



The Area Agency on Aging of Lake and Mendocino Counties plans, coordinates and implements the development of, and access to, community-based support services for seniors and their caregivers, allowing older individuals 60 years of age or older to maintain their dignity and quality of life, and stay safe and independent in their own homes and communities.

There are no fees charged for AAA services, and no one is denied because of an inability to pay. Donations from recipients and/or families are accepted and encouraged.

**AREA AGENCY ON AGING
OF LAKE & MENDOCINO COUNTIES
PSA 26**

LONGTERM CARE OMBUDSMAN PROGRAM

Mail: PO Box 9000, Lower Lake, CA 95457
Office: 16170 Main St., Unit D, Lower Lake, CA 95457
(707) 995-4680 • FAX (707) 995-4662
aaa@dss.co.lake.ca.us

A Program of
Lake County Department of Social Services

AREA AGENCY on AGING of LAKE & MENDOCINO COUNTIES

PROGRAMS & SERVICES



Programs and Services

Senior Information and Assistance

(707) 468-5132 & (800) 510-2020

A free service that provides information about community services, and assistance with accessing those services.

- Toll-free Senior Assistance Line
- Senior Resource Directory
- Public Information
- Community Education

HICAP

(707) 526-4108 & (800) 434-0222

Provides free and objective information and assistance in dealing with Medicare, Medi-Cal, HMOs, long-term care insurance, and other health insurance issues. Local appointments with a registered volunteer.

Alzheimer's Day Care Services

Clearlake (707) 350-3030

Lucerne (707) 263-9481

Middletown (707) 350-3030

Fort Bragg (707) 961-4310

Medical monitoring, therapeutic activities, education, recreation and social activities for those with Alzheimer's disease, dementia or other cognitive impairments, who might otherwise be placed in a skilled nursing facility. Respite services for caregivers.

Long-Term Care Ombudsman Program

(707) 262-4525

The Ombudsman Program advocates on behalf of residents in long-term care facilities, working to protect residents' rights, investigating and resolving complaints made by or for residents, address quality of care/quality of life issues, provide training, education and technical assistance, monitor rules, regulations and legislation.

Family Caregiver Support Program

(707) 542-0282 & (800) 834-1636

Provides services, including respite, to assist caregivers of older, frail individuals. Also provides counseling and support for family caregivers of adults with brain impairments through education, research, services, and advocacy.

Senior Legal Assistance

(707) 462-1471 & (877) 529-7700

Provides legal advice, counseling and/or representation in civil (not criminal) matters to persons 60+ who otherwise may not have access to the legal and judicial system.

- Public Benefits
- Housing Rights
- Consumer Protection & Debt
- Elder Abuse
- Incapacity/Long-Term Care Planning

Senior Center Nutrition Programs

Multi-purpose senior centers offer a wide variety of services, programs, and activities:

- Home-delivered meals (meals-on-wheels) provide balanced and healthy nutrition to home-bound seniors and function as a periodic welfare check.
- Congregate meals at the senior centers offer nutrition education, socialization and entertainment opportunities.
- Outreach staff work with seniors to help them access existing services to maintain independence and prevent isolation.

Anderson Valley Senior Center, Boonville
(707) 895-3609 (congregate only)

Highlands Senior Center, Clearlake
(707) 994-3051

Lakeport Senior Center, Lakeport
(707) 263-4218

Live Oak Seniors, Clearlake Oaks
(707) 998-1950

Lucerne Alpine Seniors, Lucerne
(707) 274-8779

Middletown Senior Center, Middletown
(707) 987-3113

Redwood Coast Seniors, Fort Bragg/
Mendocino/Albion
(707) 961-4317

Coastal Seniors, Point Arena/Gualala
(707) 882-2137