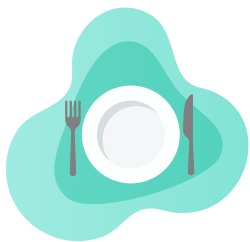




# Los Angeles County Senior Resource Guide



## The Los Angeles County and City Area Agencies on Aging

Providing free home-delivered meals for older adults age 60 and older who are impacted by the COVID-19 crisis.

**County AAA:** 1 (800) 510-2020

**LA City AAA:** 1 (213) 482-7252

**Meals on Wheels:** 1 (888) 998-6325



## Pharmacy delivery

Pharmacies offering free prescription medication deliveries on eligible prescription medications.

**CVS:** 1 (800) 237-2767

**Walgreens:** 1 (800) 797-3345

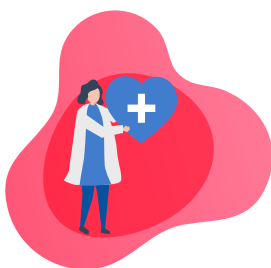
**Walmart:** 1 (800) 273-3455



## Healthcare

**Telemedicine** - Older adults who are managing chronic health conditions can stay in touch with their doctors' office through telemedicine. This enables doctors and patients to communicate over video, email or phone.

**Call your doctors' offices to check for telemedicine options.**



## Mental Health Services

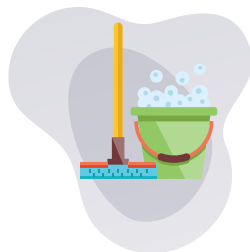
Los Angeles County Department of Mental Health, ACCESS Line. Available 24 hours/day and 7 days/week. Includes mental health screening, assessment, referrals and crisis counseling for those living in Los Angeles County.

**Call:** 1 (800) 854-7771 or **TEXT "LA" TO** 741741 or <https://locator.lacounty.gov/dmh>

**Mental Health Warm Line** - Provides telephone support services and live chat for those living in Los Angeles County.

**Monday -Friday:** 5 P.M. – 10 P.M. **Saturday-Sunday:** 11 A.M. – 4 P.M.

**English:** 1 (855) 952-9276 and **Español:** 1 (888) 448-4055



## Cleaning Supplies

Retailers Offering Delivery Services

**CVS:** [www.cvs.com](http://www.cvs.com)

**Walgreens:** [www.walgreens.com](http://www.walgreens.com)

**Target:** [www.target.com](http://www.target.com)

**Office Depot:** [www.officedepot.com](http://www.officedepot.com)

**Mrs. Meyer's Clean Day:** [www.mrsmeyers.com](http://www.mrsmeyers.com)

**Home Depot:** [www.homedepot.com](http://www.homedepot.com)

# Los Angeles County Senior Resource Guide



## Caregiver Support

**Family Caregiver Support Center** - Providing support to caregivers who provide services to seniors. Supportive services include information, assessment, individual consultations, respite, education, and training.

**Call:** 1 (855) 872-6060

**COVID-19 FAQ for Caregivers** - Guidance for In Home Supportive Service (IHSS) personnel assisting with activities of daily living such as: house cleaning, meal preparation / feeding, laundry, personal care services (i.e., toileting, oral care, bathing, and grooming)

<http://publichealth.lacounty.gov/media/Coronavirus/FAQ-Caregivers.pdf>



## In Home Support Services

Home Care Services for low-income individuals who are disabled, blind or elderly. Services may include housecleaning, meal preparations, laundry, grocery shopping, personal care services, and accompaniment to medical appointments.

**Call:** 1 (888) 822-9622

<http://dpss.lacounty.gov/wps/portal/dpss/main/programs-and-services/in-home-supportive-services/>



## Social Connections

**Golden Talk** - On-line chat and crisis line for adults 60 years of age and older.

[www.kpfc.org/blogs/community-resources/post/goldentalk-senior-chat-line/](http://www.kpfc.org/blogs/community-resources/post/goldentalk-senior-chat-line/)

**Friendly Caller, Long Beach area** - Trained and vetted callers maintain on-going relationship with seniors.

**Call:** 1 (562) 570-3548

**Daily Call Sheet** - Fun, social connection program for seniors who are members or related to members of the Motion Picture and Television Fund.

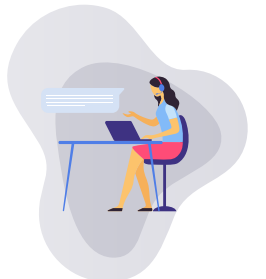
**Call:** 1 (818) 876-1191



## Fitness and Exercise

**Go4life** – An instructor-led 60 minute exercise video for ages 50 +. This workout features a warmup, strength, flexibility, balance exercises, and a cool down with stretches. **Visit:** <https://go4life.nia.nih.gov/exercises/>

**Silver Snickers** – Instructor-led 42 minute workout program encouraging older adults to participate in physical activities that will help them to maintain greater control of their health. **Visit:** <https://www.youtube.com/watch?v=Ps3oXu5Czvc>



## Informational Resources

**Los Angeles Department of Public Health**

**Visit:** <http://publichealth.lacounty.gov/media/Coronavirus/>

**California Department of Public Health** – Guidance for Seniors and People with Underlying Conditions.

**Visit:** <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/PublicHealthGuidanceSelfIsolationforOlderAdultsandThoseWhoHaveElevatedRisk.aspx>

**211 LA**- A free, confidential referral and information helpline.

**Call:** 211 or **Visit:** <https://www.211la.org/seniors-older-adults>