



AGENCY
ON AGING
AREA 4



2016-2017 SERVICE DIRECTORY

Developing and Coordinating
Services for Older Adults for
43 Years

Serving the Counties of
Nevada | Placer | Sacramento
Sierra | Sutter | Yolo | Yuba

Aging is all about living ®



ABOUT AGENCY ON AGING \ AREA 4

Agency on Aging \ Area 4 funds and monitors programs for seniors in a seven-county planning and service area with funding under the Older Americans Act. We are one of 33 area agencies in California, designated by the State to develop, coordinate, and fund programs designed to help older persons maintain their health and independence. The programs and services are offered free with a request for a voluntary donation. No participant is turned away who cannot contribute.

Agency on Aging \ Area 4 (AAA4) is a Joint Powers Authority with the counties of Nevada, Placer, Sacramento, Sierra, Sutter, Yolo, and Yuba to provide a system of services for persons 60 years of age and over.

As an area agency, AAA4 is the focal point for services for older adults. As a Funding agency, we award contractual grants for nutrition, supportive services, caregiver programs, legal assistance, health insurance counseling, ombudsman services, and other programs designed to meet specific needs of older persons within their community. As an Administrative agency, we monitor, evaluate, and document the program and fiscal performance of every contracted service provider. As a Planning agency, AAA4 conducts needs assessments, determines priorities, and develops a four year Area Plan. And as an Advocacy agency, we conduct public hearings, provide testimony before local and State governmental commissions, committees, and legislative bodies, and collaborate with other agencies and organizations to develop and expand services to meet local needs.



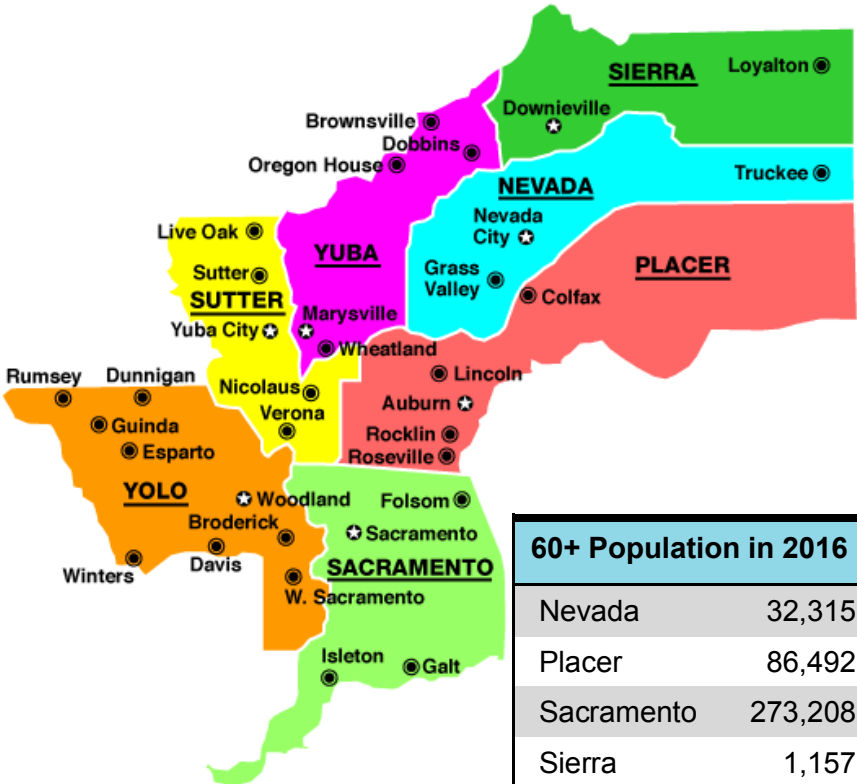
AAA4 is governed by a 17-member board comprised of members of the Boards of Supervisors or their appointees from our seven-county area. The Agency also has a 35-member Advisory Council which serves as the principal advocacy body for programs and services for older persons. Monthly meetings are open to the public.

Pam Miller, Executive Director

THE MISSION OF AGENCY ON AGING\ AREA 4

Creating and supporting opportunities that enhance the lives of older adults and their families to be safe, healthy, and independent.

SERVICE AREA OF AAA4



| 60+ Population in 2016 | |
|------------------------|----------------|
| Nevada | 32,315 |
| Placer | 86,492 |
| Sacramento | 273,208 |
| Sierra | 1,157 |
| Sutter | 19,278 |
| Yolo | 35,483 |
| Yuba | 13,151 |
| TOTAL | 461,084 |

AAA4 FUNDED PROGRAMS & SERVICES

PROGRAM DESCRIPTIONS

CAREGIVER RESPITE Provides a break for caregivers so they can attend to personal and recreational activities knowing their loved one is in a safe environment. In-home and Out-of-home respite are offered.

CAREGIVER SUPPORT Program that assesses and addresses the needs of family caregivers in order to maintain their health and well-being, sustain their ability to provide care, and produce better outcomes for the care recipient.

DIRECT SERVICE A program where Agency on Aging \ Area 4, rather than a contracted agency, provides services directly to clients. These programs are indicated as DIRECT SERVICE in this directory.

EMPLOYMENT SERVICE Offers job readiness sessions for the mature worker for a productive and successful job search.

DISEASE PREVENTION & HEALTH PROMOTION Programs help maintain or improve the physical and mental health of persons 60 years of age and older.

HEALTH INSURANCE COUNSELING Gives assistance with Medicare problems, health insurance, and long-term care insurance.

INFORMATION & ASSISTANCE Programs that link older persons to service agencies and other vital community resources.

KINSHIP CARE SERVICES Provides legal assistance, resources, supportive services, caregiver training, and support groups for grandparents and other relative caregivers.

LEGAL SERVICES Assists with civil legal needs: legal advice, counseling, and legal representation.

LONG TERM CARE OMBUDSMAN SERVICES Staff and trained volunteers assist residents and families of residents of long-term care facilities to resolve complaints.

Elder Abuse Prevention Program Provides training and information to mandated reporters primarily in long-term care facilities.

NUTRITION—CONGREGATE, HOME DELIVERED, AND RESTAURANT VOUCHER MEALS

Congregate Meals Provides a social setting where seniors can

AAA4 FUNDED PROGRAMS & SERVICES

PROGRAM DESCRIPTIONS

NUTRITION CONT.

enjoy a nutritious hot meal. Offered at senior centers, congregate meal sites and other senior gathering places throughout the seven-county area.

Home Delivered Meals Provides meals to homebound older persons who are frail and unable to prepare their own meals.

Restaurant Voucher Meals (Sutter Co.) Provides vouchers for nutritious meals at selected restaurants.

PEER COUNSELING Uses the skills and life experiences of trained volunteers to provide guidance, and support in a self-help approach to enhance well-being and enable clients to make informed choices.

PERSONAL CARE Provides in-home assistance with routine care of a personal nature such as bathing, dressing, personal appearance, feeding, and general hygiene.

RESIDENTIAL REPAIRS / MODIFICATIONS Programs help keep homes safe, secure, and accessible for frail seniors.

RETIRED & SENIOR VOLUNTEER PROGRAM Recruits volunteers in Nevada County to serve public and private non-profit entities.

TRANSPORTATION SERVICES Provides seniors access to doctors' offices, grocery stores, businesses, senior centers, senior programs, and other destinations.



AAA4 FUNDED PROGRAMS & SERVICES

NEVADA COUNTY

EMPLOYMENT SERVICES (AAA4 DIRECT SERVICE)

Mature Edge Job Readiness Program (800) 211-4545

HEALTH INSURANCE COUNSELING

HICAP - Health Insurance Counseling and Advocacy Program (916) 376-8915

INFORMATION & ASSISTANCE

Connecting Point, 2-1-1 Nevada Dial 211 or (877) 847-0499

LEGAL SERVICES

Legal Services of Northern California (530) 823-7560

LONG TERM CARE OMBUDSMAN SERVICES / ELDER ABUSE PREVENTION (AAA4 DIRECT SERVICE)

Long-Term Care Ombudsman Program (530) 274-2825

NUTRITION—CONGREGATE & HOME DELIVERED MEALS

Gold Country Community Services, Inc. (530) 273-4961

Sierra Senior Services (530) 550-7600

RESIDENTIAL REPAIRS / MODIFICATIONS

FREED Center for Independent Living (530) 477-3333

TRANSPORTATION SERVICES

Paratransit Services/Gold Country LIFT (530) 271-7433

Tahoe Transportation District (530) 550-7451

VOLUNTEER PROGRAM (AAA4 DIRECT SERVICE)

Retired & Senior Volunteer Program (RSVP) (530) 271-0255

PLACER COUNTY

CAREGIVER RESPITE

Del Oro Caregiver Resource Center (916) 728-9333

CAREGIVER SUPPORT

Del Oro Caregiver Resource Center (916) 728-9333

DISEASE PREVENTION & HEALTH PROMOTION

Caring Choices (530) 899-3873

AAA4 FUNDED PROGRAMS & SERVICES

PLACER COUNTY CONTINUED

EMPLOYMENT SERVICES (AAA4 DIRECT SERVICE)

Mature Edge Job Readiness Program (800) 211-4545

HEALTH INSURANCE COUNSELING

HICAP - Health Insurance Counseling
And Advocacy Program (916) 376-8915

INFORMATION & ASSISTANCE

Seniors First, Inc. (530) 889-9500

LEGAL SERVICES

Legal Services of Northern California (530) 823-7560

LONG TERM CARE OMBUDSMAN SERVICES / ELDER ABUSE PREVENTION (AAA4 DIRECT SERVICE)

Long Term Care Ombudsman Program (530) 823-8422

NUTRITION—CONGREGATE & HOME DELIVERED MEALS

Meals on Wheels by ACC, Home Delivered Meals (916) 444-9533
(Western Placer County)

Seniors First, Inc., Congregate Meals (530) 889-9500

Sierra Senior Services, Home Delivered Meals (530) 550-7600
(Eastern Placer County)

PERSONAL CARE

ResCare HomeCare (916) 484-7701

RESIDENTIAL REPAIRS / MODIFICATIONS

Placer Independent Resource Services (PIRS) (530) 885-6100

TRANSPORTATION SERVICES

Seniors First, Inc. (530) 889-9500

Tahoe Transportation District (530) 550-7451

AAA4 FUNDED PROGRAMS & SERVICES

SACRAMENTO COUNTY

CAREGIVER RESPITE

Cordova Neighborhood Church, The C.L.U.B. (916) 635-5992
Del Oro Caregiver Resource Center (916) 728-9333

CAREGIVER SUPPORT

ACC Senior Services (916) 393-9026
Del Oro Caregiver Resource Center (916) 728-9333

EMPLOYMENT SERVICES (AAA4 DIRECT SERVICE)

Mature Edge Job Readiness Program (916) 486-1876

HEALTH INSURANCE COUNSELING

HICAP - Health Insurance Counseling
and Advocacy Program (916) 376-8915

INFORMATION & ASSISTANCE

Community Link, 2-1-1 Sacramento Dial 211 or (916) 498-1000

KINSHIP CARE SERVICES

Lilliput Children's Services (916) 923-5444

LEGAL SERVICES

Legal Services of Northern California (916) 551-2140
Senior Legal Hotline

LONG TERM CARE OMBUDSMAN SERVICES / ELDER ABUSE PREVENTION (AAA4 DIRECT SERVICE)

Long Term Care Ombudsman Program (916) 376-8910

NUTRITION—CONGREGATE & HOME DELIVERED MEALS

Meals on Wheels by ACC (916) 444-9533

PEER COUNSELING

County of Sacramento, Health & Human Services (916) 875-4463
Senior Companion Program

PERSONAL CARE

ResCare HomeCare (916) 484-7701

AAA4 FUNDED PROGRAMS & SERVICES

SACRAMENTO COUNTY CONTINUED

RESIDENTIAL REPAIRS / MODIFICATIONS

Rebuilding Together (916) 455-1880

TRANSPORTATION SERVICES

ACC Senior Services (916) 393-9026

Stanford Settlement (916) 927-1303

SIERRA COUNTY

HEALTH INSURANCE COUNSELING

HICAP - Health Insurance Counseling
and Advocacy Program (916) 376-8915

INFORMATION & ASSISTANCE

Inc. Senior Citizens of Sierra County (530) 993-4770

LEGAL SERVICES

Community Legal (530) 265-3425

LONG TERM CARE OMBUDSMAN SERVICES / ELDER ABUSE PREVENTION (AAA4 DIRECT SERVICE)

Long Term Care Ombudsman Program (530) 274-2825

NUTRITION—CONGREGATE & HOME DELIVERED MEALS

Inc. Senior Citizens of Sierra County (530) 993-4770

RESIDENTIAL REPAIRS / MODIFICATIONS

FREED Center for Independent Living (530) 265-4444

AAA4 FUNDED PROGRAMS & SERVICES

YOLO COUNTY

CAREGIVER SUPPORT

Del Oro Caregiver Resource Center (916) 728-9333

EMPLOYMENT SERVICES (AAA4 DIRECT SERVICE)

Mature Edge Job Readiness Program (916) 486-1876

HEALTH INSURANCE COUNSELING

HICAP - Health Insurance Counseling and Advocacy Program (916) 376-8915

INFORMATION & ASSISTANCE

Legal Services of Northern California (530) 207-4250

LEGAL SERVICES

Legal Services of Northern California (530) 662-1065

LONG TERM CARE OMBUDSMAN SERVICES / ELDER ABUSE PREVENTION (AAA4 DIRECT SERVICE)

Long Term Care Ombudsman Program (530) 668-5775

NUTRITION-CONGREGATE & HOME DELIVERED MEALS

People Resources, Inc. (530) 662-7035

TRANSPORTATION SERVICES

Dignity Health: Yolo Adult Day Health Center (530) 666-8828



AAA4 FUNDED PROGRAMS & SERVICES

YUBA & SUTTER COUNTIES

CAREGIVER RESPITE

Caring Choices (530) 899-3873

EMPLOYMENT SERVICES (AAA4 DIRECT SERVICE)

Mature Edge Job Readiness Program (800) 211-4545

HEALTH INSURANCE COUNSELING

HICAP - Health Insurance Counseling
and Advocacy Program (916) 376-8915

INFORMATION & ASSISTANCE

Yuba - Sutter Legal Center for Seniors (530) 742-2334

LEGAL SERVICES

Yuba - Sutter Legal Center for Seniors (530) 742-8289

LONG TERM CARE OMBUDSMAN SERVICES / ELDER ABUSE PREVENTION (AAA4 DIRECT SERVICE)

Long Term Care Ombudsman Program (530)-755-2018

NUTRITION—RESTAURANT VOUCHER & HOME DELIVERED MEALS (AAA4 DIRECT SERVICE)

Dine Around Town (Sutter Co.) (800) 211-4545

Yuba - Sutter Meals on Wheels (800) 211-4545

RESIDENTIAL REPAIRS / MODIFICATIONS

FREED Center for Independent Living (530) 742-4474

TRANSPORTATION SERVICES

FREED Center for Independent Living (530) 742-4474

NOTE: Every effort has been made to ensure that information in this directory is timely and accurate. Updated: 3/2017

Agency on Aging \ Area 4

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