Personal Assistance Services Council

Tele: (818) 206 - 7000 Toll Free: (877) 565 - 4477

Resources and Information for Los Angeles County

Transportation

Access Services, Inc. (ASI)

800-827-0829 I www.asila.org

Dial-a-Ride

800-439-0439 I LaGObus.com

LA County City Ride Program

323-808-7433

Ladottransit.com/other/cityride/

Legal Assistance

Bet Tzedek Legal services

323-939-0506
www.bettzedek.org

Center for Health Care Rights

800-824-0780
www.healthcarerights.org

Disability Rights Legal Center

866-999-3752 or 213-736-1334
www.thedrlc.org

Hot Meals and Food Banks

Los Angeles Regional Food Bank

323-234-3030

Project Angel Food

323-845-1800 I
www.angelfood.org

Senior Related

LA County Area Agency on Aging

800-510-2020

www.lacounty.gov/programs/aaa

LA City Department of Aging

800-510-2020

213-252-4030

www.lacity.org/doa

Disability-Related Resources

Braille Institute

323-663-1111
www.brailleinstitute.org

Department of Rehabilitation

213-736-3904 I www.dor.ca.gov

Living Independently LA

www.lila.ucla.edu

Regional Centers

Www.dds.ca.gov

IHSS Related Resources

In-Home Supportive Services (IHSS)

Application hotline

888-944-4477 I www.ladpss.org

Ombudsman

888-678-4477

United Long-Term Care Workers' Union SEIU Local 2015

855-810-2015 I www.seiu2015.org

Abuse Prevention/Reporting

Adult Protective Services

877-477-3646

Child Protection Hotline

800-540-4000

Suicide Prevention Center

877-727-4747

www.suicidepreventioncenter.org

Alzheimer's/Dementia Resources

Alzheimer's LA

844-435-7259

www.alzheimersla.org

LA Found &

Project Lifesaver Application

833-569-7651

www.lafound.lacounty.gov

Health Related Resources

L.A. Care Health Plan

888-452-2273 I www.lacare.org

Health Insurance Counseling & Advocacy Program

800-434-0222

Cahealthavocates.org

Mental Health Hotline

800-854-7771 I dmh.lacounty.info

Rancho Los Amigos National Rehabilitation Center

877-726-2461 I www.rancho.org

S.SPICOLA 03/2020

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Resources and Information for Los Angeles County

Additional Assistance

California Foundation for

Independent Living Centers (CFILC)

916-325-1690

www.cfilc.org

SPA1

Palmdale Community

Foundation-S.A.V.E.S.
661-267-5191
Dry goods/ brown bag
(id required)
Corona virus
M-Thursday 1-5pm
Prepackaged food boxes will be provided
Food services only all other services will be canceled until further notice

Legacy Commons for Active Seniors

930 E Ave Q-9, Palmdale, CA 93550
Closed but still providing box lunches from 11am-12pm.
Must be signed up, prior to receiving meals.

United Methodist Church

Lancaster, CA - 93534
(661) 942-0419
Monday and Thursday
12-1pm
Take out boxes for the homeless community

Destiny Christian Center International

Lancaster, CA - 93534
(661) 582-8177
Groceries provided every other week.
2nd and 4th Saturday, from 10am-11:30Am.
Anyone in need is welcome but please bring own bag.

Grace's Palmdale Soup Kitchen at Desert Winds Church

Palmdale, CA - 93550
(661) 266-3400
Meal handout
Tuesday's and Thursday's at 6pm.
Dwccav.org

SPA 2 – San Fernando Valley

Wilkinson SENIOR CENTER
Northridge 10:30-11:00am PICK UP 818-885-5241

Alicia Broadous-Duncan senior center
Pacoima PICK UP (Will start delivering meals if already member of center) (818) 834-6100

Sherman Oaks Adult Center
Sherman Oaks PICK UP (must call ahead) (818) 981-1284

Bernardi Senior Center
Mid Valley, Van Nuys PICK UP (Members only)
11:30 FOOD BANK 3rd Wed. 9am
818-781-1101

One Generation

Pick up starting tomorrow 3/17/2020 11:30am 818-705-2345
Food Bank tomorrow 1:00pm
Delivery after 3/17/2020 if new member call 818-705-2345 to schedule delivery

SOVA Community Foods and Resource (Income/Residency) 818-988-7682

Van Nuys – ID proof of residency, based of family size 10am-1:30pm, 91303, 91304, 91306, 91307, 91311, 91316, 91324, 91325, 91326, 91330, 91331, 91335, 91340, 90342, 91343, 91344, 91345, 91356, 91364, 91367, 91401, 91402, 91403, 91405, 91406, 91411, 91423, 91436, 91601, 91602, 91604, 91605, 91606, 91607

SPA 3 San Gabriel Valley

Senior citizen center in South Pasadena

1102 Oxley St, South
Pasadena, CA 91030
(626) 403-7360
Home delivered meals only at this time
$2.75
Residents 0f South Pasadena

South El Monte Senior Center

1556 Central Avenue, South El Monte, CA 91733
(626) 448-0131
Home delivered meals only at this time $15 for 5 Weeks
Or Donation
Residents Only

Joslyn Adult Senior Services Center

210 N Chapel Ave, Alhambra, CA 91801
(626) 570-5056
Walk in on Wednesdays only to pick up meals for 5 days
$3.00 or Donation

Joslyn Senior Citizen's Center

815 Barranca Ave,
Covina, CA 91723
(626) 966-6378
Pick up meals on Thursdays
Drive Thru only
For current participants only
No charge

SPA 4 Metro LA

Union Rescue Mission
Los Angeles, CA - 90013
(213) 347-6300
Three meals provided based on need
7am breakfast
11:30 Lunch and Dinner at 6pm
Must bring proof of id.
Project Angel Food
www.angelfood.org
323.845.1800
(free meals delivered based on terminal illness)

St. Vincent Meals on Wheels
2303 Miramar St, Los Angeles, CA 90057
(213) 484-7775
Still delivering meals and allowing potential clients to apply and very if they meet the requirements to receive such meals

SPA 5 – West

SOVA Community Foods and Resource (Income/Residency) (310) 288-0286

8846 W. Pico Blvd., Los Angeles, CA 90035

90007, 90008, 90010, 90012, 90013, 90014, 90015, 90016, 90017, 90018, 90019, 90020, 90024, 90025, 90026, 90027, 90028, 90029, 90034, 90035, 90036, 90038, 90039, 90043, 90046, 90048, 90049, 90056, 90057, 90062, 90064, 90066, 90067, 90068, 90069, 90073, 90077, 90095, 90210, 90211, 90212, 90230, 90232, 90291, 90294, 90401, 90403, 90404, 90405

SPA 6

Services for older adults	City of Los Angeles Dept. of Rec & Parks – Slauson Senior Center	5306 S. Compton Ave., Los Angeles, CA 90011	(323) 846-5392	www.laparks.org/scc **Mon-Fri** **11-12pm** **Lunch P/U**
Services for older adults	City of Los Angeles Dept. of Rec & Parks – Watts Senior Center	1657 E. Century Blvd., Los Angeles, CA 90002	(323) 564-9440	www.laparks.org/scc **Mon-Fri** **10:30am- 12:30 pm** **Lunch P/U** **$2 suggested, 65+**
Transportation for people 62+ and Disabilities	City of Lynwood Rec & Community Services – Senior Center	11329 Ernestine Ave., Lynwood CA 90262	(310) 886-0425	www.lynwood.ca.us **Mon-Fri** **11:15am-12pm** **Lunch meal P/U** **$2.50 suggested, 65+**
Home Delivered meals for people homebound due to Age, Disability, or Illness	St. Vincent Senior Citizen Nutrition Program Inc.	2302 Miramar St., Los Angeles, CA 50057	(213) 484-7775	www.stvincentmow.org **Business as usual, Still delivering like normal** (Was already a Meals on Wheels delivery program)
Services for older adults (60+), Transportation, Health Edu, Nutrition Programs	Watts Labor Community Action Committee – Estelle Van Meter Center	7600 E. Avalon Blvd., Los Angeles, CA 90003	(323) 305-1711	www.wlcac.org **Switched over to meals on wheels if they were receiving dine-in meals at center, will not be turned away** **Mon-Fri** **$2 suggested, 60+**
Services for older adults, Transportation, Services for older adults (60+),	Watts Labor Community Action Committee-Bradley Multipurpose Senior Center	10957 S. Central Ave., Los Angeles, CA 90059	(323) 563-5639	www.wlcac.org **Switched over to meals on wheels if they were receiving dine-in meals at center** **Mon-Fri** **$2 suggested, 60+**

SPA 7

Norwalk Senior Center
14040 San Antonio Dr.
Norwalk, CA 90650
(562) 929-5580
For current participants only
Walk in on Wednesdays only to pick up meals for 5 days
No Charge

Cerritos Senior Center
12340 South St, Cerritos, CA 90703
(562) 916-8550
10 Frozen meals for 50+ resident or non-resident
Pick up Wednesday
12:00 p.m. –1:00 p.m.
Donation $2.25

Bell Gardens Senior Center
6722 Clara Street, Bell Gardens, Ca. 90201
(562) 334-1779
Pick up Wed, Thurs, Fridays
10 meals for week
Donation $2.25 60 +

SPA 8

Emergency Food, Personal Goods, and Community Referral's	Hope Chapel Hermosa Beach	2420 Pacific Coast Hwy. Hermosa Beach, CA 90254	(310) 374-4673	**Food Pantry Pogram: Weds and Fri; 9-12pm & 1pm – 4pm Beach City Residents in SPA 8 (For ANYONE)**
Nutrition site	Wilmington Access Foundation	1371 Eubank Avenue (Banning Park) Wilmington CA, 90744	(310) 518-4533	**Will be switching over to home delivered meals for those already enrolled into their program, BUT will also be taking new individuals** **60+; $3 Donation**
Nutrition site	Anderson Memorial Center	828 S. Mesa Street Sasn Pedro, CA 90731	(310) 548-7596	**Mon – Fri; 11-12pm P/u meal 50+ $3 Donation**
Nutrition site	Normandale Recreation Center	22400 Halldale Avenue San Pedro, CA 90731	(310) 748-7146	**Home Delivered (1 Meal) 60+; $3 Donation**

Emergency Preparedness Resource List

1. Los Angeles County Emergency website	https://www.lacounty.gov/emergency/
2. Los Angeles City Emergency website	https://emergency.lacity.org/helpful-sites
3. LA County Survival Guide	https://www.lacounty.gov/emergency-123456/emergency-survival-guide/
4. County of Los Angeles Public Health (preparedness for persons with disabilities)	http://www.publichealth.lacounty.gov/eprp/media/links_disabilities.htm
5. LA city manual for Emergency Preparedness for People with Disabilities	https://disability.lacity.org/sites/g/files/wph581/f/a_EmergencyPreparednessManual-PWD-EnglishFINAL.pdf
6. PG&E Safety Action Center resource links	https://www.safetyactioncenter.pge.com/?cid=em_PSPS_20191025-PSPS-CBO_20191025_safetyactioncenter-title_email_na_na
7. PG&E shutoff events	https://www.pge.com/en_US/safety/emergency-preparedness/natural-disaster/wildfires/public-safety-event.page?cid=em_PSPS_20191025-PSPS-CBO_20191025_pspsupdates-www_email_na_na
8. Accessible shelters list	https://scdd.ca.gov/wp-content/uploads/sites/33/2019/10/Shelter-List-10.29.2019.pdf
9. PG&E Medical Baseline Program	https://www.pge.com/en_US/residential/save-energy-money/help-paying-your-bill/longer-term-assistance/medical-condition-related/medical-baseline-allowance/medical-baseline-allowance.page?cid=em_PSPS_20191025-PSPS-CBO_20191025_medicalbaseline-title_email_na_na
10. DWP CUSTOMER CALL CENTER	(800) 342-5397 Voice or (800) 432-7397 TTY

11. DWP CUSTOMER RELATIONS OFFICE	(800) 499-1544
12. Public Safety Power Shutoff Hotline	(833) 284-3473
13. NCLER emergency preparedness	https://ncler.acl.gov/Files/Legal-Services-and-Disaster-Assistance-for-Older-A.aspx
14. Generator sold at Sharper Image	https://www.sharperimage.com/si/view/product/Portable+Power+Generator+%28Small%29/202004
15. California Foundation for Independent Living Centers (CFILC)	(916) 325-1690 https://www.cfilc.org

1. The Los Angeles County Emergency website gives real time updates on the wildfires as well as a access to the emergency survival guide
2. LA City resources categorized by type of disaster/ emergency
3. The direct link to the LA County Survival Guide
4. The LA County link directly related to persons with disabilities
5. The city of Los Angeles Department on Disability for Emergency Preparedness for People with Disabilities, which gives information such as planning for emergencies, evacuation plans, and categorizes steps by type of disaster and disability.
6. PG&E Safety Action Center contains helpful information about wildfire risks and what you can do before, during and after an emergency to keep your family safe.
7. PG&E website includes information on areas that may be affected by outages and time estimates for length of shut off
8. California SCDD provided this list of accessible shelters categorized by county
9. Medical Baseline Program is an assistance program for residential customers who have special energy needs due to qualifying medical conditions. The program includes two different kinds of help: A lower rate on your monthly energy bill, and Extra notifications in advance of a Public Safety Power Shutoff

10. Customers of the City of Los Angeles Department of Water and Power (DWP) who are dependent upon an electrically powered life-support system can apply to be included on a “Life Support Priority List.” This will allow DWP to notify them in advance of a planned outage and to be aware of their location in the event of an unplanned outage, so that their electricity can be restored as quickly as possible. **This number can be called to request an application**.
11. The DWP customer Relations Office can be contacted for any additional information
12. Public Safety Power Shutoff Hotline can be reached for local resources
13. National Center on Law and Elder Rights has a link directly relating to Legal Services and Disaster Assistance for Older Adults
14. Lillibeth Navarro posted this generator on her CALIF blog back in 2016 that is currently for sale at Sharper Image
15. California Foundation for Independent Living Centers (CFILC) covers all CA Independent Centers, six of them in LA County

RESOURCE LIST 2024

- Registry Personal Assistance Services Council Registry, Back-Up Registry, Teletown hall www.pascla.org 1-877-565-4477
- PASC-SEIU Health Plan Health Plan Eligibility LIne www.pascla.org 1-855-727-2756
- IHSS In-Home Supportive Services Helpline Call Center for all questions regarding the IHSS program www.dpss.lacounty.gov 1-888-822-9622
- IHSS Service Desk Assistance with technical problems with electronic timesheets, telephone timesheets, direct deposit www.etimesheets.ihss.ca.gov 1-866-376-7066
- Telephone timesheets portal Telephone automated system to enter timesheets n/a 1-833-342-5388
- Fraud hotline To report Fraud or suspicious activity with the IHSS program 1-800-822-6222
- Union Service Employee International Union - SEIU 2015 Union that represents IHSS providers www.seiu2015.org 1-855-810-2015
- Dental/Vision Plan under SEIU Dental Plan and Vision Plan for SEIU members www.seiu2015benefits.org 1-877-421-0177
- Abuse Adult Protective Services (APS) To report Abuse against dependent adults or seniors https://hsslacountyprod.well sky.com/assessments/? WebIntake=A6DCB64F-7D31-486 D-88D6-0A8FA7EA505F 1-877-477-3646
- Child Abuse Hotline To report Abuse against minors www.dcfs.lacounty.gov 1-800-540-4000
- Public Health Dept. of Public health To report cases of Contagious Diseases www.publichealth.lacounty.gov 1-888-397-3993
- Vector Control To report cases of infestation, rats, mice, cockroaches, mosquitos www. publichealth.lacounty.gov 1-888-700-9995 Caregiver Support Family Caregiver Support Center Classes/Support https://www.fcsc.usc.edu/ events/category/caregiver[1]education/list/?tribe-bar[1]date=Invalid%20date (855) 872-6060
- Trainings American Red Cross CPR/First Aid https://www.redcross.org/ take-a-class (888) 366-3294 CNA Classes https://www.redcross.org/ take-a-class/cna (888)366-3294
- Mental Health NAMI Video “In Our Own Voice https://youtu.be/ GgDA1lmOKBY 1-800-950-NAMI 10 Warning Signs of Mental Health Issues in Young Adults https://www.nami.org/ Support-Education/Video[1]Resource-Library/10- Common-Warning-Signs-of[1]a-Mental-Health-Condition[1]in-Teens-and-Young-Adults 1-800-950-NAMI

- Dept. of Mental Health Information on mental health, crisis response, mobile field response team www.dmh.lacounty.gov 1-800-854-7771 Mediation/Conflict Resolution Los Angeles County Commission on Human Relations List of Resources https://hrc.lacounty.gov/wp[1]content/uploads/2020/05/ DRP-Fact[1]Sheet-23October19-Current[1]as-of-October-2019-1.pdf (213) 738-2788 Type 1 City Attorney - Mediation
- Los Angeles City Attorney Assistance with mediation/ Dispute Resolution Program https:www.cityattorney.lacity.gov/drp (213)978-8100
- California Foundation for Independent Living Centers (CFILC) covers all CA Independent Centers, six of them in LA County, www.cfilc.org 916-325-1690

Miscellaneous

- Child Care Alliance Los Angeles Help with finding local child care https://www.ccala.net/ (888)922-4453 or (323) 274-1380
- Free Tax Preparation https://www.freetaxprepla.org 1-800-829-1040
- Los Angeles Metro Finding schedules and routes of Metro buses and railways https://www.metro.net/ 323-GO-METRO or (323) 466-3876
- New Freedom Transportation Hotline Assistance for Seniors/ persons with disabilities and transportation https:// newfreedom.lacounty.gov/ new-freedom-program 1-888-863-7411