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Aging in California Guide Inserted in Newspapers Statewide

Sacramento - Newspapers across the state this weekend will begin distributing an [important guide](#) that provides information on how older adults and caregivers can tap into local resources, including community services, adult day centers, COVID-19 vaccination information, and tips on how to spot signs of elder abuse and neglect.

“It is important to support older adults, people with disabilities, and family caregivers with information about programs and services,” said Dr. Mark Ghaly, Secretary of California Health and Human Services. “This information will empower individuals to make informed decisions on how to age in place and be part of a Healthy California for All — a California inclusive of all ages and abilities.”

“We hope our *Aging in California* guide becomes an essential tool for people in every community to access the services and programs they need and deserve,” said Susan DeMarois, California Department of Aging Director.

Aging in California includes a directory of resources, as well as a QR code that can be scanned with a smartphone for links to available services in different regions of the state. These include Multipurpose Senior Services Programs, Family Caregiver Services, Senior Community Service Employment Programs, Health Insurance Counseling and Advocacy Programs, Congregate Meal Programs, and community services connecting people to adult day centers, and legal services.

The guide also informs residents of long-term care facilities and their families on how to recognize and respond to signs of elder abuse and neglect. It lists seven signs of abuse, as well as four signs of elder financial abuse, and common types of scams or other fraudulent activities to be aware of. Tips on how to advocate for a family member, along with ways to report abuse, also are included.

A key component of the *Aging in California* guide reviews the importance of COVID-19 vaccines and boosters, which allow people who have been isolated during the pandemic to interact with others in person more safely. Websites and phone numbers are included throughout to help people find local vaccine sites, access free transportation to get vaccinated or arrange in-home vaccine appointments.

The eight-page, tabloid-size resource guide will be inserted into 24 general market newspapers and 11 ethnic papers in large and small communities throughout the state and will reach more than 1 million households. The guide is also available [online](#).

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