



## 2024 **SERVICE DIRECTORY**

NEVADA • PLACER • SACRAMENTO  
SIERRA • SUTTER • YOLO • YUBA

AGENCY  
ON AGING  
AREA 4

# ABOUT AGENCY ON AGING 4

---

**Agency on Aging Area 4 (AAA4)** is one of 33 agencies on aging in California designated by the State to develop, coordinate, and fund programs designed to help older adults and people with disabilities maintain their health and independence.

We fund and monitor programs provided by local community based organizations with funding under the Older Americans Act. We also provide direct services using available grant sources and collaborate with other organizations where there is opportunity and need.

## OUR VISION

**Agency on Aging Area 4** envisions an ageist- and ableist-free society.

## OUR MISSION

**Agency on Aging Area 4's** mission is to enrich the lives of older adults and people with disabilities by fostering networks of support, advocating for individual choice, collaborating with others, ensuring equity, and striving to do so with conviction."

## AGING IS ALL ABOUT LIVING **FOR ALL**

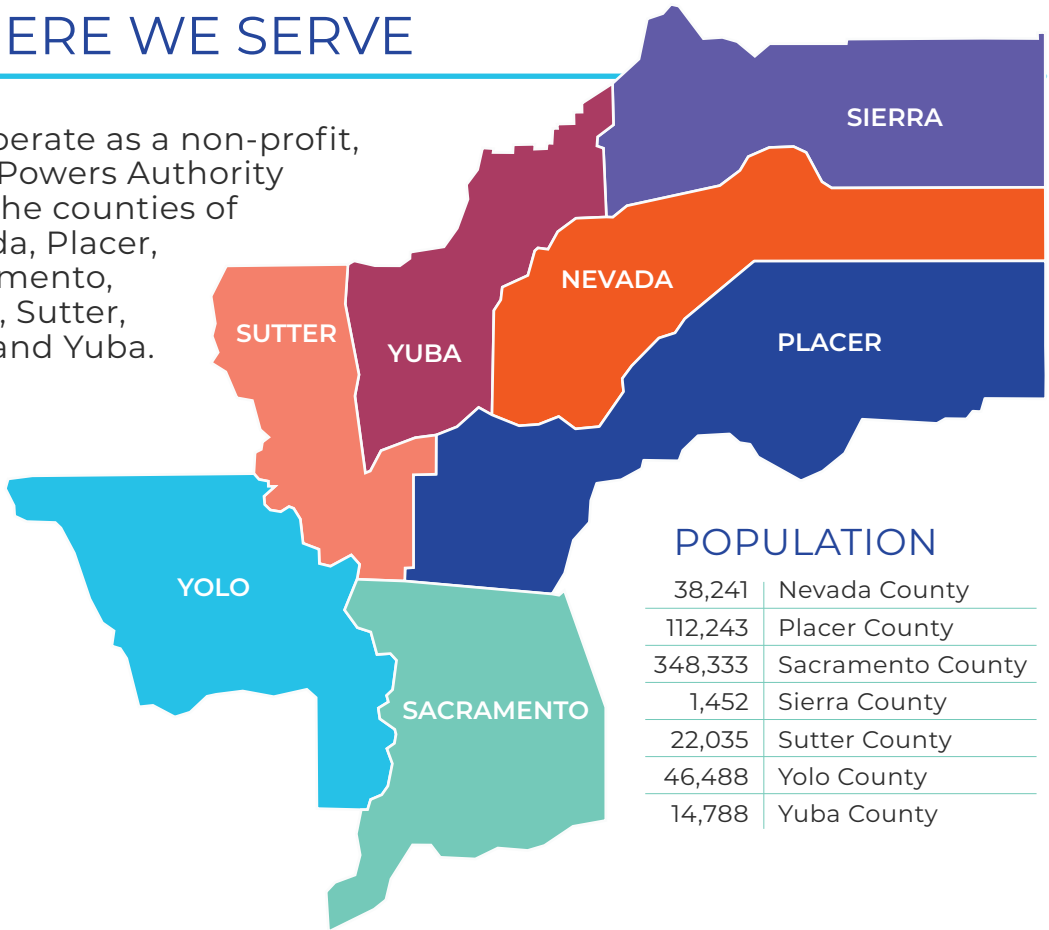
---



**Agency on Aging Area 4** embraces diversity. We encourage and respect diverse identities, abilities, ideas, and perspectives by honoring difference, engaging civilly, breaking down barriers and amplifying our collective sense of belonging, to bring our mission to life. We are supporters of our ever-evolving communities, including the LGBTQ+ people in our service area and beyond.

# WHERE WE SERVE

We operate as a non-profit, Joint Powers Authority with the counties of Nevada, Placer, Sacramento, Sierra, Sutter, Yolo, and Yuba.



## POPULATION

38,241	Nevada County
112,243	Placer County
348,333	Sacramento County
1,452	Sierra County
22,035	Sutter County
46,488	Yolo County
14,788	Yuba County

# WHO WE SERVE

- Adults age 60 and over
- People with disabilities
- Veterans
- LGBTQ Adults age 60 and over
- Kinship of aging adults
- Caregivers of aging adults



# HOW WE CAN HELP YOU

---

## AGING & DISABILITY RESOURCE CONNECTION (ADRC)

ADRC's assist individuals in navigating the complex choices of long-term services, support, and community resources.

## CALFRESH FOOD ASSISTANCE

CalFresh Expansion assists low-income adults 60+ buy the nutritious food they need for good health. Recipients can buy food at any grocery store or farmers market that accepts EBT.

## CAREGIVER RESPITE

In-home and out-of-home respite provides a break for caregivers so they can attend to personal and recreational activities knowing their loved one is in a safe environment.

## CAREGIVER SUPPORT

Caregiver support programs assess and address 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.

## ELDER ABUSE PREVENTION

Elder abuse prevention education teaches adults of all ages how to recognize, respond, and prevent elder abuse.

## EMPLOYMENT SERVICES

Job readiness classes prepare mature workers for a more productive and successful job search.

## HEALTH INSURANCE COUNSELING & ADVOCACY (HICAP)

Health insurance counseling program provides assistance with Medicare, health insurance, and long-term care insurance.

## HEALTH, WELLNESS, & FALL PREVENTION EDUCATION

Health classes help maintain or improve the physical and mental health of persons 60 years of age and older on topics such as diabetes and fall prevention education.

# HOW WE CAN HELP YOU

---

## HOME REPAIRS & DISABILITY MODIFICATIONS

Programs to help keep homes safe, secure, and accessible for aging and/or frail adults.

## INFORMATION & ASSISTANCE

Telephone operators connect adults 60 years of age and older to partner agencies and community resources.

## LEGAL SERVICES

Legal service programs assist with civil legal needs such as legal advice, counseling, and legal representation.

## LONG-TERM CARE OMBUDSMEN SERVICES

Staff and trained volunteers assist residents of long-term care facilities and their families in resolving complaints.

## LUNCH SITE & HOME DELIVERED MEALS

In a social setting, aging adults can enjoy a hot, nutritious meal at a local senior center or other public gathering places.

## MEALS ON WHEELS

Home delivered meals support homebound aging adults who may be unable to prepare their own meals.

## MOBILE MEALS & RESTAURANT VOUCHERS

When possible, these programs provide alternative forms of meal service such as restaurant vouchers or mobile meals delivered via food truck.

## OUTREACH SERVICES

One-on-one support to inform aging adults, or their caregivers, of existing services and benefits.

## TRANSPORTATION SERVICES

Programs provide free or low-cost local transportation.

# NEVADA COUNTY

---

**FOR  
INFORMATION  
& ASSISTANCE**

in Nevada County

**CONNECTING POINT can help**



2-1-1 or 1(877)847-0499



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

ENHANCED INFORMATION & ASSISTANCE/NO WRONG DOOR

**Aging & Disability Resource Connection**

1(916)486-1876 | [www.adrc4.org](http://www.adrc4.org)

CALFRESH FOOD ASSISTANCE

**Agency on Aging Area 4**

1(800)211-4545 | [www.agencyonaging4.org/calfresh-food](http://www.agencyonaging4.org/calfresh-food)

HEALTH, WELLNESS, & FALL PREVENTION EDUCATION

**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(530)258-6827 | [www.hicapservices.net](http://www.hicapservices.net)

HOME REPAIRS / MODIFICATIONS

**FREED Center for Independent Living**

1(530)477-3333 | [www.freed.org](http://www.freed.org)

Notes:

---

---

---

---

---

---



# PLACER COUNTY

---

**FOR  
INFORMATION  
& ASSISTANCE**  
in Placer County

**SENIORS FIRST can help**

 1(530)889-9500

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

ENHANCED INFORMATION & ASSISTANCE/NO WRONG DOOR

**Aging & Disability Resource Connection**

1(916)37-1465 | [www.adrc4.org](http://www.adrc4.org)

CALFRESH FOOD ASSISTANCE

**Agency on Aging Area 4**

1(800)211-4545 | [www.agencyonaging4.org/calfresh-food](http://www.agencyonaging4.org/calfresh-food)

CAREGIVER RESPITE & SUPPORT

**Del Oro Caregiver Resource Center**

1(916)728-9333 | [www.deloro.org](http://www.deloro.org)

EMPLOYMENT SERVICES

**Agency on Aging Area 4**

1(916)486-1876 | [www.agencyonaging4.org](http://www.agencyonaging4.org)

HEALTH INSURANCE COUNSELING & ADVOCACY

**HICAP of Northern California**

1(916)376-8915 | [www.hicapservices.net](http://www.hicapservices.net)

HEALTH, WELLNESS, & FALL PREVENTION EDUCATION

**Agency on Aging Area 4**

1(916)486-1876 | [www.agencyonaging4.org](http://www.agencyonaging4.org)



# PLACER COUNTY (con't.)

---

## LEGAL SERVICES

### **Legal Services of Northern California**

1(530)823-7560 | [www.lsnrc.net](http://www.lsnrc.net)

## LONG-TERM CARE OMBUDSMAN SERVICES

### **Agency on Aging Area 4**

1(916)376-8910 | [www.agencyonaging4.org](http://www.agencyonaging4.org)

## LUNCH SITE & HOME DELIVERED MEALS

### **Seniors First Inc. (Western Placer County)**

1(530)550-7600 | [www.sierraseniors.org](http://www.sierraseniors.org)

### **Sierra Senior Services (Eastern Placer County)**

1(530)889-9500 | [www.seniorsfirst.org](http://www.seniorsfirst.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 | [www.seniorsfirst.org](http://www.seniorsfirst.org)

Notes:

---

---

---

---

---

---

---

---

---

---

---

# SIERRA COUNTY

---

**FOR  
INFORMATION  
& ASSISTANCE**  
in Sierra County

**INCORPORATED SENIOR CITIZENS  
OF SIERRA COUNTY can help**

 1(530)993-4770

## CALFRESH FOOD ASSISTANCE

**Agency on Aging Area 4**

1(800)211-4545 | [www.agencyonaging4.org/calfresh-food](http://www.agencyonaging4.org/calfresh-food)

## HEALTH INSURANCE COUNSELING & ADVOCACY

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

## LONG-TERM CARE OMBUDSMAN SERVICES

**Agency on Aging Area 4**

1(916)376-8910 | [www.agencyonaging4.org](http://www.agencyonaging4.org)

## LUNCH SITE & HOME DELIVERED MEALS

**Inc. Senior Citizens of Sierra County**

1(530)993-4770

## OUTREACH SERVICES

**Inc. Senior Citizens of Sierra County**

1(530)993-4770

# SACRAMENTO COUNTY

---

**FOR  
INFORMATION  
& ASSISTANCE**

in Sac County

**211 SACRAMENTO/YOLO can help**



2-1-1 or 1(916)498-1000



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

## CALFRESH FOOD ASSISTANCE

**Agency on Aging Area 4**

1(800)211-4545 | [www.agencyonaging4.org/calfresh-food](http://www.agencyonaging4.org/calfresh-food)

## CAREGIVER RESPITE

**Del Oro Caregiver Resource Center**

1(916)728-9333 | [www.deloro.org](http://www.deloro.org)

## CAREGIVER SUPPORT

**ACC Senior Services Bridge to Healthy Families Program**

1(916)393-9026 | [www.accsv.org](http://www.accsv.org)

**Del Oro Caregiver Resource Center**

1(916)728-9333 | [www.deloro.org](http://www.deloro.org)

## EMPLOYMENT SERVICES

**Agency on Aging Area 4**

1(916)486-1876 | [www.agencyonaging4.org](http://www.agencyonaging4.org)

## HEALTH, WELLNESS, & FALL PREVENTION EDUCATION

**Agency on Aging Area 4**

1(916)486-1876 | [www.agencyonaging4.org](http://www.agencyonaging4.org)

Notes:

---

---

---

# SACRAMENTO COUNTY (con't.)

---

## HEALTH INSURANCE COUNSELING & ADVOCACY

### **HICAP of Northern California**

1(916)376-8915 | [www.hicapservices.net](http://www.hicapservices.net)

## LEGAL SERVICES

### **Legal Services of Northern California Senior Legal Hotline**

1(916)551-2140 | [www.lsn.org](http://www.lsn.org)

## LONG-TERM CARE OMBUDSMAN SERVICES

### **Agency on Aging Area 4**

1(916)376-8910 | [www.agencyonaging4.org](http://www.agencyonaging4.org)

## LUNCH SITE & 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 Rides Transportation Service**

1(916)393-9026 ext.333 | [www.accsv.org](http://www.accsv.org)

### **Stanford Settlement's Senior Center**

1(916)927-1303 | [www.stanfordsettlement.org](http://www.stanfordsettlement.org)

Notes:

---

---

---

---

---

---

---

# YUBA/SUTTER COUNTY

---

**FOR  
INFORMATION  
& ASSISTANCE**

in Yuba/Sutter

**AGING & DISABILITY RESOURCE  
CONNECTIONS can help**

 1(916)486-1876

## CALFRESH FOOD ASSISTANCE

**Agency on Aging Area 4**

1(800)211-4545 | [www.agencyonaging4.org/calfresh-food](http://www.agencyonaging4.org/calfresh-food)

## HEALTH, WELLNESS, & FALL PREVENTION EDUCATION

**Agency on Aging Area 4**

1(916)486-1876 | [www.agencyonaging4.org](http://www.agencyonaging4.org)

## HEALTH INSURANCE COUNSELING & ADVOCACY

**HICAP of Northern California**

1(916)486-1876 | [www.hicapservices.net](http://www.hicapservices.net)

## LEGAL SERVICES

**Yuba-Sutter Legal Center for Seniors**

1(530)742-8289 | [www.yubasutterlegalcenter.com](http://www.yubasutterlegalcenter.com)

## LONG-TERM CARE OMBUDSMAN SERVICES

**Agency on Aging Area 4**

1(916)376-8910 | [www.agencyonaging4.org](http://www.agencyonaging4.org)

## LUNCH SITE & HOME DELIVERED MEALS

**Yuba-Sutter Meals on Wheels**

1(530)670-0033 | [www.yubasuttermow.org](http://www.yubasuttermow.org)

## HOME MODIFICATIONS / TRANSPORTATION / INFO & ASSISTANCE

**FREED Center for Independent Living**

1(530)742-4474 | [www.freed.org](http://www.freed.org)

# YOLO COUNTY

---

**FOR  
INFORMATION  
& ASSISTANCE**

in Yolo County

**211 SACRAMENTO/YOLO can help**



2-1-1 or 1(916)498-1000



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

ENHANCED INFORMATION & ASSISTANCE/NO WRONG DOOR

**Agging & Disability Resource Connection**

1(530)248-2421 | [www.adrc4.org](http://www.adrc4.org)

CALFRESH EBT CARD FOR FOOD

**Agency on Aging Area 4**

1(800)211-4545 | [www.agencyonaging4.org/calfresh-food](http://www.agencyonaging4.org/calfresh-food)

CAREGIVER SUPPORT / CAREGIVER RESPITE

**Del Oro Caregiver Resource Center**

1(916)728-9333 | [www.deloro.org](http://www.deloro.org)

HEALTH, WELLNESS, & FALL PREVENTION EDUCATION

**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)

Notes:

---

---

---

---

---

---

# YOLO COUNTY (con't.)

---

## LEGAL SERVICES

### **Legal Services of Northern California**

1-530-662-1065 | [www.lsn.net](http://www.lsn.net)

## LONG-TERM CARE OMBUDSMAN SERVICES

### **Agency on Aging Area 4**

1-916-376-8910 | [www.agencyonaging4.org](http://www.agencyonaging4.org)

## LUNCH SITE & HOME DELIVERED MEALS

### **Meals on Wheels Yolo County**

1-530-662-7035 | [www.mowyolo.org](http://www.mowyolo.org)

## LUNCH SITE MEALS, NON-TRADITIONAL

### **Yolo Healthy Aging Alliance**

1-530-776-5006

### **Yolo Mobile Meals for Healthy Aging**

1-702-445-9193 | [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)

Notes:

---

---

---

---

---

---

---

---

---

---

# LET'S KEEP IN TOUCH!

**Follow us on social media**



@agencyonaging4

**Subscribe to our monthly newsletter!**



Scan this code with your phone's camera or visit our website at [www.agencyonaging4.org](http://www.agencyonaging4.org)

## **Agency on Aging Area 4**

1401 El Camino Avenue, Suite 400  
Sacramento, CA 95815



(916) 486-1876



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

---

NOTE: Every effort has been made to ensure that information in this directory is timely and accurate. Updated 11/1/2023.

---