



RIVERSIDE COUNTY OFFICE ON AGING



Our Core Value... The Right to Age with Dignity

Information and Assistance

1-800-510-2020 or www.rcaging.org

Categories identify some of the most sought after contract or referral services available to Riverside County's older adults. The Office on Aging Information and Assistance specialists will connect callers to the appropriate service.

ELDER ABUSE

If you suspect an older adult is the victim of physical, emotional, or financial neglect, this may be reported anonymously to the proper authorities.

ADULT DAY CARE CENTERS

Provides a protective environment with daily social and educational activities for frail or impaired older adults. Some centers provide medical care and physical therapy, while others specialize in programming for those with Alzheimer's and dementia.

CAREGIVING ASSISTANCE

Services for adults providing care for frail elderly and or disabled adults. Grandparents Raising Grandchildren can provide services for seniors who are the primary caregiver for a related child.

CARE MANAGEMENT

Assistance in evaluating individual needs, assistance in accessing, and coordination care services that enable adults to remain at home. Services may be free or low-cost, depending upon income, age, and physical condition.

EMPLOYMENT ASSISTANCE

Employment training and part-time employment for low income seniors 55+.

INSURANCE

Health Insurance Counseling and Advocacy Program (HICAP) Individual counseling and legal help with: Medicare, HMO's, Long-term care insurance, and Supplemental (Medi-Gap) insurance.

HOUSING INFORMATION & SUPPORT

Information on housing options including independent, assisted living and nursing home facilities. Home modification and Senior Home Repair resources.

IN-HOME ASSISTANCE

Referral to in home support services that may include shopping, cooking, cleaning, bathing, transportation, nursing, and other services in the home. (Medi-Cal, or Medicare may provide assistance with costs).

LEGAL ASSISTANCE

Referrals to legal information, advice, counseling, and legal representation.

NUTRITION

Information on locations and contacts for lunchtime congregate meals and meals delivered to homebound seniors. Information regarding

SOCIAL ACTIVITIES

Senior and Community Center locations.

TRANSPORTATION

Information on providers of Low-cost transportation for seniors and disabled people within the county including the TRIP program.

VOLUNTEER OPPORTUNITIES

Volunteering within the Office on Aging and referral to community programs.