

**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 & Medi-Cal 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



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Hours of Operation  
(Monday - Friday, 8 am to 5 pm)  
*Except Holidays*



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.

# SENIOR FOCUS ON Programs & Services for Seniors and Family Caregivers

