

## SENIOR HEALTH EDUCATION PROGRAM

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

Focuses on Disease Prevention and Health Promotion for adults 60 years or 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 adults 60 years or older. Provides legal education and legal assistance with Social Security (Medicare/Medi-Cal questions), SSI, wills, trusts and real property. Must be an El Dorado County resident. By appointment only.

## SENIOR NUTRITION PROGRAM

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

A hot nutritious lunch is served Monday - Friday at community dining centers throughout the County. Call for a location near you. 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) 621-6150

Offers computer access from 8am-5pm and individual one-on-one computer learning sessions. Free computer assistance on Fridays from 8am-12pm.

## SENIOR SHUTTLE

937 Spring Street, Placerville  
(530) 621-6369

Provides weekly grocery shopping trips for seniors. Special trips are scheduled throughout the year to 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.

## 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) 621-6150

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 Health and Human Services volunteers and the Sheriff's Department.

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 Older Adult 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**

**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 RESOURCE CENTER**

**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 adults 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**

Provides financial assistance towards an energy bill or heating fuel provider.

HEAP can help pay for electricity, wood, propane, oil or pellets. 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 case management services to adults 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) 621-6219**

Insures the physical and financial safety of persons unable to do so on their own, and when there are no viable alternatives to a public conservatorship.

### **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.

### **THE CLUB-ADULT DAY 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.