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

<table>
<thead>
<tr>
<th>County</th>
<th>Population</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nevada</td>
<td>36,661</td>
</tr>
<tr>
<td>Placer</td>
<td>107,029</td>
</tr>
<tr>
<td>Sacramento</td>
<td>327,733</td>
</tr>
<tr>
<td>Sierra</td>
<td>1,332</td>
</tr>
<tr>
<td>Sutter</td>
<td>22,564</td>
</tr>
<tr>
<td>Yolo</td>
<td>40,207</td>
</tr>
<tr>
<td>Yuba</td>
<td>14,552</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>550,078</strong></td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Category</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>INFORMATION &amp; ASSISTANCE</strong></td>
<td>Programs that link older adults to service agencies and other community resources.</td>
</tr>
<tr>
<td><strong>LEGAL SERVICES</strong></td>
<td>Assists with civil legal needs: legal advice, counseling, and legal representation.</td>
</tr>
<tr>
<td><strong>LONG-TERM CARE OMBUDSMAN SERVICES</strong></td>
<td>Staff and trained volunteers assist residents and families of residents of long-term care facilities to resolve complaints.</td>
</tr>
<tr>
<td><strong>CONGREGATE &amp; HOME DELIVERED MEALS</strong></td>
<td></td>
</tr>
<tr>
<td>Congregate Meals</td>
<td>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.</td>
</tr>
<tr>
<td><strong>CONGREGATE (Non-Traditional)</strong></td>
<td>Provides alternative forms of Congregate Meal service, such as Restaurant Vouchers at select restaurants and Mobile Meals delivered via food truck.</td>
</tr>
<tr>
<td><strong>HOME DELIVERED MEALS</strong></td>
<td>Provide meals to homebound older adults who are unable to prepare their own meals.</td>
</tr>
<tr>
<td><strong>OUTREACH SERVICES</strong></td>
<td>One-on-one contact with individuals for the purpose of informing older adults, or their caregivers, of existing services and benefits.</td>
</tr>
<tr>
<td><strong>RESIDENTIAL REPAIRS / MODIFICATIONS</strong></td>
<td>Programs that help keep homes safe, secure, and accessible for frail older adults.</td>
</tr>
<tr>
<td><strong>TRANSPORTATION SERVICES</strong></td>
<td>Provides older adults access to doctors’ offices, grocery stores, businesses, senior centers, senior programs, and other destinations.</td>
</tr>
</tbody>
</table>
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 1-530-258-6827
www.hicapservices.net

INFORMATION & ASSISTANCE
Connecting Point
2-1-1 Nevada County 1-877-847-0499
www.211nevadacounty.org

LONG-TERM CARE OMBUDSMAN SERVICES
Long-Term Care Ombudsman Program of AAA4 1-916-376-8910
www.agencyonaging4.org

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

NUTRITION—CONGREGATE & HOME DELIVERED MEALS
Gold Country Community Services, Inc. 1-530-273-4961
www.goldcountryservices.org
Sierra Senior Services 1-530-550-7600
(Eastern Nevada County)
www.sierraseniors.org

RESIDENTIAL REPAIRS / MODIFICATIONS
FREED Center for Independent Living 1-530-477-3333
www.freed.org
## AAA4 FUNDED PROGRAMS & SERVICES

### PLACER COUNTY

<table>
<thead>
<tr>
<th>Service</th>
<th>Contact Information</th>
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<tbody>
<tr>
<td><strong>AGING &amp; DISABILITY RESOURCE CONNECTION</strong></td>
<td>Agency on Aging \ Area 4 1-916-437-1465</td>
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<tr>
<td></td>
<td><a href="http://www.adrc4.org">www.adrc4.org</a></td>
</tr>
<tr>
<td><strong>CAREGIVER RESPITE / CAREGIVER SUPPORT</strong></td>
<td>Del Oro Caregiver Resource Center 1-916-728-9333</td>
</tr>
<tr>
<td></td>
<td><a href="http://www.deloro.org">www.deloro.org</a></td>
</tr>
<tr>
<td><strong>HEALTH PROMOTION</strong></td>
<td>Agency on Aging \ Area 4 1-916-486-1876</td>
</tr>
<tr>
<td></td>
<td><a href="http://www.agencyonaging4.org">www.agencyonaging4.org</a></td>
</tr>
<tr>
<td><strong>EMPLOYMENT SERVICES</strong></td>
<td>Agency on Aging \ Area 4 1-916-486-1876</td>
</tr>
<tr>
<td></td>
<td><a href="http://www.agencyonaging4.org">www.agencyonaging4.org</a></td>
</tr>
<tr>
<td><strong>HEALTH INSURANCE COUNSELING &amp; ADVOCACY PROGRAM</strong></td>
<td>HICAP of Northern California 1-916-376-8915</td>
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<td><a href="http://www.hicapservices.net">www.hicapservices.net</a></td>
</tr>
<tr>
<td><strong>INFORMATION &amp; ASSISTANCE</strong></td>
<td>Seniors First, Inc. 1-530-889-9500</td>
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<tr>
<td></td>
<td><a href="http://www.seniorsfirst.org">www.seniorsfirst.org</a></td>
</tr>
<tr>
<td><strong>LEGAL SERVICES</strong></td>
<td>Legal Services of Northern California 1-530-823-7560</td>
</tr>
<tr>
<td></td>
<td><a href="http://www.lsnc.net">www.lsnc.net</a></td>
</tr>
<tr>
<td><strong>LONG-TERM CARE OMBUDSMAN SERVICES</strong></td>
<td>Long-Term Care Ombudsman Program of AAA4 1-916-376-8910</td>
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<tr>
<td></td>
<td><a href="http://www.agencyonaging4.org">www.agencyonaging4.org</a></td>
</tr>
<tr>
<td><strong>NUTRITION—CONGREGATE &amp; HOME DELIVERED MEALS</strong></td>
<td>Seniors First Inc. (Western Placer County) 1-530-889-9500</td>
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<tr>
<td></td>
<td><a href="http://www.seniorsfirst.org">www.seniorsfirst.org</a></td>
</tr>
<tr>
<td></td>
<td>Sierra Senior Services (Eastern Placer County) 1-530-550-7600</td>
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<tr>
<td></td>
<td><a href="http://www.sierraseniors.org">www.sierraseniors.org</a></td>
</tr>
<tr>
<td><strong>RESIDENTIAL REPAIRS / MODIFICATIONS</strong></td>
<td>Placer Independent Resource Services (PIRS) 1-530-885-6100</td>
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<td><a href="http://www.pirs.org">www.pirs.org</a></td>
</tr>
<tr>
<td><strong>TRANSPORTATION SERVICES</strong></td>
<td>Seniors First, Inc. 1-530-889-9500</td>
</tr>
</tbody>
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AAA4 FUNDED PROGRAMS & SERVICES

SACRAMENTO COUNTY

CAREGIVER RESPITE
Del Oro Caregiver Resource Center 1-916-728-9333
www.deloro.org

CAREGIVER SUPPORT
ACC Senior Services
Bridge to Healthy Families 1-916-393-9026
www.accsv.org

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

KINSHIP SUPPORTIVE SERVICES
Lilliput a part of Wayfinder Family Services
Kinship Support Services 1-916-923-5444
www.lilliput.org

HEALTH INSURANCE COUNSELING & ADVOCACY PROGRAM
HICAP of Northern California 1-916-376-8915
www.hicapservices.net

INFORMATION & ASSISTANCE
Community Link Dial 211 or
2-1-1 Sacramento/Yolo 1-916-498-1000
www.211sacramento.org

LEGAL SERVICES
Legal Services of Northern California 1-916-551-2140
Senior Legal Hotline
www.lsnc.org

LONG-TERM CARE OMBUDSMAN SERVICES
Long-Term Care Ombudsman Program of AAA4 1-916-376-8910
www.agencyonaging4.org
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

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

<table>
<thead>
<tr>
<th>Program</th>
<th>Agency Information</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td><strong>AGING &amp; DISABILITY RESOURCE CONNECTION</strong></td>
<td>Agency on Aging \ Area 4</td>
<td>1-530-248-2421</td>
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<tr>
<td></td>
<td><a href="http://www.adrc4.org">www.adrc4.org</a></td>
<td></td>
</tr>
<tr>
<td><strong>CAREGIVER SUPPORT / CAREGIVER RESPITE</strong></td>
<td>Del Oro Caregiver Resource Center</td>
<td>1-916-728-9333</td>
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<tr>
<td></td>
<td><a href="http://www.deloro.org">www.deloro.org</a></td>
<td></td>
</tr>
<tr>
<td><strong>HEALTH PROMOTION</strong></td>
<td>Agency on Aging \ Area 4</td>
<td>1-916-486-1876</td>
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<td><a href="http://www.agencyonaging4.org">www.agencyonaging4.org</a></td>
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<tr>
<td><strong>EMPLOYMENT SERVICES</strong></td>
<td>Agency on Aging \ Area 4</td>
<td>1-916-486-1876</td>
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<td><a href="http://www.agencyonaging4.org">www.agencyonaging4.org</a></td>
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<td><strong>HEALTH INSURANCE COUNSELING &amp; ADVOCACY PROGRAM</strong></td>
<td>HICAP of Northern California</td>
<td>1-916-376-8915</td>
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<td><a href="http://www.hicapservices.net">www.hicapservices.net</a></td>
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<tr>
<td><strong>INFORMATION &amp; ASSISTANCE</strong></td>
<td>Community Link</td>
<td>Dial 211 or</td>
</tr>
<tr>
<td></td>
<td>2-1-1 Sacramento/Yolo</td>
<td>1-916-498-1000</td>
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<td><a href="http://www.211sacramento.org">www.211sacramento.org</a></td>
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<td><strong>LEGAL SERVICES</strong></td>
<td>Legal Services of Northern California</td>
<td>1-530-662-1065</td>
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<td><a href="http://www.lsnc.net">www.lsnc.net</a></td>
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<td><strong>LONG-TERM CARE OMBUDSMAN SERVICES</strong></td>
<td>Long-Term Care Ombudsman Program of AAA4</td>
<td>1-916-376-8910</td>
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<td><a href="http://www.agencyonaging4.org">www.agencyonaging4.org</a></td>
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# 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

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 1-800-211-4545
   Dine Around Town
    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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AGENCYONAGING4.ORG