



# 2024 SERVICE DIRECTORY

NEVADA | PLACER | SACRAMENTO | SIERRA | SUTTER | YOLO | YUBA

AGENCY  
ON AGING  
AREA 4

# ABOUT AGENCY ON AGING AREA 4

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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 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.

## VISION

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

## 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 ABOUT LIVING **FOR ALL**

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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.



Agency on Aging Area 4 is a certified Age-Friendly Employer and has successfully completed LGBTQ+ Cultural Competency Training.

# WHO WE SERVE

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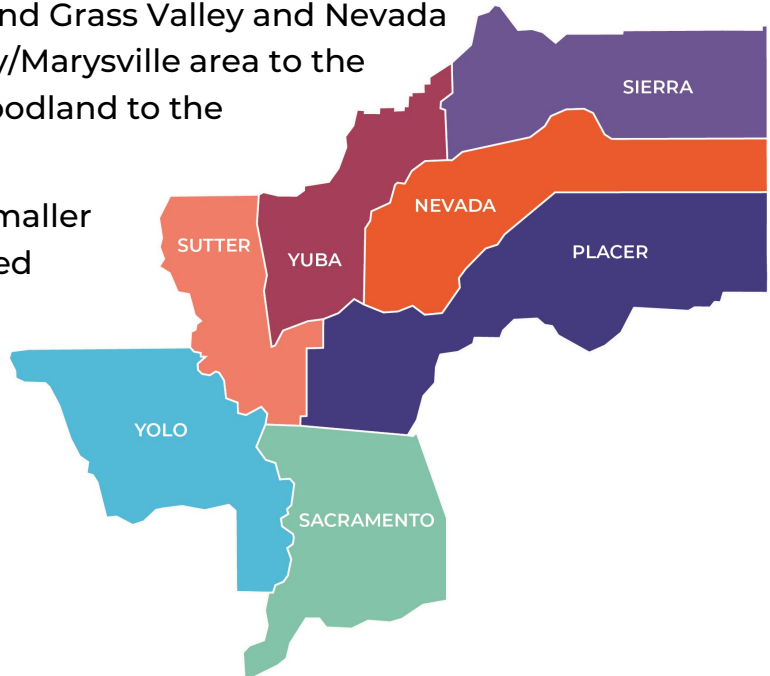
- Adults age 60 and over
- People with disabilities
- Veterans
- Kinship of aging adults
- Caregivers of aging adults

# WHERE WE SERVE

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Agency on Aging Area 4's service area includes several distinct urban and bedroom communities outside the Greater Sacramento region, including Auburn, Truckee, and Grass Valley and Nevada City to the east; the Yuba City/Marysville area to the north; Winters, Davis and Woodland to the west, and Galt to the south.

Finally, there are dozens of smaller townships and unincorporated areas scattered across the service area. In fact, there are more aging adults living in rural areas in Area 4 than in any other agency on aging in California (40,000+).



# HOW WE CAN HELP YOU

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## **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 helps 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 services provide 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 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 report 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 health of persons 60+ on topics such as diabetes and fall prevention education.

# HOW WE CAN HELP YOU

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## **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 OMBUDSMAN 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.

## **MOBILE MEALS & RESTAURANT VOUCHERS**

These programs provide alternative forms of meal service such as restaurant vouchers or mobile meals delivered via food truck.

## **MEALS ON WHEELS**

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

## **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



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(800) 211-4545 | [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)**

##### **HICAP of Northern California**

1(530) 258-6827 | 1(800)434-0222 | [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)

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# PLACER COUNTY

## FOR INFORMATION & ASSISTANCE In Placer County

### SENIORS FIRST



1(530) 889-9500



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

### ENHANCED INFORMATION & ASSISTANCE / NO WRONG DOOR

#### **Aging & Disability Resource Connection**

1(800) 211-4545 | [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 | 1 (800) 434-0222 | [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)





# SACRAMENTO COUNTY

## FOR INFORMATION & ASSISTANCE In Sacramento County

### 211 SACRAMENTO/YOLO



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



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

### ENHANCED INFORMATION & ASSISTANCE / NO WRONG DOOR

#### **Aging & Disability Resource Connection**

1(800) 211-4545 | [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**

##### **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)

# SACRAMENTO COUNTY

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## HEALTH INSURANCE COUNSELING & ADVOCACY

### HICAP of Northern California

1(916) 376-8915 | 1(800)434-0222 | [www.hicapservices.net](http://www.hicapservices.net)

## LEGAL SERVICES

### Legal Services of Northern California Senior Legal Hotline

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

1(916) 444-9533 | [www.mowsac.org](http://www.mowsac.org)

## RESIDENTIAL REPAIRS / MODIFICATIONS

### Rebuilding Together Sacramento

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 Senior Center

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

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# SIERRA COUNTY

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## FOR INFORMATION & ASSISTANCE In Sierra County

### INCORPORATED SENIOR CITIZENS OF SIERRA COUNTY

 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(530) 258-6827 | 1(800) 434-0222 | [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

# YUBA/SUTTER COUNTY

## FOR INFORMATION & ASSISTANCE In Yuba/Sutter Counties

### FREED CENTER FOR INDEPENDENT LIVING

 1(530)742-4474

### CALFRESH ASSISTANCE / HEALTH, WELLNESS, & FALL PREVENTION

#### Agency on Aging Area 4

CalFresh 1(800)211-4545 | Health 1(916)486-1876 | [www.agencyonaging4.org](http://www.agencyonaging4.org)

### ENHANCED INFORMATION & ASSISTANCE / NO WRONG DOOR

#### Aging & Disability Resource Connection

1(800) 211-4545 | [www.adrc4.org](http://www.adrc4.org)

### HEALTH INSURANCE COUNSELING & ADVOCACY

#### HICAP of Northern California

1(530) 742-4474 | 1(800) 434-0222 | [www.hicapservices.net](http://www.hicapservices.net)

### LEGAL SERVICES

#### Yuba-Sutter Legal Center for Seniors

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

### 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 Yuba Sutter

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)

## FOR INFORMATION & ASSISTANCE In Yolo County

### 211 SACRAMENTO/YOLO



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



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

### ENHANCED INFORMATION & ASSISTANCE / NO WRONG DOOR

#### **Aging & Disability Resource Connection**

1(800) 211-4545 | [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 SUPPORT / CAREGIVER RESPITE**

##### **Del Oro Caregiver Resource Center**

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

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

##### **HICAP of Northern California**

1(916) 376-8915 | 1 (800) 434-0222 | [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)

#### **EMPLOYMENT SERVICES**

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

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

# YOLO COUNTY

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## LEGAL SERVICES

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

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

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

1(530) 776-5006 | [www.yolohealthyaging.org](http://www.yolohealthyaging.org)

## TRANSPORTATION SERVICES

### **Dignity Health Yolo Adult Day Health Center**

1(530) 669-3700 | [www.dignityhealth.org/sacramento/services/yolo-adult-day-health-services/yolo-adult-day-health-center](http://www.dignityhealth.org/sacramento/services/yolo-adult-day-health-services/yolo-adult-day-health-center)

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# 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)

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### Agency on Aging Area 4

1401 El Camino Avenue, 4th Floor  
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 07/18/2024.