $5.00 fee and is valid for day use only. You must be 62 or older and be an SSI recipient or have a annual income of no more than $11,328 (single) or $21,012 (couple).

Disabled Discount Pass
This pass is issued at Refugio State Park (District Office). The pass is $3.50 and entitles you to a 50% discount on many park uses.

Distinguished Veterans Pass
Honorably discharged war veterans who are residents of California with an overall/combined rating at 50% or greater service-connected disability, or were held as prisoners of war by forces hostile to the United States, or recipients of the Congressional Medal of Honor are eligible to receive the Distinguished Veteran Pass. Entitles the holder to the use of all basic facilities (including day use and camping) in California State Park operated units at no charge. The pass is not valid at units operated by local government, private agencies or concessionaires. It is not valid for group use or sites, special events, commercial use, or for supplemental fees and cannot be used in conjunction with any other pass and/or discount. Admittance and use subject to available space. Application is available from www.parks.ca.gov.

National Parks
National Parks are usually on a first come, first served basis, though reservations for the most heavily used area are handled through DESTINET Park Reservations, 800-365-2267.

When you visit a National Park, you may request to purchase an InterAgency Senior Pass. You must have proof of age and be 62 or over. The pass gives free admission to the national parks and a fifty percent discount on fees, such as camping. The pass must be obtained in person. More information and applications can be obtained from the following:

InterAgency Senior Pass
Los Padres National Forest
6750 Navigator Way, Suite 150
Goleta, CA 93117
968-6640
fedrecpass@usgs.gov
www.recreation.gov

Honored nationwide at all agency sites charging entrance of day use fees. Waives most day use fees and most entrance fees. Valid for pass holders for a lifetime. Must be a citizen or permanent resident and over the age of 62 years. Current cost is $10.

Special Needs Recreation
Many recreational activities are available to people with special physical, psychological or neurological circumstances. These activities are often sponsored by specific disease associations such as the Ostomy Association through Rehabilitation Programs, City Recreation programs, or through Senior Day Care Centers. For assistance in finding a club, sport, or other activities to meet your needs, call Senior Connection.

Cottage Rehabilitation Hospital
569-8999 ext 82552
Offers opportunities for individual or group aquatic exercise at the Tuohy Foundation Aquatic Center; a warm water therapy pool environment. Adapted golf lessons at the Santa Barbara Golf Club are available by appointment weekly. Project Re-Entry provides a weekly recreation and socialization program for people post stroke.

Hearts Therapeutic Equestrian Center
PO Box 30662
Santa Barbara, CA 93130
964-1519
www.heartsriding.org
A recreational and therapeutic horseback riding program designed to promote self-confidence and physical fitness for people of all ages with a wide variety of disabilities.

City of Santa Barbara Parks and Recreation Adapted Programs
100 E. Carrillo St.
Santa Barbara, CA 93101
564-5421
www.santabarbaraca.gov/adapted
The Adapted Recreation Program gives people of all ages with special needs the opportunity to travel, play, compete and network in a safe and supportive environment that fosters a positive experience. Activities include yoga, dances, bowling, excursions and more.

Physical Activity is Essential to Healthy Aging
As an older adult, regular physical activity is one of the most important things you can do for your health. It can prevent many of the health problems that seem to come with age. It also helps your muscles grow stronger so you can keep doing your day-to-day activities without becoming dependent on others. Not doing any physical activity can be bad for you, no matter your age or health condition. Keep in mind, some physical activity is better than none at all. Your health benefits will also increase with the more physical activity that you do. Be sure to consult your MD.
If you’re 65 years of age or older, are generally fit, and have no limiting health conditions you can follow the guidelines listed below.

**For Important Health Benefits**

**Older adults need at least:**

- **2 hours and 30 minutes** (150 minutes) of *moderate-intensity* aerobic activity (i.e., brisk walking) every week
- **1 hour and 15 minutes** (75 minutes) of *vigorous-intensity* aerobic activity (i.e., jogging or running) every week
- An equivalent mix of *moderate-* and *vigorous-intensity* aerobic activity every week
- **AND**
  - Muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).
  - Muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).
  - Muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

For even greater benefits, the times listed above can be doubled. For more information on physical activity guidelines for older adults, the Centers for Disease Control and Prevention has much more information available on their website at www.cdc.gov
Senior and Community Centers serve as focal points of information and services for older persons.

Each center has a unique array of services and means to respond to the needs of the community. Services that are available may include: computer training, senior lunch services, information, community education, recreation activities, socialization, music, health screening, arts and crafts, information and health insurance counseling.

The philosophy of the senior center movement is based on the following premises: that aging is a normal developmental process; that human beings need peers with whom they can interact and who are available as a source of encouragement and support; and that adults have the right to a voice in determining matters in which they have a vital interest.

Buellton Senior Center
164 West Highway 246
Buellton, CA 93427
688-4571
Info@buelltonseniorcenter.org
Buelltonseniorcenter.org

Carpinteria Senior Center
941 Walnut Ave.
Carpinteria, CA 93013
684-6090

Carrillo Recreation Center
100 E. Carrillo St.
Santa Barbara, CA 93101
897-2519
www.santabarbaraca.gov

DeWees Community & Senior Center
1120 Ocean Ave.
Lompoc, CA 93436
875-8085
s_slavens@ci.lompoc.ca.us
www.cityoflompoc.com

Family Caregiver Support Network
223 South C Street
Lompoc, CA 93436
875-8875
Information hub for family caregivers.

Franklin Neighborhood Community Center
1136 E. Montecito St.
Santa Barbara, CA 93101
897-2582
Fax 963-7607
www.santabarbaraca.gov

Goleta Valley Senior Center
5679 Hollister Ave Ste. 1
Goleta, CA 93117
683-1124
Amallett@thegovcc.org
www.thegovcc.org

Guadalupe Senior Center
4545 - 10th St.
Guadalupe, CA 93434
343-2525
Fax 343-0617

Louise Lowry Davis Recreation Center
1232 De la Vina St.
Santa Barbara, CA 93101
897-2568
Syounge@santabarbaraca.gov
www.santabarbaraca.gov

Luis OASIS Senior Center
420 Soares Ave/POB 2637
Orcutt, CA 93455
937-9750
Fax 937-0440
Information@oasisorcutt.org
www.oasisorcutt.org

Santa Maria Senior Center Elwin E. Mussell Center
510 E. Park Ave.
Santa Maria, CA 93454
925-0951 x2207
www.cityofsantamaria.org

Solvang Senior Center
1745 Mission Dr.
Solvang, CA 93463
688-3793
Fax 688-1792
Info@solvanseniormanagement.org
www.solvanseniormanagement.org

Westside Community Center/Senior Center
423 W Victoria St.
Santa Barbara, CA 93101
897-2560
www.santabarbaraca.gov

Family Caregiver Support Network
223 South C St.
Lompoc, CA 93436
FCSN@LompocVMC.com

The Family Caregiver Support Network is a FREE hub for government, public and community service resources

WE PROVIDE:
- Information and referral services
- Care Management
- Caregiver Education and Resources
- Individual health education classes
- Support Group Referrals
- Referral for Medical and Non-Medical Services

Stop by and browse our Family and Caregiver Resources Library for:
- Community Programs
- Financial / Insurance Options
- Respite Assistance
- Memory Impairment
- Placement options
- Caregiver Training Opportunities … and more

(805) 875-8875
Support and education groups consist of people with similar needs or goals who have come together to share information, coping skills and offer each other emotional support. Some groups are “self-help” and do not include professional helpers. These groups depend exclusively on the expertise developed by the people involved in the group, people who have experienced a particular life challenge in common.

Other groups are organized by professional organizations, and meetings and other support services are facilitated by staff of those organizations. Support and education groups have grown in popularity with the idea that people who have experienced a similar difficulty, problem or challenge can most effectively help others in the same situation.

As the value of support and education groups has become more widely known and appreciated, groups that address a variety of issues have evolved. There are groups for persons dealing with a wide range of life challenges, or for the people who support or care for them.

Support and education groups can provide a valuable emotional support network. In the right group, you will find many people who have experienced the same problems, frustrations and anxieties you may find yourself feeling from time to time, or all the time. Very often someone in the group has discovered a resolution or effective coping tool and they are happy to share with everyone what has worked for them and what may work for you too.

Support and education groups can help to reduce participants feelings of isolation. It may be helpful just knowing that others understand your difficulties and can be there to offer encouragement and support.

Many groups also offer an educational component, with instruction on topics of relevance to the group provided by the group facilitator or outside speakers.

The following is a list of support and education groups throughout Santa Barbara County. Please contact the group for current details. All groups listed offer free or low cost services. New groups are always forming. If you wish to find out if there’s a support group not listed here, please call Senior Connection at 800-510-2020.

### Aging

**Center for Successful Aging**

228 E. Anapamu St, Santa Barbara
898-8080
www.csasb.org

Groups for seniors wanting to share experiences, get support or seek the guidance of other seniors. Groups are co-led by trained and supervised volunteer group facilitators and are free of charge. The groups below are open to the community:

- **Braille Institute**
  2031 De La Vina Street
  Santa Barbara
  Joy and Hope, for those who are ready to connect to life with “joy and hope”.

- **Garden Court**
  1116 De La Vina St,
  Santa Barbara

- **Friendship Manor**
  6647 El Colegio Road
  Isla Vista

- **Villa Santa Fe Community Room**
  521 North La Cumbre Road
  Santa Barbara

- **Vista del Monte**
  Board Room, 3775 Modoc Road

### Alcohol

**Alcoholics Anonymous**

For those who desire to stop drinking. Call for meeting times and locations.

- **Lompoc**
  737-3969
  info@lompocaa.com
  www.lompocaa.com

### Alzheimer’s Disease

**Santa Barbara**

**Confident Caregiver Series**

Free monthly 2 hour workshops for family caregivers of dementia patients

- Contact Alzheimer’s Association for dates and times, 892-4259

**Savvy Caregiver**

12 hours of professional-level dementia care training for the non-professional caregiver

- Contact Alzheimer’s Association for dates and times, 892-4259

**Family Caregivers Support Group**

Heritage House
200 Hollister Ave, Goleta

- Contact Alzheimer’s Association for dates and times, 892-4259
Free onsite respite care. Call Friendship Center one week in advance to reserve, 969-0859.

**Family Caregivers Support Group**
Friendship Adult Day Center, 820 North Fairview Ave, Goleta
Contact Alzheimer’s Association for dates and times, 892-4259
Free onsite respite care. Call Friendship Center one week in advance to reserve, 969-0859.

**Family Caregivers Support Group**
Valle Verde Community Room, 900 Calle de Los Amigos, Santa Barbara
Contact Alzheimer’s Association for dates and times, 892-4259

**Caregivers for Parents with Dementia Support Group**
Alzheimer’s Association, 1528 Chapala St, 2nd floor conference room, Santa Barbara
Contact Alzheimer’s Association for dates and times, 892-4259

**Persons with Early Stage memory Loss (and their caregivers) Support Group**
Friendship Adult Day Center, 820 North Fairview Ave, Goleta
Contact Alzheimer’s Association for dates and times, 892-4259

**Spouse Caregivers Support Group**
The Oak Cottage of Santa Barbara, 1820 De La Vina Street, Santa Barbara
Contact Alzheimer’s Association for dates and times, 892-4259

**Spouse Caregivers Support Group**
Maravilla, Club House Library, 5486 Calle Real, Goleta
Contact Alzheimer’s Association for dates and times, 892-4259

**Cuidadores de Personas de Tercera Edad**
Family Service Agency, 123 West Gutierrez St, Santa Barbara
Contact: Family Service Agency for dates and times, 965-1001 x223

**Understanding Dementia Workshop**
Sansum Clinic, 215 Pesetas Lane, 3rd floor conference room, Santa Barbara
Includes a presentation and group discussion
Contact Alzheimer’s Association for dates and times, 892-4259

**Santa Maria**

**Confident Caregiver Series**
Free monthly 2 hour workshops for family caregivers of dementia patients
Contact Alzheimer’s Association for dates and times, 892-4259

**Carpinteria**

**Carpinteria Alzheimer’s Caregivers Support Group**
Faith Lutheran Church, 1335 Vallecito Place, Carpinteria
Contact 684-9328 or 684-5665 for dates and times

**Solvang**

**Family Caregivers Support Group**
Solvang Friendship House, 880 Friendship Lane, Solvang
Contact Alzheimer’s Association for dates and times, 892-4259
Free onsite respite care. Call Friendship House one week in advance to reserve, 688-8748.

**Savvy Servant**
12 hours of professional-level dementia care training for the non-professional caregiver
Contact Alzheimer’s Association for dates and times, 892-4259

**Lompoc**

**Savvy Caregivers**
12 hours of professional-level dementia care training for the non-professional caregiver
Contact Alzheimer’s Association for dates and times, 892-4259

**Family Caregivers Support Group**
Valley Haven, 502 North 3rd Street, Lompoc
Contact Alzheimer’s Association for dates and times, 892-4259
Free onsite respite care. Call Valley Haven one week in advance to reserve, 733-9459

**Orcutt**

**Family Caregivers Support Group**
Luis Oasis Senior Center, 420 Soares Avenue, Orcutt
Contact Alzheimer’s Association for dates and times, 892-4259 or 354-5326

**Bereavement**

**Dick DeWees Community Center**
1120 W. Ocean Ave, Lompoc 875-8100
Grief Recovery Transition Group. Call for details.

**Dignity Home Health and Hospice**
Marian Regional Medical Center
1400 E Church St, Santa Maria 739-3830
www.dignityhealth.org
Offers a number of support groups and other services, including:
- Grieving Our Parents
- Men in Grief
- Newly Bereaved
- Parent’s Grief Support Group
- Second Year Loss and Beyond

**Hospice of Santa Barbara**
2050 Alameda Padre Serra, Ste 100
Santa Barbara 563-8820
www.hospiceofsantabarbara.org
All support groups are co-facilitated by licensed professional counselors and peer counselors, who strive to make each group a safe and supportive place. All groups are free of charge and donations are accepted. Call for details on a wide variety of support.
groups including:
• The Healing Circle
• Healing the Loss of an Adult Child
• Survivors of Suicide
• Widow/Widowers Support Group
• Men's Grief and Spirituality
• Healing the Loss of a Loved One
• Young Adults Support Group
• Healing Through Poetry
• Living with Loss
• Parenting After Loss

OASIS Senior Center
420 Soares Ave, Orcutt
937-9750
www.oasisorcutt.org
Bereavement Support Group
provided by Certified Grief Counselors. Anyone who has suffered a recent loss is welcome to join.

Starbuck-Lind Mortuary
Lompoc
735-3773
Grief Recovery Method – a class designed to help you move beyond loss and towards recovery. Call for details.

Visiting Nurse and Hospice Care
512 Gutierrez Street, Ste A Santa Barbara
2029 Village Lane, Solvang
www.vnhcsb.org
Bereavement Care: 308-9602
Support groups are available to anyone in the community who is facing or grieving a loss. Many programs are offered in Santa Barbara and Santa Ynez. All services are free of charge. Please call for details. Groups offered include:
• Loss of a Loved One
• Loss of a Parent
• Loss of a Spouse or Partner
• Grief Walk & Talk
• Young Adult Grief

Cancer
Breast Cancer Resource Center
55 Hitchcock Way, Suite 101 Santa Barbara
569-9693
www.bcrcsb.org
Cancer Support Group & Survivor Support Group for Women
Free of charge and open to the community. Call for dates, times and locations.

Cancer Center of Santa Barbara with Sansum Clinic
540 W. Pueblo, Santa Barbara
2040 Viborg Rd, suite 140, Solvang
682-7300
www.ccsb.org/oncology-support-programs
Offers a wide variety of wellness and support programs in Santa Barbara and Solvang. Most are free of charge and open to patients, survivors, family members and caregivers. Programs include:
• The Art of Flower Arranging
• Brain Tumor Support Group
• Breast Cancer Strengthening Exercise
• Breast Cancer Support
• Cancer Resource Library
• Cancer Well-fit Exercise Program
• Caring for the Caregiver Program
• Community Cancer Support Group
• Community Palliative Care Program
• Gentle Therapeutic Yoga
• Gynecological Cancers Support and Education Program
• Head and Neck Support Group
• Healing Touch
• Helping Children Cope When a Parent Has Cancer
• Life after Cancer Group
• LIVESTRONG at the YMCA
• Living with Lung Cancer
• Look Good, Feel Better
• Lymphedema Education
• Melanoma Support and Education Program
• Mindfulness Meditation
• Nutrition Services and Workshops
• Painting
• QiGong
• Sobreviviendo el Cancer (Spanish Language Support Group)
• Social Work Services
• Prostate Cancer Discussion Group
• Yoga for Strength and Empowerment
• Young Adult Group

Mission Hope Cancer Center
1325 Church Street, Santa Maria
219-HOPE (4673)
www.missionhopecancercenter.com
Offers many support groups and education programs to the community free of charge. Please call for dates, times and locations. Programs include:
• Aquatic Therapy Class
• Book Club Group
• Cancer Rehabilitation
• Caregiver Support Group
• Community Acupuncture
• Family Night Support Group
• Fight Against Falls Exercise Class
• Fighting Cancer with Your Fork: Separating Fact from Fiction
• Heating Touch
• Journaling
• Kids Support Circle
• Learn Golf
• Learning Origami with Jane
• Look Good, Feel Better
• Lymphedema Prevention Exercise
• Lymphoma, Leukemia & Multiple Myeloma (All Blood Cancer Support Group)
• Massage Therapy
• Men’s Cancer Discussion Group

SUPPORT AND EDUCATION GROUPS
• Men’s Spanish Group - Grupo do Apoyo Para Hombres con Cancer Y Sobrevivientes de Cancer
• Mindfulness Through Coloring
• New Weekly Support Group
• Nutrition Counseling
• Paddling for Hope Support Group
• Silk Scarf Painting
• Soul Collage Art Therapy
• Support for People with Oral, Head and Neck Cancer
• Restorative Yoga and Meditation
• Walking into Wellness
• Warm Yarns Knitting and Crocheting Support Group

Caregivers

Caregivers’ Circle
Adult Children of Aging Parents
Center for Successful Aging
228 E. Anapamu, Santa Barbara
898-8080

Caretaker’s Circle II
Adult Children of Aging Parents
Braille Institute, 2031 De La Vina, Santa Barbara
Call Center for Successful Aging, 898-8080

Cerebral Palsy

United Cerebral Palsy (UCP) Work, Inc.
423 W. Victoria Street, Santa Barbara, 962-7201
3070 Skyway Dr, Suite 102, Santa Maria, 739-0451
www.ucpworkinc.org
Offers Health and Wellness Program, Aging with Grace Programs and employment/community volunteer opportunities. Please call for details.

Diabetes

Diabetes and Pre-Diabetes Basics
An excellent update for all people with diabetes or pre-diabetes and a must for anyone newly diagnosed. charge.

Offered in English and Spanish and in Lompoc and Santa Barbara.

Sansum Clinic
866-829-0909 (toll-free)
www.sansumclinic.org/health-and-wellness

Diabetes Self-Management Program

Diabetes Support Group
Dignity Health
Marian Regional Medical Center
1400 E Church St, Santa Maria
739-3791
www.dignityhealth.org

Living Well With Diabetes
Goleta Valley Cottage Hospital
681-6441
Contact: Jackie Rangel, RD
2rangel@sbc.org

Nutrition and Diabetes Classes
Cottage Health
2050 Viborg Rd, Solvang
688-6431
www.cottagehealth.org

Nutrition and Diabetes Education Classes
William Sansum Diabetes Center
2219 Bath Street, Santa Barbara
682-7638
www.sansum.org
Offered weekly in English and in Spanish

ONETALK
William Sansum Diabetes Center
2219 Bath Street, Santa Barbara
682-7638
www.sansum.org
Monthly support and education group for people with Type 1 Diabetes and parents of children with Type 1.

Domestic Violence

Domestic Violence Solutions
Santa Barbara
964-5245
Santa Maria
925-2160
Lompoc
736-0965

Santa Ynez
686-4390
www.dvsolutions.org
Confidential emergency shelters for women and children provide emotional support, food, clothing, goal planning and help with medical, legal, financial and other concerns. 24-hour telephone hotline available. For more information see www.dvsolutions.org

Fitness and Health

Cottage Health

A Matter of Balance
Call 569-7478

Pre-Operative Joint Replacement Classes
1-855-3-NO-PAIN (1-855-366-7246)

Dignity Health Community Education

Balance and Fall Prevention
739-3973

Heather Living
937-9750

Healthy for Life
739-3366 or 739-3578

Yoga
739-3398

Zumba
739-3398

Sansum Clinic Health Education Department
866-829-0909
www.SansumClinic.org/health-and-wellness
Offering a variety of short programs for your good health including:
• Back Wellness
• Balance & Mobility
• Fibromyalgia Support Group
• Healthier Living: Managing On-going Health Conditions
• Hip or Knee Replacement Seminar
• Neck & Posture Wellness
• Nutrition Navigator
• Stress Management
**SUPPORT AND EDUCATION GROUPS**

**Gambling**  
**Gamblers Anonymous**  
626-960-3500  
[www.gamblersanonymous.org](http://www.gamblersanonymous.org)  
isomain@gamblersanonymous.org  
For people who wish to stop gambling. Call for meeting times and locations.

**Grandparents Raising Grandchildren**  
**KinCares**  
Provides advocacy, resources, education and support for grandparents raising grandchildren to create healthy family bonding.

**OASIS Center**  
420 Soares Ave, Orcutt  
937-9750  
[www.oasisorcutt.org](http://www.oasisorcutt.org)

**Jewish Family Service**  
524 Chapala Street, Santa Barbara  
957-1115  
info@sbjf.org  
[www.jewishsantabarbara.org](http://www.jewishsantabarbara.org)

**Hearing**  
**Hearing Loss Association of America, Santa Barbara Chapter**  
Anne, 563-1097  
info@hlaa-sbc.org  
[www.hlaa-sbc.org](http://www.hlaa-sbc.org)  
Providing help for those who face the challenge of living with hearing loss along with their family and friends. Call for meeting times and location.

**Heart Disease**  
**Mended Hearts, Inc.**  
For meeting information call Bob Wilkie, 968-0583 or American Heart Association, Santa Maria and Santa Barbara, 963-8862  
For anyone with heart disease as well as their families or friends. Provides peer-to-peer education and support.  
Nutrition for a Healthy Heart  
Sansum Clinic  
866-829-0909 (toll-free)  
[www.SansumClinic.org/health-and-wellness](http://www.SansumClinic.org/health-and-wellness)  
Monthly program with Registered Dietitian leading a discussion on simple steps toward heart health.

**WomenHeart Support Group**  
Sansum Clinic  
866-829-0909 (toll-free)  
[www.SansumClinic.org/health-and-wellness](http://www.SansumClinic.org/health-and-wellness)  
Providing community, support and connection to women living with or at risk of heart disease.

**Huntington’s Disease**  
**Santa Maria Huntington’s Disease Support Group**  
Call for meeting times and location.  
Ericka at 569-8950  
Toll free 888-488-6555  
Melissa at 934-9614  
Provides information, support and a social network for those living with Huntington’s and their family and friends. Sponsored by Coast Caregiver Resource Center.  
Huntington’s Disease Society of America  
Phone 800-345-HDSA  
[www.hdsa.org](http://www.hdsa.org)

**Lesbian, Gay, Bisexual and Transgender**  
**Pacific Pride Foundation**  
126 East Haley Street, suite A-11, Santa Barbara  
963-3636 x130  
819 West Church Street  
Santa Maria  
349-9947  
[www.pacificpridefoundation.org](http://www.pacificpridefoundation.org)  
Provides services, education and support groups to the HIV/AIDS and LGBT communities of Santa Barbara County. All programs are free or low cost and are offered in English and Spanish through the Santa Barbara and Santa Maria offices.

**PFLAG**  
Parents, Families, Friends and Allies United with LGBT People  
[Orfalea Center](http://Orfalea Center)  
1221 Chapala Street, Santa Barbara  
Georgia, 560-8621  
[www.pflagssantabarbara.org](http://www.pflagssantabarbara.org)  
Provides peer-to-peer support to family members of people who are LGBTQ. Call for details.

**Lung Disease**  
**Better Breathers Club**  
Contact: Bob Huhn, PT, 687-8553  
x12, rhuhn@hpcsb.com  
Contact: American Lung Association in California, 800-LUNG-USA  
[www.lung.org/california](http://www.lung.org/california)  
A support group for persons with chronic lung disease, including COPD, asthma, idiopathic pulmonary fibrosis, lung cancer and others.

**Mental Health**  
**Mental Wellness Center**  
617 Garden Street, Santa Barbara  
884-8440  
info@mentalwellnesscenter.org  
[mentalwellnesscenter.org](http://mentalwellnesscenter.org)  
Provides education and support groups for individuals with mental illness and their family and friends. Please call for details.

**National Alliance on Mental Illness**  
**Northern Santa Barbara County**  
349-8014  
Support group for families and friends of mental illness. Please call for date, time and location.

**National Alliance on Mental Illness**  
**Southern Santa Barbara County**  
884-8440  
Support group for families and friends of mental illness. Please call for date, time and location.

**Santa Barbara County Department of Behavioral Wellness**  
500 W Foster Road, Santa Maria  
934-6380  
4444 Calle Real, Santa Barbara  
681-5190  
117 B Street, Lompoc
Serving adults with severe mental illness and/or substance use disorders.

**Multiple Sclerosis**

**National Multiple Sclerosis Society**

Channel Islands Office  
1921-A State Street, Santa Barbara  
682-8773

Offers programs, services, resources and connection opportunities for people living with and affected by MS, including family members, caregivers and other members of their support systems.

**Muscular Dystrophy**

**Muscular Dystrophy Association**  
866-594-8830

For individuals who have been diagnosed with any of the 40 neuromuscular diseases and for their families.

**Narcotics Anonymous**

Santa Barbara  
569-1288

www.na-santabarbara.org  
info@na-santabarbara.org

Central Coast  
Lompoc, Orcutt, Santa Maria  
800-549-7730  
www.centralcoastna.org

**Parkinson’s Disease**

**Parkinson Association of Santa Barbara**  
683-1326

mypassb@gmail.com  
www.mypassb.org

Offering programs for those with Parkinson’s Disease and their care partners to be proactive in managing their day-to-day lives.

**Parkinson Support Group**

Santa Barbara  
Center for Successful Aging  
898-8080

**Parkinson’s Support Group**

Santa Maria

Val Petersen, 925-0266

Free meetings provide social interaction and a variety of speakers and informational programs.

**Parkinson’s Support Group**

Santa Ynez Valley  
Juston Redmond, Group Coordinator 708-0018  
SYVPDGroup@gmail.com

Meet the second Tuesday at 4:30 at St. Mark’s in the Valley.

**Stroke/Brain Injury**

**Family Support Program**

Cost Caregiver Resource Center  
2415 De la Vina Street  
Santa Barbara  
962-3600 x13  
info@coastcrc.org  
www.cottagehealth.org/services/rehabilitation/caregiver-services

For family or friend caregivers of those recovering from stroke and other brain injury.

**Family & Caregiver Support Program**

Jodi House  
625 Chapala Street, Santa Barbara  
563-2882 x3  
info@jodihouse.org  
www.jodihouse.org

Provides information, referrals, education and support to brain injury survivors and their family, friends and caregivers. Group offered in Santa Barbara and in Santa Ynez

**Vision Loss**

**Braille Institute**  
031 De La Vina St, Santa Barbara  
682-6222

www.brailleinstitute.org/santabarbara

Offers a wide variety of programs for blind and those with low vision. Including:

- Basketry  
- Ceramics  
- Computers  
- Cooking  
- Crochet  
- Gardening  
- Guitar  
- Painting  
- Yoga  
- Zumba

**Weight Control**

**Eat Healthy, Eat Well**

Sansum Clinic  
866-829-0909 (toll-free)

www.SansumClinic.org/health-and-wellness

A guide to food knowledge and lifestyle changes for the real world.

**Overeaters Anonymous**

For date, time and location please call 505-891-2664

www.oa.org

Providing solutions to compulsive overeating, under-eating, food addiction, anorexia, bulimia, binge eating or over-exercising. Meetings held throughout the county.

**Take Off Pounds Sensibility**

Locations include Santa Maria, Orcutt, Solvang, Lompoc, Vandenberg.

For information on day, time, and location call 800-932-8677

For people who want to lose or maintain weight by cutting down without cutting out and by using good nutrition.

**Vision Loss**

Braille Institute  
031 De La Vina St, Santa Barbara  
682-6222

www.brailleinstitute.org/santabarbara

Offers a wide variety of programs for blind and those with low vision. Including:

- Basketry  
- Ceramics  
- Computers  
- Cooking  
- Crochet  
- Gardening  
- Guitar  
- Painting  
- Yoga  
- Zumba
TRANSPORTATION

Transportation is the link to services and programs for many older Americans. Since vision problems and other physical limitations can prevent older adults from transporting themselves, transportation services become a vital tool for linking older and disabled persons to services and maintaining their involvement in the social activities of the community.

Transportation Services
Transportation systems vary considerably in the structure and flexibility of the services offered.

Fixed Route Service is a transportation system that has a predetermined route with specific stops that conform to a timetable. The entities that provide this service have available pamphlets explaining the detail of each route.

Door-to-Door Service is a transportation system that will pick you up at a location determined by you and will take you to the location of your choice. Reservations are usually required.

Fixed Route Service

**Guadalupe Transit**
240 E. Roemer Way
Santa Maria, CA 93454
922-8476

Guadalupe is served Monday through Friday, 6:15 a.m. to 6:15 p.m. on Saturday from 8:15 a.m. to 4:15 p.m. & Sunday from 8:45 a.m. to 6:00 p.m. Guadalupe Flyer operates between Guadalupe and the Transit Center. Fares are $1.50 and $1.00 for seniors (62+) and disabled. Within Guadalupe, shuttle service operates from Monday to Friday with regular fares $0.50 and $0.25 for seniors (60+) and disabled. To schedule a shuttle ride, call 922-8476.

All fixed route service is wheelchair lift equipped.

**Santa Maria Area Transit**
1303 Fairway Dr
Santa Maria, CA 93455
928-5624

Both fixed route and door-to-door service (for elderly and handicapped) is available. Fare is $1.25 one way, $.60 for seniors and disabled.

Public schedules are available at the Santa Maria Transit Center. Schedules are also available on the buses. Schedules for individuals with visual impairments, please call 928-5624.

**Door-to-Door Service**

If you need special transportation to take you to the doctor, the market and other important places, and you are unable to ride the bus, you may be eligible for these specialized transportation programs for seniors and handicapped individuals. These special services are called “para-transit” and they use vans with lifts for wheelchair users and volunteers.

Services of this type are limited in this county, and so these agencies are often booked far in advance. It is best to plan ahead as much as possible and for medical appointments, try to coordinate you visit with a time that transportation is available.

**American Cancer Society**
1432 Chapala St
Santa Barbara, CA 93101
963-1577
Fax 963-6093
www.cancer.org

Provides transportation to treatments and therapy for ambulatory patients. Two days advance notice required.

**American Medical Response**
866-889-8422 (toll free)

Provides transportation services for MediCal patients from their home to medical appointments and back home when ordered by primary care physician. Available Monday – Friday, 8 a.m. – 4 p.m. throughout County.

**COLT (City of Lompoc Transit)**
1300 W. Laurel Ave
Lompoc, CA 93436
736-7666

Fixed route and Door-to-door service is available from 6:30 a.m. to 6:30 p.m., Monday through Friday. Saturday hours are 9:00 a.m. to 4:30 p.m. One-way fare in the City of Lompoc is $1.25 and $.60 cents for seniors/disabled; one-way fare to Mission Hills and Vandenberg Village is $2.00 and $1.00 for seniors. All buses are wheelchair lift equipped. Call at least 24 hours to three days ahead for door to door. Bus service to Santa Barbara is scheduled on Tuesday & Thursday at cost of $7.00 each way.

**Easy Lift Transportation**
53 Cass Place #D
Goleta, CA 93117
681-1181
Fax 681-1184
TRANSPORTATION

Santa Barbara County-Health Clinic Transportation
C/O SMOOTHT, Inc.
240 E. Roemer Way
Santa Maria, CA 93458
922-8476

Door to Door service from north Santa Barbara County for clients of County Health Services to appointments in Santa Barbara on Monday, Tuesday and Thursday.

Santa Maria Area Transit
928-5624

Offers curb-to-curb service for ADA eligible individuals to appointments in Santa Maria, Tanglewood and Orcutt. New riders are encouraged to call for ADA applications and details. Fare is $1.25 per ride. Reservations are taken up to 14 days in advance and can be made for next-day service. All busses are wheelchair accessible and lift equipped. Service is offered Monday through Friday, 5:30 a.m. to 10:30 p.m. Saturday & Sunday 7:00 a.m. to 7:45 p.m.

Santa Ynez Valley Transit
688-5452
Fax 688-5383

Curb-to-curb service provided Monday thru Saturday 7:00 a.m. to 7:00 p.m. in Los Olivos, Ballard, Solvang, Buellton and Santa Ynez. Reservations may be made up to two weeks in advance. Fixed route fares are $1.75 for seniors and $1.75 for ADA-certified. Dial-a-Ride fares for seniors and ADA-certified are $1.75 each way.

SMOOTH Senior Dial A Ride
240 E. Roemer Way
Santa Maria, CA 93454
922-0146

Origin-to-destination service available for seniors 60 years or greater to Nutrition Program sites, medical appointments, hair appointments, shopping, etc., within Santa Maria and Orcutt areas. Requested fair is $2.00 per trip, $4.00 per round trip. All vehicles are wheelchair accessible and lift equipped. Service hours are from 9:00 a.m. to 4:00 p.m.

Long Distance Travel

Airlines
Travelers with Disabilities and Medical Conditions

Amtrak
Amtrak is a nationwide train service. Persons who are 62 or older, have a visible handicap or a doctor’s note indicating that they are handicapped, can obtain a 15% discount off the regular fare when riding Amtrak. Trains that stop at staffed stations are wheelchair accessible.

General Information and Reservations:
800-872-7245
209 State St
Santa Barbara, CA 93101
963-1015

Greyhound Bus Lines
Greyhound Terminals
224 Chapala St
Santa Barbara, CA 93101
965-7551

755 W. Cypress
Santa Maria, CA 93454
TRANSPORTATION

925-8841
Spanish: 800-531-5332
TDD: 800-345-3109
Disability Assistance
800-752-4841

Greyhound provides nationwide bus service. They provide a discount to seniors (65+) of 5% off the regular fare. This discount does not apply to special fares. They also have a helping hand program: a handicapped person’s escort can ride free with a doctor’s note. Buses are not equipped with wheelchair lifts.

TSA Cares Help Line
1-855-787-2227

TSA Cares is a helpline to assist travelers with disabilities and/or medical conditions. Call at least 72 hours prior to traveling with questions about screening policies, procedures and what to expect at the security checkpoint. For more information: TSA Cares Information.

Other Local Travel Options

Breeze
800-417-2137
Commuter bus service linking Santa Maria, Vandenberg AFB and Lompoc. 15 trips each weekday.

One-way fare of $1.00 for seniors (60+), Medicare cardholders and ADA-certified.

Central Coast Shuttle
928-1979
www.cclax.com
Seven round trips to LAX per day, seven days a week. Two person prepaid discount of $10 off per round trip. Charter services are available.

Coastal Express
800-438-1112
www.goventura.org
Bus service from Ventura to South Coast (Carpinteria, Oxnard, UCSB, Santa Barbara & Goleta)

Chumash Casino Bus
800-248-6274
Shuttle serving the Chumash Casino from Santa Maria, Santa Barbara, Lompoc, Buellton and Goleta.

Other Related Services

Clean Air Express
Sales Office
1303 Fairview Dr.
Santa Maria, CA 93455
692-1902
Fax 961-8901
www.cleanairexpress.com

Bus service from Santa Maria to Santa Barbara and from Lompoc to Santa Barbara. Subscription bus service for $150.00 per month.

Community Partners in Caring
120 East Jones Street, Suite 123
Santa Maria, CA 93454
925-8000
1120 West Ocean Avenue, Off 113
Lompoc, CA 93436
737-1976
164 W. Highway 246
Buellton, CA 93427
688-1100

www.partnersincaring.org
Trains and supervises volunteers who provide transportation.

RTA-SCAT
781-4472
Serving Santa Maria, Nipomo, Arroyo Grande, Pismo Beach and San Luis Obispo. Fares range from $1.50 to $3.00 depending on distance traveled or $5.00 for a day pass.

Ride Share Hotline
963-7283
Offers information on city street conditions and closures.

Traffic Solutions
260 N. San Antonio Rd. Ste B
Santa Barbara, CA 93110
963-7283; 963-SAVE
Fax 961-8901
info@trafficsolutions.info
www.trafficsolutions.info
Offers information and matching for ride sharing, car and van pools countywide.

Handicap License Plate/Placard
For those who have a handicap and use an automobile, specialized license plates, and handicap placards are available through the Department of Motor Vehicles. If you wish to apply for a placard or plate, call the DMV in your area to obtain an application form and to find out what you need to bring with you in order to apply for a placard and/or plate. Depending
upon your disability, you may be required to get a doctor’s authorization.

AARP Driver Safety Program
The National Retired Teacher Association and the American Association of Retired Persons developed this course especially for older drivers. It will give you a chance to brush up on existing driving skills and pick up some new ideas about how to drive safely and defensively.

The course is conducted throughout the county by trained volunteer instructors in two four hour sessions and costs $19.95 for AARP members and $24.95 for non-members. An additional benefit will be a reduction in your car insurance since insurance companies are required to give a discount to seniors who have taken this and other approved courses. To qualify for this discount all covered licensed drivers over 55 in the family must complete the course.

To locate a class in your community, telephone 888-227-7669 and follow the prompts. Be ready to provide your 5-digit postal zip code. A local volunteer will call you back within 3-5 business days to provide you with the information about the nearest class.

Adapted Driving
Pre-driving and behind the wheel assessment for those who may be concerned about their driving ability due to health-related conditions. An objective assessment of driving capabilities and a report regarding the need for training or specialized equipment is provided to the prescribing physician.

For further information, contact
Keck Center for Outpatient Services
Cottage Rehabilitation Hospital
Driver Training Program
2415 De La Vina
Santa Barbara, CA
569-8999 ext 82400

By appointment and physician referral.

Looking out for Signs of Risky Behavior
- You can ride along with a driver and look for signs of risky behind-the-wheel behavior. Here are some things to look for:
  - Does the driver neglect to buckle up? Going unbelted might be a bad habit – or it may indicate a poor fit or trouble fastening a belt.
  - Does the driver have difficulty working the pedals? A driver, who lifts his or her leg to move from the accelerator to the brake, rather than keeping a heel on the floor and pressing with the toes, may be signaling waning strength.
  - Does the driver have difficulty merging on freeways or turning onto busy streets? Vision problems may impair his or her ability to judge the speed and distance of approaching traffic.
  - When merging, changing lanes or backing up, does the driver rely only on the mirrors, rather than turning fully to check the blind spots over his or her shoulder? Failing to do so may be a bad habit – or may indicate the onset of stiffness in the neck and back.
  - Does the driver have trouble seeing other vehicles, cyclists, or pedestrians, especially at night? Deteriorating night vision or sensitivity to glare may be the cause.
  - Does the driver seem to ignore or “miss” stop signs and other traffic signals? Perhaps he or she is inattentive or cannot spot the signs in a crowded, constantly moving visual field.
  - Does the driver react too slowly to sirens and flashing lights of emergency vehicles?
  - Does the driver weave, straddle lanes, drift into other lanes, or change lanes without signaling?
  - Does the driver position the car improperly for turns (especially left turns), or attempt turns from the wrong lane?
  - Do other drivers honk or pass frequently, even when the traffic stream is moving relatively slowly? This may indicate difficulty keeping pace with fast-changing conditions.
  - Does the driver tend to park far from his or her destination? A problem judging distances or making tight maneuvers may underlie the fear of closer parking spots.
  - Does the driver get lost or disoriented easily, even in familiar places?
  - Do you find yourself giving directions or prompting the driver frequently?
  - Has the driver been issued two or more traffic tickets or warnings in the past two years? Tickets can predict greatest risk for accident.
  - Has the driver been involved in two or more accidents or “near-misses” in the past two years? Rear-enders, parking lot fender-benders, and side accidents while turning across traffic rank as the most common mishaps for drivers with diminishing skills, depth perception, or reaction time.
Veteran’s Services

Veterans of the United States armed forces and their families may be eligible for programs and services provided by the Department of Veterans Affairs (VA). Benefits are legislated in Title 38 of the United States Code, which can be found at http://www.va.gov.

Eligibility for most VA benefits is based on active military service discharge under other than dishonorable conditions. Active service means full-time service, other than active duty for training, as a member of the Army, Navy, Air Force, Marine Corps, Coast Guard, or as a commissioned officer of the Public Health Service, Environmental Science Services Administration or National Oceanic and Atmospheric Administration, or its predecessor, the Coast and Geodetic Survey. Dishonorable and bad conduct discharges may bar VA benefits. Veterans and dependents with an outstanding felony warrant aren’t eligible for benefits.

Important Documents

Those seeking VA benefits for the first time need a copy of their discharge form (DD-214, DD-215, or WWII veteran’s WD form), documenting service dates and type of discharge, or give their name, military service number, and branch and dates of service. There are benefits such as life insurance, burial expense reimbursement, burial flag, burial in national cemeteries, headstones/markers and certain widow’s/widower’s benefits. The following documents are needed for processing claims related to a veteran’s death:

1. Veteran’s marriage certificate for claims of a surviving spouse.
2. Veteran’s death certificate if the veteran did not die in a VA health care facility.
3. Children’s birth certificates or adoption papers to determine children’s benefits.
4. Veteran’s birth certificate to determine parents’ benefits.

Call a Santa Barbara County Veterans Service Office for information on benefits and services available. These offices, established by the Santa Barbara County Board of Supervisors, assists veterans and their dependents in obtaining benefits from federal and state agencies. They assist in submitting claims and provide follow-up, if needed, to assure that you receive the benefits you are entitled to. They provide information and assistance with any claim to the VA. Home visits by a veterans’ representative may be arranged.

Veterans Service Offices

Santa Barbara
315 Camino del Remedio, Santa Barbara, CA 93110
681-4500

Santa Maria
511 E. Lakeside Pkwy, Rm126
Santa Maria, CA 93454
346-7160

Lompoc
401 E Cypress Street Rm101
Lompoc, CA 93436
737-7900

You can also contact the Department of Veteran Affairs directly 1-800-827-1000.

Health Care Benefits for Veterans

VA provides a medical benefits package to all enrolled veterans. This plan emphasizes preventive and primary care, and offers a range of outpatient and inpatient services within the VA health care system.

Veterans with service-connected disabilities and those below the low-income threshold can be enrolled in VA’s health care system.

VA enrollment allows health care benefits to be portable throughout the entire VA system. Enrolled veterans who are traveling or who spend time away from their primary treatment facility may obtain care at any VA health care facility. For eligibility, see your local County Veteran Service Representative or contact the Community Based Outpatient Clinic in your area.

Veterans Health Benefits

Santa Barbara Community Based Outpatient Clinic
4440 Calle Real
Santa Barbara, CA 93110
683-1491

Santa Maria Community Based Outpatient Clinic
1550 E. Main St
Santa Maria, CA 93454
354-6000

Outpatient Clinics provide medical and/or mental health services
IT’S NEVER TOO LATE TO QUIT SMOKING

Health benefits:
- In just 20 minutes, blood pressure and heart rate return to normal.
- Within 24 hours, your heart attack risk begins falling.
- In the first weeks after quitting, tiny cilia start back to work sweeping irritants out of the lungs and your sense of taste and smell return.
- Within a year, your risk of developing heart disease drops to half that of people who still smoke.
- And after 10 smoke-free years, you’re no more likely to die of lung cancer than someone who never smoked.

Did you know…
- Smokers are more than twice as likely as nonsmokers to develop Alzheimer’s Disease.
- Cigarette smokers are 1.7 times more likely to have hearing loss than nonsmokers.
- Smoking is the number one cause of fires that kill older persons.
- One in three smokers will die 12-15 years prematurely as a result of tobacco use.
- Smokers are more than two times more likely to have a stroke than non-smokers.

Giving up smoking reduces the risk of cataract.

The San Luis Obispo County Tobacco Control Program offers FREE quit smoking classes throughout the county. Call today to find out how you can join the 48 million Americans who have already quit! 781-5564.

If you’ve tried to quit before and weren’t successful, don’t give up.

Keep trying.

It’s never too late to quit.
Most human service programs rely on volunteers. Is there a non-profit or organization you feel passionately about? Opportunities exist in any field in which you have training, talent or interest. Almost all of the programs in this directory use volunteers.

Listed below are agencies that serve as a clearinghouse of volunteer opportunities. It is a place for you to begin. You may also want to consider auxiliary services at almost any hospital or clinic, or docent opportunities at most museums; or contact an organization that interests you and ask if they need volunteers.

GenSpan Foundation
1418 E. Main St. Suite 120
Santa Maria, CA 93454
614-4968
Develops programs to unite the generations in work, play and lifelong learning. Recruits local adults, primarily retired people, to volunteer in classrooms- serving as mentors, teachers’ assistants, tutors and friends.

Retired and Senior Volunteer Program (RSVP) North Santa Barbara County
528 S. Broadway
Santa Maria, CA 93454
922-9931
Involves seniors in the community through placement in schools, service agencies, hospitals, senior centers and other community agencies. Recruits and places seniors in a variety of community organizations that can benefit from senior volunteers.

VolunteerMatch.org
550 Montgomery St., 8th Floor
San Francisco, CA 94111
Web based site that matches volunteers with local organizations (non profit and government).

The Area Agency on Aging is looking for members to join its Advisory Council.

What is the Advisory Council?
The Advisory Council serves as the principal advocacy body for the elderly by participating in public and media discussions of relevant issues. Mandated by the Older Americans Act, it is a critical link between the Area Agency on Aging and the senior community of Santa Barbara and San Luis Obispo Counties. The Advisory Council is responsible for advising the AAA on senior issues and Older Americans Act programs, providing the following key advocacy roles:

• Serve as the “eyes and ears” of local seniors and their caregivers
• Review and comment on policies, programs, and actions that affect seniors
• Communicate with local, state and federally-elected officials, make community presentations, and provide testimony at public hearings

The Advisory Council is comprised of thirty (30) persons who are primarily 60 years or older. Its structure consists of an Executive Committee and ad hoc committees. Criteria for membership include at least one the following:

• Age 60 or over
• Provider of services to older adults
• Need for individual candidate’s specific talents
• Low income, disabled or ethnic minority persons
• Veteran Health Care representative

Advisory Council members have the opportunity to review service provision; provide community education on senior issues; conduct forums and workshops; and evaluate and advocate for senior concerns and issues on local, state, and national levels.

What is expected of the Advisory Council Members?
The Advisory Council has written Guidelines which present specific roles and responsibilities. These include, but are not limited to the following:

✓ Attend monthly Advisory Council meetings. Meetings are held the second Friday of each month beginning at 9:30 a.m. in public locations in Santa Maria and Santa Barbara.
✓ Council members may also participate in special task forces and joint committees with the Board of Directors.
✓ Draft an Area Plan to outline the AAA priorities and goals.
✓ Represent the Agency at public forums and local government meetings.

Contact us:
Area Agency on Aging Advisory Council
528 S. Broadway, Santa Maria, CA 93454
925-9554 phone
925-9555 Fax
seniors@kcbx.net
www.centralcoastseniors.org
We appreciate your feedback on this Senior Resource Directory. This form is provided for that purpose. Fill in, tear out and mail back. Thank you.

Senior Resource Directory Survey

What I found useful about this Directory __________________________________________________
______________________________
______________________________
______________________________

What I would like to see included in the next Directory _______________________________________
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The following organization has an incorrect phone number or other information. Please include correct information, if known.
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We have Answers
Free Information & Referral

Senior Connection
LINKING PEOPLE & SERVICES

800-510-2020
CentralCoastSeniors.org
528 S. Broadway, Santa Maria, CA 93454
Outside Santa Barbara or San Luis Obispo Counties, dial (805) 928-2552

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