StayWell

Community Resources for California's Seniors

Growing Senior Population is Valuable Resource

California boasts a population of almost 5 million senior citizens. This growing group of active, interested, and experienced people is an important resource to our families, our communities, and our state.

Today's Decision Determines Tomorrow's Outcome

Good nutrition, exercise, and a positive attitude can go a long way towards a healthy lifestyle. To help people over 55 stay fit, live better and remain independent longer, the California Department of Aging has developed a special curriculum of community resource programs and services for California's seniors called "**StayWell**".

It's a group effort

Working with 33 local Area Agencies on Aging, and many public and private nonprofit agencies, the Department of Aging oversees a broad range of free and Medi-Cal based services designed to help the senior community.

StayWell, *Community Resources for California's Seniors,* provides Californians over 55 with help to find specific community-based programs and information. Seniors can locate support, guidance, and needed services through many different local community organizations.

The services and programs listed on the opposite page are funded by many sources including local, state and federal government. The number and types of services available in each community may vary. Some are administered by the local Area Agency on Aging (AAA) or by other local agencies. These resources provide trained staff to furnish information, assistance, and follow-up to match older persons and their families to specific community services.

Call 1-800-510-2020

The toll-free number connects seniors with the local Area Agency on Aging and the free information and referral service. Many of the local programs and services are also free, however, some are Medi-Cal based programs or fees are charged on a sliding scale based on individual income.

Senior Community Services Employment Program
Provides part-time, subsidized employment for income eligible persons over age 55.

Brown Bag Program
Senior volunteers collect and distribute surplus food to income eligible seniors.

Foster Grandparent Program
Senior volunteers work with children who have exceptional needs.

Nutrition
Local programs provide seniors with nutritious meals in a group setting or prepare and deliver meals to homebound seniors. Recipes, nutrition guides, and helpful grocery shopping hints are also available.

Respite Registry
Maintains a registry of individuals and agencies that provide temporary or periodic relief to care-givers of frail older persons, as well as functionally-impaired adults.

Respite Purchase of Service
Purchases small amounts of respite for those persons who could not otherwise afford this service in support of frail older persons, as well as functionally-impaired adults.

Senior Exercise Programs
Resources for fitness programs designed for seniors. Local exercise programs to help stay fit.

Senior Companion Program
Senior volunteers provide peer support to frail older persons in their local communities.

Legal Assistance
Community programs provide legal information, advice, and counseling for seniors. Program also provides administrative and judicial representation if necessary.

Health Insurance Counseling and Advocacy Program
Provides community education and counseling on Medicare and private insurance issues through informal advocacy or legal representation.

Long-Term Care Ombudsman
Professional staff and trained volunteers investigate and resolve complaints made by, or on behalf of, residents of long-term care facilities.

Adult Day Health Care
A day care program which provides health, therapeutic, and social services to serve the specialized needs of frail seniors, as well as younger functionally-impaired adults at risk of institutionalization.

Senior Housing Information and Support Centers
Statewide information on housing options and home modification resources.

Alzheimer's Day Care Resource Centers
Day care for persons with Alzheimer's disease (and other related dementia) who are often unable to be served by other programs. These programs provide respite, as well as training and support, for families and professional caregivers.

Multipurpose Senior Services Program
Provides social and health case management to assist persons aged 65 and over eligible for Medi-Cal and certifiable for skilled nursing care to remain at home.

In-Home Services
Provides assistance with personal care and daily tasks. These services are particularly for older persons who are just above eligibility for In-Home Supportive Services.

Other Services
Based on local needs, resources like case management, social day care, language translators, mental health counseling, assistance with housing, and other programs are also available in many communities.

Gray Davis, Governor, State of California
Grantland Johnson, Secretary, Health and Human Services Agency
Lynda Terry, Director, California Department of Aging

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