

Successful AGING

2019-2021

SANTA BARBARA SENIOR RESOURCE DIRECTORY



Area
Agency on
Aging

San Luis
Obispo and
Santa Barbara
Counties

*Your comprehensive
resource guide to services for
senior citizens and family caregivers*

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County Senior Resource Directory

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ACKNOWLEDGMENTS

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 family caregivers of older persons.

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.

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:

Review and Updates provided by:

Amdal Transport Services	Lompoc Family Care Support Network	Jason Bryan, <i>City of Santa Barbara</i>
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Help Unlimited	Senior Connection	Julie Posada, <i>Health Insurance Counseling & Advocacy Program</i>
HICAP	Senior Planning Services	Dana Simpson, <i>Recreation Specialist, City of Santa Barbara</i>
Home Choices for Mom and Dad	Sharon Kennedy Estate Management	Margaret Weiss, <i>Sansum</i>
Home Instead	SMOOTH	Jeanne M. West, <i>Hospice of Santa Barbara</i>
LifeSteps Foundation - Wisdom Center	Solvang Frienship House	
Lompoc Skilled Nursing & Rehab	Superior Home Health	

The Central Coast Commission for Senior Citizens, Area Agency on Aging is delighted to present the 2019/2021 Santa Barbara County Senior Resource Directory.

Santa Barbara County residents have access to a variety of services. It can be tough to determine what services you or a loved one needs and equally difficult finding the appropriate service. We wish the Santa Barbara Senior Resource Directory could answer all of your questions. We know it cannot. We hope the Directory simplifies your search, expands your knowledge, and ultimately ease the challenges experienced by you or a loved one.

The Directory lists 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.

What are the right questions to ask? Who can help decide if a service will meet your needs? Will services be available when you need them?

It takes time and energy researching services. 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 factor:

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

Determining Your Need

When a problem exists, it may be helpful to talk with someone experienced in identifying specific needs to determine which could be helped by services. Most nonprofit agencies

provide informal information and referral.

If there is more than one problem, define each problem individually. Often, one agency can't provide the complete scope of needed services. 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 can't, ask 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, 805-965-3288 or 805-928-2552.

For 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 benefit program, others require income below a certain level, and others don't have any income requirements. Who may receive a non-profit's services 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 and documentation are needed.

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. 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.

Cost

Cost will determine if you can afford a service. Some agencies have a set cost, no matter your income; others determine cost based on income; some services are free, and others--AAA funded programs (the Senior Lunch program is one example)—request only a donation. ASK!

Long Distance Caregiving

Most communities have a range of services available for seniors, but finding them can be a challenge for families who live out of the area.

ElderCare Locator is a free service to help locate specific resources for seniors. Call 800-677-1116 and ElderCare staff is available weekdays from 9 a.m. to 8 p.m. (EST).

The California Department of Aging's Senior Information Line's number is 800-510-2020. It connects to the local information and assistance service.

INTRODUCTION

Online

The Senior Resource Directory is online at www.centralcoastseniors.org as are links to other resources.

In Conclusion

Every effort has been taken to verify the accuracy of the information in these pages. If you are aware of a discrepancy, please let us know. Suggestions for improving the Directory, revealing new or not listed information, as well as your comments are appreciated. We can be reached at:

Senior Resource Directory
Area Agency on Aging
528 S. Broadway
Santa Maria, CA 93454
805-925-9554
seniors@KCBX.net



Finding Reliable Information and Support on the Internet

Finding health information on the internet can be confusing but there are reliable websites that offer a wealth of good information. You can learn about a specific condition, the latest treatments and find support for your health concerns. Here are tips to help you get reliable information.

- Know who operates the web site. Sites run by the government and nonprofit organizations are more objective than sites with a product to sell.
- Use sites where the information is written or reviewed by a qualified professional.
- Be wary of sites that have sponsors with a product to sell. Be careful of sites that have “pop-up” advertisements for medical products.
- Check the date. Medical information changes rapidly and if it is several years old it may not be current.
- Guard your privacy. Look at the home page for a privacy policy. Give as little personal information as possible.
- Seek a second opinion. Do not limit yourself to one source for health information.
- Share what you learn with your health care provider. He or she can help you to evaluate what the information means to you.

A good place to start your search for health information is MedlinePlus, www.MedlinePlus.gov. For Spanish speakers, see www.MedlinePlus.gov/Spanish. MedlinePlus brings together authoritative information from the National Library of Medicine, National Institutes of Health, and other reliable health-related organizations. MedlinePlus contains information about medication and supplements, an illustrated medical encyclopedia, the latest health news, surgery videos and more. You may also like Health Finder at www.Healthfinder.gov or in Spanish at www.Healthfinder.gov/espanol and Centers for Disease Control at www.CDC.gov or in Spanish at www.CDC.gov/spanish.

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 caregiver or care receiver) that may affect health and safety of both parties and discover how to address and access critical resources.

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 - to take care of yourself! Exercise is important – and try to do this with others. Develop and nur-

ture 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.

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, 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 evalua-

tion 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.

Share Responsibility

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. Make a list of current roles and responsibilities. It's unlikely that caregiving roles can be evenly divided, but a thorough list will help you consider roles that match each family member's preferences, resources, abilities and emotional capacity. Some might provide hands on care or make arrangements for the family member to move in with them. Others might be responsible for respite care, household chores or errands. Your family might designate someone to handle financial or legal issues. One person might research care facilities. Consider developing a Care Map.

Meet Regularly

Hold family meetings to discuss care and other relevant issues. By meeting regularly, you can address a few concerns at a time, avoid burnout and be more prepared for any changes in care. These can be done in person or via phone or video conference.

Invite everyone who is part of the caregiving team, including family,

friends and other close contacts. When appropriate include the care receiver. If you can't resolve disagreements, consider inviting a social worker or clergy member to help facilitate a meeting.

Create an agenda and share it before you meet. Make it clear that the goal of a meeting is to evaluate care and needs, identify problems and consider solutions. Be open to compromise and possibilities you hadn't considered. End family meetings with a clear understanding of what has been agreed upon, what each person has agreed to do and what needs to be addressed in the future. You might create a summary of a meeting or an audio recording for family members who can't attend. Being proactive rather than reactive can make the difference in the safety and well-being of all concerned. It may make the difference.

Remember that Hospice care is a valuable resource to both the care receiver and the caregiver and is also great source of comfort and support at end-of-life. This support 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 reduce stress and ensure that 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.



Senior Safety Tips

There are people who prey on those who they consider more vulnerable, an easy target. Typically, women, youth, and often seniors are perceived more vulnerable as they are thought to be less likely to put up any resistance.

Prove them wrong. Use your awareness, your instincts, your wisdom to keep safe.

1. Learn how to use your voice loudly for your own protection. Call attention to the person and behavior. Criminals like to keep things quiet and secretive.
2. Know your routes. Know where you are going and how to get there. If you get lost, still maintain the look of knowing where you are going.
3. Act confident, even if you are not. Eyes forward, shoulders up, walk like you have a purpose.
4. Let someone know where you are going and when you are expected home.
5. Lock your doors. Look inside your car and underneath it when you approach it.
6. Decide ahead of time if you give money to panhandlers. There is no wrong or right decision. If you choose to give, have some money readily available in your pocket, so you do not have to open your wallet or purse.
7. Trust your instincts. This is your early warning system. If it doesn't feel right, it probably isn't.
8. If someone wants your car, you're safer letting them have it, than going along for the ride. They will never take you somewhere that is safer than where you start.
9. If you use a cane, walker, or wheelchair, learn how to use it to your advantage.
10. Decide ahead of time what possessions are worth physically fighting over. It is your decision. The important thing is to make the decision now of what you are willing to fight for.
11. If someone comes to your door and makes you an offer that's too good to be true – it is. Don't buy it. Don't let them in. Get a good description and call the police.
12. You are as vulnerable in the daytime, as in the evening. Don't fool yourself by letting your awareness slip, just because it is daytime or a familiar place or person. Most assaults happen between one and ten miles of your home or work, between 9AM and 5PM, and from someone you know, or knows you.

IMPACT Safety

1699 West Mound Street • Columbus, Ohio 43223

614-437-2936 • www.impactssafety.org

A Program of LifeCare Alliance • www.lifecarealliance.org

24-Hour Crisis Intervention Agencies

DIAL 9-1-1 to contact Police, Fire, Highway Patrol, Paramedics, and Sheriff.

CARES CRISIS TEAM County of Santa Barbara Behavioral Wellness 888-868-1649

For individuals in crisis with mental health or behavior issues 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 Behavioral Wellness 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
805-739-3000

www.marianmedicalcenter.org

Goleta Valley Cottage Hospital

351 S. Patterson Ave.
Santa Barbara, CA 93111
805-967-3411

www.cottagehealth.org

Lompoc Valley Medical Center

1515 E. Ocean Ave.
Lompoc, CA 93436
805-737-3300

www.lompocvmc.org

Santa Barbara Cottage Hospital

400 W. Pueblo St.
Santa Barbara, CA 93102
805-682-7111

www.cottagehealth.org

Santa Ynez Valley Cottage Hospital

2050 Viborg Road
Solvang, CA 93463
805-688-6431

www.cottagehealth.org

Victims of Violence

If you are a victim or witness a situation where others are being seriously threatened or abused, you should immediately 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

http://cosb.countyofsb.org/social_services/

To report suspected elder or dependent adult abuse, staff is available from 8 a.m. to 5 p.m. After 5 p.m. and weekends, a recording will provide instructions.

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 805-736-7273
Office 805-736-8535

Santa Maria

24-hour Hotline 805-928-3554
Office 805-922-2994

Provides case management, information and referral services 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

For Services: 805-922-1236

24 Hr State Ombudsman Crisis

Line: 1-800-231-4024

Office: 805-965-1001 ext.244

LTCO@fsacares.org

Long Term Care Ombudsman investigates elder and dependent adult abuse allegations in licensed

and long term care facilities. They coordinate with law enforcement.

Santa Barbara Rape Crisis Center

433 E Canon Perdido
Santa Barbara, CA 93101
805-963-6832
24-hour Hotline 805-564-3696

www.sbrapecrisiscenter.org

Offers a 24-hour confidential hotline staffed by trained volunteers to help victims of sexual assault and harassment. Medical and legal information are available, as is non-crisis counseling, and instruction in self-defense.

Domestic Violence Solutions

County-wide Office

805-963-4458 (non-emergency calls)

Santa Barbara

24-hour Hotline 805-964-5245

Santa Maria

24-hour Hotline 805-925-2160

Lompoc

24-hour Hotline 805-736-0965

Santa Ynez Valley

24-hour Hotline 805-686-4390

www.dvsolutions.org

Offers temporary shelter to battered women and their children, victims of sexual assault and other trauma.

Victim Witness Assistance Program Santa Barbara County District Attorney's Office

Santa Barbara

1112 Santa Barbara St.
Santa Barbara, CA 93101
805-568-2400
Toll Free 855- 840-3232

Santa Maria

312 East Cook Street #D
Santa Maria, CA 93454
805-346-7529
Toll Free 855-840-3233

Lompoc

115 Civic Ctr. Plaza
Lompoc, CA 93436
805-737-7910

www.countyofsb.org/da

EMERGENCY SERVICES

From 8 a.m. to 5 p.m. Monday - Friday, provides services to victims of and witnesses to 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
805-682-7411

Zugan Health Urgent Care

1015 De La Vina St.
Santa Barbara, CA 93101
805-395-4946

Sansum Clinic Urgent Care

215 Pesetas Lane
Santa Barbara, CA 93105
805-563-6110

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

Central Coast Med Plus

340 E. Betteravia Suite C
Santa Maria, CA 93454
805-922-0561

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 meet immedi-

ate needs. Agencies operate different programs - call for specific information. During winter months, temporary shelters open to assist homeless persons escape inclement weather.

American Red Cross of the Pacific Coast

2707 State St.
Santa Barbara, CA 93105
805-687-1331

Provides disaster relief and offers disaster preparedness and education classes.

Path Santa Barbara

816 Cacique St.
Santa Barbara, CA 93101
805-979-8706

path@epath.org

Services to the homeless.

Freedom Warming Centers

805-636-5174
khayesfwc@gmail.com
facebook.com/
FreedomWarmingCenter/

Santa Barbara

Unitarian Society of Santa Barbara,
Trinity Episcopal Church, First
United Methodist Church,
First Presbyterian Church, First
Congregational Church

Carpinteria

Carpinteria Community Church

Lompoc

Peace Lutheran Church

Isla Vista

University Methodist Church

Santa Maria

Salvation Army

Provide overnight accommodations for homeless individuals. A shorter-term shelter operating when temperatures or a combination of weather conditions can be life-threatening for individuals living on the streets.

Catholic Charities

Santa Barbara
609 E. Haley St.
Santa Barbara, CA 93103
805-965-7045

Lompoc

325 N Second St.
Lompoc, CA 93436
805-736-6226

Santa Maria

607 West Main St.
Santa Maria, CA 93454
805-922-2059

Carpinteria

1500 Linden Avenue
Carpinteria, CA 93013
805-684-8621

Food, clothing & utility/rent financial assistance.

Community Action Commission/Energy Services

5638 Hollister Ave. #230
Goleta, CA 93117
805-617-2897

Energyinfo@cacs.org
cacs.org/low-income-assistance/
home-services

Countywide Home Energy Assistance Program.

Cuyama Valley Family Resource Center

4689 Highway 166, Unit B
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
805-681-4401

Lompoc

1100 W Laurel Ave.
Lompoc, CA 93430
805-737-7080

Santa Maria

2125 S Centerpointe Pkwy.
Santa Maria, CA 93455
805-346-7135

www.countyofsb.org

General relief, food stamps & Medi-Cal.

EMERGENCY SERVICES

Good Samaritan Shelter

245 E. Inger Dr. #103-B
Santa Maria, CA 93454
805-346-8185

Operates two emergency shelters:

Bridgehouse Emergency Shelter

2025 Sweeney Rd.
Lompoc, CA 93436
805-735-4390

401 W. Morrison, Ste B
Santa Maria, CA 93458
805-347-3338 x101

Provides emergency, transitional
and affordable housing with
support services.

Little House by the Park

4681 11th St.
Guadalupe, CA 93434
805-343-1194

Provides emergency and basic
services.

Jewish Family Services

524 Chapala St.
Santa Barbara, CA 93101
805-957-1115

Food, clothing and financial
assistance on one time basis

Marks House Transitional Shelter

203 North N St.
Lompoc, CA 93436
805-735-9980

An alcohol and drug-free
transitional shelter for homeless
families and children.

Salvation Army

423 Chapala St.
Santa Barbara, CA 93101
805-962-6281

200 W Cook St.
Santa Maria, CA 93454
805-349-2421

Food, Clothing & shelter

Santa Ynez Valley People Helping People

545 N Alisal Rd, #102
Solvang 93463
805-686-0295

www.syvphp.org

Food, clothing, utility assistance,
education & shelter

Other

California Poison Control System Hotline

24-hour Hotline: 800-222-1222

www.calpoison.org

A statewide network of trained
experts who provide the public
and health professionals with

information and advice about
treating poisoning exposures.
Interpreting services in more than
100 languages.

Friendship Line

800-971-0016

Staffed by skilled, trained
counselors, 24/7. This crisis
intervention and "warm line" offers
emotional support to seniors and
abled adults.

National Suicide Prevention Lifeline

800-273-TALK (8255)

Calls are connected to a skilled,
trained counselor, anytime 24/7.

Veterans Crisis Line

800-273-8255

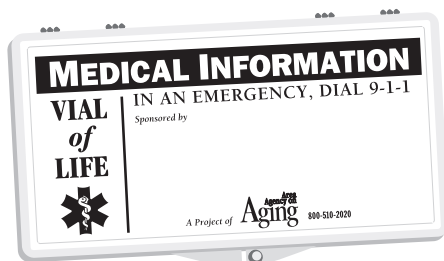
Text- 838255

Connect to reach confidential,
caring, qualified responders
with the Department of Veterans
Affairs. Many of them are Veterans
themselves 24/7.

Trans Lifeline

877-565-8860

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

ALCOHOL/DRUG/MEDICATION MANAGEMENT

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 older persons.

If one is having trouble with alcohol or the misuse of prescription drugs, 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 programs are out-patient and in-patient/residential.

Out-Patient

An out-patient program is held at a facility with services provided between 9:00 a.m. and 5:00 p.m., Monday through Friday. Services may include diagnosis and evaluation, group and/or individual counseling, and self-help groups.

Santa Barbara Cottage Hospital Mental Health Intensive Outpatient Program 805-569-7434

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

In-patient or residential treatment programs offer treatment in a residential setting or medical facility.

Within Santa Barbara County, both in-patient and out-patient services are available for 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 Psychiatric Services
Santa Barbara Cottage Hospital
805-569-8339

Information and admission through Emergency Psychiatric Services. Twenty bed acute, voluntary, short-term service in a therapeutic setting that includes diagnostic evaluation, medical detoxification, counseling, and case management. Experienced staff provide thorough discharge planning. 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**
805-569-7422

Intensive, family-focused drug and alcohol residential rehabilitation program with a collaborative treatment approach that includes a team of highly experienced chemical dependency professionals, licensed psychotherapists and registered nurses, with referrals to physicians with a specialty in addiction medicine. Program costs are reimbursable by most individual and group insurance plans. Affordable private pay plans are also offered to those without insurance coverage.

Counseling

Santa Barbara County Department of Behavioral Wellness

24-Hour Crisis Response and
Service Access Line 888-868-1649

If the crisis places anyone in immediate danger, call 911.

For all others, call the 24-hour toll-free Access Line at 888-868-1649. Someone is available to assist you 24 hours per day, seven days per week.

Santa Barbara Council on Alcoholism and Drug Abuse

232 E. Canon Perdido
Santa Barbara, CA 93102
805-963-1433

Project Recovery Drop In Center
133 E. Haley St
Santa Barbara, CA 93101
805-564-6057

The Council provides walk-in confidential assessment, counseling, education, information and referral to patient treatment. Support and information for family members and friends.

Elements Counseling Group
301 S Miller #105
Santa Maria, CA 93454
805-349-2255

Individual and group counseling for substance abuse.

Family Services Agency
123 W Gutierrez St
Santa Barbara, CA 93101
805-965-1001

101 South B St
Lompoc, CA 93436
805-735-4376

105 N. Lincoln St
Santa Maria, CA 93458
805-928-1707

5201 Eighth Street, Suite 202A
Carpinteria, CA 93013
805-965-1001

Family Service Agency offers older adults, age 60 plus, the tools they need to live meaningful, independent and healthy lives. Senior mental health services include individual, family and couples counseling with an emphasis on solution-oriented treatment strategies and well-defined therapeutic goals.

Good Samaritan/Recovery Point

245 E. Inger Dr. #103B
Santa Maria, CA 93456
805-346-8185

Recovery Point is an outpatient program designed to serve substance using men and women living in the Santa Maria Valley.

Information and Referral 2-1-1 Helpline

2-1-1 provides a 24-hour crisis counseling line. This telephone service also provides information

and referrals to housing, food, drug and alcohol abuse prevention and treatment, health facilities, counseling, mental health services, senior issues, financial assistance, legal assistance, child and elder abuse services, recreation, and disaster relief.

Bilingual Counseling

Zona Seca

26 W. Figueroa
Santa Barbara, CA 93101
805-963-8961

Zona Seca is a nonprofit organization offering alcohol counseling in English and Spanish.

Central Coast Headway

318 W. Carmen Lane
Santa Maria, CA 93458
805-922-2106

115 E. College, Ste 16
Lompoc, CA 93436
805-737-0015

Substance abuse coounseling and treatment programs.

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 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.

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

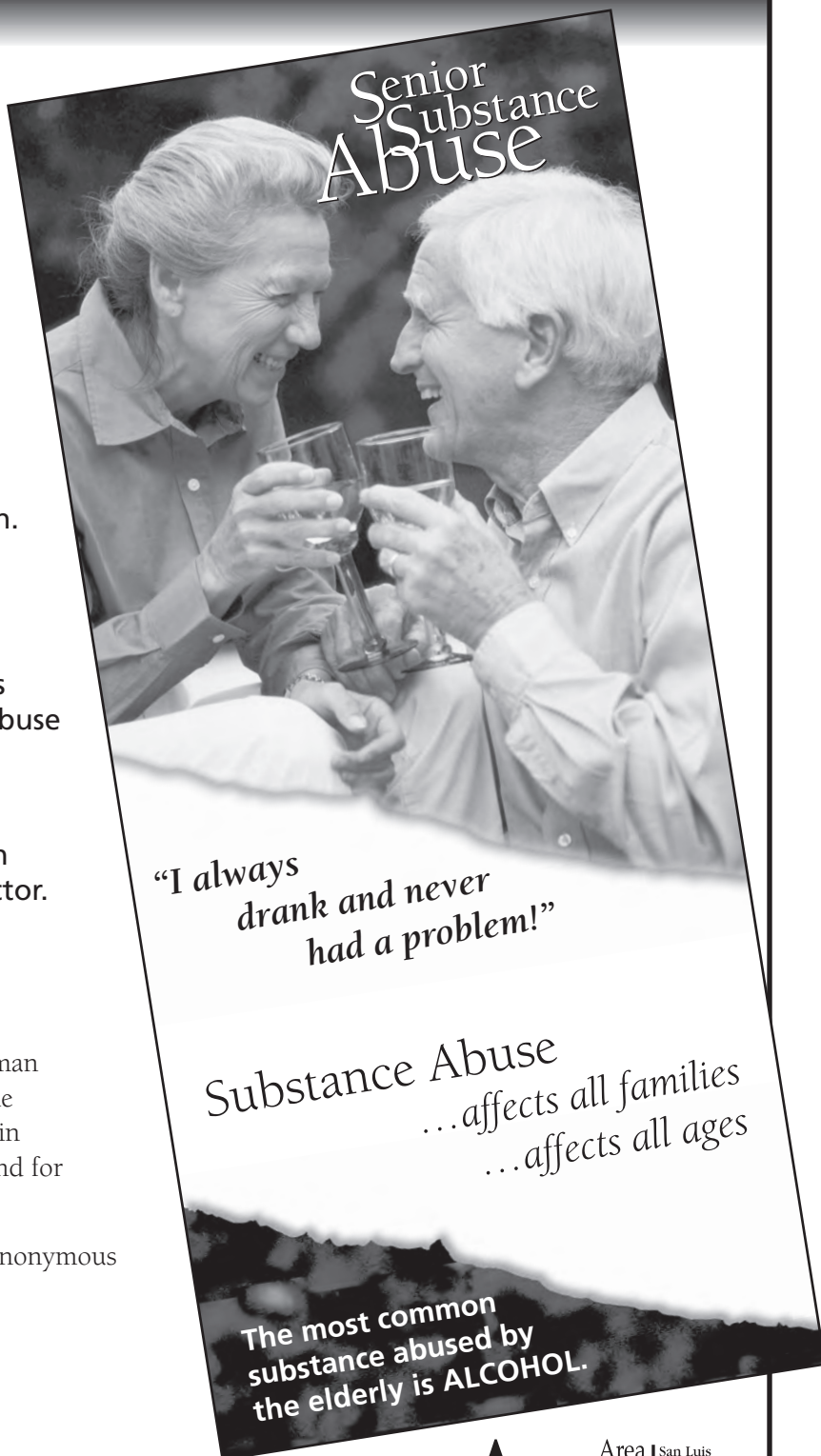
Take the first step – access the health and human services available in Santa Barbara County. The information in the **Resource Guide** can assist in obtaining needed services for older persons and for those acting on behalf of an older person.

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

805-925-9554



Area Agency on Aging
San Luis Obispo and Santa Barbara Counties

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
805-568-2200

www.sbcrecorder.com

511 E. Lakeside Pkwy, # 134
Santa Maria, CA 93455
805-346-8374
800-722-8683

www.sbvot.com

Registration form is also available at Post Offices, DMV offices and Public Libraries.

Community

Libraries

www.sbplibrary.org

Buellton Branch

140 W. Highway 246
Buellton, CA 93427
805-688-3115

Carpinteria Branch

5141 Carpinteria Ave.
Carpinteria, CA 93013
805-684-4314

Central Branch

40 E. Anapamu
Santa Barbara, CA 93101
805-962-7653

Cuyama Library

4689 Hwy 166
Cuyama, CA 93254
661-766-2490

Eastside Branch

1102 E. Montecito
Santa Barbara, CA 93103
805-963-3727

Goleta Branch & Bookmobile

500 N. Fairview Ave.
Goleta, CA 93117
805-964-7878

Guadalupe Branch

4719 W. Main St. #D
Guadalupe, CA 93434
805-343-1405

Los Alamos Library

405 Helena st.
Los Alamos, CA 93440
805-344-1025

Lompoc Branch

501 E. North Ave.
Lompoc, CA 93436
805-875-8775

Montecito Branch

1469 East Valley Rd.
Montecito, CA 93108
805-969-5063

Orcutt Branch

175 S. Broadway
Santa Maria, CA 93455
805-937-6483

Santa Maria Branch

421 S. McClelland
Santa Maria, CA 93454
805-925-0994

Solvang Branch

1745 Mission Drive
Solvang, CA 93463
805-688-4214

Vandenberg Village Branch

3755 Constellation Rd.
Lompoc, CA 93436
805-733-3323

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.

Adult & Aging Network

Santa Barbara County

805-681-4678

www.sbcaan.org

Advisory Council to the Santa Barbara County Board of Supervisors on long term care and aging issues.

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
805-925-9554
805-965-3288
800-510-2020

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 family caregivers.

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.ccoa.ca.gov

CIVIC/COMMUNITY/CONSUMER

Advisory Council to the state Department of Aging advocates at the state level on behalf of older Californians.

California Retired Teachers Association

1750 Howe Ave. #630
Sacramento, CA 95825
916-923-2200

www.calrta.org

Irene Wetzel, President

Division 17

Philip Morris, President
1208 Jackie Lane
Santa Maria, CA 93455-2121
805-922-1629

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

Vacant

Senior Senator

Rudy Xavier

805-473-4894

rsxavier@charter.net

Congress of California Seniors

1230 N St. Ste 201
Sacramento, CA 95814
916-442-4474
800-543-3352

www.seniors.org

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

805-934-5986

Lompoc

805-598-9055, 805-268-2199

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.

Social Service/Advocacy Organizations

Catholic Charities

Santa Barbara

805-965-7045

Santa Maria

805-922-2059

Provides case management directed food, clothing, emergency utility/rental financial assistance, immigration referrals, and counseling services for Spanish-speaking persons.

Family Services Agency

805-965-1001

805-928-1707

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

805-928-0392

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
805-965-2422

league@lwvsantabarbara.org
www.lwvsantabarbara.org

PO Box 1388

Santa Maria, CA 93456

lwvsmv2012@gmail.com

www.lwvsmv.org

921 Eleventh St # 700
Sacramento, CA 95814

916-442-7215

888-870-VOTE

lwvc@lwvc.org

www.lwvc.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
312-913-0979

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

608 Anacapa St. #A
Santa Barbara, CA 93101
805-963-3636

123 S. College Dr.
Santa Maria, CA 93454
805-349-9947

Fax 805-349-8638

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 home bound LGBT elders in need of socialization with another LGBT community member.

People Helping People

545 North Alisal Road, Ste 102
Solvang, CA 93463
805-686-0295

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

Jewish Family Services

524 Chapala St.
Santa Barbara, CA 93103
805-957-1116
Fax 805-957-9230

jfs@sbjfs.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
805-965-8581
Fax 805-965-6451

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

1530 Chapala St. #C
Santa Barbara, CA 93101
805-963-6765 x5

120 E. Jones St., Ste 133
Santa Maria, CA 93454
805-349-8943

www.cscsb.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
805-564-5461

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
805-564-5420

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
714-994-9528

www.gsmol.org

Santa Barbara County Region:

Anne B. Anderson
333 Old Mill Rd # 161
Santa Barbara, CA 93110
805-895-8319

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
805-963-8657

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.

CIVIC/COMMUNITY/CONSUMER

Consumer and Environmental Protection Unit

District Attorney, Santa Barbara County
312 E. Cook St. Ste D
Santa Maria, CA 93454
805-346-7540

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
805-654-4711
Fax 805-654-1680

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 800-638-8270

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

Professional Fiduciaries Bureau

P.O. Box 989005
West Sacramento, CA 95798-9005
916-574-7340
fiduciary@dca.ca.gov

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.

Board of Optometry

2450 Del Paseo Rd. #105
Sacramento, CA 95834
916-575-7170
866-585-2666

www.optometry.ca.gov

Board of Pharmacy

1625 N. Market Blvd. N219
Sacramento, CA 95834
916-574-7900
Fax 916-574-8618

www.pharmacy.ca.gov

Board of Registered Nurses

1747 N. Market Blvd. # 150
Sacramento, CA 95834
916-322-3350

www.rn.ca.gov

Insurance

Health Insurance Counseling and Advocacy Program (HICAP)

528 S. Broadway
Santa Maria, CA 93454
805-928-5663
800-434-0222

seniors@kcbx.net

www.centralcoastseniors.org

Informs and counsels about Medicare, Medi-gap, Medicare advantage and long term care insurance.

Consumer Assistance

California Dept. of Insurance

300 S. Spring St., South Tower
Los Angeles, CA 90013
800-927-HELP (4357)
800-482-4833 TTY

www.insurance.ca.gov

Responsible for gathering and responding to consumer inquiries regarding insurance company or producer activities. Includes a Senior Information Center.

Many other state departments have complaint units. Call your local legislator for information about the appropriate state department to contact for your particular need.

Residential Care Facilities (Board & Care Homes)

Community Care Licensing Division

State Dept. of Social Services
6500 Hollister Ave Ste 200
MS 29-09
Goleta, CA 93117
805-562-0400

www.cclcd.ca.gov

Licenses and inspects residential care facilities. Complaints about these facilities can be made to this agency.

Skilled Nursing Facilities (Nursing Homes)

Licensing and Certification

State Dept. of Public Health

1889 N. Rice Ave. #200
Oxnard, CA 93030
805-604-2926
800-547-8267

www.cdph.ca.gov

Responsible for licensing and inspecting skilled nursing facilities, home health, hospitals, hospice, and most types of nursing facilities. Complaints about these facilities can be made to this agency.

Consumer Financial Protection Bureau (CFPB)

PO Box 2900
Clinton, Iowa 52733
855-411-CFPB (2372)
TTY/TDD 855-729-CFPB (2372)

Info@consumerfinance.gov
www.consumerfinance.gov

The mission of the Consumer Finance Protection Bureau is to make markets for consumer financial products and services work for Americans - whether choosing among credit cards or using a number of other consumer financial products.

Long Term Care Ombudsman

123 W. Gutierrez
Santa Barbara, CA 93103
805-922-1236
805-965-1001

ltco@fsacares.org
www.fsacares.org

The State Crisis Line

800-231-4024

The crisis line is available to receive complaints 24/7.

Investigates complaints about residential care and skilled nursing facilities and allegations of elder abuse in residential care and skilled nursing facilities.



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.

- 100+ Exhibitors
- Flu Shots for Seniors 55+
- Health Screenings
- Activities for Seniors
- Information for Caregivers
- Free Healthy Snack
- Lots of give-aways!

Learn more at
SeniorExpoSB.com

Presented by



FAMILY SERVICE AGENCY
Since 1899

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 \$3 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.

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.

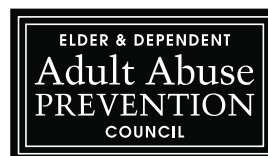
Credit Reporting Bureaus

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 February 2019



EDUCATION

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.

Vistas LifeLong Learning

916-717-2082

patricia.poile@gmail.com

Vistas LifeLong Learning was founded as a non profit membership organization. Adults in the Santa Barbara area are provided opportunities for continued learning through in-depth study of courses in many different areas. Members organize seminars, lectures and social events.

Adult Education Programs

These programs offer many courses of interest to seniors. Some classes are free; others have fees.

Allan Hancock College Community Education

800 South College Drive, Bldg. S
Santa Maria, CA 93454
805-922-6966, Ext. 3209
Fax 805-352-1046
www.hancockcollege.edu

Lompoc Campus

One Hancock Drive
Lompoc, CA 93436
805-735-3366

Vandenberg AFB Campus

641 Utah Ave., Bldg. 13640, Rm. 216
Vandenberg AFB, CA 93437
805-734-3500
Fax 805-734-0321

Santa Barbara City College Center for Lifelong Learning

Alice Schott Center
310 W Padre St
Santa Barbara, CA 93105
805-687-0812
Fax 805-569-5457

Selmer O. Wake Center

300 N Turnpike Rd
Santa Barbara, CA 93111
805-964-6853; 805-683-8210
Fax 805-964-7564

Continuing education offers classes designed to promote and maintain the mental, physical, emotional and social well-being of older adults to foster awareness and appreciation for aging as a lifelong developmental process.

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.

Adult Literacy Program

Santa Barbara Public Library
40 East Anapamu
Santa Barbara, CA 93101
805-564-5619
www.sbplibrary.gov

Adult Literacy students can be serviced at all branches of the Santa Barbara Public Library. For more information, registration, and initial interview for the program, call the main branch office of the Santa Barbara Public Library at 805-564-5619 or 805-564-5634.

Central Coast Literacy Council

421 S. McClelland Street
Santa Maria, CA 93454
805-925-0994, Ext. 2837
Fax 805-928-7432

cclcread@gmail.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 Valley. 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.

SBCC Adult Education Adult Literacy Program

Selmer O. Wake Center

300 North Turnpike Road
Santa Barbara, CA 93111
805-683-8260

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
805-893-4200

Help@professional.ucsb.edu
www.professional.ucsb.edu

Adult School, Lompoc

320 North "J" Street
Lompoc, CA 93436
805-742-3100
Fax 805-742-3085

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.

Cooperative Extensions/Farm Advisor Santa Barbara County Cooperative Extension

2156 Sierra Way, Suite C
San Luis Obispo, CA 93401
805-781-5940
Fax 805-781-4316

cesantabarbara.ucanr.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
805-563-8820
Fax 805-563-8821

info@hospiceofsantabarbara.org
www.hospiceofsantabarbara.org

Hospice of Santa Barbara provides lectures, workshops and trainings on a variety of end-of-life topics. A lending library, pamphlets, Advance health Care Directives and online resources are available free of charge.

Walter H. Capps Center UCSB

3001C Humanities & Social
Sciences Bldg.
Santa Barbara, CA 93106
805-893-2317

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 on its website.

Health Education

Alzheimer's and Dementia Care

Alzheimer's Association

1528 Chapala Street, #204
Santa Barbara, CA 93101
805-892-4259
800-272-3900
Fax 805-892-4250

www.alz.org/cacentralcoast

Santa Maria Office

120 E. Jones St., Ste.113
805-636-6432

The Association provides regularly scheduled workshops and educational programs for families, professional caregivers and the community throughout the County. View schedule of classes at the Association's website or call.

American Red Cross

2707 State Street
Santa Barbara, CA 93105
805-687-1331
800-733-2767
Fax 805-682-4655

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.

Marian Regional Medical Center Community Education Department

1400 E. Church St.
Santa Maria, CA 93454
805-739-3593

Provides a wide variety of programs about health.

Sansum Clinic Education Department

215 Pesetas Lane
Santa Barbara, CA 93110

Register online at
[HTTPS://calendar.sansumclinic.org](https://calendar.sansumclinic.org)

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.

Sansum Clinic Health Resource Center

215 Pesetas Lane
Santa Barbara, CA 93110
805-681-7672

Reliable answers to your health questions, help with MyChart and Advance Directive, healthy recipes, exercise guide, map of easy walks, community resources and more.

Do Not Call

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 web site, www.caag.state.ca.us/donotcall which has a link to the FTC site. Californians who registered through the state attorney general's web site will have their information transferred to the FTC.

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 conservatorship.
- 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 you 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:
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
805-568-2300

Hours: 8:00 am to 5:00 pm M-F
312-D East Cook Street
Santa Maria, CA 93454
805-346-7540

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
805-965-1001 ext 244
101 South B St.
Lompoc, CA 93436
805-922-1236

ltco@fsacares.org
www.fsacares.org

LTC Ombudsman investigate reports of alleged dependent adult abuse (18-64) and elder abuse (65+) 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.

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.

Elder Victims of Abuse

Family Service Agency of Santa Barbara

805-705-0894

Provides case management for Santa Barbara County residents who are 60 years of age or older who are victims of physical, emotional and financial abuse. Free.

Recent California legislation extends eligibility for the State's confidential address program to victims of elder or dependent adult abuse. This legislation allows victims to apply for a confidential, substitute address to manage their affairs and protect their privacy from potential abusers.

U.S. Senate Special Committee on Aging

Toll Free Fraud Hotline
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/.

855-411-2372
TTY/TDD 855-729-2372

8a.m. - 8 p.m. ET M-F

Mail a complaint:
P.O. Box 2900
Clinton, IA 52733-2900

Questionable Annuity or Insurance Practices:

Contact the State Insurance Commissioner's Office at 1-800-927-4347 or visit www.insurance.ca.gov/0300-fraud/index.cfm. If an attorney sold the annuity, file a complaint with the State Bar Association at 1-800-843-9053 or www.calbar.ca.gov/Attorneys/LawyerRegulation/FilingaComplaint.aspx.

Reverse Mortgage Scams: File a complaint with the Federal Trade Commission online or by phone, toll-free, at 1-877-FTC-HELP. If you believe that a real estate professional has committed fraud having

ELDER ABUSE & CRIME

to do with your reverse mortgage, file a complaint with the California Department of Real Estate at www.yourhome.ca.gov/file_complaint.shtml.

Filing a complaint with the FBI

IC3: The IC3 accepts online Internet crime complaints from either the actual victim or from a third party to the complainant. The following information is requested using the following website, www.IC3.gov:

- Victim's name, address, telephone and email
- Financial transaction information
- Subject's name, address, telephone, email, website and IP address
- Specific details on the victimization
- Email header(s)
- Any other relevant information supporting the complaint.

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 Money Gram 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.

Reporting Health-related Abuse

Fraudulent Medi-Cal Practices:

Contact the Office of the Attorney General, Bureau of medi-Cal Fraud and Elder Abuse
800-722-0432

ag.ca.gov/bmfea/reporting.php

Fraudulent Medicare Practices:

Contact the Health Insurance Counseling & Advocacy Program (HICAP)

805-928-5663 or 800-434-0222

www.medicare.gov/fraudAbuse/overview.asp

ELDER ABUSE IS SHAMEFUL

So is NOT REPORTING IT

If you suspect elder abuse call

Adult Protective Services

1-844-751-6729 (toll free)

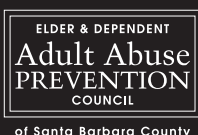
Long Term Care Ombudsman

805-965-1001 ext 244

or 805-922-1236

District Attorney's Office

805-568-2442 · 805-346-7518



Area Agency on Aging
San Luis Obispo and Santa Barbara Counties



Older adults are sometimes confronted with the need to change jobs, re-enter the work force, 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 \$17,640.

If you reached full retirement age during 2019, the deduction will be \$1 from benefits for each \$3 earned above \$46,920 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.

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 Center

130 E. Ortega St.
Santa Barbara, CA 93101
805-568-1293

1410 S. Broadway
Santa Maria, CA 93454
805-614-1550

The Workforce Resource Centers 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
805-928-1891

509 E Montecito St. # 101
Santa Barbara, CA 93103
805-560-8130
805-560-8167 TTY

www.dor.ca.gov

Assists people with permanent disabilities with employment.

Women's Economic Ventures

333 S. Salinas St.
Santa Barbara, CA 93103
805-965-6073

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, a 4 week explorer course and a long term consulting program 'Thrive'.

Senior Community Service Employment Program

Na. Association for Hispanic Elderly
315 South C Street
Oxnard, CA 93030
805-240-7771

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
805-568-1296

1410 S Broadway #E
Santa Maria, CA 93454
805-348-3230

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.

Employment Discrimination Americans with Disabilities Act (ADA) Information Line

800-514-0301
800-514-0383 (TTY)

www.ada.gov

The U.S. Department of Justice provides information about the ADA through a toll-free information line. This service permits businesses, state and local governments and others to ask questions about general or specific ADA requirements and order ADA technical assistance materials.

Employment/Public Accommodation

Fair Employment & Housing Department

2218 Kausen Dr., #100
Elk Grove, CA 95758
800-884-1684

www.dfeh.ca.gov

EMPLOYMENT

Housing: 800-884-1684
Hate Violence: 800-884-1684
TTY: 800-700-2320

Investigates allegations of discrimination on the basis of age, sex, color, national origin, marital status, creed, physical disability, medical condition, pregnancy, sexual orientation, genetic characteristics and religion when employment, housing, and public accommodations are affected.

Age discrimination complaints must be filed no later than two years from the date of "harm." All other complaints must be filed no later than one year from the date of "harm."

Labor Standards Enforcement (DLSE)

411 E. Canon Perdido, Rm. 3
Santa Barbara, CA 93101
805-568-1222

www.dir.ca.gov/DLSE

This agency enforces laws covering wages, hours and working conditions. They investigate problems concerning wage claims, minimum wage, overtime, hours and conditions.



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

Planning Ahead

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 may also give you peace of mind. "Advance Health Care Planning" allows you to think about important issues when you don't need to make immediate decisions or aren't under great emotional stress. It is a gift to your family to let them know your wishes in advance of a health care crisis. In Santa Barbara County, your health care providers want to understand and honor your values and health care goals.

Some things to consider in having that important conversation with your family include:

- What type of medical treatment do I want or not want if I am critically ill?
- If it appears that I am at end-of-life, where do I prefer to die? At home, in a medical hospice environment or in a medical facility (hospital or nursing home).
- Who will be my caregiver? Family and friends or professionals, Do I prefer male or female, or are there other important considerations I want known about my caregiver/s?
- Who do I want to have with me? Do I want to be surrounded by family and friends or do I prefer privacy and quiet?
Do I want to donate organs or donate my body to science?
- What kind of funeral or memorial do I want? Do I want it open to the public or just for family?
- Do I want to be buried or cremated?

One tool to help you make a plan is an Advance Health Care Directive. Its main purpose is to let you choose someone (our "agent") who will speak for you about your health decisions if you are too ill or injured to speak for yourself. When completed correctly, this legal document allows you to state what kind of treatment

you want and don't want at end-of-life. It also enables you to give authority to your appointed agent to obtain information about your health issues, review care options and actually make decisions on your behalf.

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 Health Care Directive is a legal document you can complete for yourself, your signature on the document must be witnessed by two people (special requirements must be followed) or notarized. A lawyer is not required. Copies of the completed document should be given to the appointed decision-maker (agent), primary care physician, hospital, and other appropriate family and health care providers. 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 Health Care Directive.

Physician Orders for Life Sustaining Treatment (POLST)

The POLST document should be completed by those who are frail (regardless of age), chronically ill, terminally ill, those enrolled in medical hospice care or are elderly. This document requires thorough discussion with one's physician or health provider (Nurse Practitioner or Physician's Assistant) at the time of completion. It enables the patient to be specific about end-of-life choices such as CPR, medical interventions, support for nutrition (such as feeding tubes for artificial nutrition), pain management and other treatments. Forms are available at many physician offices, local hospitals and licensed home health agencies and hospice organizations.

At the Time of Death

During the final moments, you may want to speak words of love, prayer

or sing a favorite song to the dying person. You may want to call family, friends or someone from the faith community to be present. After death, responsibilities may range from preparing/blessing the body, calling the mortuary, notifying other family and friends, to arranging a memorial, dealing with finances, cancelling memberships and other practical "tasks." All of this is done while dealing with one's own feelings of sadness and grief. It is helpful if there are significant others to help with these issues, so that no one person is over-burdened. Below is a helpful checklist which can be used as a guide.

Immediately:

- ✓ Arrange for organ donation.
Plans should have been made in advance so that just a phone call is necessary, unless the death is sudden or unexpected.
- ✓ Contact family members
- ✓ Arrange for the body to be cared for, according to the person's wishes. If there are no instructions, next of kin will most likely assume responsibility for decision-making.
- ✓ 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. Be sure that the deceased has not already made advance funeral preparations.
- ✓ Contact the church, if appropriate.
- ✓ Notify close friends and extended family.
- ✓ Secure property – including home and vehicle. Assure that pets are cared for by someone.
- ✓ Notify the post office using the forward mail option.
- ✓ For a veteran, contact Veterans Affairs to inquire about participation in the service, if desired.

END OF LIFE

- ✓ Check with clubs, union or church of the deceased to see if financial assistance is available, if needed, for the funeral and burial (funeral home may be able to assist with this).
- ✓ Ask friends and relatives to help with the funeral. This may include serving as pallbearers, creating a program for the funeral, making and serving a meal after the service. Other needs might include care for children, pets, monitoring the home of the deceased and providing support to other family members.
- ✓ Publicize the date, time and location of the scheduled 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 (five or more originals) for life insurance, banks, financial advisors, attorneys or others who may need verification of death.
- ✓ 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 appropriate.
- ✓ Notify life insurance companies
- ✓ Meet with a probate attorney
- ✓ Make a list of important bills and prioritize by due date and order of importance.
- ✓ Contact financial advisors, stock-brokers, mortgage companies, banks, credit card accounts.
- ✓ Notify credit reporting agencies (Equifax, Experian and TransUnion). Follow-up in six 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 an accountant for tax preparation.

Advance Health Care Directives

There are local programs and organizations that provide assistance to people in understanding and completing an Advance Health Care Directive. A key component of the process involves defining techniques in how to have a meaningful conversation with family and friends which will help in expressing wishes about end-of-life care.

Alliance for Living and Dying Well

2040 Alameda Padre Serra, Suite 110, Santa Barbara 93103
805-845-5314

www.allianceforlivinganddyingwell.org

The Alliance offers six different free workshops each month to help you complete an Advance Health Care Directive. They provide trained helpers and all the materials you need to get the job done! To register for a class, call 805-845-5314.

Sansum Clinic Advance Health Care Directive Workshop

To inquire about the workshops or to schedule an appointment, call 866-829-0909.

www.SansumClinic.org/health-and-wellness

MyCare

MyCare is the name of an Advance Health Care Directive produced by Cottage Health in collaboration with a number of other local health care providers. It is a clear, easy-to-complete document that allows you to appoint an agent to share your wishes and directions about your future health care with your loved ones

and health care providers. It doesn't require legal or financial experts, because the decisions are yours.

Key components of the document provide for the following:

- Selection of a person you trust to be your health care agent; someone who can make decisions for you should you become unable to and who would honor your wishes.
- Listing your instructions about your future health care so that everyone is perfectly clear about treatments you would want or not want provided.
- Completion of the document requires that it be witnessed by two persons (see document for exclusions) or have it notarized.

MyCare is available free of charge from Cottage Health, as well as from a number of other local health care providers (Alliance for Living and Dying Well, Sansum Clinic, Ridley-Tree Cancer Center, Hospice of Santa Barbara and Visiting Nurse and Hospice Care). The MyCare document can also be downloaded at cottagehealth.org/mycare website.

For further information, contact Advance Care Planning Services at mycare@sbch.org or by calling 805-324-9102.

Other organizations have created Advance Health Care Directives. You may want to use one of these documents. For more information, contact Senior Connection at 800-510-2020.

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.
- Call Social Security for instructions on how/where to return checks that have been received.

Other

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

The Public Administrator under certain circumstances, can administer an estate of a deceased person. Call them for more information: 805-568-2920 (Santa Barbara) or 805- 346-8330 (Santa Maria).

Burial and Cremation Information

The first step is to be sure that the deceased has not already made advance plans regarding a funeral/services. In the event that none were made, review the Yellow Pages of the telephone directory under "Funeral Directors, Services" and "Cremation Services." If preferred, google "Funeral Directors/Services Santa Barbara County" and "Cremation Santa Barbara County". If preferred, google "Funeral Directors/Services Santa Barbara County" and "Cremations Santa Barbara County." 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

cfb@ca.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
805-681-5150
Fax 805-681-5141

County of Santa Barbara Hall of Records

1100 Anacapa St
Santa Barbara, CA 93101
805-568-2250
Fax 805-568-2266

County of Santa Barbara Betteravia Government Center

511 E. Lakeside Prkwy.Ste.115
Santa Maria, CA 93455
805-346-8370
Fax 805-346-8371

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
805-568-2790

511 E. Lakeside Pkwy.
Santa Maria, CA 93455
805-346-8330

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 involved in the case. For more information contact:

Santa Barbara County Sheriff, Coroner's Office

66 S. San Antonio Rd.
Santa Barbara, CA 93110
805-681-4145
Fax 805-681-4308

www.sbsheriff.org

It is important to report a death which occurs at home, or in another non-medical setting. Call 9-1-1.

END OF LIFE

Organ Donation

Organ donation is the process of surgically removing an organ or tissue from one person (the organ donor) and placing it into another person (the recipient). Unfortunately, the need for organ donors is much greater than the number of people who actually designate themselves as organ donors. Whole body donations are used for medical research and education. These donations can be made to medical schools or private organizations that distribute the bodies to institutions to be used in their research or for teaching purposes.

It is critically important that provisions for organ or whole body donation be made well in advance of a person's death to eliminate any possible confusion or delay at the time of death. This choice should also be included in an Advance Health Care 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.

24-hour organ/tissue donor referral line: 800-338-6112

www.onelegacy.org

UCLA Medical Center - A non-profit organization that accepts bodies from the Southern California area for local medical research and education. It is important to register for this program at the time you know this is your desired request. The body/cremated remains are not returned to family.

310-794-0372

dbinfo@mednet.ucla.edu

donatedbodyprogram.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 and biological anthropology research. Family is responsible

for cost of transport of body from California to Knoxville.
865-974-4408

Donateinfo@utk.edu

fac.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. A short medical screening is done by phone at time of death to determine match with research criteria. If person is on hospice care or is terminally ill, screening can be done ahead of time through HOPE Program. Cremated remains are returned to family..

800-417-3747

www.sciencecare.com

Life Legacy - this program has been taken over by Science Care. If you have already registered through Life Legacy, Science Care will need to update your information and send you new registration cards. E-mail them your full legal name, current mailing address and date of birth to info@sciencecare.com. Must indicate that you were previously registered with Life Legacy.

800-417-3747

research.sciencecare.com

Bereavement/Support Groups

Grief Support Groups are offered to anyone experiencing the loss of someone special, particularly within the last year, and are held by a number of local organizations who specialize in end-of-life services.

One-to-one counseling may also be available for those who require more intensive support. For a listing, see **Support Groups Section**.

The End of Life Option Act is a California law that permits terminally ill adult patients with capacity to make medical decisions to be prescribed an aid-in-dying medication if certain conditions are met. Signed into law by Governor Brown in October 2015, the law went into effect on June 9, 2016.

To be eligible to request a prescription for the aid-in-dying drugs, an individual must:

- Be an adult (18 years old or older).
- Be a California resident.
- Have a diagnosis from his/her primary physician of an incurable and irreversible disease which will, within reasonable medical judgement, result in death within six months.
- Be able to make medical decisions for themselves as determined by health professionals.
- Voluntarily request a prescription for an aid-in-dying drug without influence from others.
- Be able to self-administer (eat, drink, and swallow) the aid-in-dying drug

The request must be made solely and directly by the patient to the attending physician, and cannot be made on behalf of the patient through a power of attorney, an advance health care directive, a conservator, health care agent, surrogate, or any other legally recognized health care decision maker.

Participation in the End of Life Option Act is voluntary for individual patients health providers (physicians, nurses, pharmacists, etc.) as well as health systems, HMOs, hospitals, medical offices, nursing homes, pharmacies and hospices. Insurance providers are not required to cover aid-in-dying drugs or related physician fees. Check with your health insurance company about their rules regarding costs associated with aid-in-dying drugs or related physician fees.

If the patient's provider or the organization where the patient receives care is not participating in the End of Life Option Act, the patient may request basic information or ask for a referral. A valuable resource is Coalition for Compassionate Care of California, an interdisciplinary collaborative of regional and statewide organizations and individuals dedicated to promoting high-quality, compassionate care for everyone who is seriously ill or nearing the end of life.

Contact Information: 916-489-2222 or www.coalitionccc.org.

Social Security Administration

800-772-1213

www.ssa.gov

The Social Security Administration is responsible for programs that 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 go to www.socialsecurity.gov. 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 up to three months before you plan on claiming benefits.

Social Security Survivors Benefits

Benefits may be available to survivors of deceased workers including a widow/widower, divorced widow/widower (for marriages lasting at least 10 years), children under 18, and adult children disabled before age 22. A one time death payment of \$255.00 can be paid to an eligible widow, widower, or child.

Social Security Disability Benefits

Disability insurance benefits are for those who have worked in jobs or self-employment covered by Social Security. A worker must have a disability preventing them from working which is expected to last at least 12 months or result in death. Benefits generally begin after 6 months of disability, but applications should be

filed as soon as possible. Benefits may be paid to eligible spouses, divorced spouses (for marriages lasting at least 10 years), children under 18, and adult children disabled before age 22.

Medicare

At age 65 most people are eligible for Medicare. Medicare will start automatically after two years of entitlement to disability benefits. Medicare helps pay for medical expenses. Apply for Medicare up to three months before reaching age 65 at www.ssa.gov or 800-772-1213.

Supplemental Security Income Program (SSI)

The Social Security Administration has a program providing financial assistance to low income persons 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 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. Those receiving SSI also receive Medi-Cal.

Social Security Offices

Santa Barbara Office
122 W. Figueroa St.
Santa Barbara, CA 93101
866-695-6285

Santa Maria Office
2436 Professional Parkway
Santa Maria, CA 93455
866-331-2316

County Programs

Department of Social Services Santa Barbara County

234 Camino del Remedio
Santa Barbara, CA 93110
805-681-4401

1100 W. Laurel Ave.
Lompoc, CA 93436
805-737-7080

2125 S. Centerpointe Parkway
Santa Maria, CA 93455
805-346-7135

www.countyofsb.org

Cal Fresh (Food Stamps)

Many seniors are eligible for food stamps. You may own one home and one car, but other assets and income are limited. For information contact the nearest Department of Social Services Office listed above. Home interviews are available for disabled individuals.

General Relief

If you are very low income, less than 65, and are not eligible for federal assistance, you may qualify for General Relief. Contact the Department of Social Services.

Veteran's Benefits

Benefits are available for eligible veterans and/or spouses. Benefits depend on many factors, including time in service, discharge status, assets and income.

Department of Veteran's Affairs

Santa Barbara
4440 Calle Real
Santa Barbara, CA 93110
805-683-1491
800-827-1000

Santa Maria
Santa Maria Veteran's Outpatient Clinic
1550 E Main St.
Santa Maria, CA 93454
805-354-6000

Santa Barbara County Veteran's Service Offices

Santa Barbara
315 Camino Del Remedio,
Bldg. 3, Rm 251
Santa Barbara, CA 93110
805-681-4500

Lompoc
401 E. Cypress Street, Rm 101.
Lompoc, CA 93436
805-737-7900

Santa Maria
624 W. Foster Rd., Ste. A
Santa Maria, CA 93455
805-346-7160

Assists eligible veterans and dependents in applying for veteran benefits.

FINANCIAL ASSISTANCE

Health Insurance Counseling

The following organization provides health insurance counseling:

HICAP (Health Insurance Counseling and Advocacy Program)

Central Coast Commission for Senior Citizens

528 S. Broadway
Santa Maria, CA 93454
805-928-5663
800-434-0222

seniors@kcbx.net
www.centralcoastseniors.org

Free information and assistance with understanding Medicare benefits and rights, solving medical billing problems, filing claims and appeals, and comparing insurance policies. Trained volunteer counselors provide assistance. Call for information or an appointment. Counseling sites are located in Santa Barbara, Goleta, Lompoc, Santa Maria, Guadalupe, Carpinteria and Orcutt.

Credit Counseling

Catholic Charities

609 E. Haley
Santa Barbara, CA 93103
805-965-7045

325 North Second Street
Lompoc, CA 93436
805-736-6226

607 W. Main St.
Santa Maria, CA 93454
805-922-2059

Provides nondenominational family and individual counseling and assists individuals with debt obligations. Financial assistance available to qualified individuals. Applicants must apply in person. Also provides Money Management workshops including : Developing Money Goals, Developing a Spending Plan that Works, and Personal Investing- The Basics.

Money Management/Bill Paying Service/Professional Fiduciaries

Some people need help with bill paying, particularly medical bills and insurance claims. Senior Connection has a list of individuals and businesses which provide basic bookkeeping and bill paying services for persons having difficulty.

Professional Fiduciaries

Fiduciaries practicing in the state of California are required to be licensed by the Professional Fiduciaries Bureau under the California Department of Consumer Affairs. Licensed, bonded & insured, they provide financial management services for a fee. You can find a listing at: <https://pfac-pro.org/find-a-fiduciary/role-of-a-fiduciary/>

Private Fiduciaries serve by court appointment as guardians, conservators and personal representatives of estates. They also serve by agreement as trustees, executors, representative payees and as agents under powers of attorney.

Professional fiduciaries provide critical services to seniors, persons with disabilities and children. They manage matters for clients including daily care, housing and medical needs, and also offer financial management services. There are requirements for licensing.

Professional Fiduciaries Bureau

P.O. Box 989005
West Sacramento, CA 95798-9005
916-574-7340

Guide to Financial Planning Assistance

Purpose:

Financial planning provides the big picture view of an individual's financial status and shows how financial decisions are interrelated.

Benefits:

Financial Planning is the process of determining whether and how an individual can meet life goals through the proper management of financial resources.

Components:

- Savings, budgeting, emergency funding and education planning
- Risk management and insurance planning
- Investment planning
- Tax planning



QUINN FIDUCIARY SERVICES

601 E. Arrellaga St., Suite 102
Santa Barbara, CA 93103
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

- Retirement savings and income planning
- Estate planning

Questions you should ask when you choose a financial advisor:

- What are your credentials?
- What is your approach to financial planning?
- Does it incorporate tax and estate planning?
- Do you work by yourself or with a team?
- Are you a fee-only fiduciary?

You want to select someone you can work with comfortably. Your financial advisor should help you create a financial plan and keep you energized to stay on course and meet your life goals.

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. 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. There is no charge for filing for the Homeowner's Exemption. More information is available at:

Assessors Office

105 E. Anapamu, Rm. 204
Santa Barbara, CA 93101
805-568-2550

511 E. Lakeside Parkway
Santa Maria, CA 93455
805-346-8310

Renter's Tax Credit

A tax credit or refund that is available for California tenants. For information call

Franchise Tax Board

800-852-5711
800-735-2929 TDD for hearing impaired
www.ftb.ca.gov

Homeowner's Property Tax Postponement

The Property Tax postponement program allows eligible homeowners to postpone property tax payments on a primary residence. The interest rate for taxes postponed is 7% per year. Funding for the program is limited, and applications are processed on a first-come, first-served basis. Only current-year property taxes are eligible for postponement. To be eligible you must:

- Be at least 62, or blind or have a disability;
- Own and occupy the home as your primary residence;
- Have a total household income of \$35,500 or less;
- Have at least 40% equity in the property; and
- Other requirements.

More information is available on the State Controller's website: www.sco.ca.gov; or contact 800-952-5661 or postponement@sco.ca.gov

Other Tax Assistance

Volunteer Income Tax Assistance (VITA)

Available at locations throughout Santa Barbara County. Volunteers are trained by IRS and the Franchise Tax Board to assist in the preparation of your state and federal income tax, renter's credit, homeowner's assistance and renter's assistance forms and to answer questions regarding the various tax programs. An appointment is usually necessary. For information on the nearest site, call Senior Connection at 800-510-2020.

Tax Counseling for the Elderly (TCE)

Specially trained volunteers are available in local communities during tax time to help taxpayers 60+ complete their own federal tax forms. This free program is sponsored by the Internal Revenue Service.

Don't Get Scammed!

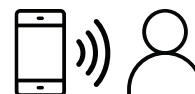


A virtual kidnapping scam may take one of several different forms, but it is designed to trick victims into paying a ransom to free a loved one from what they believe to be a fear of violence or death.

If you receive a call from someone demanding a ransom:



1. Hang up the phone



2. Contact the alleged victim

If you engage the caller, **don't share information or agree to pay.**

If you suspect a real kidnapping, or you believe a ransom demand is a scheme, **contact your nearest FBI office or local law enforcement.**



Montecito
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Behind every great community is a great bank.®



montecito.bank/fraud

FINANCIAL ASSISTANCE

AARP Tax Aide Program

888-OUR-AARP (888-687-2277)
877-434-7598 (TDD)

taxaide@aarp.org

For information about counseling sites provided by this program.

Call Senior Connection for the site and time most convenient for you.

Services for individuals who are unable to leave their homes may also be available. For any questions regarding California Personal Income Tax, Bank and Corporation Tax or deductions for Senior Citizens, Disabled or Blind, Call:

Franchise Tax Board

800-852-5711
800.735.2929 (TDD)

www.ftb.ca.gov

For questions regarding Federal Tax Forms, tax information, or problem resolution, call:

Internal Revenue Service

800-829-1040
800-829-4059 (TDD)

www.irs.gov

Federal tax forms, tax information and problem resolution.

Special Income Tax Credit for the Elderly or Disabled

This federal income tax credit is available to U.S. citizens only who are at least 65 at the end of the taxable year OR who are under 65 at the end of the taxable year and retired on permanent and total disability, receiving taxable disability benefits. Schedule "R" (Forms 1040), "Credit for the Elderly or the Disabled," must be filed with your income tax return. See at www.irs.gov.

Fall Risk Assessment

1. Have you fallen one or more times in past six months

YE S NO

If so, how many times _____

2. Are you afraid of falling?

YE S NO

3. Do you feel unsteady when walking outdoors

YE S NO

4. Do you get dizzy when you move your head quickly or sit up in bed?

YE S NO

5. Do you have any loss of feeling/tingling in your feet?

YE S NO

6. Do you difficulty performing daily household chores

YES NO

7 Do you have problems with your vision?

YE S NO

If yes, do you get regular vision check-ups?

YE S NO

8 Are you currently taking more than 4 prescription medications?

YE S NO

9 Do you take medication to help you sleep, calm you down?

YE S NO

If you answered yes to two or more of these questions you make be at risk for falling. Please talk to your Physician about a fall risk assessment.



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

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CA License No. PF 37

www.skestatemanagement.com

Good nutrition is essential to a person's health and well being. Food insecurity is faced by many seniors and represents a pressing social and public health issue. There is an extensive network of food banks, food pantries, soup kitchens, and hot meal programs in our community.

Meals

Hot lunches are provided at no cost to seniors over the age of 60 at 13 community centers. There are no income qualifications and meals are provided Monday through Friday. In some locations, Transportation may be available. To inquire about reservations and learn more about the service or weekly menu, call:

North County 805-925-3010

South County 805-683-4458

Community Action

Commission Nutrition Sites

Atkinson Center

1000 N. Railroad Ave.
Santa Maria, CA 93458

Carpinteria Veterans Memorial Center

941 Walnut Street
Carpinteria, CA 93013

Elwin Mussell Senior Center

510 E. Park Street
Santa Maria, CA 93454

Franklin Neighborhood Center

1136 E. Montecito
Santa Barbara, CA 93103

Goleta Senior Center

5679 Hollister Ave.
Goleta, CA 93117

Guadalupe Senior Center

4545 Tenth Street
Guadalupe, CA 93434

Davis Community Center

1232 De la Vina St.
Santa Barbara, CA 93101

Dick DeWees Community Center

1120 Ocean Ave.
Lompoc, CA 93436

Luis OASIS Senior Center

420 Soares Avenue
Orcutt, CA 93455

Presidio Springs

721 Laguna
Santa Barbara, CA 93103

Villa Caridad

4202 Calle Real
Goleta, CA 93110

Wietzel Center

640 North Q St.
Lompoc, CA 93436

Cypress Court Apartments

125 South 7th St.
Lompoc, CA 93436

Other Nutrition Programs

Buellton Senior Center

164 Highway 246
Buellton, CA 93427
805-688-4571

Meals served Monday through Friday. Dine-in fee is \$4.00. Call for reservation.

Free Methodist Church

1435 Cliff Drive
Santa Barbara, CA 93109
805-965-1338

Lunch is served on the first and third Thursday for \$5.00, which includes lunch, fellowship, music, scripture, and presentations.

Martha's Meals

St. Peter's Church
402 S. Lincoln Street
Santa Maria, CA 93458
805-922-3575

A free sack lunch is available to pick up between 3:00 p.m. - 4:30 p.m. every weekday.

Solvang Senior Center

1745 Mission Drive
Solvang, CA 93463
805-688-3793

Home-Delivered Meals

Home delivery can be arranged for frail and homebound seniors through several local organizations. Special dietary needs can be accommodated by some providers.

Community Action Commission "Healthy At Home"

North County 805-925-3010
South County 805-692-4979

Meals-on-Wheels

Lompoc

805-736-3257

Santa Maria

805-938-1200

Meals are delivered to homebound persons. Service is limited to five days – no service on Sundays or Thursdays. Fee is \$3.00 with a sliding scale.

Santa Barbara Meals on Wheels
805-683-1565

Volunteers deliver hot meals to homebound seniors seven days a week. A meal fee is charged. Office is open between 9 a.m. and 11:30 a.m.

Santa Ynez Valley Meals on Wheels

805-350-8478

Meals are delivered Monday through Friday. Fee is \$4.50 with limited financial assistance available.

Santa Maria Wisdom Center

2255 S Depot St
Santa Maria, CA 93455
805-354-5332

The center offers a Blue Plate Special which is a hot meal delivered in Santa Maria, Orcutt, Lompoc, Nipomo and Five Cities areas. Fee is \$5. Meal includes dinner and dessert. Open to all ages.

Food from the Heart

805-334-5292

www.sbfoodfromtheheart.org

Provides adults dealing with illness and frail health living in the City of Santa Barbara with home-delivered meals once a week.

Organic Soup Kitchen

608 Anacapa St
Santa Barbara, CA 93101
805-284-3552

www.organicsoupkitchen.org

Serves low-income cancer patients and homebound seniors living in Santa Barbara, Goleta, and Carpinteria with weekly meals. Monthly subscription fee.

FOOD & NUTRITION

Supplementary Food

The following agencies provide supplementary food items. Each program has its own eligibility criteria.

Foodbank Brown Bag Program

North County 805-937-3422

South County 805-967-5741

www.foodbanksbc.org

Program participants receive two bags of groceries and fresh produce each month.

Catholic Charities Older Adult Services

North County 805-922-2059

South County 805-965-7045

Program locations in Carpinteria, Lompoc, Santa Barbara, and Santa Maria. Seniors 60 years of age and older who meet income requirements can receive food aid, financial assistance with rental/utility bills, and referrals.

Foodbank of Santa Barbara County Mobile Food Pantry and Farmers Market Program

805-897-2566

www.foodbanksbc.org

Foodbank administers weekly and monthly distribution sites that provide both fresh produce and pantry staples. 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.

Santa Ynez Valley People Helping People

545 N. Alisal Road

Solvang, CA 93463

805-686-0295

www.syvphp.org

Unity Shoppe

1401 Chapala St.

Santa Barbara, CA 93103

805-965-4122

The Shoppe provides food, clothing and personal items upon referral.

Additional Resources

Grocery Resources

Senior Connection

805-928-2552

Maintains a list of stores in your area that deliver, and will offer assistance with errands.

Hospital Meal Discounts

Marian Regional Medical Center

1400 East Church St.

Santa Maria, CA 93454

805-739-3514

Seniors are offered a 10% discount on meals in cafeteria.

Santa Barbara Cottage Hospital

400 W Pueblo

Santa Barbara, CA 93105

805-682-7111

Seniors are offered a 20% discount at the hospital's cafeteria.



Join us for Lunch



Community
Action
Commission
OF SANTA BARBARA COUNTY

A PRIVATE NONPROFIT

Senior lunches available

Monday through Friday

Served at 14 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

www.cacsb.org

Community Gardens

Community gardens are an ideal place to plant organic vegetables, fruits, herbs, and flowers, while getting to know neighbors and enjoying the outdoors. This fun, outdoor activity open to all ages. Community gardens produce nutritious food, reduce food budgets, create opportunities for recreation and socialization, preserve green space, and conserve resources.

Isla Vista

Community Garden at Estero Park
805-968-2017

New gardeners are trained in organic methods. Quarterly fee.

Lompoc

Peace Community Garden
805-331-3483

Annual fee of \$120.

Valley of the Flowers United Christian Church

805-733-3333

No fee for a plot.

College Avenue Garden
805-735-1002

Volunteer gardening opportunity on Saturdays. Handicap accessible.

Santa Barbara

Several gardens are maintained and operated by the City of Santa Barbara. There is an annual fee of \$65 for resident/\$78 non-resident..

Pilgrim Terrace Community Garden
805-897-2560

Rancheria Community Garden
805-897-2560

Yanonali Community Garden
805-897-2560

Meal Kit Delivery Service

Several local companies directly mail food and recipes to customers. 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 debit card and is accepted at major grocery stores and markets.

Who is eligible for CalFresh?

There are special rules for households with a member who has a disability or is over 60 years of age. There are numerous factors that are involved with eligibility and the level of benefits.

Effective June 2019, SSI/SSP recipients will be eligible for CalFresh.

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?

To find out how to apply for benefits in your county, call 1-877-847-3663 or visit one of the local CalFresh offices listed below:

Santa Barbara County
805-681-4401

Lompoc
805-737-7080

Santa Maria
805-346-7135

Enjoy More *at Merrill Gardens*

You've built a great life doing things you love.
Being with friends. Pursuing fun hobbies.
Choosing the way you spend your days.

Why should that have to change?



Call today to schedule your personal visit.

(805) 863-9290
merrillgardens.com

1220 Suey Road
Santa Maria, CA 93454



Lic #425801806

HEALTH SERVICES

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
805-560-1050

Franklin Center

1136 E. Montecito St.
Santa Barbara, CA 93103
805-568-2099

Lompoc

301 North R St.
Lompoc, CA 93436
805-737-6400

Santa Barbara

345 Camino del Remedio
Santa Barbara, CA 93110
805-681-5488

Santa Maria

2115 S. Centrepointhe Pkwy.
Santa Maria, CA 93455
805-346-7230

Santa Barbara Neighborhood Clinics

Call Center: 844-594-0343

www.sbclinics.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 five freestanding clinics.

Eastside Neighborhood Clinic

915 N Milpas St.
Santa Barbara, CA 93103

Goleta Neighborhood Clinic

5580 Calle Real
Goleta, Santa Barbara, CA 93111

Isla Vista Neighborhood Clinic

970 Embarcadero del Mar
Isla Vista, CA 93117

Westside Neighborhood Medical Clinic

628 W. Micheltorena St.
Santa Barbara, CA 93101

American Indian Health & Services

4141 State St., # B-11
Santa Barbara, CA 93110
805-681-7144
Fax 805-683-6108

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
805-946-1003

Family Medicine Center

1400 E. Church Street, Building 8
Santa Maria, CA 93454-4175
805-739-3561
217 W. Central Ave Ste.G
Lompoc, CA 93436
805-946-0998

Family Health Center

5075 S. Bradley # 131
Santa Maria, CA 93455
805-946-1866
1510 E. Main St.,Ste 104C
Santa Maria, CA 93454
805-946-0067

1102 E. Clark Ave. #120B
Orcutt, CA 93455
805-332-8188

Community Health Centers of the Central Coast

2081 Santa Maria Way #A
Santa Maria, CA 93455
805-934-5400

1835 N. Broadway
Santa Maria, CA 93454
805-345-3701

4723 W. Main St.
Guadalupe, CA 93434
805-343-5577

425 W. Central #201
Lompoc, CA 93436
805-737-1169

www.chccc.org

Sansum Clinic

Sansum Clinic, Pueblo Multi-Specialty

317 W. Pueblo Street
Santa Barbara, CA 93105
805-681-7500

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
1-800-4-SANSUM

www.sansumclinic.org

Sansum Clinic is an independent non-profit healthcare organization providing the full spectrum of health care. Services are provided at 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, Carpinteria, and Solvang outpatient surgical and medical center at 4151 Foothill Road in Santa Barbara provides enhanced coordination of services and offers advanced surgical options for patients.

Santa Ynez Tribal Health Clinic

90 Via Juana Lane
PO Box 539
Santa Ynez, CA 93460
805-688-7070
Fax 805-686-2060

info@sythc.org
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
805-683-1491
1550 E. Main St.
Santa Maria, CA 93454
805-354-6000

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
805-563-8820

The *Patient Care Services* program offers an interdisciplinary approach which includes social work, spiritual care and volunteer services. The program coordinates highly individualized support that meets the immediate and critical needs of individuals and their families impacted by a life-threatening illness by addressing their emotional, social, spiritual and practical concerns.

Marian Regional Medical Center (Dignity Health)

805-739-3943

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 805-739-3943.

Palliative Care Consultation Service at Cottage Hospital

PO Box 689
Santa Barbara, CA 93102
805-569-8393

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
805-965-5555

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 805-690-6212.

Physician Referral

Central Coast Medical Association

100 N. Hope Ave. #4
Santa Barbara, CA 93110
805-683-5333
Fax 805-967-2871

sbcms@sbmed.org
www.sbmed.org - go to “Find a Physician”

The Medical Association will refer you to physicians of various specialties who are members of the Association.

HEALTH SERVICES

Contact HICAP at 800-434-0222 for information about Physician/Suppliers who accept Medicare Assignment.

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 "home-bound").

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
Fax 687-3707
www.cottagehealthsystem.org/rehab

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

805-569-8999 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
805-879-5556

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.

Other Rehabilitative Services

Independent Living Resource Center

423 W. Victoria St.
Santa Barbara, CA 93101
805-963-0595 (V/TDD)

222 W. Carmen Lane, #100
Santa Maria, CA 93458
805-925-0015 (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, housing services, and information and referral to other service provider organizations.

Jodi House Brain Injury Support Center

625 Chapala St.
Santa Barbara, CA 93101
805-563-2882
805-563-3982 (FAX)

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

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**

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

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



Learn more at **www.SansumClinic.org**

1 (800) 4-SANSUM

1 (800) 472-6786

HEALTH SERVICES

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.

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
805-963-1576
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
805-569-9693

Fax 805-569-9243
www.bcrsbc.org

Programs & support for individuals with breast cancer.

Cancer Information Center Marian Mission Hope Cancer Center

1325 Church Street
Santa Maria, CA 93454
805-219-HOPE (4673)

missionhopecancercenter.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, fillings, extractions, or dentures.

Routine Dental Referral and Emergency Care

American Indian Health & Services

4141 State St # B2-B5
Santa Barbara, CA 93110
805-696-1002

The Dental Clinic is staffed with 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

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
805-884-1998
Fax 805-884-1875

www.sbclinics.org

Goleta Neighborhood Dental Clinic

164 Kinman Ave.
Goleta, CA 93117
805-617-7900

www.sbclinics.org

Clinics at both sites provide full services through Medi-Cal and a sliding fee scale. Sponsored by the Santa Barbara Neighborhood Clinics.

Community Health Centers of the Central Coast Dental Clinics

210 N. Broadway
Santa Maria, CA 93454
805-347-1171

1304 Miller St.
Santa Maria, CA 93454
805-352-1188

People Helping People

545 Alisol Rd.
Solvang, CA 93463
805-686-0295

www.syvphp.org

People Helping People has a service to help low income older adults afford dental care. Eligibility for the program is limited to uninsured adults aged 60 and older and whose income is 150% of the federal poverty level or less. Clients pay all or part (monthly) of a steeply discounted fee charged to PHP by participating dentists. Clients sign an agreement to repay their portion of dental fees to PHP and PHP pays the dentist directly for the entire balance. Other restrictions may exist.

Santa Barbara - Ventura Dental Society

1607 E. Thompson Blvd.
Ventura, CA 93001
805-648-7282
Fax 805-648-5154

www.sbvcds.org
admin@sbvcds.org

Santa Ynez Tribal Health

90 Via Juana Lane
Santa Ynez, CA 93460
805-688-7070
Fax 805-686-2060

www.sythc.com

Provides cleanings, x-rays, fluoride, sealant, and oral exams. 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
805-563-8636

Cottagehealth.org

Provides health assessments, 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 au-

diological 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 CenCal Health representative or with your supplement 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
805-963-0595 (V/TDD)
Fax 805-963-1350

222 W. Carmen Lane, #100
Santa Maria, CA 93458
805-925-0015 (V/TDD)
Fax 805-349-2416

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

LIFE STEPS FOUNDATION

Santa Maria Wisdom Center

2255 S. Depot Street, Santa Maria, CA 93455 • (805) 354-5320 • www.lifesteps.org





A Lifeline for Families

Adult Day Health Care Activities Program for Seniors Hot Nutritious Lunch	Skilled Nursing Services Mental Health Services Social Services	Physical/Occupational Therapy Round-Trip Transportation Home Delivery Blue Plate Dinner
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Program Hours: M-F, 9am to 2pm / Get in Touch to Schedule a Tour

HEALTH 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> or earofthelion.org.

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

805-569-8264

2400 Bath Street

Santa Barbara, CA 93105

Cottagehealth.org

Call for an appointment

Other Resources

HELP-4-HEP (Hepatitis C Helpline)

1-877-435-7443

Non-profit toll free helpline for those with concerns about Hepatitis C.

HIV Health 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. P that 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 (Consumer Line)

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

Mon-Friday 7Am to 6PM

Saturday 9 AM- 4 PM

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)

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

Other Resources

National Cancer Institute

1-877-44U-QUIT (8-7848)

www.TobaccoFreeCA.com
www.nobutts.org

Smokefree.gov

1-800-QUIT NOW

Public Health Department

Santa Barbara

805-681-5407

www.countyofsb.org/phd/tobacco

The Tobacco Prevention Program provides a variety of prevention, enforcement and support services. Our goals are to prevent non-smokers from becoming tobacco users, to assist smokers to quit, and to protect the public from the harmful effects of tobacco and secondhand smoke.

Tobacco Prevention Program

Smoking Cessation Program

Cottage Health

Toll free 1-855-CHS-WELL
1-855-247-9355

If you are ready to quit, a Helpline counselor can set you up with a "how-to quit plan" that's right for you. An intake screener will send you a packet of helpful information. The program provides information on arranging counseling sessions. A cessation counselor will return your call within 48 hours.

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 CenCal Health Beneficiary Representative at your nearest County Social Services office or check with your insurance company.

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



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Lompoc Skilled Nursing & Rehabilitation Center

1428 West North Avenue
Lompoc, California 93436

805-735-4010

www.lifegen.net/lompoc



HEALTH SERVICES

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
805-682-6222
Fax 805-687-6141

www.brailleinstitute/santabarbara.org

This organization serves Santa Barbara County and offers 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.

Independent Living Resource Center (ILRC)

423 W. Victoria St.
Santa Barbara, CA 93101
805-963-0595 (V/TDD)
Fax 805-963-1350

222 W. Carmen Lane, #100
Santa Maria, CA 93458
805-925-0015 (V/TDD)
Fax 805-349-2416

ILRC provides many services for visually impaired persons through its Older Individuals who are Blind program. These include independent living skills training, help in finding funding for assistive devices, personal attendant care referral and placement, and much more. Call 805-650-5993 ext 205 or emedel@ilrc-trico.org to contact the Older Individuals who are Blind program.

Lions Sight Conservation Foundation

PO Box 6293
Santa Maria, CA 93456
805-925-8022

Provides vision screening exams 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
805-569-8264

Provides free glaucoma and hearing screening. Phone to be sure office is open.

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

805-569-8900

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
805-568-2099

County Health Care Center - Carpinteria

931 Walnut Ave.
Carpinteria, CA 93013
805-560-1050

North County Location

City of Santa Maria Household Hazardous Waste Collection Facility

2065 E. Main St.
Santa Maria, CA 93454
805-925-0951 ext.7270

MED - Project

The Santa Barbara County Environmental Health Services oversees this program. It has kiosks at 18 locations throughout Santa Barbara County to collect unwanted medicine and prescriptions. In late 2019 they expect to expand access with local pharmacies.

The program is paid for by the pharmaceutical companies that sell product here and the service is free to community members.

You can place medicines in a baggie and recycle the containers, or keep medicines in their original containers but remove or scratch out any personal information.

For more information, such as locations, <https://med-project.org>.

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 house-keeping, 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
805-569-8950 Ext. 1

[www.cottagehealth/services/
rehabilitation/caregiverservices](http://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 & Hospice

124 S. College
Santa Maria, CA 93454

425 W. Central Ave Suite 101
PO Box 597
Lompoc, CA 93438
844-642-6105

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 Community Outreach Program

PO Box 689
Santa Barbara, CA 93102
805-563-8636

www.stfrancisfoundationsb.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
805-965-5555

Santa Ynez & Lompoc Valleys

2029 Village Lane
Solvang, California 93463
805-693-5555

info@vnhcsb.org
www.vnhcsb.org

Serves Lompoc to South Santa Barbara County

Will assess home safety and the level of care needed - 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

Santa Maria
805-925-8694

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
805-562-1082

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.

Dignity Health Family Caregiver Navigator

124 S. College Dr.
Santa Maria, CA 93454
805-614-2085

www.DignityHealth.org

Provides support and services to family caregivers who care for medically fragile adults. Works with caregivers to assess, support, guide, teach and make linkages to services for both the caregiver and the patient. Services are free.

Multipurpose Senior Service Program (MSSP)

A Program of Partners in Care Foundation

5951 Encina Road Ste. 200
Goleta, CA 93117
805-280-4490

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.

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

HOME AND NURSING CARE

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 comparison include proprietary, non profit and government sponsored agencies.

Dignity Health Home Health

124 S. College
Santa Maria, CA 93454
805-739-3830
800-549-6909

425 W. Central Ave Ste 101
PO Box 597
Lompoc, CA 93438
805-736-7119
Fax 805-735-4016

Provides skilled nursing care, including high-tech IV and complex wound care; home health aide personal and bath care; physical, occupational and speech



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CaringTogetherSB.org or call 805.965.1001 ext. 408

HOME AND NURSING CARE

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
805-965-5555
Fax 805-568-5178

2029 Village Lane
Solvang, CA 93463
805-693-5555
Fax 805-693-5566

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

Santa Maria, CA 93454
805-925-8694

277 South St. Suite W
San Luis Obispo, CA 93401
805-782-8600

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.

The following programs offer homemaker services at no or low cost to eligible seniors

In-Home Supportive Services (IHSS)

234 Camino del Remedio
Santa Barbara, CA 93110
805-681-4550

1100 W. Laurel Ave.
Lompoc, CA 93436
805-737-6020

2125 S. Centerpointe Pkwy
Santa Maria, CA 93455
805-346-8303

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



SUPERIOR
HOME HEALTH & SENIOR SERVICES

*Make the
superior choice!*

In Home Nursing & Therapy

- Nursing services
- Physical therapy
- Occupational therapy
- Speech therapy
- Medical social services
- Personal care services
- **805.742.4514**

Care & Companionship

- Help with daily activities
- Medication reminders
- Meal planning/prep
- Bathing/Personal Hygiene
- Respite for families
- Light Housekeeping
- **805.430.8767**

Serving Lompoc to Atascadero w/ offices in Lompoc & Arroyo Grande
info@hhsbslo.com Call for eligibility or to schedule a home visit!

HOME AND NURSING CARE

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.

Senior Home Care Program

1431 Pomeroy Rd
Arroyo Grande, CA 93420
805-762-4500

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
805-963-0595

222 W. Carmen Lane, #100
Santa Maria, CA 93458
805-925-0015 (V/TDD)

www.ilrc-trico.org

ILRC serves all persons with disabilities. ILRC provides information and referrals, advocacy and systems change, peer support, 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
805-898-8080

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.



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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.

Our Trusted, affordable *in-home caregiving* includes:

- Transportation
- Medication reminders
- Personal care assistance
- Meal preparation and grocery shopping
- Homemaking and housekeeping
- Engagement and enrichment
- Professional care management 24/7

Our *Care Management* offerings include coordination of supportive services and healthcare advocacy.

402 E. CARRILLO ST, STE C
SANTA BARBARA, CA 93101

www.SeniorPlanningServices.com

**CALL US TODAY FOR
CONSULTATION.**

(805) 966-3312

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."

Real Help

A Program of Center for Successful Aging

228 Anapamu St., Ste 208
Santa Barbara, Ca 93101
805-965-1531

Matches seniors with providers who can be employed to run errands, help around the house, grocery shop, garden, light cleaning or making meals. All vendors are vetted and charge \$18.- \$20 per hour.

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
- Medications related to terminal illness.
- Medical social service

Dignity Health Hospice

124 S. College
Santa Maria, CA 93454
805-739-3830
800-549-9609

Serves northern Santa Barbara County and San Luis Obispo counties.

Visiting Nurse & Hospice Care

512 E. Gutierrez St.
Santa Barbara, CA 93103
805-965-5555
2029 Village Lane
Solvang, CA 93463

805-693-5555
Fax 805-693-5566

hospice@vnhsb.org
www.vnhsb.org

Serves Santa Ynez Valley to South Santa Barbara County

Wilshire Hospice

Santa Maria, CA
805-614-6007
277 South Suite #R
San Luis Obispo, CA 93401
805-782-8608
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
805-682-1515
office@sarahhousesb.org
www.sarahhousesb.org



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- Personal Care
- Household Duties
- Dementia Care & Companionship
- Exercise & Range of Motion
- Medication Supervision
- Transportation & more...

Santa Barbara County, CA
805.962.4646

Toll Free : (800) 559.0059

On Call 24 hours/7 days a week
www.HelpUnlimited.com

HOME AND NURSING CARE

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
805-617-7777
Fax 963-7864

hospice@vnhcsb.org
www.vnhcsb.org

Inpatient hospice house.

Non-Medial Hospice Program

Hospice of Santa Barbara, Inc.

2050 Alameda Padre Serra #100
Santa Barbara, CA 93103
805-563-8820

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 and support groups for adults and children (see Support Groups), and community education and training on a variety of end-of-life subjects. 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. 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
Santa Barbara, CA 93101
805-892-4259
800-272-3900 - 24 Hour Hot Line

120 E. Jones St. Suite 113
Santa Maria, CA 93454
805-636-6432

www.alz.org/cacental

The Alzheimer's Association has limited funds for the purchase of respite care to provide assistance to individuals or families caring for a

person with a physician's diagnosis of Alzheimer's Disease. Grants are made directly to families. An application must be completed and submitted to the Association.

Coast Caregiver Resource Center (CCRC) A Program of Cottage Rehabilitation Hospital

2415 De la Vina St.
Santa Barbara, CA 93105
805-569-8950 Ext. 1

www.cottagehealth/services/rehabilitation/caregiverservices

CCRC offers respite assistance to families or friends in need who are caring for an adult aged 60 or more or an adult of any age with a neurological or cognitive impairment. In-home and adult day care options available. Free of charge; donation requested.

Visiting Nurse & Hospice Care

512 E. Gutierrez St.
Santa Barbara, CA 93103
805-965-5555

2029 Village Lane
Solvang, CA 93463
805-693-5555


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



We're by your side so your loved one can stay at home.

Whether you are looking for someone to help an aging parent a few hours a week or need more comprehensive assistance, Home Instead can help.

- Companionship Care
- Personal Care
- Meals & Nutrition
- Transportation
- Household Duties
- Respite Care
- Hospice Care
- Support Services



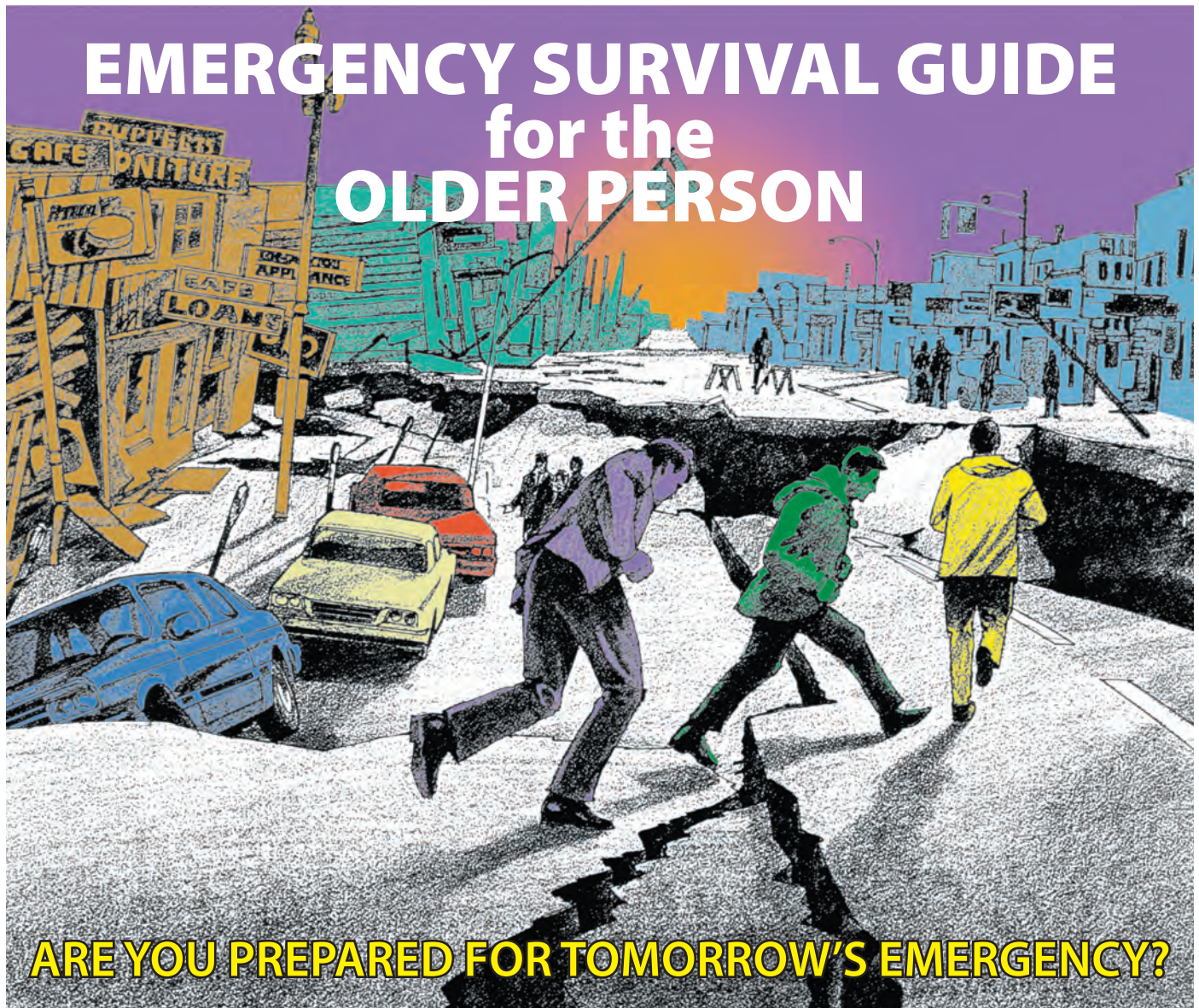
Call for a free,
no-obligation appointment

805.560.6995

HomeInsteadsb.com • HCO # 424700005

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EMERGENCY SURVIVAL GUIDE for the OLDER PERSON



ARE YOU PREPARED FOR TOMORROW'S EMERGENCY?

Emergencies are a fact of life in California. For example, the state is crisscrossed with numerous major active faults that cause earthquakes. As citizens of the state, we must assume the responsibility for our own survival and self-reliance during and after a major emergency. There are many things that can be done to prepare for a safer response and a more rapid, less traumatic recovery. During an emergency local officials and relief workers will be on the scene, but they

cannot reach everyone immediately. You need to be prepared, because it could be hours or days before emergency assistance arrives. An emergency itself may not cause injury or death. Most casualties result from partial building collapse or falling objects, like chimneys, bricks, ceilings and light fixtures. Also, leaking gas and improper use of electricity can cause fires. Many of these conditions are easily preventable, and you should take steps now to help protect you and your family.

LEARN THESE IMPORTANT STEPS NOW – BE PREPARED IN CASE OF EMERGENCY

BEFORE THE EMERGENCY

Develop a family or immediate neighborhood disaster plan and supply kit, addressing the items listed. Have an agreement with neighbors or friends to check up on each other in case of an emergency. Prepare yourself, your family, and your home by completing these following activities.

WATER

One gallon per person per day. Empty and refill with fresh water every six months. Use 2 liter plastic bottles. To purify water, add 1/8 teaspoon (or 8 drops) of regular unscented liquid household bleach for each gallon of water, stir it well and let it stand for 30 minutes before you use it. Store disinfected water in clean containers with covers.



FLASHLIGHT

plus extra batteries. Do not use matches or candles after a disaster until you are certain no gas leaks exist.



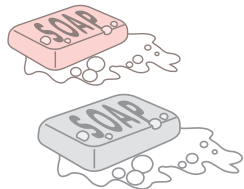
RADIO

Battery powered or hand cranked radio and extra batteries so you can stay in touch with the Emergency Alert System (EAS). Also consider a radio that can broadcast National Weather Service information



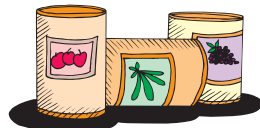
HYGIENIC SUPPLIES

Soap, toilet paper, moist towelettes, personal hygiene items.



FOOD

Non-perishable food for at least 3-7 days. Select foods that do not require refrigeration, cooking or preparation. Items such as canned or dehydrated food, powdered milk, nutrition bars and canned juices can be rotated with your daily diet and replenished on a regular basis. Include eating utensils.



CAN OPENER

A hand-operated one.



FIRST AID KIT

With items such as: gauze, bandages, scissors, tape, disinfectants, antiseptics, first aid manual and non-prescription medications.



PRESCRIPTIONS

Medication for at least 7 days and a list of medications that you take, time of day you take them and name of pharmacy where you buy your prescriptions.



EXTRA EYE GLASSES

In case one pair is broken.



HEARING AIDS

Hearing aid and extra batteries.

FIRE EXTINGUISHER

multipurpose, labeled A-B-C.



SMOKE DETECTOR

Have a smoke detector and fire alarm system installed. If you have some difficulty hearing, install the system that has flashing strobe lights to get your attention. Check batteries. Carbon Monoxide Poisoning Prevention Act requires all single-family homes with an attached garage or a fossil fuel source to install carbon monoxide alarms within the home. Owners of multi-family leased or rental dwellings, such as apartment buildings, must also comply with the law.



BLANKETS or SLEEPING BAGS

Have ready and available.



LIFE SUPPORT EQUIPMENT

If your life-support equipment requires electricity, purchasing an emergency generator or alternative method is recommended.

PHONE NUMBERS

Make a list of relatives or friends to call.

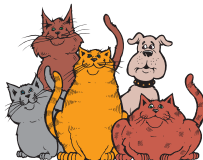
STURDY SHOES

And a set of warm clothing. Store shoes at bedside.



PETS

Store a two week supply of water, food and plastic disposal Bags. Replace food and water once a year.



TRASH BAGS

Plastic bags and ties.

GAS AND WATER TURN-OFF VALVE

Locate and tape a wrench near valve. Only turn off utilities if advised by emergency officials or you detect a leak.



STORE SUPPLIES

In sturdy container, under table, bed, or in a closet.

WHISTLE

Available for calling for help.



PREPARE A 'TO GO' KIT.

It needs to easily accessible and contain items needed to be away from home for several days. A checklist of items is available on www.ready.gov.

CONTACT PERSON

Choose an out-of-state friend or relative that separated family members can call after the emergency to report their whereabouts and condition.

SECURE WATER HEATER

So that it will not rupture the utility line.

CASH

Some cash to purchase emergency supplies until banks can reopen.

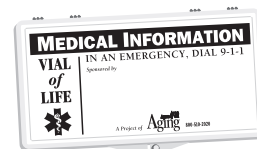


CAREGIVER

If you have a personal care attendant, work with that person to decide how you will communicate with each other, such as by cell phone, if you are separated during an emergency.

MEDICARE & MEDICAL INSURANCE CARDS

Need to be available. Complete the Vial of Life.



SPECIAL NEEDS EQUIPMENT

Information, such as style, serial number, operating information and instructions needs to be available.

DUST MASK

To help filter contaminated air and plastic sheeting and duct tape.

IMPORTANT DOCUMENTS

such as copies of insurance policies, identification and bank account records in a water proof, portable container. Consider renting a safe deposit box.

DURING THE EMERGENCY

If indoors, stay there. In an earthquake get under a desk, table or doorway or stand in a corner. Cover your head with your arms if you are not under a protective object.

If outdoors, get into an open area away from trees, buildings, walls, and power lines.

If driving, pull over to the side of the road and stop. Avoid overpasses and power lines. Stay inside until shaking is over.

If in a crowded public place, do not rush for the doors. Move away from display shelves containing objects that could fall.

If in a high-rise building, stay away from windows and outside walls. Get under a table. Do not use elevators.

If evacuation is ordered, do so as quickly as possible. Take your 'To Go' kit.

AFTER THE EMERGENCY

Check for injuries. Apply first aid. Do not move seriously injured individuals unless they are in immediate danger.



Do not use the telephone immediately unless there is a serious injury or fire.

Hunt for hazards.

Check for gas and water leaks, broken electrical wiring or sewage lines. If there is damage, turn utility off at the source.

Check building for cracks and damage, including roof, chimneys, and foundation.

Check food and water supplies. Emergency water may be obtained from water heaters, melted ice cubes, toilet tanks, and canned vegetables.

Turn on your portable radio for instructions and news reports. Cooperate fully with public safety officials.



Various radio and some TV stations may broadcast information during an emergency; during disasters tune to a local radio station by scrolling through the AM and FM dials or local TV stations to find one that is broadcasting.

Do not use your vehicle when there is an emergency. Keep the streets clear for emergency vehicles.

Stay calm and lend a hand to others.

If you evacuate, post a message inside your home telling family members where you can be found.



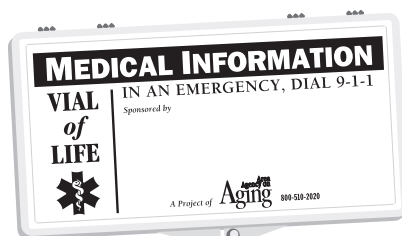
RESOURCES

American Red Cross
2707 State Street
Santa Barbara, CA 93105
805-687-1331
805-682-4655 FAX
www.sbredcross.org

Area Agency on Aging
528 S. Broadway
Santa Maria, CA 93454
805-925-9554
805-965-3288
800-510-2020
www.centralcoastseniors.org

**County of Santa Barbara
Office of Emergency
Management**
4408 Cathedral Oaks Rd.
Santa Barbara, CA 93110
805-681-5526
805-681-5592 FAX
oemesbcoem.org
www.countyofsb.org

Vial of Life
Be prepared for any health emergency with the free Vial of Life program, which provides first responders with needed information. Pick up a Vial of Life at at your local senior center or at the Area Agency on Aging.



www.ready.gov
Website that provides information with specifics for older Americans to:

1. Get a kit
2. Make a plan
3. Be informed

www.redcross.org
Section on Disaster Preparedness for Seniors by Seniors. Includes a website www.prepare.org and a 22-week supply purchase plan.

Area Agency on Aging
San Luis Obispo and Santa Barbara Counties

Friendship Adult Day Care Center

89 Eucalyptus Lane
Santa Barbara, CA 93108
820 N. Fairview Ave
Goleta, CA 93117
805-969-0859
www.friendshipcentersb.org

Wisdom Center (CBAS)

LifeSteps Foundation, Inc.

2255 S. Depot
Santa Maria, CA 93454
805-349-9810
805-354-5332

www.lifestepsfoundation.org

Provides services formerly known as an Adult Day Health Care Center. Also offers Adult Day Care services.

Friendship House

880 Friendship Lane
Solvang, CA 93464
805-688-8748

info@solvangfriendshiphouse.com

Life Enrichment Day program is licensed as an adult day care center.

Provides a safe, supervised place during the day.

Monday- Friday 7 a.m. - 7 p.m.
Saturday 9 a.m. - 5 p.m.

Also offer option to stay overnight, for a few days or a few weeks.

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
805-740-2842

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
805-962-4500

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



CARING FOR ALZHEIMER'S AND THE ELDERLY IS HARD. DON'T NEGLECT TAKING CARE OF YOURSELF AS WELL.

Introducing our Life Enrichment Program for the elderly and those who care for them.

Our program is designed to help enrich the lives of the elderly while offering caregivers a respite from the demanding responsibilities of daily caregiving. It is ideal for folks who need some support caring for a family member, especially if they are working. Be it a day, several days, a week or as long as a month, we'll take good care of your loved one so you can take care of yourself. From experience, we know all caregivers could use a little break now and then, and our program is here for you.

Transportation to and from Friendship House
24-hour supervision

Medication management

Social and therapeutic activities

Shower/grooming/incontinence assistance

Full service beauty salon and barber shop

Nutritional meals and snacks

Health monitoring by Registered Nurse
specializing in Alzheimer's and dementia care

Overnight respite stay available

\$50 Full Day • \$25 Half Day

\$25 Full Day for MediCal recipients

Flexible Hours

Monday-Friday 7am -7pm • Saturday 9am-5pm



FRIENDSHIP HOUSE

since 1978

"It just feels right"

ADC Lic. #425801652

Alzheimer's and Dementia Care

880 Friendship Lane
Solvang, CA 93464
805-688-8748

HOME AND NURSING CARE

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.



Central Coast
Home Health and Hospice

In-Home Nursing and Rehabilitation

- **Medical Staff available 24/7**
- **Prompt start of care**
- **100% covered through qualified medicare benefit**
- **Locally owned & operated**

Home Health
(805)543-2244

Hospice
(805)540-6020

centralcoasthomehealth.com

centralcoasthospice.com

Community Partners in Caring

120 E. Jones St. Suite 123
Santa Maria, CA 93454
805-925-0125

1120 W. Ocean Ave. # 113
Lompoc, CA 93436
805-737-1976

890 N. Refugio Rd.
Santa Ynez, CA
805-925-8000

Santa Barbara
805-925-8000

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
805-957-1116 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
805-893-2566

(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.

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
805-965-1001 ext 244

120 E. Jones
Santa Maria, CA 93454
805-922-1236
Fax 805-922-1541

marco@fsacares.org
www.fsacares.org

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

tial 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
805-604-2926
800-547-8267
Fax 805-604-2997

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
805-562-0400
Fax 685-1820
Complaint hotline: 844-538-8766

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

The 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 data base offers a 24 hour toll free number to contact when an individual is lost or found.

Project Lifesaver

805-681-4179
projectlifesaver@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. There is an initial cost.



Senior Living CONSULTANTS

A FREE Referral & Placement Agency

DOWNLOAD OUR
FREE APP!

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GET IT ON Google play

Get "real-time" availability of senior housing communities, discover Assisted Living options in the Santa Barbara area, and learn pricing and more info about each home or community.

SEARCH: HOUSING SENIORS



We Specialize In Helping You Find Independent, Assisted Living and Alzheimer's Care Homes

(805) 963-6045 or (805) 440-7647

18 West Micheltorena Street, Suite C
Santa Barbara, CA 93101
www.sbseniorlivingconsultants.com



Serving Santa Barbara, Lompoc, Santa Ynez, and Santa Maria Valley

HOUSING

Housing which is affordable, available and adequate is extremely limited in Santa Barbara County. There currently is a housing crisis 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.

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.

Housing Authority of the City of Santa Barbara

808 Laguna Street
Santa Barbara, CA 93101
805-965-1071

www.hacsb.org

HACSB owns and/or manages several developments for low-income seniors within the City of Santa Barbara.

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
805-967-3402

817 W. Ocean Ave.
Lompoc, CA 93436
805-735-8351

200 W. Williams
Santa Maria, CA 93456
805-925-4393 or 805-922-0902

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

Several non profit organizations have build subsidized housing for low income seniors throughout Santa Barbara County.

Some for-profit residential corporations offer low-cost housing, a few accept Housing Authority Section 8 vouchers. A listing of subsidized and independent living 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 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
805-966-3665

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 pay off debts, medical expenses or home care. Some want a line of credit they can draw upon as needed for unplanned expenses.

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 than the selling price of your home.
- You never have to repay your loan during the life of the loan.
- Your income is not a consideration in obtaining the loan since you make no payments.
- The money you receive is tax-free, since it is not considered "income."

Why NOT get one?

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 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 lenders will require that you have a certificate showing that you have consulted with



GranVida is Redefining Senior Living in Carpinteria.

"Small town, great life." That's what GranVida is all about. Right here along the beautiful Central California Coast. Experience a truly active and energetic lifestyle in Carpinteria's only senior living and memory care community.



Living a Great Life.

The quality of life here is defined by the spontaneity between residents and staff. And with bocce, yoga, art, cooking classes, fitness training, Music Thursdays and High Tea, you'll never have an idle moment—unless, of course, you choose to.



Our Series of Inspirational Speakers.

From book signings by the original "Gidget" and local favorite Donnie Nair to experts sharing advice on VA Benefits, Downsizing and Aging Gracefully, our speakers add flavor and inspiration to everyone who attends. (Hint: You're invited!)



Health and Wellness Seminars.

In addition to Beauty Makeovers, Sleep & Be Fit Seminars, Audiology and Memory Care Screenings, you can also meet "Einstein", our unique computer/video engagement system that residents can't wait to get up in the morning to use.



Eventful Moments.

Veterans Appreciation Day. Hawaiian Luau. Comedy Night. The Spirit of The Fiesta. These and many other special events are free admission and open to residents and to you.

We invite you to come and join us for lunch.

GranVida
Senior Living ♦ Memory Care

Small town. Great life.

GranVidaSeniorLiving.com
5464 Carpinteria Avenue, Carpinteria, CA 93013
805-566-0017

RCFE License # 425802114

HOUSING

a counselor before they will approve your loan.

HUD-approved Reverse Mortgage counselors in California are with Money Management International at 877-615-7873. This consultation is completed by telephone.



Fountain Square
of Lompoc
Assisted Living &
Memory Care Community

At **Fountain Square**, we are committed to providing you with a lifestyle with a friendly, well-trained staff; warm, welcoming neighbors; engaging and interesting things to do; and just the right amount of customized services and support you desire.

Call or visit us today to find out more about **Fountain Square**
(805) 736-1234

FOUNTAIN SQUARE of LOMPOC
1420 W. North Avenue
Lompoc, CA 93436
FountainSquareOfLompoc.com
RCFE# 425802104 

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. There is a fee for this service (usually around \$150).

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 most 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

www.consumersunion.org

Consumers Union has several publications about Reverse Mortgages that can be printed from the website. They also have a

50-page analysis of the advantages and pitfalls of Reverse Mortgages: "There's No Place Like Home: The 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.

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 150 RCFE's in the County. Go to www.cclld.ca.gov for a complete listing. Or contact the Long Term Care Ombudsman at 805-922-1236 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
805-965-0581, x2262

www.sbccc.edu

University of California, Santa Barbara (UCSB)

Community Housing

University Center, R, 3151
Santa Barbara, CA 93106
805-893-4371
Fax 805-893-4375

Westmont College

Housing Office

955 La Paz Road
Santa Barbara, CA 93108
805-565-6037 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
805-922-9909

604 E. Ocean Ave. Suite B
Lompoc, CA 93436
805-736-6582

301 E. Canon Perdido
Santa Barbara, CA 93101
805-963-6754

www.lafsb.org

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



Home Choices For Mom and Dad

Free Referral and Placement Service

805-455-8242, 805-636-9277

Serving Santa Barbara County with referrals and placements into Independent, Assisted Living Facilities, RCFE's and Dementia Care Homes.

- We are Licensed Assisted Living Administrators with 20 years experience working in the field.
- We offer free assessments of cognitive & physical status by LVN.
- We provide detailed descriptions of services & amenities of each facility, all mandatory paperwork and free tours of suitable facilities

Email: homechoicesformom@hotmail.com

Website: homechoicesformomanddad.com

3223 Vista Arroyo, Santa Barbara, CA 93109

HOUSING

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

2050 "G" South Broadway
Santa Maria, CA 93454
805-922-4563

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/Tenants 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
805-541-4122
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#E
Santa Maria, CA 93454
805-928-5399

Goleta, CA 93117
805-692-2226

Can provide volunteer assistance for minor home repairs for low

income homeowners. No fees; donations only.

CAC Energy Services

805-617-2897

energyinfo@cacsb.com

Provides minor home repair services. No fee; donations welcome.

Home Repair Revolving Loan Program City of Lompoc

100 Civic Center Plaza
Lompoc, CA 93438
805-875-8041

This state funded program offers a low interest (3%) owner occupied rehabilitation loan. Available for rehabilitation and room additions.

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
805-965-7045

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
805-964-8857
805-617-2897
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

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
merrillgardens.com

1220 Suey Road
Santa Maria, CA 93454



one energy account. HEAP does not provide crisis services; time to process applications is 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.

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 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 lite 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.

Toilet Replacement Rebates

City of Lompoc

100 Civic Center Plaza

Lompoc, CA 93436

805-875-8252

City will rebate up to \$100. per toilet to change old 3.5 + gallon per flush toilet to 1.28 gallon per flush toilet. Plumbing permit required.

City of Lompoc Utility Conservation

100 Civic Center Plaza

Lompoc, CA 93438-8001

805-875-8252

The City has a variety of programs to reduce the utility bill, such as

LED Holiday lights, Slar PV rebate, Electric rate Assistance program, and rproductreplacement 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.

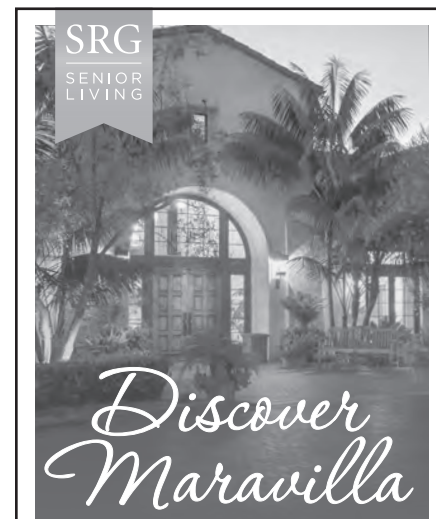
If you are facing financial difficulties that are making it difficult to pay your mortgage, or if you feel you might be falling prey to a fraudulent scheme, the best solution is to talk to your lender or a reputable counselor. Also, be wary of individuals who promise to rescue you from financial difficulty 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.



Exceptional service, style & peace of mind.

Discover the confidence of CARF® accredited senior living services in a beautiful & vibrant setting. From spectacular restaurant-style dining to engaging activities and supportive assisted living & memory care, you'll find a perfect blend of comfort, convenience and an individualized approach to care.

..... **Join us for a
complimentary lunch & tour.**

Please call 805.284.9861 to schedule.

It's a great way to get to know us!

MARAVILLA

..... CASITAS • SENIOR RESIDENCES
INDEPENDENT & ASSISTED LIVING
..... MEMORY CARE

5486 Calle Real • Santa Barbara

805.284.9861

MaravillaSeniorLiving.com

 RCFE# 425801937

HOUSING

- 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, New Beginnings 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

324 E. Carrillo St # C
Santa Barbara, CA 93101
admin office-805-963-7777
805-845-8492
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.

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.

Finding an Attorney

Elder law practitioners focus primarily on aging, incapacity, long term care, estate planning for seniors, public benefits, planning for the future, and/or elder abuse and neglect or financial exploitation. Always ask a prospective attorney the nature of his or her practice and experience.

Lawyers Referral Service - Santa Barbara County Bar Association

15 W. Carrillo Street
Santa Barbara, CA 93101
805-569-9400

The Lawyer Referral Service provides referrals to attorneys who have signed up for their panel. For a small fee, the service will make the appointment for you, and a 30 minute free consultation is provided. Describe your needs or situation for an appropriate referral. Personal injury referrals are provided at no cost; low income seniors who need a Will may receive a free referral. Note that some attorneys charge only hourly rates; some charge flat fees for a project; and others may do both. Ask up front about how fees are charged. At Calbar.ca.gov 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

888-687-2277

www.aarp.org

For members of AARP, the Legal Services Network provides a free initial consultation and reduced fees.

Online resources and the Yellow Pages have extensive lists 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" for assistance in selecting an attorney.

Legal document services may not be

a reliable substitute for a licensed attorney because these services are not attorneys and cannot offer any legal advice on the documents they prepare. Online legal drafting software or documents designed for people to draft their own legal documents may not be advisable for California-specific law or your individualized needs.

Low/No-Cost Legal Services

Criminal

Public Defender

Santa Barbara County Courthouse

1100 Anacapa Street, #3
Santa Barbara, CA 93101
805-568-3470

312 E. Cook Street
Santa Maria, CA 93454
805-346-7500

115 Civic Center Plaza
Lompoc, CA 93436
805-737-7770

Open from 8 a.m. to noon and 1 p.m. to 5 p.m., Monday through Friday, the Public Defender, upon court order or defendant's request, defends any person unable to financially employ counsel and who is charged with any contempt or criminal offense.

Civil

California Rural Legal Assistance Fresno

559-486-6278

www.crlaf.org

The California Rural Legal Assistance provides legal representation to low income people in civil matters (housing, education, labor, and health), as well as legal representation for persons terminated from welfare, unemployment, and Social Security. No criminal cases are handled.

Legal Aid Foundation

www.lafsbcc.org

All locations: Mon-Thurs. 9:30-12:00, 1:30-4:00. Friday by appointment.

Santa Barbara

301 E. Canon Perdido Street
Santa Barbara, CA 93101
805-963-6754

Lompoc

604 East Ocean Avenue, Ste. B
Lompoc, CA 93436
805-736-6582

Santa Maria

301 S. Miller Street, Ste. 209
Santa Maria, CA 93454
805-922-9909

Free legal services are provided by the Foundation for low income persons in areas such as civil suits, landlord/tenant problems, family law matters, administrative hearings (Social Security, Disability, Unemployment, Welfare). No criminal cases are handled. Aid in housing and employment discrimination, consumer debt and defense for litigation is also provided.

Other Legal Services

If you are involved in a dispute 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.

Other consumer groups can provide assistance in resolving problems. See, Consumer Complaints and Information.

Legal Resource Centers

Local self-help legal resources centers are 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. Fee is \$10 per visit, which includes copies. Fee waivers are available.

Open: Monday 1:00 -5:00 pm, Tuesday and Thursday 9:00 am-12:00 pm, 1:00 -5:00 pm.

LEGAL

Santa Barbara County Superior Court

Santa Barbara

McMahon Law Library- 2nd Floor

1100 Anacapa Street
Santa Barbara, CA 93101
805-568-3303

Santa Barbara County Superior Court

Santa Maria

Santa Maria Law Library
312 E. Cook Street
Santa Maria, CA 93454
805-349-1289

Santa Barbara County Superior Court

Lompoc

115 Civic Center Plaza
Lompoc, CA 93436
805-737-5452

Wills

A Will is a document that specifies how you wish to have your assets distributed after you die and designates who will be responsible to carry out your wishes. A Will requires a court probate proceeding if your estate has more than \$150,000 worth of assets.

Conservatorship of the Person

Conservatorship of the Person is a court 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. Conservatorship is usually the last alternative considered and is often not necessary if one has signed a power of attorney for health care document such as an Advance Health Care Directive, 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 to appoint a conservator. Legal expenses are costly. The court decides who will be the Conservator of the Person and a family member is preferred. Where no family member is available or capable of serving as Conservator of the Person, a Licensed Professional Fiduciary may

be appointed. 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 are available to serve.

Conservatorship of the Estate

Similar to the Conservatorship of the Person, Conservatorship of the Estate allows for the management of an incapacitated individual's finances, 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 financial affairs and does not have a durable power of attorney for finance and/or a Living Trust. These documents, when signed when the individual has legal capacity, can prevent the need for a conservatorship of the estate in many cases. Conservatorship of the estate (financial assets and income) remain under the supervision of the court, and reports and periodic accountings to the court are required.

Private Fiduciaries

Professional Fiduciary Association of California

Find a local licensed professional fiduciary at:

<https://pfac-pro.org>

Individuals serving as fiduciaries in the state of California are required to be licensed by the Professional Fiduciaries Bureau under the California Department of Consumer Affairs. Services include:

Trustee, Executor or Administrator of an estate, bill payment and money management services, health care representation, Agent under a power of attorney for finance or for health care, Conservator of the Person, Conservator of the Estate.

Santa Barbara County Public Guardian

South County Office

PO Box 2517
Santa Barbara, CA 93120
805-568-2790

North County Office

511 East Lakeside Parkway
Santa Maria, CA 93454
805-346-8337

Durable Power of Attorney

A Durable Power of Attorney (for Property Management or Financial Affairs) may be considered an alternative to a Trust or a Conservatorship of the Estate to provide for management of financial affairs, legal affairs, and assets.

Small Claims Court

If you are involved in a dispute where someone owes you money, or you desire the return of your property, Small Claims Court may be an appropriate venue. Attorneys are not allowed to represent either side at the hearing. The maximum amount of money that an individual 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 the Superior Court.

File your suit in either the district where the problem occurred or in the district where the defendant (the person you are suing) resides.

www.sbcourts.org:

The law requires each county to provide free assistance in small claims cases. If you are unsure about any of the legal aspects of your case, please consult an attorney prior to filing your action with the court clerk.

You may contact the Small Claims Advisor program only by telephone.

Santa Barbara

805-568-3303

Santa Maria

805-349-1289

Lompoc or Santa Ynez Valley

805-349-1289

805-737-7775 x3303

Locating a Notary Public

Notary Publics can be found at banks, real estate offices, title companies, online and through the telephone book. The maximum fee per signature notarized is \$15 as of January 1, 2017.

Immigration

Those seeking information and assistance with their citizenship status may look online for a Certified Immigration Law Specialists or contact:

Catholic Charities

609 E. Haley St.
Santa Barbara, CA 93103
805-965-7045

Immigration and Naturalization

United States Citizenship and Immigration Services

800-375-5283

www.uscis.gov

Provides information and forms for changing your status, becoming a permanent resident, and filing a visa petition for a relative.

Santa Barbara City College Citizenship Center

Wake Center, Room 22
300 North Turnpike Road
Santa Barbara, CA 93111
805-964-6853

Importa

129 E. Carrillo Street
Santa Barbara, CA 93101
805-604-5060

104 S. C Street, Ste. G
Lompoc, CA 93436
805-886-2199

importasb@gmail.com
www.importasb.org

Free representation for all DACA and naturalization applications. Authorized by the Justice Department to represent and provide legal counsel for low income immigrants.

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.

MEDICAL EQUIPMENT

A 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
805-963-0595 Voice or Text (TTY/TDD)

222 W. Carmen Lane, #100
Santa Maria, CA 93458
805-925-0015 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

www.abledata.acl.gov

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. No sales.

Braille Institute of America

2031 De la Vina
Santa Barbara, CA 93105
805-682-6222

www.brailleinstitute.org

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.cpuc.ca.gov

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
800-776-1461

info@accessibleenvironments.net
www.accessibleenvironments.net

Specialize in the sales of handicap accessible products and custom home and business construction for handicap access. Have an online catalog.

American Cancer Society

2267 Las Positas Rd
Santa Barbara, CA 93105
805-963-1576
800-227-2345
Fax 963-6093

www.cancer.org

The Cancer Society provides wigs, transportation, 'Look Good, Feel Better' programs for individuals in active cancer treatment.

Central Coast Assistive Technology Center

11491 Los Osos Valley Road
Suite 202
San Luis Obispo, CA 93405
805-549-7420

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 sure they use assistive technology properly and effectively.

Muscular Dystrophy Association

6167 Bristol PKWY Suite 325
Culver City, CA 90230-6612
310-390-6802
866-594-8830
Fax 310-398-4738
www.mda.org

This agency loans wheelchairs and provides financial help to repair wheelchairs to persons diagnosed with one of the forty neuromuscular diseases.

Visiting Nurse & Hospice Care Loan Closet

360 Olive St.
Santa Barbara, CA 93103
805-690-6235, 805-965-5555
Fax 564-8478
info@vnhsb.org
loan closet@vnhsb.org
www.vnhsb.org

Provides temporary, short-term loan of medical equipment such as walkers, wheelchairs, crutches, commodes. Available to all individuals within our service area. Free community program.

Also check with local senior center for loan of equipment.

Adapted Seating & Mobility Equipment

Keck Center for Outpatient Services Cottage Rehabilitation Hospital

2415 De La Vina
Santa Barbara, CA 93105
805-569-8900

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. A physician referral is required.

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

5150 W. Gold Leaf Circle
Los Angeles, CA 90056
310-479-4456
FAX 310-479-4436

CALMS@NMSS.org

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.

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 should I do if I miss a dose of this medicine, or take too much?
- What is the cost for the medicine prescribed? Is there a less expensive alternative prescription?

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

MENTAL HEALTH/COUNSELING

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.

Today community agencies and helping professionals provide assistance for those whose natural helping communities may not be 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)

805-884-6850

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 county wide crisis line.

Cottage Hospital Emergency Psychiatric Services

805-569-8339

Provides 24-hour emergency mental health, psychiatric and chemical dependency evaluations, emergency consultations and crisis interventions and triage to the most appropriate level of follow-up care. Access this service at the Emergency Departments of Santa Barbara Cottage Hospital or Goleta Valley Cottage Hospital.

Sanctuary Centers of Santa Barbara

805-569-2785

Nonprofit program that offers crisis stabilization, residential treatment, supportive housing, 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

805-681-6473

Lompoc Valley Medical Center

805-737-3300

Marian Regional Medical Center

805-739-3000

Santa Barbara Cottage Hospital

805-569-7210

Santa Ynez Valley Cottage Hospital

805-688-6431

Out-Patient Counseling

American Indian Health & Services

4141 State Street, Suite A-3
Santa Barbara CA 93110
805-681-7144

behavioral@aihscorp.org

Provides individual and group counseling.

Center for Human Understanding & Growth

301 South Miller St., Suite 121
Santa Maria, CA 93454
805-925-5470
www.chug-counseling.com

Provides individual counseling and group support. Offers sliding fee scale.

Center for Successful Aging

228 E. Anapamu St # 208 Santa Barbara, CA 93101
805-898-8080

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 Rehabilitation Hospital

2415 De La Vina
Santa Barbara, CA 93101
805-569-8950
888-488-6555

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

South B St.
Lompoc, CA 93436
805-735-4376

Santa Barbara

123 W. Gutierrez Street
Santa Barbara, CA 93101
805-965-1001

Santa Maria

105 N. Lincoln St.
Santa Maria, CA 93458
805-928-1707

www.FSACARES.org

Offers free counseling – individual, family, and group support for seniors and family caregivers.

Family Therapy Institute

Los Olivos

2900 Nojoqui, #1
Los Olivos, CA
805-882-2424 - ext. 106 or 306

Santa Barbara

111 E. Arrellaga
Santa Barbara, CA 93101
805-882-2400

info@FTISB.org
www.FTISB.org

Provides individual, group, and family counseling. Sliding fee scale; private insurance accepted.

Friendship Line

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
805-963-7777

Provides individual, group, and family counseling as well as educational classes. Offers a sliding fee scale.

Pacific Pride Foundation

608 Anacapa St. #A
Santa Barbara, CA 93101
805-963-3636

123 S. College Dr.
Santa Maria, CA 93455
805-963-3636

Provide both clinical groups and peer-led groups

Tribal Health Clinic

90 Via Juana Lane
Santa Ynez, CA
805-688-7070

Provides mental health, drug, alcohol, tobacco counseling. Drug alcohol and tobacco counseling available for Native Americans only.

UCSB Hosford Clinic

805-893-8064

Provides individual and family counseling. Available to community members. Training site for students of Department of Counseling.

Offers a sliding fee scale.

Valley Community Counseling

1825 Alamo Pintado Rd.
Solvang, CA
805-688-2186

Provides individual and family counseling. Sliding fee scale; accepts most insurance.

National mental Health Hotlines

National Suicide Prevention Lifeline

800-273-TALK (8255)

Free, confidential, 24/7 support for people in distress, as well as provides crisis resources and best practices for professionals.

SAMHA's National Helpline

800-662-HELP (4357)

Free, confidential, 24/7, 365 days a year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

Veterans Crisis Line

800-273-8255 and press 1
text 838255

Stopbullying.gov

Connects Veterans in crisis and their families and friends with qualified, caring Dept of VA responders.

Is a one-stop resource in English and Spanish for identifying, preventing and resolving issues of bullying for community members and educators.

Other Programs and Counselors

Within Santa Barbara County there are many fine counseling agencies and private therapists. There are many kinds of counselors and therapists in California. A psychiatrist is a mental health professional who has been trained as a medical doctor

(MD) and has received specialized training in treating mental disorders. Psychiatrists can prescribe medication as needed. Psychologists (PhD's and PsyD's) can provide both psychotherapy as well as clinical assessment. Marriage and Family Therapists (MFT's) and Licensed Clinical Social Workers (LCSW's) also provide psychotherapy, generally with an emphasis on helping persons develop insight and build coping skills.

In choosing a therapist, it is important to determine if the therapist has had any special training or experience in working with older adults. For listing of private therapists look in the Yellow Pages under "Marriage, Family and Child Counselors", "Social Workers" or "Psychologists," and for a listing of Psychiatrists, look under "Physicians & Surgeons, M.D.- Psychiatry." You may also obtain a list of providers through your insurance. Additionally, you may find a list of providers online at www.counselingcalifornia.com



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.

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. Can pay for Part A even if didn't work or pay into Social security (resident for 5 years). 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. 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 \$1,364 (2019). Medicare pays in-patient hospital costs for up to 60 days after which there is a daily co-insurance amount of \$341 per day for days 61-90 and \$682 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 \$170.50 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, outpatient 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 \$185.50 (2019). 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 2019 the monthly premium is \$135.50 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 become eligible for Medicare. Although Part B is op-

tional, a life long 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 on MA plans have the option of changing MA plans or returning to Original Medicare each year during the Annual Election Period (October 15th to December 7th) and between January 1st and March 31st.

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. Plans in our area are HMO plans and 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 Part D plans to ensure you are in a

PAYING FOR HEALTH CARE

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 become eligible for Medicare. 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 may 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.

Once a beneficiary is enrolled in Part B 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, and English Large Print.

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 to people you don't know because it 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
805-928-5663

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 Part 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 \$170.50 (2019). 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

PAYING FOR HEALTH CARE

following discharge. New rules regarding notification were implemented after March 2017. Hospitals will be required to provide notification 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 be automatically enrolled 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.

Santa Barbara County Department of Social Services

234 Camino del Remedio
Santa Barbara, CA 93110
805-681-4401

2125 S. Centrepointhe Pkwy
Santa Maria, CA 93455
805-346-7135

1100 W. Laurel Ave.
Lompoc, CA 93436
805-737-7080

Problems in Application/ Appeals Process

If you have been told you do not meet the qualifications for benefits and if you disagree, you should first discuss this with a County Social Worker at the Department of Social Services. If you are still not satisfied or if you are confused, or if you want to take steps to become eligible, seek a legal consultation from an experienced elder law attorney. You have the right to appeal your eligibility or any other decision about your Medi-Cal benefits, but it is wise to correct any problem before your appeal. Information about the appeals process should be included with any notice of denial; if not, contact the Department of Social Services. For additional information, contact the California Department of Health Care Services at 800-952-5253.

CenCal Health

CenCal Health has an agreement with the federal and state governments to locally administer the Medi-Cal program in Santa Barbara County. If you are eligible for Medi-Cal, you receive your health care in conjunction with CenCal Health. CenCal Health is a managed care Medi-Cal program; they serve as a ‘middle man’ between the State and the health care provider.

CenCal Health Countywide

877-814-1861

Main Office

4050 Calle Real
Santa Barbara, CA 93110
805-685-9525
805-965-4893 (TDD)
800-421-2560
Collect calls accepted

An Advisory Board to CenCal Health meets 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 Beneficiary Service Representative at County Social Services for more information.

Veterans Health Benefits

Veterans Affairs and Outpatient Clinic

4440 Calle Real
Santa Barbara, CA 93110
805-683-1491

Santa Maria Clinic
1550 East Main Street
Santa Maria, CA 93454
805-354-6000

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 2019 the income level for one person is \$1,234 a month and for a couple it is \$1,666 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 deductible 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 \$1,386 and \$1,872 for a couple in 2019.

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
805-681-4401

2125 S. Centrepointhe Pkwy
Santa Maria, CA 93455
805-346-7135

1100 W. Laurel
Lompoc, CA 93436
805-737-7080

www.countyofsb.org

Lompoc Valley Community HealthCare Organization

805-736-4580

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.

PAYING FOR HEALTH CARE

The Jefferson Foundation

P.O. Box 99
Santa Barbara, CA 93102
805-963-8822

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 threshold 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 October 15th and continues through January 15th. 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").

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.

Covered California Certified Enrollment Counselor Help Desk

888-402-0737

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 home-maker 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 2018, the spouse remaining at home (also referred to as the "community spouse") can keep all of the couple's income up to \$3,090 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 \$3,090, 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 \$3,090 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

PAYING FOR HEALTH CARE

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 \$124,720 in countable resources (2019), 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 \$858,000, 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
805-614-2040

1515 E. Ocean Avenue
Lompoc, CA 93436
805-737-5799

The Alliance for Pharmaceutical Access 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

1-855-979-8290
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

coast2coastrx.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.

Good RX

1-855-268-2822

www.goodrx.com

Search online for drug, print coupon and take to pharmacy. Medicare beneficiaries may use this program. Mobile app available.

WellRx

1-800-407-8156

www.wellRx.com

Online - print Rx card and take to pharmacy.

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.

State of California -Dept. of Health Care Services

800-541-5555

sb393inquiry@dhcs.ca.gov

Do not have to be a Medi-Cal recipient, applies to prescriptions not covered by insurance. Provide Medicare card and prescription to pharmacy staff. ASK for the Medi-Cal reimbursement price and is it the lowest price they will accept. If yes, pay the Medi-Cal price and a processing fee of \$0.15. No affect to Medicare coverage.

Having a pet is a wonderful experience, at any age. Especially as one ages, one may find companionship contributes to better well-being and health. A reduction in stress, greater physical activity, and stronger community engagement may all be enhanced with a pet.

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 County Animal Services

5473 Overpass Road
Santa Barbara, CA 93111
805-681-5285

1501 West Central Ave.
Lompoc, CA 93436
805-737-7755

548 W. Foster Rd
Santa Maria, CA 93455
805-934-6119

www.countyofsb.org

Santa Barbara County Animal Services has many dedicated volunteer groups that assist 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) all 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.

Animal Services also administers **Project PetSafe**, a program dedicated to increasing pet owner responsibility and to promoting vaccinating, licensing, spay and neutering, and micro-chipping. A pet's license is their ticket home.

Animal Control

Santa Barbara City Limits

805-963-1513
805-882-8900 After Hour
Emergency

Adoption

Owner-relinquished animals are available for adoption at the Humane Society and Animal Control shelters. The following agencies offer animal adoption services.

Humane Society of Santa Barbara

5399 Overpass Rd
Santa Barbara, CA 93111
805-964-4777
805-681-5285 Lost & Found
Hotline

www.sbhumanesociety.org

Low cost vaccinations, deworming, microchipping and spay/neuter services are available on-site. Owner-relinquished animals accepted and cared for until adopted. All adoptions qualified for the Seniors for Seniors program will come at a reduced adoption fee of \$25.

Humane Society of Santa Maria Valley

1687 W. Stowell Rd.
Santa Maria, CA 93458
805-349-3435
community@smvhs.org
www.smvhs.org

Shelter and adoption facility for owner- relinquished dogs and cats. Provides education and training classes, and wellness clinic.

Santa Ynez Valley Humane Society

111 Commerce Drive
Buellton, CA 93427
805-688-8224

www.syvhumane.org

In addition to adoption services, this agency will provide affordable vaccinations and spaying and neutering services.

VIVA

Volunteers for Intervalley Animals

133 North D St.
Lompoc, CA 93436
805-735-6741

www.vivashelter.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

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/neuter program, bilingual community outreach and intervention programs that allow dogs and cats to stay in their homes.

Through the Companion Pet Assistance program, they will deliver pet food, cat litter, flea medication and other basic supplies to low-income, senior and disabled pet owners. Also will assist with critical veterinary care, vaccinations, basic grooming, and dog training to keep animals happy and healthy and with their families for life.

C.A.R.E.4Paws is not a shelter.

Catholic Charities

Wagging Dog and Cat Tales

609 E. Haley St.
Santa Barbara, CA 93103
805-965-7045

607 W. Main St
Santa Maria, CA 93454
805-922-2059

Financial assistance available to qualifying seniors for emergency veterinarian medical services.

PETS AND ANIMALS

Healing Hearts Sanctuary

3090 Avena Rd
Lompoc, CA 93436
818-406-7923

info@healinghearts sanctuary

Takes in abused/abandonee dogs and trains them to interact with humans.

Center for Successful Aging Pet Therapy Program

228 E. Anapamu St. #208
Santa Barbara, CA 93101
805-898-8080

Seniors engaged in the CSA counseling service can have the benefit of their counselors being accompanied by their dog to the sessions.

Pet Food Pantry

Santa Maria Valley Humane Society
1687 W. Stowell Rod.
Santa Maria, CA 93458
805-349-3435

Free pet food for low-income families in Santa Barbara, Ventura and San Luis Obispo County Food is available for up to four pets on a first-come, first-served basis.



Disaster Planning for Your Pets

Have a Plan

- Make a safe place to take your pets.
- If it isn't safe for you, it isn't safe for your pets. Take your pet with you when a disaster strikes
- Have current information on identification tags and have them securely fastened to your pet's collar.
- If you are unable to return to your home right away, find boarding for your pet. Contact hotels and motels outside your immediate area to find out if they accept pets. Some shelters may be able to provide foster care or shelter for pets in an emergency.

Pet Survival Kit Checklist

- Veterinary records
- Registration information
- Cat litter, cat litter pan, and garbage bags
- Can opener, food dish, and pet food and bottled water to last five days
- Leash or harness, muzzle and toys
- Medications
- Cage or carrier
- Grooming items
- Keep emergency phone numbers in a small address book inside the kit

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

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
805-681-7500

Free information available on immunization requirements.

Call and make an appointment to get information on immunizations.

Passport

A passport can be secured from designated offices of the United State Postal Service. (Check www.usps.com/international/passports.) To apply for your passport, take the original or 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, \$140.00 for Book and Card or \$30.00 for a Card. Payment is to the

U.S. Department of State. A \$35.00 processing fee applies to non-renewal passport application. Your passport will take 4-6 weeks to obtain and will be valid for 10 years.

Free Advice

The Consular Information Program offers advice about specific areas of the world. They include facts about currency and customs regulation, entry requirements, dual nationality, import and export controls, health and medical considerations, crime and security information, and warnings on the use of drugs.

www.travel.state.gov/content/passports/en/country

Recreation

City Parks and Recreation Departments

City of Carpinteria

5775 Carpinteria Ave.
Carpinteria, CA 93013
805-684-5405

www.carpinteria.ca.us

City of Guadalupe

918 Obispo St.
Guadalupe, CA 93434
805-343-1340 x8

www.ci.guadalupe.ca.us

City of Lompoc

125 W Walnut
Lompoc, CA 93436
805-875-8100

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
805-564-5418

www.santabarbaraca.gov

City of Santa Maria

615 S. McClelland St.
Santa Maria, CA 93454
805-925-0951 x2260

www.cityofsantamaria.org

City of Solvang

1644 Oak Street
Solvang, CA 93463
805-688-7529

www.cityofsolvang.com

Recreation departments often have special programs or facilities for seniors.

YMCA

Young Men's Christian Association

YMCA provides physical education and recreation programs and facilities for all ages.

36 Hitchcock Way
Santa Barbara, CA 93105
805-687-7727

201 W. College
Lompoc, CA 93436
805-736-3483

591 Santa Rosa Lane
Montecito, CA 93108
805-969-3288

900 N. Refugio Rd.
Santa Ynez, CA 93460
805-686-2037
www.ciymca.org

3400 Skyway Drive
Santa Maria, CA 93455
805-937-8521

www.smyymca.org

Go4Life

www.Go4Life.nia.nih.gov

Join the email list or browse website for tips on staying fit, eating healthy, and exercise videos appropriate for seniors.

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
805-563-2143

RECREATION AND FITNESS

Lawn bowling in the morning on
Mondays – Wednesdays – Fridays

Santa Barbara Lawn Bowls Club

1216 De la Vina Street
Santa Barbara, CA 93101
805-965-1773

www.santabarbaralbc.org

Game times on Tuesdays,
Thursdays, Saturdays and Sundays

Santa Maria Lawn Bowling

420 S. McClelland St.
Santa Maria, CA 93454
805-349-9838

Lawn bowling daily, except
Tuesday morning

Bicycling

Santa Barbara Cyclists

www.meetup.com/Santa-Barbara-Cyclists

Get a good work out, maintain a
hobby that includes socializing,
the outdoors, and share inspiration
by riding with a group who love
cycling. All levels are welcomed.

Tailwinds Bicycle Club of Santa Maria

P.O. Box 48
Santa Maria, CA 93456
www.tailwindsofsantamariabc.org

The Tailwinds Bicycle Club is a
group of sociable cyclists with a
variety of rides. Rides on Tuesdays,
Thursdays and Saturdays.

Senior Softball

Santa Barbara Senior Softball at Elings Park

805-895-9007

Contact Clyde Bennett for details:
clydebennett50@yahoo.com

All players age 50 and over and
games are played on Monday
nights.

Fishing Licenses

Annual and short term sport fish-
ing licenses can be purchased at the
California Department of Fish and
Wildlife regional license counters or
online. Reduced-fee fishing license
applications may be obtained from:
www.wildlife.ca.gov/licensing/fishing

Department of Fish and Game

License & Revenue Branch
1740 N. Market Blvd.
Sacramento, CA 95834
916-928-5805

Free licenses available for
persons with disabilities (legally
blind, mobility impairments, or

Developmentally Disabled). A
fishing license may be purchased
from some tackle or sporting goods
stores. For more information,
please call 858-467-4201.

Camping Parks

Reservations can be made up to six
months in advance of your arrival date,
starting midnight Pacific Time, for all
camping sites. There is a 2 night mini-
mum stay on weekends and a 3 night
minimum stay on holiday weekends.

www.countyofsb.org/parks

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

Jalama Beach County Park

maintains 107 campsites, all
overlooking the ocean or beach
front. Each site has a picnic table
and BBQ pit, with hot showers, rest
rooms and water nearby. 31 sites
offer electrical hookups, and dump
stations are available.

Day-Use Parks

Group reservations are available by
calling 568-2460. Fee rate is deter-
mined by the size of the area. All
reservable areas have BBQ pits, picnic
tables, and electrical outlets.

Park Administration Office

610 Mission Canyon Rd.
Santa Barbara (Rocky Nook Park)
805-568-2461

contact@sbparks.org

Wheelchairs

One all-terrain beach wheelchair
is available for use at Goleta Beach
County Park and Jalama Beach
County Park. The chairs are not
motorized so an able bodied
companion is needed to push.
Contact the Park Ranger at Goleta

Live Happy at Merrill Gardens

Whatever you're looking for, chances are you'll
find it at Merrill Gardens. Fitness classes, book
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merrillgardens.com

1220 Suey Road
Santa Maria, CA 93454



Lic #425801806

Beach, 805-967-1300 or Jalama Beach, 805-736-3504 to schedule the use of the chairs. Two all-terrain beach wheelchairs are available for use at East Beach in Santa Barbara, 805-897-2680.

State Parks and Recreation District Office

Refugio State Park

805-968-1033

www.parks.ca.gov

State Park camping reservations are made through ReserveCalifornia at 800-444-7275.

A variety of discount passes are available.

Golden Bear Pass

This pass allows entry to most California State Park operated units where vehicle day use fees are collected at no charge. Passes are issued at any state park for a \$5.00 fee. You must be 62 or older and be an SSI recipient or have an annual income of no more than \$11,858 (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. Admission and use are subject to available space. Applications available at www.parks.ca.gov.

National Parks

Entry to the National Park are usually on a first come, first served basis though reservations for the most heavily used area are handled by Destinet at 800-365-2267.

When you visit a National Park, you may request to purchase an Inter-Agency Senior Pass. You must be 62 years or age or older and have proof of citizenship and age. The pass waives most day use fees and most entrance fees to the national parks and a fifty percent discount on some amenity fees. 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
805-968-6640

fedrecpass@usgs.gov
www.recreation.gov

Honored nationwide at national parks and national wildlife refuges. 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 \$80.

Special Needs Recreation

Many recreational activities are available to people with special physical, psychological or neurological needs. These activities are often sponsored by specific associations such as the Ostomy Association through Rehabilitation Programs, City Recreation programs or Senior Day Care Centers. For assistance in finding a club, sport, or other activity to meet your needs, call Central Coast Commission for Senior Citizens.

Cottage Rehabilitation Hospital

805-569-8999 ext 82338

Offers opportunities for individual or group aquatic exercise at the Tuohy Foundation Aquatic Center: a warm water therapy pool.

Adapted cycling, golf lessons, yoga, kayaking, and wheelchair sports are available by appointment. These programs are held on the UCSB campus. Project Re-Entry provides a weekly recreation and socialization program for people who have had strokes or other disabling conditions that limit their community participation.

Hearts Therapeutic Equestrian Center

4420 Calle Real
Santa Barbara, CA 93111
805-964-1519

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
805-564-5421

www.santabarbaraca.gov/adapted

The Adapted Recreation Program gives people 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, bowling, social dances, and excursions.

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 stay strong so you can perform your day-to-day activities without becoming dependent on others.

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.

SENIOR AND COMMUNITY CENTERS

Senior and Community Centers are a vital resource for information and services for older persons.

Each center has a unique array of services to respond to the needs of the community. Services that are available may include computer training, senior lunch and nutrition programs, education, recreation activities, socialization, music, health screening, arts and crafts, and financial, legal or medical counseling.

Buellton Senior Center

164 West Highway 246
Buellton, CA 93427
805-688-4571

www.buelltonseniorcenter.org

Carpinteria Senior Center

941 Walnut Ave.
Carpinteria, CA 93013
805-684-6090

Carrillo Recreation Center

100 E. Carrillo St.
Santa Barbara, CA 93101
805-897-2519

www.santabarbaraca.gov

DeWees Community & Senior Center

1120 W. Ocean Ave.
Lompoc, CA 93436
805-875-8100

www.cityoflompoc.com

Family Caregiver Support Network

223 South C Street
Lompoc, CA 93436
805-875-8875

Franklin Neighborhood Community Center

1136 E. Montecito St.
Santa Barbara, CA 93101
805-897-2582

www.santabarbaraca.gov

Goleta Valley Senior Center

5679 Hollister Ave Ste. 1
Goleta, CA 93117
805-683-1124

www.thegvcc.org

Guadalupe Senior Center

4545 Tenth St.
Guadalupe, CA 93434
805-343-2525

Louise Lowry Davis Recreation Center

1232 De la Vina St.
Santa Barbara, CA 93101
805-897-2568

www.santabarbaraca.gov

Luis OASIS Senior Center

420 Soares Ave
Orcutt, CA 93455
805-937-9750

www.oasisorcutt.org

Santa Maria Senior Center Elwin E. Mussell Center

510 E. Park Ave.
Santa Maria, CA 93454
805-925-0951 x2207

www.cityofsantamaria.org

Solvang Senior Center

1745 Mission Dr.
Solvang, CA 93463
805-688-3793

www.solvangseniorcenter.org

Westside Neighborhood Center/Senior Center

423 W Victoria St.
Santa Barbara, CA 93101
805-897-2560

www.santabarbaraca.gov

Senior Center Without Walls

114 Montecito Ave.
Oakland, CA 94610
877-797-7299

www.seniorcenterwithoutwalls.org

Offers activities, friendly conversation, and an assortment of classes and support groups on conference calls to elders throughout California who find it difficult to travel to a community senior center.

What YOU Can Do to Prevent Falls

Falls are not just the result of getting older. Many falls can be prevented. Falls are usually caused by a number of things. By changing some of these things, you can lower your chances of falling.

You can reduce your chances of falling by following these tips:

1. Begin a regular exercise program.
2. Make your home safer.
3. Have your health care provider review your medicines.
4. Have your vision checked.

Self Assessment for Fall Risk:

1. Have you fallen one or more times in past six months?
YES NO
If so, how many times _____
2. Are you afraid of falling?
YES NO
3. Do you feel unsteady when walking outdoors?
YES NO
4. Do you get dizzy when you move your head quickly or sit up in bed?
YES NO
5. Do you have any loss of feeling/tingling in your feet?
YES NO
6. Do you difficulty performing daily household chores?
YES NO
7. Do you have problems with your vision?
YES NO
If yes, do you get regular vision check-ups?
YES NO
8. Are you currently taking more than 4 prescription medications?
YES NO
9. 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 make be at risk for falling. Please talk to your Physician about a fall risk assessment.

Source: CDC website

SUPPORT AND EDUCATION GROUPS

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 Street
Santa Barbara
805-898-8080
FAX 888-347-0150

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 & supervised volunteer group facilitators & are free of charge. The groups below are open to the community:

Braille Institute

2031 De La Vina St,
Santa Barbara

Joy & Hope Group for those who are ready to connect to life with “joy & hope”.

Vista del Monte

3775 Modoc Rd, Board Room
Santa Barbara

3 groups:

Women's general support group

Arthritis support group

Adult Survivors of sexual abuse group

ALCOHOL

Alcoholics Anonymous

For those who desire to stop drinking. Call for meeting times and locations.

Santa Barbara:

14 W Anapamu
Santa Barbara, CA 93101
805-962-3332 (24/7 Helpline)
www.santabarbaraaa.com

Santa Maria/Orcutt:

500 S Broadway 114
Santa Maria, CA 93454
805-925-3782

manager@aa52centraloffice.org

Lompoc

119 N D St
Lompoc, CA 93436
805-737-3969

info@lompocaa.com
www.lompocaa.com

Santa Ynez Valley

805-688-4304

www.aa52centraloffice.org

Al-Anon

For family and friends of alcoholics.

Santa Barbara

101 W Canon Perdido St
Santa Barbara, CA 93101
805-899-8302

www.alanonsantabarbara.info/meetings

Lompoc

805-899-8302

www.alanonsantabarbara.info/meetings

Santa Ynez Valley

805-899-8302

www.alanonsantabarbara.info/meetings

ALZHEIMER'S DISEASE

Alzheimer's Caregivers Support Group (Carpinteria)

Faith Lutheran Church
1335 Vallecito Place, Carpinteria
805-684-9328 or 805-684-5665 for dates & times.

Caregivers for Parents with Dementia Support Group (Goleta)

Heritage House
200 Hollister Ave, Goleta

Contact Alzheimer's Association for dates and times 805-892-4259.

Caregivers for Parents with Dementia Support Group (Santa Barbara)

Alzheimer's Association
1528 Chapala St, Santa Barbara

Contact Alzheimer's Association for dates and times 805-892-4259.

SUPPORT AND EDUCATION GROUPS

Confident Caregiver (various locations)

Free 2 hour workshops for family caregivers of dementia patients. Offered throughout Santa Barbara County.

Contact Alzheimer's Association for dates and times 805-892-4259.

Cuidadores de Personas de Tercera Edad (Santa Barbara)

Family Service Agency
123 West Gutierrez St,
Santa Barbara
805-965-1001

Contact Family Service Agency for dates & times

Early Stage Memory Loss & Care Partner Support Group (Montecito)

Friendship Center
89 Eucalyptus Rd, Montecito

Contact Alzheimer's Association for dates and times 805-892-4259.

Family Caregivers Support Group (Goleta)

Mariposa at Ellwood Shores
190 Viajero Dr, Goleta

Contact Alzheimer's Association for dates and times 805-892-4259.

Family Caregivers Support Group (Lompoc)

Lompoc Skilled Nursing and Rehabilitation
428 W. North Ave, Lompoc

Contact Alzheimer's Association for dates and times 805-892-4259.

Family Caregivers Support Group (Orcutt)

Luis Oasis Senior Center
420 Soares Ave, Orcutt

Contact Alzheimer's Association for dates and times 805-892-4259.

Family Caregivers Support Group (Santa Barbara)

Valle Verde Community Room
900 Calle De Los Amigos, Santa Barbara

vFamily Caregivers Support Group (Santa Barbara)

Villa Alamar
45 E. Alamar Ave, Santa Barbara

Contact Alzheimer's Association for dates and times 805-892-4259.

Family Caregivers Support Group (Santa Maria)

Merrill Gardens Wellness Center
1220 Suey Rd, Santa Maria

Contact Alzheimer's Association for dates and times 805-892-4259.

Family Caregivers Support Group (Solvang)

Solvang Friendship House
880 Friendship Ln, Solvang
805-688-8748

Free onsite respite care. Call Friendship House one week in advance to reserve.

Contact Alzheimer's Association for dates and times 805-892-4259.

Help & Hope (various locations)

12 hours of education for the person living with dementia and their care partner.

Contact Alzheimer's Association for dates and times 805-892-4259.

Savvy Caregiver (various locations)

12 hours of professional-level dementia care training for the non-professional caregiver. Offered throughout Santa Barbara County.

Contact Alzheimer's Association for dates and times 805-892-4259.

Spouse Caregivers Support Group (Goleta)

Friendship Adult Day Center
820 North Fairview Ave, Goleta
805-969-0856

Free onsite respite care. Call Friendship Center one week in advance to reserve.

Contact Alzheimer's Association for dates and times 805-892-4259.

Spouse Caregivers Support Group (Goleta)

Maravilla Club House Library
5486 Calle Real, Goleta

Contact Alzheimer's Association for dates and times 805-892-4259.

Understanding Dementia Workshop (Santa Barbara)

Sansum Clinic
215 Pesetas Ln, Santa Barbara
3rd floor conference room

Includes a presentation & group discussion.

Contact Alzheimer's Association for dates and times 805-892-4259.

Younger Onset Support Group (Santa Barbara)

The Oak Cottage of Santa Barbara
1820 De La Vina St, Santa Barbara

Contact Alzheimer's Association for dates and times 805-892-4259.

BEREAVEMENT

Dick DeWees Community Center

1120 W. Ocean Ave, Lompoc.
805-875-8100

Offers a general bereavement support group.

Dignity Home Health & Hospice

Marian Regional Medical Center
1400 E. Church St, Santa Maria
844-260-0708

www.dignityhealth.org/central-coast

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 & beyond.

Hospice of Santa Barbara

2050 Alameda Padre Serra #100
Santa Barbara, CA 93103
805-563-8820
FAX 805-563-8821

info@hospiceofsantabarbara.org
www.hospiceofsantabarbara.org

Offers many different support groups in English and Spanish for individuals of all ages that have experienced loss of a loved one. All are free of charge and donations are accepted. Call for details on a wide variety of support groups which include:

- General Bereavement
- Loss of Parent
- Loss of Adult Child
- Loss to Suicide
- Groups for Teens and Young Adults
- Loss of Spouse or Partner

SUPPORT AND EDUCATION GROUPS

- Pet Loss
- Pregnancy and Infancy Loss
- Healing Through Poetry

OASIS Senior Center

420 Soares Ave, Orcutt
805-937-9750
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

123 N A St, Lompoc, CA 93436
805-735-3773

Grief Recovery Method – a class designed to help you move beyond loss and towards recovery. Call for details.

Visiting Nurse & Hospice Care, Bereavement Care

512 E. Gutierrez St, Santa Barbara
436 1st Street, Solvang
805-308-9602

bereavement@vnhsb.org

Support Groups are available to anyone in the community who is facing or grieving loss. Many programs are offered in Santa Barbara & 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
805-569-9693
www.bcrsbsb.org

Cancer Support Group & Survivor Support Group for Women. Free of charge & open to the community. Call for dates, times & locations.

Mission Hope Cancer Center

1325 E. Church Street, Santa Maria
805-219-HOPE
805-219-4673 (English)
805-346-3406 (Spanish)

www.missionhopecancercenter.com

Offers many support groups & education programs to the community free of charge. Please call for dates, times & locations.

Programs include:

- Bilingual Cancer Support Group
- Bilingual Nutrition Class
- Caregiver Support Group
- Come Alongside: this is the work of a chaplain
- Exercise for Hope
- Family Caregiver Support Program
- Family Night Support Group
- Gentle Yoga
- HEAL: Healthy Eating and Activity for Living
- Kids Support Circle
- Learn Golf
- Men's Cancer Discussion Group
- Men's Spanish Group – Grupo de Apoyo Para Hombres con Cancer Y Sobrevivientes de Cancer
- Mindfulness-Based Stress Reduction
- Powerful Tools for Family Caregivers
- Something More
- Support for People with Oral, Head & Neck Cancer
- Take Positive Steps Forward by Setting and Achieving Goals

Ridley Tree Cancer Center

540 W. Pueblo St, Santa Barbara
2040 Viborg Rd, Suite 140, Solvang
805-682-7300

www.RidleyTreecc.org

Offers a wide variety of wellness & support programs in Santa Barbara & Solvang. Most are free of charge & open to patients, survivors, family members & 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
- Gentle Therapeutic Yoga
- Gynecological Cancers Support & Education Program
- Head & Neck Support Group
- Healing Touch
- Healing Sounds Circle
- 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
- Nutrition Services & Workshops
- Painting the Pictures of Health
- Practises for Stress Reduction
- QiGong
- Sobreviviendo el Cancer (Spanish Language Support Group)
- Social Work Services
- Tools for Coping with a Cancer Diagnosis
- Prostate Cancer Discussion Group
- Yoga for Strength & Empowerment
- Young Adult Group

CAREGIVERS

Center for Successful Aging

228 E. Anapamu St, Santa Barbara
FAX 805-898-8080
888-347-0150

csasb.org

Programs include Caregivers' Circle, Adult Children of Aging Parents. Call for dates and locations.

SUPPORT AND EDUCATION GROUPS

Coast Caregiver Resource Center

2415 De La Vina St, Santa Barbara
805-962-3600
805-569-8950 ext.1

info@coastcrc.org
www.cottagehealth.org/services/
rehabilitation/caregiver-services

Offers support groups and individualized consultations for the family caregiver of someone with a brain impairment or older adult with a chronic health condition. Often able to assist with short term respite and/or counseling costs. Most services are free or provided at low cost to family caregivers. Services available in many locations throughout the county. Call for details.

Family Caregiver Support Network

Lompoc Valley Medical Center
223 South C Street, Lompoc
805-875-8875

FCSN@LompocVMC.com
www.LompocVMC.com

Family Caregiver Support Program

Dignity Health, Marian Regional
Medical Center
1400 E. Church, Santa Maria
805-739-3900

www.dignityhealth.org/central-
coast

Family Service Agency

123 W. Gutierrez St.
Santa Barbara, CA 93101
805-965-1001 x408

105 N. Lincoln Dr.
Santa Maria CA 93458
805-735-4376 x801

101 South B St.
Lompoc, CA 93436
805-735-4376 x801

www.fsacares.org

Programs include Individual Counseling and Caregiver Support Groups in Santa Barbara, Santa Maria, and Lompoc. We serve English and Spanish speakers. Call for dates and locations.

CEREBRAL PALSY

United Cerebral Palsy (UCP) Work, Inc.

423 W Victoria St
Santa Barbara, CA 93101
805-962-7201

3070 Skyway Dr, Suite 104, 105
Santa Maria
805-739-0451

www.ucpworkinc.org

Offers Health & Wellness Program, Aging with Grace Program, & employment/community volunteer opportunities. Please call for details.

DIABETES

Diabetes Basics

Sansum Clinic
215 Pesetas Lane, Santa Barbara
805-681-7672

www.calendar.sansumclinic.org

Have you been told you have diabetes? This program is an excellent update for people with diabetes and a must for anyone with a new diagnosis. Join this small group to learn to use the tools to achieve good diabetes control.

Diabetes Empowerment Education Program (DEEP)

Dignity Health
Marian Regional Medical Center
805-739-3578

www.dignityhealth.org/central-
coast

Classes in English and in Spanish at locations throughout the community.

Diabetes Support Group

Dignity Health
Marian Regional Medical Center
1400 E. Church, Santa Maria
805-739-3900

www.dignityhealth.org/central-
coast

Living Well With Diabetes

Goleta Valley Cottage Hospital
351 S. Patterson Ave, Santa Barbara
www.cottagehealth.org/services/
diabetes-education

If you or someone you love has diabetes or is at risk, these classes are for you. Join us for any of our FREE classes held at Goleta Valley Cottage Hospital. This is a two-part series every month covering carb counting, label reading, complications, exercise, and wound healing.

For more information contact Jackie Rangel at 805-681-6441 or j2rangel@sbch.org

Nutrition & Diabetes Classes

Cottage Health
2050 Viborg Rd, Solvang
805-688-6431

www.cottagehealth.org

Nutrition & Diabetes Education Classes

William Sansum Diabetes Center
2219 Bath St, Santa Barbara
805-682-7638

www.sansum.org

Program offered weekly in English & Spanish.

ONETALK

William Sansum Diabetes Center
2219 Bath St, Santa Barbara
805-682-7638

www.sansum.org

Monthly support & education group for people with Type 1 Diabetes & parents of children with Type 1.

DOMESTIC VIOLENCE

Domestic Violence Solutions

24-Hour Crisis & Information
Hotlines:

Santa Barbara
805-964-5245

Santa Maria
805-925-2160

Santa Ynez
805-686-4390

Lompoc
805-736-0965

805-963-4458 (non-emergency
calls only please)
Fax 805-963-1169

info@dvsolutions.org
www.dvsolutions.org

SUPPORT AND EDUCATION GROUPS

Confidential emergency shelters for women & children provide emotional support, food, clothing, goal planning & help with medical, legal, financial & other concerns. 24-hour telephone hotline available.

FITNESS AND HEALTH

Cottage Health

Offers a variety of health programs:

A Matter of Balance
805-569-74778

CPR
805-569-7325

Healthy Balance Weight Management
805-569-7201

Heart Smart Lecture Series
805-569-7201

Pre-Operative Joint Replacement
1-855-3-NO-PAIN
1-855-366-7246

Dignity Health Community Education
Dignity Health
Marian Regional Medical Center
1400 E. Church, Santa Maria
805-739-3900
www.dignityhealth.org/central-coast

Offers a variety of programs:

CPR
805-739-3593

Balance & Fall Prevention
805-739-3973

Healthier Living
805-739-3578

Yoga
805-739-3366

Zumba
805-739-3366

Sansum Clinic Health & Wellness
1-866-829-0909 (toll-free)
www.calendar.SansumClinic.org
Offers a variety of brief programs including:

- Back Wellness
- Balance & Mobility
- Bariatric Surgery Orientation
- Diabetes Basics

- Doctors weight Management Program
- Healthy Eating Active Living (HEAL)
- Neck & Posture Wellness
- Nutrition Navigator
- Stress Management
- Yoga 101

GAMBLING

Gamblers Anonymous

1-626-960-3500
FAX 1-626-960-3501

isomain@gamblersanonymous.org
www.gamblersanonymous.org

For people who wish to stop gambling. Call for meeting times & locations.

GRANDPARENTS RAISING GRANDCHILDREN

Kin Cares Program

OASIS Center
420 Soares Ave, Orcutt
805-937-9750

www.oasisorcutt.org

Provides advocacy, resources, education & support for grandparents raising grandchildren to create healthy family bonding.

HEARING and VISION

Braille Institute

2031 De La Vina St, Santa Barbara
805-682-6222

www.brailleinstitute.org/santabarbara

Offers a wide variety of programs for blind & those with low vision. Including:

- Basketry
- Ceramics
- Cooking
- Crochet/Knitting
- Guitar
- Painting
- Piano

Contact Braille Institute for additional class offerings.

Goleta Lions Club

PO Box 1005, Goleta, CA 93117
805-569-8264

goletalionsclub@gmail.com
www.gleotalionsclub.org

Offers free screening for glaucoma or hearing. Includes information and physician referral.

Hearing Loss Association of America, Santa Barbara Chapter

751 Olive Ave
Carpinteria, CA 93013

info@hlaa-sbc.org
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 & location.

HEART DISEASE

Mended Hearts, Inc

805-963-8862

www.mendedhearts.org

Provides peer-to-peer education & support to those with heart disease and their families and friends. Call for meeting information at Santa Barbara or Santa Maria Chapters.

WomenHeart Support Group

Sansum Clinic
215 Pestas Ln. Santa Barbara
3rd floor Conference Room
1-866-829-0909 (toll-free)

www.calendar.SansumClinic.org

Providing community support & connection to women living with or at risk of heart disease.

HUNTINGTON'S DISEASE

Santa Maria Huntington's Disease Support Group

Huntington's Disease Society of America
1-800-345-HDSA
1-800-345-4372 (toll-free)

www.hdsa.org

Provides information, support & a social network for those living with Huntington's & their family & friends. Sponsored by Coast

SUPPORT AND EDUCATION GROUPS

Caregiver Resource Center. Call for meeting times & location: Ericka at 1-805-569-8950, Melissa at 1-805-569-8950 or toll-free 1-888-934-9614

LESBIAN, GAY, BISEXUAL, TRANSGENDER

Pacific Pride Foundation

126 E. Haley St, Santa Barbara
805-963-3636

123 S. College Drive
Santa Maria, CA 93454
805-963-3636

www.pacificpridefoundation.org

Provides services, education & support groups to the HIV/AIDS & LGBT communities of Santa Barbara County. All programs are free or low cost & are offered in English & Spanish through the Santa Barbara & Santa Maria offices.

PFLAG: Parents, Families, Friends & Allies United with LGBT People

1-805-560-8621 Contact Georgia
www.pflagsantabarbara.org

Provides peer-to-peer support to family members of people who are LGBT. Call for details.

LUNG DISEASE

Better Breathers Club

American Lung Association in California
1-800-LUNG-USA

www.lung.org/california

A support group for persons with chronic lung disease, including COPD, asthma, idiopathic pulmonary fibrosis, lung cancer & others. Contact: Bob Huhn, PT at 805-687-8553 x12 or email rhuhn@hpcsb.com

MENTAL HEALTH

Mental Wellness Center

617 Garden St, Santa Barbara
1-805-884-8440

info@mentalwellnesscenter.org
www.mentalwellness.org

Provides education & support groups for individuals with mental illness & their family and friends. Please call for details.

National Alliance on Mental Illness

Northern & Southern Santa Barbara County
805-884-8440

Support Group for families & friends of mental illness. Please call for date, time & location.

Santa Barbara County Department of Behavioral Wellness

117 North B Street
Lompoc, CA 93436
805-737-6690

4444 Calle Real
Santa Barbara, CA 93110
805-681-5190

500 West Foster Road
Santa Maria, CA 93455
805-934-6380

Serving adults with severe mental illness and/or substance use disorders.

MULTIPLE SCLEROSIS

National Multiple Sclerosis Society Channel Islands Office

800-344-4867 (toll-free)
310-479-4456

www.nationalmssociety.org

Offers programs, services, resources & connection opportunities for people living with & affected by MS, including family members, caregivers & other members of their support systems. Call for details on monthly support groups and exercise programs in Santa Barbara.

MUSCULAR DYSTROPHY

Muscular Dystrophy Association

1-800-572-1717

www.mda.org

For individuals who have been diagnosed with any of the 40 neuromuscular diseases & for their families.

NARCOTICS ANONYMOUS

For help with recovery from active addiction or to find an NA meeting, call the 24-hour help line
1-800-549-7730

Santa Barbara

805-569-1288

info@na-santabarbara.org
www.na.org

Central Coast

Lompoc, Orcutt, Santa Maria
www.centralcoastna.org

PARKINSON'S DISEASE

Parkinson Association of Santa Barbara

805-683-1326

kttbell@mypasb.org
www.mypasb.org

Offering programs for those with Parkinson's Disease and their care partners to be proactive in managing their day-to-day lives.

Parkinson's Support Group, Santa Barbara

Center for Successful Aging
805-898-8080

Parkinson's Support Group, Santa Maria

805-925-0266

Free meetings provide social interaction & a variety of speakers & informational programs.

Parkinson's Support Group, Santa Ynez Valley

805-683-1326

STROKE AND BRAIN INJURY

Coast Caregiver Resource Center

2415 De La Vina St, Santa Barbara
805-962-3600
805-569-8950 ext.1

info@coastcrgc.org
www.cottagehealth.org/services/rehabilitation/caregiver-services

For family, friends or caregivers of those recovering from stroke & other brain injury.

SUPPORT AND EDUCATION GROUPS

Jodi House

625 Chapala St, Santa Barbara
805-682-6222

info@jodihouse.org

Provides information, referrals, education & support to brain injury survivors & their family, friends & caregivers. Groups offered in Santa Barbara & Santa Ynez.

Project Re-Entry for Stroke Survivors

Cottage Rehabilitation Hospital
805-569-8999 x82101

Spinal Cord Injury Life Series Group

Cottage Rehabilitation Hospital
805-569-8999 x82101

Stroke/Brain Injury Family Caregiver Support Group

Cottage Rehabilitation Hospital
805-569-8950

WEIGHT MANAGEMENT

Overeaters Anonymous

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. Call for date, time and location.

Take Off Pounds Sensibly (TOPS)

1-414- 482-4620

wondering@tops.org

TOPS can help you reach your weight-loss goals by providing you with the tools, information, support, and accountability you need to be successful. Call for date, time and location of meetings.

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



1515 E. Ocean Ave.
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

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
805-922-8476

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. Within Guadalupe, shuttle service operates from Monday to Friday. To schedule a shuttle ride, call 805-922-8476.

All fixed route service is wheelchair lift equipped.

Metropolitan Transit District (MTD)

1020 Chapala St. (Transit Center)
Santa Barbara, CA 93101
805-963-3366

administrative@sbmttd.gov
www.sbmttd.gov

Adult Basic fare is \$1.75; Senior (62+) and disabled, \$0.85. Eligible passengers with disabilities pay a

reduced fare to ride MTD buses. A special photo identification card or Medicare card must be shown to the driver upon boarding.

To obtain a reduced fare MTD photo ID card, passengers must have a certification form completed by a qualified physician or an MTD-certified social service agency. You may get one at the MTD Transit Center, or call 963-3366 for more information.

To plan a trip, contact MTD Customer Service Representative at 805-963-3366.

Santa Maria Area Transit

1303 Fairway Dr
Santa Maria, CA 93455
805-928-5624

Both fixed route and door-to-door service (for elderly and handicapped) is available. Fare is \$1.50 one way, \$.75 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 805-928-5624.

Door-to-Door Service

If you need special transportation to take you to the doctor, the market and other places, and you are unable to ride the bus, you may be eligible for these specialized transportation programs for seniors and individuals with disabilities. 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 your visit with a time that transportation is available.

American Cancer Society

2265 Las Positas Rd
Santa Barbara, CA 93105
805-963-1577
Fax 963-6093
www.cancer.org

Provides transportation to treatments and therapy for ambulatory patients. Advance notice required.

COLT (City of Lompoc Transit)

1300 W. Laurel Ave
Lompoc, CA 93436
805-736-7666

Fixed route and Door-to-door service is available from 6:30 a.m. to 7:00 p.m., Monday through Friday. Saturday hours are 9:00 a.m. to 5:00 p.m. One-way fare in the City of Lompoc is \$1.25 and \$.60 cents for seniors/disabled. All buses are wheelchair lift equipped. Call at least 24 hours to three days ahead for curb to curb service. Bus service to Santa Barbara is scheduled on Tuesday & Thursday and reservations are required.

Easy Lift Transportation

53 Cass Place #D
Goleta, CA 93117
805-681-1181
Fax 681-1184

info@easylift.org
www.easylift.org

Door-to-door service for frail elderly citizens and handicapped persons who are unable to use existing fixed route transportation. Service is available Monday through Friday 5:50 a.m. to 11:30 p.m. Saturday service is available from 6:20 a.m. to 10:20 p.m. Sunday service is available from 6:50 a.m. to 9:15 p.m. Vehicles are wheelchair accessible. Service is provided from Carpinteria to Winchester Canyon. Special group charters are available upon request. Reservations can be made between 8:00 a.m. to 12:00 p.m. and 1:00 p.m. to 5:00 p.m. and can be made up to two weeks in advance. The fare is \$3.50 per ride. Ticket books are available by advance purchase at a cost of \$32.50 for 10 tickets.

Help of Carpinteria, Inc.

Shepard's Place
1069 Casitas Pass Road
Carpinteria, CA 93013
805-684-0065

Volunteer organization offers door-to-door transportation services for non-driving Carpinteria residents. Reservations can be made up to two weeks in advance. Offering service within the city limits of Carpinteria, and medical and social service visits to Santa Barbara. Donations are welcome.

Santa Barbara County-Health Clinic Transportation

C/O SMOOTH, Inc.

240 E. Roemer Way
Santa Maria, CA 93458
805-922-8476

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

805-928-5624

ridesmat.com

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

431 Second St. #9
Solvang, CA 93463
805-688-5452
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
805-922-0146 805-922-8476
www.smoothinc.org

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 fare 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. Monday through Friday. One week or more in advance notice is requested for reservations.

The **Santa Barbara Medical Bus** makes trips from the North County to Santa Barbara, for medical appointments only, three days per week. It is advised that passengers' needing a ride to Santa Barbara for a medical appointment call 922-8476 as soon as they know that they will need a ride as seating is limited. Operates on a first come, first served basis. The Santa Barbara Medical Bus picks up passengers at their homes and takes them directly

to the address of their medical appointment in Santa Barbara. The Santa Barbara Medical Bus goes to Santa Barbara every Monday, Tuesday and Thursday.

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
330 Guadalupe St.
Guadalupe, CA 93434
800-872-7245

SERVING CENTRAL COAST SENIORS SINCE 1974

One of the Many Faces of SMOOTH...



SMOOTH
Senior Dial A Ride

\$2 One Way
(\$4 Round Trip)
Aides ride free!

922-8476

ANYWHERE

in Santa Maria and Orcutt!
Monday-Friday 9:00-4:00

SMOOTH, Inc., 240 E. Roemer Way, Santa Maria, CA 93454 www.smoothinc.org

TRANSPORTATION

Greyhound Bus Lines

Greyhound Terminals

224 Chapala St.
Santa Barbara, CA 93101
805-965-7551

400 E. Boone St.
Santa Maria, CA 93454
805-925-8841
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.

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.

CenCal Health Transportation

CenCal Health provides transportation benefits for members. Members can arrange for transportation for Medi-Cal eligible benefits, such as doctor appointments and to pick up prescriptions, by contacting the CenCal Health Member Services Department at 1-877-814-1861 Monday through Friday, 8am to 5pm (for the hard of hearing TTY 1-833-556-2560 or the CA Relay at 711). The call is toll-free. Please

have your member identification card ready when you call. You can also visit online at any time at www.cencalhealth.org.

Central Coast Shuttle

928-1977

www.cclax.com

Seven round trips to LAX per day, seven days a week. Two person pre-paid 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
805-692-1902
Fax 805-961-8901

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
805-925-8000

1120 West Ocean Avenue, Off 113
Lompoc, CA 93436
805-737-1976

Santa Ynez Valley
805-925-8000

Santa Barbara City
805-925-8000

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.

Traffic Solutions

260 N. San Antonio Rd. Ste B
Santa Barbara, CA 93110
805-963-7283; 963-SAVE
Fax 805-961-8901

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

www.aarpdriversafety.org

AARP developed a classroom course especially for older drivers. 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 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.

You can also register online.

Another AARP course is AAARP Smart Driver which is an online course.

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
805- 569-8999 ext 82400

By appointment and physician referral.

DMV Senior Ombudsman Program

310-615-3552

Ombudsman can assist senior drivers as a 'go-between' to ensure senior drivers are treated consistent with laws and regulations. Available to assist in individual cases. Promote driver safety.

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.



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GURNEY & WHEELCHAIR
ACCESSIBLE
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(844) 464-7250

WWW.AMDALTRANSPORTSERVICES.COM

VETERAN'S SERVICES

United States Veterans and their families may be eligible for programs and services provided by the Department of Veterans Affairs (VA). Benefits are legislated in United States Code Title 38, found at 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. Benefits include 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, assist 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

315 Camino del Remedio
Building 3, Room 351
Santa Barbara, CA 93110
805-681-4500

624 W. Foster Road Ste A
Santa Maria, CA 93455
805-346-7160

401 E Cypress Street Room 101
Lompoc, CA 93436
805-737-7900

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.

Enrolled veterans 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

Outpatient Clinics

4440 Calle Real
Santa Barbara, CA 93110
805-683-1491

1550 E. Main St
Santa Maria, CA 93454
805-354-6000

Provide medical and/or mental health services and facilitates admission to VA hospitals, residential care and nursing home facilities. 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.

VA Aid and Attendance

This program provides supplemental income to help a qualified veteran and/or spouse, widow and/or widower pay for in-home care or an assisted living facility. A veteran and/or spouse, widow and/or widower may qualify for aid and attendance benefits if he or she:

- Is blind or so nearly blind as to have corrected visual acuity of 5/200 or less, in both eyes, or concentric contraction of the visual field to 5 degrees or less; or
- Is a patient in a nursing home because of mental or physical incapacity; or
- Proves a need for aid and attendance under established criteria
- Served at least one day during a war time era
- Income requirement

It can take some time to receive benefits, so if you feel that you fall into anyone of these categories or have questions regarding benefits, please call your Santa Barbara County Veteran Service office

VA Caregiver Support

1-855-260-3274

Caregiver Support Line Is available to provide supportive counseling, education on topics related to caregiving, and help to connect Caregivers to local supports and services to assist them In their caregiving role.

Most human service programs rely on volunteers. Is there a non-profit or organization you feel passionate about? Opportunities exist in any field in which you have training, talent or just interest. Almost all the programs in this directory use volunteers.

Listed below are agencies that serve as a clearinghouse of volunteer opportunities. 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.

Retired and Senior Volunteer Program (RSVP) North Santa Barbara County

805-544-9146

www.seniorvolunteers.org/the-retired-senior-volunteer-program

Recruits and places volunteers in a variety of community organizations that benefit from senior volunteers.

Volunteermatch.org

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

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My neighbor is homebound.
Can she get meals?



Is someone available
for legal services?

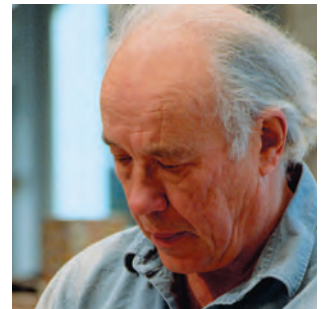
Where can I find
help with home repairs?



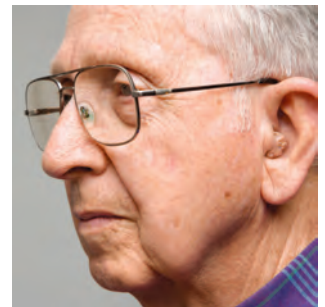
How can I get information
on affordable housing?



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if I need assistance?



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