



County of Sacramento Older Adult Resource List

Sacramento County – Aging Resources Directory

This directory lists local, state, and national resources and services available to older adults and caregivers living in Sacramento County. All the organizations included are either government or non-profit agencies. <https://www.sacagingresources.org/resources-directory>

Below are topics included in the directory:

- [Abuse, Neglect & Financial Exploitation](#)
- [Adult Day Centers](#)
- [Alternatives to Driving](#)
- [Affordable Housing](#)
- [Ageism & Age Discrimination](#)
- [Aging Issues Advocacy](#)
- [Animal Therapy](#)
- [Care Management](#)
- [Caregiver Education & Support](#)
- [Caregiver Respite](#)
- [Computer & Internet Access](#)
- [Computer & Smartphone Training](#)
- [Dementia Information & Support](#)
- [Disaster Preparedness & Response](#)
- [Diversity & Inclusion](#)
- [Driving](#)
- [Employment & Career Support](#)
- [End-of-Life Decisions](#)
- [Exercise & Fitness](#)
- [Find Volunteer Opportunities](#)
- [Grandparent & Kinship Parenting](#)
- [Grief and Loss](#)
- [Groceries](#)
- [Hearing & Vision](#)
- [Help Getting Help](#)
- [Help with Forms](#)
- [Home Modification & Repairs](#)
- [Hospice & Palliative Care](#)
- [Intergenerational Programs](#)
- [Legal Information & Services](#)
- [LGBT Older Adults & Allies](#)
- [Lifelong Learning](#)
- [Local Government](#)
- [Long-Term Care](#)
- [Making Decisions for Someone Else](#)
- [Medicare & Other Health Insurance](#)
- [Mental Health](#)
- [Mobility & Fall Prevention](#)
- [Organ & Body Donation](#)
- [Participate in Research](#)
- [Pets](#)
- [Planning for Diminished Capacity](#)
- [Prepared Meals](#)
- [Retirement](#)
- [Scams & Fraud](#)
- [Senior Centers](#)
- [Serve on a Local Board or Commission](#)
- [Social Connection](#)
- [Tax Preparation](#)
- [Utilities Assistance](#)
- [Veteran Services](#)

Mental Health Services

These organizations and programs offer support, counseling, and other mental health services. Some programs serve people of all ages while others specialize in older clients, caregivers, veterans, or specific cultural groups. If you or someone you know is facing a mental health crisis or is at risk of suicide, call or text 988. <https://www.sacagingresources.org/resources-directory/mental-health>

- [Asian Pacific Community Counseling](#)
- [Cal Voices – Behavioral Health Resources for Older Adults](#)
- [Cal Voices – Consumer-Operated Warmline](#)
- [Institute on Aging – Friendship Line California](#)
- [La Familia Counseling Center – Supporting Community Connections](#)
- [LGBT National Senior Hotline](#)
- [Sacramento County – Mental Health Services](#)
- [Sacramento Native American Health Center – Behavioral Health](#)
- [Sacramento Recovery House](#)
- [Sacramento Vet Center](#)

- [Community Outreach Recovery Empowerment Program \(CORE\)](#)
- [Del Oro Caregiver Resource Center](#)
- [El Hogar – SeniorLink](#)
- [El Hogar – Sierra Elder Wellness Program](#)
- [Institute on Aging – Center for Elderly Suicide Prevention](#)
- [The Living Room – African American Suicide Prevention Project](#)
- [Muslim American Society Social Services Foundation](#)
- [National Alliances on Mental health \(NAMI\)](#)
- [Sutter Center for Psychiatry – Behavioral Health Care for Seniors](#)
- [WellSpace Behavioral Health & Prevention](#)
- [Refugees Enrichment and Development Association, Inc.](#)

Crisis Services

Mental health support for community members experiencing an urgent mental health problem that cannot wait for a regular, scheduled appointment. <https://www.calvoices.org/sacmap-olderadults>

- Adult Protective Services (APS): <https://dcfas.saccounty.net/SAS/Pages/Adult-Protective-Services/SP-Adult-Protective-Services.aspx>
Brochure (in threshold languages): <https://dcfas.saccounty.net/SAS/Pages/GI-APS-Flyers.aspx>
- Caregiver Crisis Intervention Respite Program: (916) 728-9333 <https://www.deloro.org/services>
- Crisis Text Line: Text HOME to 741741 <https://www.crisistextline.org/>
- Mental Health 24-Hour Crisis Line: (888) 881-4881 or (916) 875-1055
- Mental Health Urgent Care Clinic: (916) 520-2460 <https://www.tpcp.org/program/urgent-care/>
- SAGE National LGBT Elder Hotline: (877) 360-5428 <https://www.sageusa.org/>
- Trans Lifeline: (877) 565-8860 <https://translifeline.org/>
- Veterans Crisis Line: (800) 273-8255 <https://www.veteranscrisisline.net/>
- WEAVE Elder Abuse Program: (916) 804-7673 or (916) 920-2952 <https://www.weaveinc.org/post/elder-abuse-specialist>

Shelter Services

The Sacramento Senior Safe House serves as a safe, comfortable, and confidential refuge for abused and neglected seniors. Working with a host of referring agencies, the program provides 30 days of shelter for up to 6 seniors age 62 or older. The Senior Safe House features six private, well-appointed bedrooms, three nutritious meals and snacks daily, 24-hour staffing with daily volunteer support along with community resources to get the seniors into a permanent, safe situation.

- [Sacramento Senior Safe House](#): Call 211 or the Adult Protective Services (APS) Hotline at 916-874-9377 to access the Safe House

Elder Abuse

Becoming a victim of a violent crime can have a devastating impact on an older person or a dependent adult. Many victims may feel they have few options. They may feel unable to resolve or avoid abusive situations due to cognitive impediments, health, or limited resources. Some

persons are unaware of the victimization and refuse to report and testify against a family member who has abused them, or refuse to see themselves as victims. Help is available for victims of elder and dependent adult abuse through the Sacramento County District Attorney's Victim Witness Assistance Program. Trained and experienced victim advocates can provide crisis counseling, advocacy, direct assistance, information about the criminal justice system, and community referrals.

- Sacramento County District Attorney's Office: <https://www.sacda.org/victim-services/elder-abuse/>
- Elder Abuse Brochure: <https://www.sacda.org/wp-content/uploads/2022/04/Elder-Abuse-Final.pdf>
- Family Justice Center: <https://www.sacda.org/in-the-courtroom/family-justice-center/>
- Adult Protective Services (APS): Call (916) 874-9377 to make a report, <https://dcfas.sacounty.net/SAS/Pages/Adult-Protective-Services/SP-Adult-Protective-Services.aspx>
- McGeorge Elder Law and Health Clinic: <https://law.pacific.edu/law/legal-clinics/elder-and-health-law-clinic>

Prevention Services

Agency on Aging / Area 4 provides health promotion workshops and some evidence-based health promotion, including A Matter of Balance.

- <https://agencyonaging4.org/wellness/>

Social Connection

Social isolation can lead to depression, anxiety, and other mental and physical health problems. It also increases the risk of elder abuse, neglect, and exploitation. The programs listed below help older adults stay socially engaged by connecting with others over the phone or in person. Many of these programs can be accessed by older adults who cannot easily leave their homes.

- Social Connection: <https://www.sacagingresources.org/resources-directory/social-connection>
- Grief and Loss: <https://www.sacagingresources.org/resources-directory/grief-loss>
- Sacramento LGBT Community Center: <http://www.saccenter.org/seniors/>
- Volunteer Opportunities: <https://www.sacagingresources.org/resources-directory/find-volunteer-opportunities>
- Lifelong Learning: <https://www.sacagingresources.org/resources-directory/lifelong-learning>
- Eskaton Telephone Reassurance: <https://www.eskaton.org/post/telephone-reassurance>
- Refugees Enrichment and Development Association, Inc.: <https://redacenter.org/home/our-programs/>

Housing

- Renter's Helpline: <https://www.rentershelpline.org/>
- Sacramento Self-Help Housing: <https://www.sacselfhelp.org/find-housing/senior-housing.html>

Other Resources

The California Department of Aging (CDA) administers programs that serve older adults, adults with disabilities, family caregivers, and residents in long-term care facilities throughout the State. These services are provided locally by the Area Agencies on Aging (AAA), Medi-Cal Community Based Adult Services (CBAS) centers, or other contracted agencies.

- https://aging.ca.gov/Programs_and_Services/
- <https://www.flipsnack.com/46mile/aging-in-california-california-department-of-aging-june-2022/full-view.html>
- <https://agencyonaging4.org/sacramento-county/>
- 211 Senior Resource Guide: <https://www.211sacramento.org/211/senior-resource-guide/>
- Senior Resource Guide by Agency on Aging: https://drive.google.com/file/d/1NHviqbA5e9TVk-05wTiTp_uca24Xip52/view
- California for All Ages: Master Plan for Aging: <https://mpa.aging.ca.gov/>

The Aging Resources Exchange is a forum for networking and exchanging information for community members and professionals serving older and dependent adults in Sacramento County. It is organized by the Sacramento County Adult and Aging Commission. Virtual meetings are held the last Tuesday of each month (except November and December) from 9:30am-11:00am. Participants learn about local programs and services from guest presenters and share information with each other. The meetings are free, and all are welcome to attend.

- <https://www.sacagingresources.org/aging-resources-exchange>

Other Resources

- Society for the Blind: <https://societyfortheblind.org/>
- Alzheimer's Association: <https://www.alz.org/>
- Lao Family Community Development: https://lfcd.org/our_location/sacramento/
- Meals on Wheels: <https://www.mowsac.org/>
- Senior Care Solutions: <https://www.seniorcs.com/>
- Sutter SeniorCare PACE: <https://www.sutterhealth.org/services/senior-geriatric/senior-pace>

Senior Centers

- Stanford Settlement Neighborhood Center: <https://www.stanfordsettlement.org/>
- Ethel Hart Senior Center: <https://www.cityofsacramento.org/ParksandRec/Recreation/older-adult-services/Hart-Senior-Center>
- Sierra 2 Center: <https://sierra2.org/senior-center/>
- Mission Oaks Community Center: <https://www.morpd.com/adult-senior>
- Neil Orchard Senior Activities Center: <https://crpd.com/programs/active-senior/>
- North Highlands Recreation and Park District: <https://www.nhrpd.org/programs>

- Orangevale Recreation and Park District: <https://www.ovparks.com/recreational/recreation-type/active-adults/>
- Pat O'Brien Community Center: <https://www.southgaterecandpark.net/recreation/senior-programs/>
- City of Folsom Senior Center: <https://www.folsom.ca.us/government/parks-recreation/facilities/senior-center>
- Elk Grove Senior Center: <https://thesceg.com/>
- A Community of Caring Senior Services: <https://www.accsv.org/>
- Fruitridge Community Center: <https://www.southgaterecandpark.net/recreation/senior-programs/>
- Hagginwood Community Center: <https://www.cityofsacramento.org/ParksandRec/Community-Centers/JoeMimsJrHagginwoodCtr>
- Lu Mien Healthy Village Senior Group: <https://www.unitediumien.org/CulturalProgramsServices.html>
- Rio Linda Elverta Recreation and Parks District: <https://www.rleparks.com/adult-activities>
- Rusch Park Community Center: <https://www.sunriseparks.com/adult-activities>
- Sam and Bonnie Pannell Community Center: <http://www.cityofsacramento.org/ParksandRec/Community-Centers/SamBonniePannellCenter>
- South Natomas Community Center: <https://www.cityofsacramento.org/ParksandRec/Community-Centers/SouthNatomasCenter>