



AGENCY  
ON AGING  
AREA 4



**2021-2022 SERVICE DIRECTORY**

Developing and Coordinating  
Services for Older Adults for  
Over Four Decades

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 older adults 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 contribution. 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*

## **OUR MISSION**

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

## **OUR VISION**

Agency on Aging \ Area 4's vision is that every older adult in our region have options that assist them to live longer, live safely and live well in the environment of their choice.

# SERVICE AREA OF AAA4



<b>60+ Population in 2021</b>	
Nevada	36,661
Placer	107,029
Sacramento	327,733
Sierra	1,332
Sutter	22,564
Yolo	40,207
Yuba	14,552
Total	550,078

*Taken from the 2021 California Department of Aging Population Projections by County.*

## AAA4 FUNDED PROGRAMS & SERVICES

### PROGRAM DESCRIPTIONS

#### **AGING AND DISABILITY RESOURCE CONNECTION**

**(ADRC)** ADRCs are No Wrong Door (NWD) Systems that assist individuals in navigating the complex choices of long-term services and supports (LTSS) / community resources.

**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** Programs 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.

**HEALTH PROMOTION** Programs help maintain or improve the physical and mental health of persons 60 years of age and older, including diabetes and fall prevention education.

**ELDER ABUSE PREVENTION** Provides education to the public about how to educate, prevent, recognize, and respond to elder abuse.

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

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

**HEALTH INSURANCE COUNSELING AND ADVOCACY PROGRAM (HICAP)** Provides assistance with Medicare problems, health insurance, and long-term care insurance.

# AAA4 FUNDED PROGRAMS & SERVICES

## PROGRAM DESCRIPTIONS

**INFORMATION & ASSISTANCE** Programs that link older adults to service agencies and other community resources.

**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.

### **CONGREGATE & HOME DELIVERED MEALS**

**Congregate Meals** Provides a social setting where older adults can enjoy a nutritious hot meal. Offered at senior centers, congregate meal sites and other older adult gathering places throughout the seven-county area.

**CONGREGATE (Non-Traditional)** Provides alternative forms of Congregate Meal service, such as Restaurant Vouchers at select restaurants and Mobile Meals delivered via food truck.

**HOME DELIVERED MEALS** Provide meals to homebound older adults who are unable to prepare their own meals.

**OUTREACH SERVICES** One-on-one contact with individuals for the purpose of informing older adults, or their caregivers, of existing services and benefits.

**RESIDENTIAL REPAIRS / MODIFICATIONS** Programs that help keep homes safe, secure, and accessible for frail older adults.

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





# AAA4 FUNDED PROGRAMS & SERVICES

## NEVADA COUNTY

### **AGING & DISABILITY RESOURCE CONNECTION**

Agency on Aging \ Area 4

[www.adrc4.org](http://www.adrc4.org)

1-916-486-1876

### **HEALTH PROMOTION**

Agency on Aging \ Area 4

[www.agencyonaging4.org](http://www.agencyonaging4.org)

1-916-486-1876

### **HEALTH INSURANCE COUNSELING & ADVOCACY PROGRAM (HICAP)**

HICAP of Northern California

[www.hicapservices.net](http://www.hicapservices.net)

1-530-258-6827

### **INFORMATION & ASSISTANCE**

Connecting Point

*2-1-1 Nevada County*

[www.211nevadacounty.org](http://www.211nevadacounty.org)

Dial 211

*or*

1-877-847-0499

### **LONG-TERM CARE OMBUDSMAN SERVICES**

Long-Term Care Ombudsman Program of AAA4

[www.agencyonaging4.org](http://www.agencyonaging4.org)

1-530-274-2825

### **LEGAL SERVICES**

Legal Services of Northern California

[www.lsn.net](http://www.lsn.net)

1-530-823-7560

### **NUTRITION—CONGREGATE & HOME DELIVERED MEALS**

Gold Country Community Services, Inc.

[www.goldcountryservices.org](http://www.goldcountryservices.org)

1-530-273-4961

Sierra Senior Services

*(Eastern Nevada County)*

[www.sierraseniors.org](http://www.sierraseniors.org)

1-530-550-7600

### **RESIDENTIAL REPAIRS / MODIFICATIONS**

FREED Center for Independent Living

[www.freed.org](http://www.freed.org)

1-530-477-3333

### **TRANSPORTATION SERVICES**

Paratransit Services—*Gold Country LIFT*

[www.goldcountrylift.com](http://www.goldcountrylift.com)

1-530-271-7433

# AAA4 FUNDED PROGRAMS & SERVICES

## PLACER COUNTY

### **AGING & DISABILITY RESOURCE CONNECTION**

Agency on Aging \ Area 4

1-916-437-1465

[www.adrc4.org](http://www.adrc4.org)

### **CAREGIVER RESPITE / CAREGIVER SUPPORT**

Del Oro Caregiver Resource Center

1-916-728-9333

[www.deloro.org](http://www.deloro.org)

### **HEALTH PROMOTION**

Agency on Aging \ Area 4

1-916-486-1876

[www.agencyonaging4.org](http://www.agencyonaging4.org)

### **EMPLOYMENT SERVICES**

Agency on Aging \ Area 4

1-916-486-1876

[www.agencyonaging4.org](http://www.agencyonaging4.org)

### **HEALTH INSURANCE COUNSELING & ADVOCACY PROGRAM**

HICAP of Northern California

1-916-376-8915

[www.hicapservices.net](http://www.hicapservices.net)

### **INFORMATION & ASSISTANCE**

Seniors First, Inc.

1-530-889-9500

[www.seniorsfirst.org](http://www.seniorsfirst.org)

### **LEGAL SERVICES**

Legal Services of Northern California

1-530-823-7560

[www.lsnc.net](http://www.lsnc.net)

### **LONG-TERM CARE OMBUDSMAN SERVICES**

Long-Term Care Ombudsman Program of AAA4

1-530-823-8422

[www.agencyonaging4.org](http://www.agencyonaging4.org)

### **NUTRITION—CONGREGATE & HOME DELIVERED MEALS**

Seniors First Inc. (*Western Placer County*)

1-530-889-9500

[www.seniorsfirst.org](http://www.seniorsfirst.org)

Sierra Senior Services (*Eastern Placer County*)

1-530-550-7600

[www.sierraseniors.org](http://www.sierraseniors.org)

### **RESIDENTIAL REPAIRS / MODIFICATIONS**

Placer Independent Resource Services (PIRS)

1-530-885-6100

[www.pirs.org](http://www.pirs.org)

### **TRANSPORTATION SERVICES**

Seniors First, Inc.

1-530-889-9500

# AAA4 FUNDED PROGRAMS & SERVICES

## SACRAMENTO COUNTY

### CAREGIVER RESPITE

Del Oro Caregiver Resource Center  
[www.deloro.org](http://www.deloro.org)

1-916-728-9333

### CAREGIVER SUPPORT

ACC Senior Services  
*Bridge to Healthy Families*  
[www.accsv.org](http://www.accsv.org)

1-916-393-9026

Del Oro Caregiver Resource Center  
[www.deloro.org](http://www.deloro.org)

1-916-728-9333

### HEALTH PROMOTION

Agency on Aging \ Area 4  
[www.agencyonaging4.org](http://www.agencyonaging4.org)

1-916-486-1876

### EMPLOYMENT SERVICES

Agency on Aging \ Area 4  
[www.agencyonaging4.org](http://www.agencyonaging4.org)

1-916-486-1876

### KINSHIP SUPPORTIVE SERVICES

Lilliput *a part of Wayfinder Family Services*  
*Kinship Support Services*  
[www.lilliput.org](http://www.lilliput.org)

1-916-923-5444

### HEALTH INSURANCE COUNSELING & ADVOCACY PROGRAM

HICAP of Northern California  
[www.hicapservices.net](http://www.hicapservices.net)

1-916-376-8915

### INFORMATION & ASSISTANCE

Community Link  
*2-1-1 Sacramento/Yolo*  
[www.211sacramento.org](http://www.211sacramento.org)

Dial 211 or  
1-916-498-1000

### LEGAL SERVICES

Legal Services of Northern California  
*Senior Legal Hotline*  
[www.lsnc.org](http://www.lsnc.org)

1-916-551-2140

### LONG-TERM CARE OMBUDSMAN SERVICES

Long-Term Care Ombudsman Program of AAA4  
[www.agencyonaging4.org](http://www.agencyonaging4.org)

1-916-376-8910

# AAA4 FUNDED PROGRAMS & SERVICES

## SACRAMENTO COUNTY *CONTINUED*

### **NUTRITION—CONGREGATE & HOME DELIVERED MEALS**

Meals on Wheels by ACC 1-916-444-9533  
[www.mowsac.org](http://www.mowsac.org)

### **RESIDENTIAL REPAIRS / MODIFICATIONS**

Rebuilding Together 1-916-455-1880  
[www.rebuildingtogethersacramento.org](http://www.rebuildingtogethersacramento.org)

### **TRANSPORTATION SERVICES**

ACC Senior Services  
ACC Rides Transportation Service 1-916-393-9026 ext.333  
[www.accsv.org](http://www.accsv.org)

Stanford Settlement  
Stanford Settlement Senior Center 1-916-927-1303  
[www.stanfordsettlement.org](http://www.stanfordsettlement.org)

## SIERRA COUNTY

### **HEALTH INSURANCE COUNSELING & ADVOCACY PROGRAM**

HICAP of Northern California 1-916-376-8915  
[www.hicapservices.net](http://www.hicapservices.net)

### **LEGAL SERVICES**

Legal Services of Northern California 1-530-823-7560  
[www.lsn.net](http://www.lsn.net)

### **LONG-TERM CARE OMBUDSMAN SERVICES**

Long-Term Care Ombudsman Program of AAA4 1-530-274-2825  
[www.agencyonaging4.org](http://www.agencyonaging4.org)

### **NUTRITION—CONGREGATE & HOME DELIVERED MEALS**

Inc. Senior Citizens of Sierra County 1-530-993-4770  
Loyalton Senior Center

### **OUTREACH SERVICES**

Inc. Senior Citizens of Sierra County 1-530-993-4770  
Loyalton Senior Center

# AAA4 FUNDED PROGRAMS & SERVICES

## YOLO COUNTY

### **AGING & DISABILITY RESOURCE CONNECTION**

Agency on Aging \ Area 4

[www.adrc4.org](http://www.adrc4.org)

1-530-248-2421

### **CAREGIVER SUPPORT / CAREGIVER RESPITE**

Del Oro Caregiver Resource Center

[www.deloro.org](http://www.deloro.org)

1-916-728-9333

### **HEALTH PROMOTION**

Agency on Aging \ Area 4

[www.agencyonaging4.org](http://www.agencyonaging4.org)

1-916-486-1876

### **EMPLOYMENT SERVICES**

Agency on Aging \ Area 4

[www.agencyonaging4.org](http://www.agencyonaging4.org)

1-916-486-1876

### **HEALTH INSURANCE COUNSELING & ADVOCACY PROGRAM**

HICAP of Northern California

[www.hicapservices.net](http://www.hicapservices.net)

1-916-376-8915

### **INFORMATION & ASSISTANCE**

Community Link

*2-1-1 Sacramento/Yolo*

[www.211sacramento.org](http://www.211sacramento.org)

Dial 211 or  
1-916-498-1000

### **LEGAL SERVICES**

Legal Services of Northern California

[www.lsnc.net](http://www.lsnc.net)

1-530-662-1065

### **LONG-TERM CARE OMBUDSMAN SERVICES**

Long-Term Care Ombudsman Program of AAA4

[www.agencyonaging4.org](http://www.agencyonaging4.org)

1-530-668-5775

# AAA4 FUNDED PROGRAMS & SERVICES

## YOLO COUNTY

### **NUTRITION–CONGREGATE & HOME DELIVERED MEALS**

Meals on Wheels Yolo County

1-530-662-7035

[www.mowyolo.org](http://www.mowyolo.org)

### **CONGREGATE MEALS (*Non-Traditional*)**

Yolo Healthy Aging Alliance

1-530-757-5583

*Yolo Mobile Meals for Healthy Aging*

[www.yolohealthyaging.org](http://www.yolohealthyaging.org)

### **TRANSPORTATION SERVICES**

Dignity Community Care

aka Woodland Memorial Hospital

1-530-666-8828

[www.dignityhealth.org](http://www.dignityhealth.org)

## YUBA & SUTTER COUNTIES

### **AGING & DISABILITY RESOURCE CONNECTION**

Agency on Aging \ Area 4

1-916-486-1876

[www.adrc4.org](http://www.adrc4.org)

### **HEALTH PROMOTION**

Agency on Aging \ Area 4

1-916-486-1876

[www.agencyonaging4.org](http://www.agencyonaging4.org)

### **HEALTH INSURANCE COUNSELING & ADVOCACY PROGRAM (HICAP)**

HICAP of Northern California

1-916-376-8915

[www.hicapservices.net](http://www.hicapservices.net)

### **INFORMATION & ASSISTANCE**

FREED Center for Independent Living

1-530-742-4474

[www.freed.org](http://www.freed.org)

# AAA4 FUNDED PROGRAMS & SERVICES

## YUBA & SUTTER COUNTIES (cont'd)

### **LEGAL SERVICES**

Yuba-Sutter Legal Center for Seniors

1-530-742-8289

[www.yubasutterlegalcenter.com](http://www.yubasutterlegalcenter.com)

### **LONG-TERM CARE OMBUDSMAN SERVICES**

Long-Term Care Ombudsman Program of AAA4

1-916-376-8910

[www.agencyonaging4.org](http://www.agencyonaging4.org)

### **NUTRITION—CONGREGATE (*Non-Traditional*) & HOME DELIVERED MEALS**

Agency on Aging \ Area 4

*Dine Around Town*

1-800-211-4545

*Yuba - Sutter Meals on Wheels*

1-800-211-4545

[www.agencyonaging4.org](http://www.agencyonaging4.org)

### **RESIDENTIAL REPAIRS / MODIFICATIONS**

FREED Center for Independent Living

1-530-742-4474

[www.freed.org](http://www.freed.org)

### **TRANSPORTATION SERVICES**

FREED Center for Independent Living

1-530-742-4474

[www.freed.org](http://www.freed.org)

NOTE: Every effort has been made to ensure that information in this directory is timely and accurate. Updated: 6/1/2022

**Agency on Aging \ Area 4**

1401 El Camino Avenue, Suite 400  
Sacramento, CA 95815

P: 1.916.486.1876 or 1.800.211.4545

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