



# Older Adult Resources

## Introduction

Older Adult Resources focus on **needs and services that are aimed at the older adult community** within Los Angeles County. These resources cover mental health in dealing with social isolation, to meal delivery and access to healthcare during these times. Hotlines, organizations, and phone numbers are listed to provide a way of reaching out and addressing these needs, with an overview on eligibility and what each resource provides.

**29.0%**

Percentage of older adults in Los Angeles County that reported social isolation & desire for interaction

**25.0%**

Percentage of older adults feeling anxious or depressed during the ongoing pandemic.

**1.9 Million**

People 60 years and older residing in Los Angeles County

## Additional Resources

<https://wdacs.lacounty.gov/programs> lists resources geared towards Aging & Older Adults

<https://locator.lacounty.gov/lac/Location/3176757/> is a tool that locates LA County community services for older adults from the Agency on Aging.

<http://lacounty.gov/residents/social-services/seniors-disabled/> list of links provided by LA County that deal with Older Adult rights, disabilities, and crimes.

# Mental Health Resources

It's natural to feel down and alone sometimes, but there is always help available when you are struggling. Every individual's needs vary, but here are a few remote and COVID-safe resources to help you cope with how you are feeling.

## Social Groups

### Heart of Ida

Stay connected with **uplifting familiar volunteers** through regular phone calls. Visit <https://bit.ly/heartofida> for multiple options (conversation, phone message, or hotline) or call 562-570-3548 to connect with someone.

### Element3 Virtual Health Clubs

Provides **free virtual social opportunities** for seniors. Matches you to a club with other older adults who share similar interests, such as yoga or crafts. Visit <https://www.element3healthclubs.com/> to register.

## Hotlines/Textlines

### Golden Talk Senior Chat Line

A number to call from 11am to 11pm for those in need of a **warm conversation or support while facing social isolation**. Also provides referrals, wellness checks, and follow ups in collaboration to multiple agencies across LA county. Text or call (888) 60-GOLDEN or (888) 604-6533.

## Clinical Support

### Didi Hirsch

Didi Hirsch is a clinic that provides **teletherapy and telemedicine services**. The clinic is dedicated to helping everyone and has options for those who do not have internet access and for those who need urgent in-person care. To schedule an appointment, call 888-807-7250 Monday through Friday, 8:30am to 5:00pm. Visit <https://didihirsch.org/> to learn more.

# Food Assistance

In California, 1 out of 5 residents over 65 years of age struggles with food insecurity; the food assistance resources below provide free meals to all Angelenos, with a specific focus on the elderly community.

## Meal Delivery

### St. Vincent Meals on Wheels

Serves all home-bound clients and delivers nutritious meals Monday through Saturday. For more info and to request meal service, visit their website at [www.stvincentmow.org/if-you-need-meals/](http://www.stvincentmow.org/if-you-need-meals/).

### Elderly Nutrition Program

Delivers free meals to both homebound clients and clients in senior centers or parks. For more information and to request meal service, call (800) 510-2020, or visit their website at <https://wdacs.lacounty.gov>.

## Food Banks

### Los Angeles Food Banks

The L.A. Food Banks distribute food and other essentials to children, seniors, families, and other individuals in need. Food bank hours of operation vary depending on the location. LA Food Bank Locator: [www.lafoodbank.org/find-food/pantry-locator/](http://www.lafoodbank.org/find-food/pantry-locator/).

## Grocery Assistance

### Critical Delivery Service

This program delivers groceries and other vital necessities to individuals unable to leave their homes due to the COVID pandemic. Items are delivered 24 hours a day, 7 days a week, at no cost. Deliveries may be scheduled by calling 1-888-863-7411 between 8:00 am and 5:00 pm, Monday through Friday.

# Older Adults of Color

According to a study published by the National Institutes of Health, older adults belonging to non-white racial/ethnic minority groups are at a higher risk for negative health outcomes. If you identify as a member of one of these groups, here are resources you may find useful.

## General Resources

### Purposeful Aging: Los Angeles

This initiative provides resources that are intended to enhance the age friendliness of LA in an equitable manner, prioritizing interventions for high need communities. It also focuses on incorporating multi-lingual/multi-ethnic services, a gender lens, and other strategies intended to empower traditionally marginalized communities. <https://www.purposefulagingla.com/>.

### Senior Resource Guide

This resource list for older adults was compiled by LA County and is displayed in an infographic format. It is available in different languages on the site with resources covering a wide range of services. <http://tiny.cc/res-guide>.

## COVID-19 Resources

### NAPCA Helpline

The National Asian Pacific Center on Aging (NAPCA) Helpline provides older adults facing language barriers with reliable COVID-19 information, guided meditation, and access to a live operator who may answer questions. It is available in 8 languages. Visit <https://www.napca.org/helpline/> to see the different telephone numbers you can call and menu options you can select.

# Financial Support

Over 25 million Americans over the age of 60 are economically insecure, living at or below 250% of the federal poverty level. From help paying for living services to other financial support, here are some resources to look into, focusing on the older adult community.

## General Resources

### In-Home Supportive Services (IHSS)

A program for older adults and those with disabilities that can help pay for services as an alternative to out-of-home care such as nursing homes. Check eligibility at the following site and apply by mail, phone, or fax with the included instructions: <http://tiny.cc/IHSS>.

### General Relief

A County-funded program that provides cash aid if you are an adult without any income or resources. Older adults can apply by mail or phone, with more details here: <https://dpss.lacounty.gov/en/cash/gr.html>.

## Insurance & Retirement

### Medicare

The federal health insurance program that covers adults who are 65 or older, as well as certain adults with disabilities, regardless of income. Note that the open enrollment period is from October 15 - December 7. You may find all the information about benefits and the application on this site: <https://www.ssa.gov/benefits/medicare/>.

### Social Security Retirement & Benefits

At the SSA website, one can create an account to check their social security benefits, retirement, and inquire about benefits already being received. More information can be found at the SSA site: <https://www.ssa.gov/myaccount/>.