

## SENIOR HEALTH EDUCATION PROGRAM

937 Spring Street, Placerville  
(530) 621-6192/ 621-6151

Focuses on Disease Prevention and Health Promotion for adults aged 60 and older. Services are evidence-based and demonstrated through evaluation to be effective for improving the health and well-being or reducing disease, disability and/or injury among older adults.

## SENIOR LEGAL SERVICES

937 Spring Street, Placerville  
(530) 621-6154

Legal assistance for residents 60 years or older. Provides legal education and legal assistance with Social Security (Medicare/Medi-Cal questions), SSI, wills, trusts and real property.

## SENIOR NUTRITION PROGRAM

937 Spring Street, Placerville  
(530) 621-6160  
(530) 573-3130 SLT

A hot nutritious lunch is served Monday - Friday at 8 community dining centers throughout the County. Home delivered meals are available to home bound adults 60 years or older who are medically or physically disabled.

**For a complete listing of Senior Services, please check out our website:**

[www.edcgov.us/Government/HumanServices/Senior\\_Services/Senior\\_Services.aspx](http://www.edcgov.us/Government/HumanServices/Senior_Services/Senior_Services.aspx)

## SENIOR PEER COUNSELING

937 Spring Street, Placerville  
(530) 621-6304

Offers counseling services to adults 55 years or older enabling them to make choices and changes for personal growth.

## SENIOR RESOURCE ROOM & COMPUTER CENTER

937 Spring Street, Placerville  
(530) 621-6369

Offers computer access from 8am-5pm and individual one-on-one computer learning sessions to anyone over the age of 60.

## SENIOR SHUTTLE

937 Spring Street, Placerville  
(530) 621-6369

Provides weekly grocery shopping trips for seniors. Special trips are scheduled throughout the year to grocery stores, museums, fairs, parks, etc. Not wheelchair accessible.

## SENIOR TIMES NEWSLETTER

937 Spring Street, Placerville  
(530) 621-6255

A monthly newspaper containing a calendar of events, Nutrition menu, health information, and articles of interest for older adults and the general public. Yearly subscription-\$5 donation.

## WEATHERIZATION ASSISTANCE PROGRAM

937 Spring Street, Placerville  
(530) 621-6150  
(530) 573-3490 SLT

Provides minor home repairs and installation of energy saving devices to homeowners and renters living in El Dorado and Alpine County.

## VOLUNTEER OPPORTUNITIES

937 Spring Street, Placerville  
(530) 621-6369

[http://www.edcgov.us/Government/HumanServices/Volunteer\\_Opportunities.aspx](http://www.edcgov.us/Government/HumanServices/Volunteer_Opportunities.aspx)  
Many of our programs and services are dependent upon volunteers. Find out how you can get involved!

## YOU ARE NOT ALONE (YANA)

937 Spring Street, Placerville  
(530) 621-6255

A free daily telephone "check-in" and reassurance service available 7 days a week, supported by the Sheriff's and Human Services volunteers.

Don't know who to call?  
Our Senior Helpline can help...

Information &  
Assistance

(530) 621-6369

Toll-free: (800) 510-2020

# Senior Services

A Quick Reference Guide to Services in the Community



Community Services Division  
(530) 621-6150 Placerville  
(530) 573-3490 South Lake Tahoe

Social Services Division  
(530) 642-7300 Placerville  
(530) 573-3200 South Lake Tahoe

Information & Assistance  
(530) 621-6369  
(800) 510-2020  
(toll free within El Dorado County)

[www.edcgov.us/humanservices](http://www.edcgov.us/humanservices)

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### **ADULT PROTECTIVE SERVICES**

**(530) 642-4800**

Provides assistance to elderly and dependent adults who are functionally impaired, unable to meet their own needs or are victims of abuse, neglect or exploitation.

### **CALFRESH PROGRAM**

**3057 Briw Road, Placerville**

**(530) 642-7300**

**(530) 573-3200 SLT**

Provides financial assistance to help low-income individuals buy the food they need for good health. The program issues monthly electronic benefits that can be used to buy most foods at food markets and stores.

### **ELDER ID AND CARE TRAK**

**935A Spring Street, Placerville**

**(530) 621-6180**

Designed for Alzheimer's patients and others with memory loss that may have the potential to wander away from home and get lost.

### **EL DORADO TRANSIT**

**(530) 642-3696**

Provides public transportation to the Western slope of El Dorado County. Fixed route and dial-a-ride services provide mobility in the communities of Placerville, Diamond Springs, Cameron Park, Pollock Pines, El Dorado Hills, and commuter service.

### **EMPLOYMENT SERVICES**

**3047 Briw Road, Placerville**

**(530) 642-4850**

**(530) 573-4330 SLT**

Provides employment and employer assistance and services for individuals looking to re-enter the workforce or upgrade work skills.

### **FAMILY CAREGIVER SUPPORT PROGRAM**

**937 Spring Street, Placerville**

**(530) 621-6151/621-6192**

Provides information and support services to informal caregivers of older individuals to maintain independence in a home setting. Services include caregiver training and support groups, respite, and care management.

### **HEALTH INSURANCE COUNSELING & ADVOCACY PROGRAM**

**937 Spring Street, Placerville**

**(530) 621-6369**

Provides assistance with Medicare questions and supplements, health insurance & long term care insurance questions. By appointment only.

### **HOME ENERGY ASSISTANCE PROGRAM (HEAP)**

**937 Spring Street, Placerville**

**(530) 621-6150**

**(530) 573-3490 SLT**

A federally funded direct payment program. HEAP can help pay for

electricity, wood, propane, oil or pellets. Benefits are paid once a year. Income guidelines apply.

### **IN-HOME SUPPORTIVE SERVICES**

**(530) 642-4800**

Provides assistance to eligible adults 65 years or older, or blind or disabled individuals, who are unable to remain safely in their homes without assistance.

### **INFORMATION & ASSISTANCE**

**937 Spring Street, Placerville**

**(530) 621-6369**

**1-800-510-2020**

One-Stop coordinated service to assist callers in determining their needs and eligibility for various services.

### **LONG TERM CARE OMBUDSMAN**

**937 Spring Street, Placerville**

**(530) 621-6271**

Advocates for quality of care and quality of life for residents of skilled nursing facilities and elderly residential care homes.

### **MEDI-CAL**

**3057 Briw Road, Placerville**

**(530) 642-7300**

**(530) 573-3200 SLT**

Provides medical coverage for individuals/families who do not have sufficient resources to meet their medical needs.

### **MULTIPURPOSE SENIOR SERVICE PROGRAM (MSSP)**

**(530) 621-6278**

Provides voluntary case management services to residents 65 years or older, who are Medi-Cal eligible and at risk of placement in a nursing facility due to frail health.

### **PUBLIC GUARDIAN**

**(530) 642-4800**

Provides services that are defined and directed by the Probate Division of the Superior Court, contingent upon the appointment of the Public Guardian as conservator for an individual by the Superior Court.

### **SENIOR ACTIVITIES**

**937 Spring Street, Placerville**

**(530) 621-6255**

Offers a wide range of recreational activities. Activities and fitness groups are designed for seniors such as: Hiking, Day and Overnight Trips, Painting, Yoga, Fitness, Art Classes, Bridge, Zumba, Book Club, etc.

### **SENIOR DAY CARE SERVICES**

**935A Spring Street, Placerville**

**(530) 621-6180 Placerville**

**(916) 358-3560 El Dorado Hills**

Designed to meet the needs of adults who are home bound or isolated due to a stroke, Alzheimer's disease or other debilitating mental and physical condition.