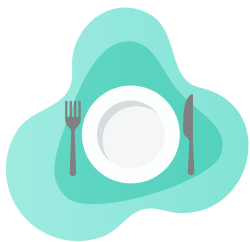# Los Angeles County Senior Resource Guide

The Los Angeles County and City Area Agencies on Aging
Providing free home-delivered meals for older adults age 60 and older who are impacted by the COVID-19 crisis.

County AAA: 1 (800) 510-2020
LA City AAA: 1 (213) 482-7252
Meals on Wheels: 1 (888) 998-6325

Pharmacy delivery
Pharmacies offering free prescription medication deliveries on eligible prescription medications.

CVS: 1 (800) 237-2767
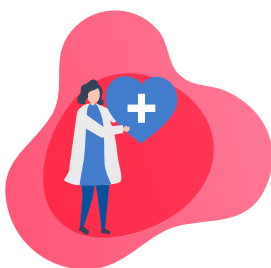**Walgreens:** 1 (800) 797-3345
Walmart: 1 (800) 273-3455

Healthcare
Telemedicine - Older adults who are managing chronic health conditions can stay in touch with their doctors' office through telemedicine. This enables doctors and patients to communicate over video, email or phone.
Call your doctors' offices to check for telemedicine options.
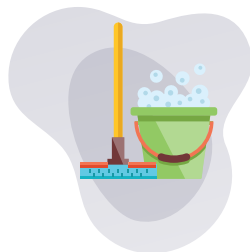
Mental Health Services
Los Angeles County Department of Mental Health, ACCESS Line. Available 24 hours/day and 7 days/week. Includes mental health screening, assessment, referrals and crisis counseling for those living in Los Angeles County.
Call: 1 (800) 854-7771 or **TEXT** "LA" TO 741741 or https://locator.lacounty.gov/dmh

Mental Health Warm Line - Provides telephone support services and live chat for those living in Los Angeles County.
Monday -Friday: 5 P.M. – 10 P.M. **Saturday-Sunday:** 11 A.M. – 4 P.M.
English: 1 (855) 952-9276 and **Español:** 1 (888) 448-4055

Cleaning Supplies
Retailers Offering Delivery Services

CVS: www.cvs.com
Walgreens: www.walgreens.com
Target: www.target.com
Office Depot: www.officedepot.com
Mrs. Meyer's Clean Day: www.mrsmeyers.com
Home Depot: www.homedepot.com

CITY OF LOS ANGELES Department of Aging

WORKFORCE DEVELOPMENT AGING · COMMUNITY SERVICES

PURPOSEFUL AGING

COUNTY OF LOS ANGELES CALIFORNIA

COUNTY OF LOS ANGELES Public Health

STAY SAFE STAY HEALTHY STAY HOME

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Caregiver Support
Family Caregiver Support Center - Providing support to caregivers who provide services to seniors. Supportive services include information, assessment, individual consultations, respite, education, and training.
Call: 1 (855) 872-6060

COVID-19 FAQ for Caregivers - Guidance for In Home Supportive Service (IHSS) personnel assisting with activities of daily living such as: house cleaning, meal preparation / feeding, laundry, personal care services (i.e., toileting, oral care, bathing, and grooming)
http://publichealth.lacounty.gov/media/Coronavirus/FAQ-Caregivers.pdf

In Home Support Services
Home Care Services for low-income individuals who are disabled, blind or elderly. Services may include housecleaning, meal preparations, laundry, grocery shopping, personal care services, and accompaniment to medical appointments.
Call: 1 (888) 822-9622
http://dpss.lacounty.gov/wps/portal/dpss/main/programs-and-services/in-home-supportive-services/

Social Connections
Golden Talk - On-line chat and crisis line for adults 60 years of age and older.
www.kpfk.org/blogs/community-resources/post/goldentalk-senior-chat-line/

Friendly Caller, Long Beach area - Trained and vetted callers maintain on-going relationship with seniors.
Call: 1 (562) 570-3548

Daily Call Sheet - Fun, social connection program for seniors who are members or related to members of the Motion Picture and Television Fund.
Call: 1 (818) 876-1191

Fitness and Exercise
Go4life – An instructor-led 60 minute exercise video for ages 50 +. This workout features a warmup, strength, flexibility, balance exercises, and a cool down with stretches. **Visit:** https://go4life.nia.nih.gov/exercises/

Silver Sneakers – Instructor-led 42 minute workout program encouraging older adults to participate in physical activities that will help them to maintain greater control of their health. **Visit:** https://www.youtube.com/watch?v=Ps3oXu5Czvc
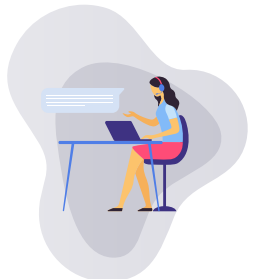
Informational Resources
Los Angeles Department of Public Health
Visit: http://publichealth.lacounty.gov/media/Coronavirus/

California Department of Public Health – Guidance for Seniors and People with Underlying Conditions.
Visit: https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/PublicHealthGuidanceSelfIsolationforOlderAdultsandThoseWhoHaveElevatedRisk.aspx

211 LA- A free, confidential referral and information helpline.
Call: 211 or **Visit:** https://www.211la.org/seniors-older-adults

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