The City of Los Angeles is committed to improving the quality of life, independence, health and dignity of our older adults through comprehensive, coordinated, and accessible community-based programs that advocate for the needs of seniors.

The following are programs and services provided to Seniors 60 years & older and Family Caregivers who reside in the City of Los Angeles

**INFORMATION AND ASSISTANCE**
Provides seniors and family caregivers with information about available community resources and/or referrals to particular service programs or agencies.

**HEALTH INSURANCE COUNSELING AND ADVOCACY PROGRAM (HICAP)**
Provides advocacy services to Medicare & Medicaid enrollees and education to healthcare consumers on how to advocate for themselves.

**ELDER ABUSE COMMUNITY EDUCATION**
Is designed to increase public education and awareness to: persons/populations at high risk; the identification of elder abuse (financial, psychological, neglect, and physical) and how to report it; and available community resources to prevent abuse and assist family caregivers.

**SENIOR EMPLOYMENT TRAINING**
Provides an opportunity for seniors to return to the competitive job market through work experience and job training programs, as well as, helping seniors transition to unsubsidized employment.

**MULTIPURPOSE SENIOR CENTERS (MPCs)**
There are 16 MPCs throughout the City of Los Angeles. These centers serve as community focal points for senior services that provide:

- **In-Home Assistance and Services** provides assistance with household tasks, if eligible.
- **Care Management** assess the needs of frail seniors and develops a care plan.
- **HandyWorker Program** provides free minor home repairs to seniors or disabled homeowners based on eligibility/availability.
- **Legal Assistance** helps seniors in various legal issues, including, but not limited to landlord/tenant disputes and government benefits.
- **Nutrition Services** provide a hot nutritious meal five days a week at local congregate meal sites or for the homebound.
- **Transportation**
  - **CityRide** is a curb-to-curb program that provides transportation to the senior and disabled populations for a discounted rate.
  - **Door-to-Door** is an alternative to CityRide for frail seniors that need assistance with transportation. This service is available at the local MPCs.
- **Health Screenings**
- **Social/Recreational Activities**

For more information on Dept. of Aging programs and services, call: (800) 510-2020 or (213) 482-7252

**What is a Family Caregiver**
If you provide unpaid assistance to an elderly spouse, relative, neighbor, or friend who is alone or unable to take care of themselves, you ARE a family caregiver and there are free supportive services that are available for you.

The Department of Aging provides several programs and services through the Family Caregiver Support Programs, which include:

- **Family Caregiver Trainings**, which include the following topics:
  - Stroke Prevention
  - Emotional and Family Issues of Caregiving
  - Hoarding Behavior in Older Adults
  - Stress Reduction
  - Fall and Injury Prevention
  - Medication Management
  - Legal Issues & Planning Before a Crisis
  - Emergency Preparedness & “Go Kits”
  - Memory Loss & Aging
  - (Other Topics as Requested)

- **Family Caregiver Support Groups** are provided on a regular basis throughout the City.

- **One-on-One Training** on how to cope with the responsibilities of taking care of an older adult.

For more information about caregiving and the programs listed above, please contact us at (213) 482-7252
EVIDENCE BASED PROGRAMS (EBP)

Evidence Based Programs (EBP) are practical, cost-effective programs designed to provide services to seniors and their family caregivers. These services will maintain and/or improve the health and activities of daily living for the purpose of sustaining independent living through teamwork between health care and community-based service providers.

For more information on Evidence Based Programs, contact the Department of Aging.

ADDITIONAL RESOURCES

Housing
HandyWorker Program
   English (213) 808-8803
   Spanish (213) 808-8969
Housing Authority (City) (213) 252-5371
Housing Authority (County) (800) 731-4663
Rent Stabilization (800) 994-4444

Legal Services
Bet Tzedek Legal Services (323) 939-0506

Elder Abuse and Neglect
Ombudsman (800) 334-9473
Adult Protective Services (213) 351-5401
Elder Abuse Hotline (800) 992-1660

Transportation
CityRide (City only)
   (available in area codes 213, 323, 818, 310)
   808-RIDE (7433)
Access (City & County) (800) 837-0829
Health Insurance & Advocacy Program (HICAP)
   (213) 383-4519 or (800) 824-0780

As a covered entity under Title II of the Americans with Disability Act, the City of Los Angeles does not discriminate on the basis of disability. Programs and Services provided by the City of Los Angeles Department of Aging are funded by the Older Americans Act.