



AGENCY
ON AGING
AREA 4



2022-2023 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



60+ Population in 2021	
Nevada	36,661
Placer	107,029
Sacramento	327,733
Sierra	1,332
Sutter	22,564
Yolo	40,207
Yuba	14,552
Total	550,078
<p><i>Taken from the 2021 California Department of Aging Population Projections by County.</i></p>	

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

1-916-486-1876

HEALTH PROMOTION

Agency on Aging \ Area 4

www.agencyonaging4.org

1-916-486-1876

HEALTH INSURANCE COUNSELING & ADVOCACY PROGRAM (HICAP)

HICAP of Northern California

www.hicapservices.net

1-530-258-6827

INFORMATION & ASSISTANCE

Connecting Point

2-1-1 Nevada County

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

1-916-376-8910

LEGAL SERVICES

Legal Services of Northern California

www.lsnc.net

1-530-823-7560

NUTRITION—CONGREGATE & HOME DELIVERED MEALS

Gold Country Community Services, Inc.

www.goldcountryservices.org

1-530-273-4961

Sierra Senior Services

(Eastern Nevada County)

www.sierraseniors.org

1-530-550-7600

RESIDENTIAL REPAIRS / MODIFICATIONS

FREED Center for Independent Living

www.freed.org

1-530-477-3333

AAA4 FUNDED PROGRAMS & SERVICES

PLACER COUNTY

AGING & DISABILITY RESOURCE CONNECTION

Agency on Aging \ Area 4

1-916-437-1465

www.adrc4.org

CAREGIVER RESPITE / CAREGIVER SUPPORT

Del Oro Caregiver Resource Center

1-916-728-9333

www.deloro.org

HEALTH PROMOTION

Agency on Aging \ Area 4

1-916-486-1876

www.agencyonaging4.org

EMPLOYMENT SERVICES

Agency on Aging \ Area 4

1-916-486-1876

www.agencyonaging4.org

HEALTH INSURANCE COUNSELING & ADVOCACY PROGRAM

HICAP of Northern California

1-916-376-8915

www.hicapservices.net

INFORMATION & ASSISTANCE

Seniors First, Inc.

1-530-889-9500

www.seniorsfirst.org

LEGAL SERVICES

Legal Services of Northern California

1-530-823-7560

www.lsnc.net

LONG-TERM CARE OMBUDSMAN SERVICES

Long-Term Care Ombudsman Program of AAA4

1-916-376-8910

www.agencyonaging4.org

NUTRITION—CONGREGATE & HOME DELIVERED MEALS

Seniors First Inc. (*Western Placer County*)

1-530-889-9500

www.seniorsfirst.org

Sierra Senior Services (*Eastern Placer County*)

1-530-550-7600

www.sierraseniors.org

RESIDENTIAL REPAIRS / MODIFICATIONS

Placer Independent Resource Services (PIRS)

1-530-885-6100

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

1-916-728-9333

CAREGIVER SUPPORT

ACC Senior Services
Bridge to Healthy Families
www.accsv.org

1-916-393-9026

Del Oro Caregiver Resource Center
www.deloro.org

1-916-728-9333

HEALTH PROMOTION

Agency on Aging \ Area 4
www.agencyonaging4.org

1-916-486-1876

EMPLOYMENT SERVICES

Agency on Aging \ Area 4
www.agencyonaging4.org

1-916-486-1876

KINSHIP SUPPORTIVE SERVICES

Lilliput *a part of Wayfinder Family Services*
Kinship Support Services
www.lilliput.org

1-916-923-5444

HEALTH INSURANCE COUNSELING & ADVOCACY PROGRAM

HICAP of Northern California
www.hicapservices.net

1-916-376-8915

INFORMATION & ASSISTANCE

Community Link
2-1-1 Sacramento/Yolo
www.211sacramento.org

Dial 211 or
1-916-498-1000

LEGAL SERVICES

Legal Services of Northern California
Senior Legal Hotline
www.lsn.org

1-916-551-2140

LONG-TERM CARE OMBUDSMAN SERVICES

Long-Term Care Ombudsman Program of AAA4
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

RESIDENTIAL REPAIRS / MODIFICATIONS

Rebuilding Together 1-916-455-1880
www.rebuildingtogethersacramento.org

TRANSPORTATION SERVICES

ACC Senior Services
ACC Rides Transportation Service 1-916-393-9026 ext.333
www.accsv.org

Stanford Settlement
Stanford Settlement Senior Center 1-916-927-1303
www.stanfordsettlement.org

SIERRA COUNTY

HEALTH INSURANCE COUNSELING & ADVOCACY PROGRAM

HICAP of Northern California 1-916-376-8915
www.hicapservices.net

LEGAL SERVICES

Legal Services of Northern California 1-530-823-7560
www.lsnc.net

LONG-TERM CARE OMBUDSMAN SERVICES

Long-Term Care Ombudsman Program of AAA4 1-916-376-8910
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

1-530-248-2421

CAREGIVER SUPPORT / CAREGIVER RESPITE

Del Oro Caregiver Resource Center

www.deloro.org

1-916-728-9333

HEALTH PROMOTION

Agency on Aging \ Area 4

www.agencyonaging4.org

1-916-486-1876

EMPLOYMENT SERVICES

Agency on Aging \ Area 4

www.agencyonaging4.org

1-916-486-1876

HEALTH INSURANCE COUNSELING & ADVOCACY PROGRAM

HICAP of Northern California

www.hicapservices.net

1-916-376-8915

INFORMATION & ASSISTANCE

Community Link

2-1-1 Sacramento/Yolo

www.211sacramento.org

Dial 211 or
1-916-498-1000

LEGAL SERVICES

Legal Services of Northern California

www.lsn.net

1-530-662-1065

LONG-TERM CARE OMBUDSMAN SERVICES

Long-Term Care Ombudsman Program of AAA4

www.agencyonaging4.org

1-916-376-8910

AAA4 FUNDED PROGRAMS & SERVICES

YOLO COUNTY

NUTRITION–CONGREGATE & HOME DELIVERED MEALS

Meals on Wheels Yolo County

1-530-662-7035

www.mowyolo.org

CONGREGATE MEALS (*Non-Traditional*)

Yolo Healthy Aging Alliance

1-530-757-5583

Yolo Mobile Meals for Healthy Aging

www.yolohealthyaging.org

TRANSPORTATION SERVICES

Dignity Community Care

aka Woodland Memorial Hospital

1-530-666-8828

www.dignityhealth.org

YUBA & SUTTER COUNTIES

AGING & DISABILITY RESOURCE CONNECTION

Agency on Aging \ Area 4

1-916-486-1876

www.adrc4.org

HEALTH PROMOTION

Agency on Aging \ Area 4

1-916-486-1876

www.agencyonaging4.org

HEALTH INSURANCE COUNSELING & ADVOCACY PROGRAM (HICAP)

HICAP of Northern California

1-916-376-8915

www.hicapservices.net

INFORMATION & ASSISTANCE

FREED Center for Independent Living

1-530-742-4474

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

LONG-TERM CARE OMBUDSMAN SERVICES

Long-Term Care Ombudsman Program of AAA4

1-916-376-8910

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

RESIDENTIAL REPAIRS / MODIFICATIONS

FREED Center for Independent Living

1-530-742-4474

www.freed.org

TRANSPORTATION SERVICES

FREED Center for Independent Living

1-530-742-4474

www.freed.org

NOTE: Every effort has been made to ensure that information in this directory is timely and accurate. Updated: 7/13/2022



To subscribe to the agency's monthly newsletter, please scan the QR Code with your smart phone or visit our website at

www.AgencyOnAging4.org

Agency on Aging \ Area 4

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Sacramento, CA 95815

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