

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.

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.

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.

WEATHERIZATION

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.

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

[For a complete listing of Senior Services, please check out our website:](http://www.edcgov.us/SeniorService.aspx)

www.edcgov.us/SeniorService.aspx

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

Information &
Assistance

(530) 621-6369

Toll-free: (800) 510-2020

Revised 10/2021

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.

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) 621-6169

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.

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.

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.