

# SENIOR RESOURCE GUIDE



AMADOR COUNTY  
COMMISSION ON AGING

July 2010

# EMERGENCY SERVICES

**9-1-1**

This number is for *life-threatening* emergencies only.

**Sheriff 223-6500**

Non-emergency law enforcement questions, or report suspicious activity that is not dangerous.

**Secret Witness 223-4900**

Anonymous reporting of suspected crimes

**Operation Care: Crisis Line 223-2600**

Talk to a trained volunteer if you are feeling overwhelmed or suicidal, or to report sexual assault or domestic violence.

**Adult Protective Services 223-6550**

**AFTER HOURS/WEEKEND**

Responds to reports of abuse (financial, emotional, physical) of dependent adult or 65+

**Lifeline (a program of Amador-Tuolumne Community Action Agency) 223-1485**

Personal emergency response system. Local installers and support. Some units available for people on restricted income. **(ext. 242)**

**Amador County Fire Protection : 223-6391**

Answers general questions about fire prevention and fire related issues

**Regional Poison Center (800)876-4766**

Questions about effects and treatment for ingested substances for both people and animals.

**American Legion Ambulance 223-2963**

General information about ambulance services including out-of-county transport.

**GENERAL INFORMATION & ASSISTANCE**

(If you don't know exactly what you need or have many needs)

**Common Ground Senior Services Inc: 223-3015**

Information about federally funded services for people who are 60 or older.

**Amador County Senior Citizens 223-0442**

Programs for people over 55: legal services, caregiver support, social and education activities.

**Area 12 Agency on Aging (800)510-2020  
(209)532-6272**

Supportive services for people 60+ Including caregiver respite funds, some medical equipment and occasional assistance with other financial needs.

**Amador County Library** 223-6400  
Books, videos, computer access,  
audio books, research assistance

## **TRANSPORTATION:**

**Amador Regional Transit System** 223-BUSS  
County-wide local transportation and (223-2877)  
Transit to Sacramento and Calaveras Co.

**S\*T\*A\*R\*S** 223-1246  
Transportation to cancer treatments in  
San Joaquin County and Sacramento

**Pioneer Cab** 223-3335  
**Delta Sierra Cab** 274-4333

**Common Grounds Senior Services** 223-3015  
Transport to local and out of area  
medical appointments. Wheelchair  
accessible van. Advance notice required.

## **HOUSING:**

**Common Ground Senior Services** 223-3015  
Maintains lists of senior housing, assisted  
living facilities and board and care facilities.

**Amador Tuolumne Community**  
**Action Agency (ATCAA)** 223-1485  
Maintains homeless shelter and has  
some funding for homeless prevention activities.

**Home Repair and Safety Modification** 223-0442  
Referrals to reliable repair people. Assist-  
ance in assessing home safety needs. Some  
funds available for small projects.

## **PERSONAL CARE**

**Common Ground Senior Services** 223-3015  
Assistance obtaining private, independent  
caregivers for people over 60. Families may  
contact on behalf of older family member.

**In Home Supportive Services** 223-6550  
Assistance to low-income people in  
obtaining caregivers for personal care  
including bathing, cooking and shopping.

**In Home Supportive Services Registry:** 223-6782  
Provides referrals to trained, screened  
caregivers for people on the IHSS program.

**United Personal Care** 225-1478  
Home Health aides for personal care;  
Homemakers and companions. Paid by  
Insurance or private pay.

**In Home Quality Care** (530)621-2273  
Assistance with ADL/IADLs by aide and  
Home companions. Private pay.

## SUPPORT GROUPS

**Sutter Amador Outpatient  
Diabetes Program** 223-7448

Comprehensive educational services, treatment  
And support meetings for people with diabetes.

**Better Breathers** 223-7581

Monthly educational and support  
meetings for people with chronic  
pulmonary problems.

**Gold County Stroke Support Group** 295-3485

Monthly meeting (except July and August)  
for people who are living with strokes  
and their family members.

**Caregivers/Alzheimer's Support** 223-0442

Monthly meeting for caregivers of  
any family member or friend. Library  
and resource materials available.

**Parkinson's Support Group** 296-2575

Monthly peer support group run by  
proACTIVE parkinsons project. Home  
visits, resources, online support.

**Senior Peer Counseling** 223-3015

Trained senior volunteers provide support  
to other seniors who are facing depression  
or loneliness.

## FINANCIAL:

**Social Security:** (800)772-1213

Main number for information about  
obtaining social security and questions  
about payments. A representative from  
Social Security is in Sutter Creek at City  
Hall the 4<sup>th</sup> Tuesday from 9 to noon.

**Amador –Tuolumne  
Community Action Agency (ATCAA)** 223-1485

Assistance with energy bills and connection  
to other support programs for electricity or  
propane bills.

**MediCal** 223-6550

Financial assistance for medical care  
for low income people

## FOOD:

**FOOD Stamps** 223-6550

Assistance to low-income people with  
obtaining subsidies for groceries.

**Interfaith Food Bank:** 267- 9006

10 a.m. to 2 p.m. M-F Distributes groceries,  
helps low-income people apply for  
food stamps, WIC and other food related  
support programs.

<p><b>Home Delivered Meals</b> Hot and frozen meals delivered during week and for weekends by Common Ground Senior Services. Must be 60 or spouse of 60 year old.</p>	<p><b>223-3015</b></p>	<p><b>HICAP</b> Appointment with local counselor for free assistance information regarding Medicare and health insurance.</p>	<p><b>800.434.0222</b></p>
<p><b>Senior Meal Sites</b> Lunch (M-F) at the Amador County Senior Center in Jackson and on Wednesday at the City Hall in Plymouth.</p>	<p><b>223-3015</b></p>	<p><b>Public Health</b> Information about rabies, immunizations, HIV, West Nile Virus and epidemics or bio-hazard events.</p>	<p><b>223-6407</b></p>
<p><b>HEALTH CARE:</b></p>			
<p><b>Sutter Amador Hospital</b> 24-hour emergency care. Acute care with full inpatient services. Outpatient services including Sleep Lab, Women's Health Services, Pediatric Clinic and full radiology services.</p>	<p><b>223-7500</b></p>	<p><b>Behavioral Health Care</b> (Previously Mental Health Services) Provide services for urgent mental health Care, drug and alcohol counseling and court-appointed domestic violence counseling</p>	<p><b>223-6412</b></p>
<p><b>Kit Carson Convalescent and Rehabilitation Facility</b> Rehabilitation, long-term and hospice skilled nursing care. Separate unit for patients suffering from dementia.</p>	<p><b>223-2231</b></p>	<p><b>Hospice of Amador &amp; Calaveras</b> In home care for people who have a terminal disease and a family caregiver. Nursing, social work, and home health aides.</p>	<p><b>223-5500</b></p>
<p><b>United Home Care</b> Nurses, Physical Therapist, Occupational Therapist, Speech Therapist, Home Health Aides. Medicare/MediCal, private insurance and private pay. Requires order from primary health care provider.</p>	<p><b>223-3866</b></p>	<p><b>STARS</b> Answer questions about local and regional services available to cancer patients and survivors -- oversees cancer patient transportation providing free transportation (including wheelchair access) to radiation and chemotherapy treatments Sacramento, Stockton, Lodi, and in Amador County</p>	<p><b>223-1246</b></p>

## DURABLE MEDICAL EQUIPMENT:

These businesses provide medical equipment and supplies like wheelchairs, walkers, beds, oxygen supplies, dressing supplies, Incontinent supplies etc. Medicare and MediCal, private Insurance may pay for some supplies.

<b>Apria Healthcare supplies</b>	<b>223-7727</b>
<b>Ione Pharmacy &amp; Medical Supplies</b>	<b>274-2432</b>
<b>Western Health Care Industries</b>	<b>223-7306</b>

## PET CARE:

<b>Common Ground Senior Services</b>	<b>223-3015</b>
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Referrals to paid workers who will care for pets, as well as occasional volunteer services to transport pets to vet. Referral to boarding pets if you need to go into the hospital.

<b>A-PAL</b>	<b>223-0410</b>
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Assistance with spay/neuter, adoption.

## CAREGIVERS:

<b>United Personal Care</b>	<b>223-1478</b>
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Provides caregivers for 4 to 24 hours a day (thru private pay and insurance) to anyone with ability to pay.

<b>Amador County Senior Center</b>	<b>223-0442</b>
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Assistance to disabled people 55 to 59 years old in obtaining caregivers.

<b>Amador County Veterans Service</b>	<b>223-6484</b>
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Information and assistance to veterans and their families about benefits and services.

## LEGAL ASSISTANCE

<b>Amador County Senior Citizens</b>	<b>223-0442</b>
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Local attorneys provide free half-hour consultations on simple legal matters such as wills, consumer issues, landlord-tenant disputes. By appointment.

<b>Amador Senior Citizens Advocate</b>	<b>223-0442</b>
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Confidential consultations. Credit card issues, neighbor, landlord/tenant disputes, budget and consumer issues. Referral to legal services as needed.

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