

(A) My Relative or Friend ...	(B) What Helps?	(C) For More Information Contact	
has been physically or psychologically abused or neglected or financially exploited at home	investigation of charges, adult protective services	APS ² Elder Abuse Hotline (LA County) LA County Consumer Affairs Torrance Police - Community Affairs Officer Check Your Local Police Department Community Affairs Officer	877-477-3646 800-593-8222 310-618-6392
needs to get out and do something . . . needs companionship	socializing, activities, senior centers, meal sites, volunteer programs, education	AARP Bartlett Senior Center Redondo Beach Senior Services Torrance YMCA Senior Center The Volunteer Center TAS ¹⁷ Older Adult Program Check with Area Agency on Aging Independence At Home	310-628-2724 310-320-5918 310-318-0650 310-325-5885 310-212-5009 310-533-4454 800-510-2020 866-421-1964
has a problem with alcohol, medications or drugs	evaluation, treatment, counseling	Alcoholics Anonymous BHS ⁶ (bhs-inc.org) NCADD ⁷ National Rehab Information Center	310-618-1180 310-679-9126 310-328-1460 800-346-2742
lives with me (I work during the day and worry about not being home)	an adult day care center for the days you work	California Association for Adult Day Services (caads.org) Alzheimer's Association (alzla.org) Area Agency on Aging Information	916-552-7400 800-660-1993 800-510-2020
has care costs that are astronomical . . . or greater than money on hand	assistance with health insurance issues, with in-home care, prescription drug costs	H.E.L.P. (help4srs.org) HICAP ¹⁵ In-Home Supportive Services LA Department of Public Social Services Medi-Cal (medi-cal.org)	310-533-1996 800-824-0780 888-944-4477 866-613-3777 800-380-6010
places so many demands on me (I feel angry, guilty or upset)	a caregiver support group, counseling, respite care	Advantage Program at TMMC ⁵ Alzheimers' Association Beach Cities Health District Jewish Family Services Prov. LCMH ¹ Health Resource Center USC Family Caregiver Support Center National Family Caregiver Association The Cancer Support Community Independence At Home	310-517-4666 800-660-1993 310-374-3426 877-275-4537 800 618-6659 855-872-6060 800-896-3650 310-376-3550 866-421-1964
needs someone to talk to	friendly caller or visitor program, someone to call	Beach Cities Health District HOTLINE of Southern California Prov. LCMH ¹ Company Calls Independence At Home	310-374-3426 562-596-5548 310-303-6129 866-421-1964
has a toothache . . . or problems with a dentist or eye care	dental and vision care and information	California Dental Board California Dental Assn. (CDA.org) South Bay Family Healthcare Center for the Partially Sighted Eye Care America (eyecareamerica.org) Braille Institute	877-729-7789 800-736-7071 310-802-6170 310-988-1970 800-222-3937 323-663-1111
is dying and needs special care, family needs counseling	hospice medical, counseling and social services for patients and family	Pathways Bereavement Volunteer Hospice Compassion and Choices (compassionandchoices.org) HEI ⁸ (hospiceworld.org) HFA ⁹ (hospicefoundation.org) NHPCO ¹⁰ (nho.org)	562-531-3031 800-247-7421 800-331-1620 800-854-3402 800-658-8898
needs help with estate planning (what documents are needed. etc.?)	legal, advocacy and planning assistance, power of attorney for health care, power of attorney for financial matters, will, trust, conservatorship	CANHR ¹¹ (canhr.org) Lawyer Referral Cancer Legal Resource Center H.E.L.P. (help4srs.org) NAELA ¹³ (website only) Public Guardian Check your local Bar Assoc. for referrals	800-474-1116 213-736-1455 310-533-1996 naela.org 213-974-0515
is in debt . . . has trouble managing finances	credit counseling, money management services	National Foundation for Credit Counseling (nfcc.org)	800-388-2227
is grieving over the death of a loved one	bereavement support group	Advantage Program at TMMC ⁵ USC Family Caregiver Support Center The Gathering Place New Hope Grief Support	310-517-4666 855-872-6060 310-546-6407 888-490-4673
has home in need of repair . . . has difficulty making home payments or utility payments	housing repairs, relief from property tax, help with utility bills	Focal Point Info Line (Gas/Energy Assistance Fund) Love INC Rebuilding Together (social.rebuildingtogether.org) Check Your Local City Housing Department	310-320-1300 211 310-831-5683 310-999-5050
shouldn't live alone anymore, but is still able to get around	special housing options, retirement communities	Focal Point H.E.L.P. (help4srs.org) Independence At Home (caremanager.org) LA County Area Agency on Aging	310-320-1300 310-533-1996 866-421-1964 520-881-8008 213-738-4004
is alone at home, needs some assistance or is in danger of falling	assessment, care plan, changes to make home safer, private nursing care, home aide	USC Family Caregiver Support Center Independence at Home ALCA ³ (aginglifecare.org) Little Tokyo Service Center	855-872-6060 866-421-1964 520-881-8008 213-473-3035
needs help in home . . . wants to remain at home as long as possible	assessment, care plan, homemaker or home aide services	Beach Cities Health District Independence at Home ALCA ³ (aginglifecare.org) WCIL ⁴ (wcil.org) Little Tokyo Service Center	310-374-3426 866-421-1964 520-881-8008 310-390-3611 213-473-3035
		Bartlett Senior Center Legal Consults Bet Tzedek Legal Services Disability Rights Calif. Disability Rights Legal Center	310-320-5918 323-939-0506 800-776-5746 213 736 1334

has care costs that are astronomical . . . or greater than money on hand	assistance with health insurance issues, with in-home care, prescription drug costs	HICAP ¹⁵ In-Home Supportive Services LA Department of Public Social Services Medi-Cal (medi-cal.org)	800-824-0780 888-944-4477 866-613-3777 800-380-6010
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has home in need of repair . . . has difficulty making home payments or utility payments	housing repairs, relief from property tax, help with utility bills	Focal Point Info Line (Gas/Energy Assistance Fund) Love INC Rebuilding Together (social.rebuildingtogether.org) Check Your Local City Housing Department	310-320-1300 211 310-831-5683 310-999-5050
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has little money but has legal matters that need attention	legal advice (low income)	Bartlett Senior Center Legal Consults Bet Tzedek Legal Services Disability Rights Calif. Disability Rights Legal Center LACBA ¹² Smart Law (smartlaw.org) Legal Aid Foundation of Los Angeles Check with Area Agency on Aging	310-320-5918 323-939-0506 800-776-5746 213-736-1334 213-243-1525 213-640-3881 800-510-2020
wants to avoid using savings for long-term care	information on long-term care insurance, reverse mortgages	AARP Foundation Reverse Mortgage Counseling (aarp.org/money/revmort) California Department of Insurance H.E.L.P. (help4srs.org) HICAP ¹⁵ HUD ¹⁶ (hud.gov) Reverse Mortgage Counseling	800-569-4287 800-927-4357 310-533-1996 800-824-0780 800-569-4287
has problems with Medicare, "Medigap," health insurance and HMOs	explanation of charges, services, appeal rights, choices in coverage	California Department of Insurance HICAP ¹⁵ Medicare Rights Center Office of Patient Advocate	800-927-4357 800-824-0780 888-466-9050 888-452-8609
is behaving very oddly . . . is acting strange, confused	referral to physician specializing in mental health problems of older persons, evaluation, counseling and assistance	Heritage Clinic - Long Beach Alzheimers' Association Didi Hirsch Mental Health Center Health View, Inc Health Links at TMMC ⁵ Prov. LCMH ¹ San Pedro Bridges Tingstad Older Adult Counseling Center	562-264-6001 800-660-1993 310-390-8896 310-547-3341 310-325-9110x4335 310-514-5359 213-740-3493
is having problems making rent payments	low cost housing options	Focal Point LA County Housing Authority Redondo Beach Senior Housing Guides Torrance Housing Office	310-320-1300 800-731-4663 310-318-0640 310-618-5840

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needs to be in a nursing home, but doesn't have the resources to pay	Medi-Cal / financial information regarding long-term care	CANHR ¹¹ (canhr.org) H.E.L.P. (help4srs.org) Medi-Cal	800-474-1116 310-533-1996 800-541-5555
doesn't eat right	meals provided at home or in group setting	Bartlett Senior Center Contact Area Agency of Aging Meals on Wheels (Manhattan/RB/HB) Meals on Wheels (Torrance/Lomita) Torrance YMCA Senior Center	310-320-5918 800-510-2020 310-318-2827 310-542-3434 X4 310-325-5885 x2732
needs help with tax questions	tax filing and savings advice	California Franchise Tax Board Income Tax Filing Assistance (Torrance) Internal Revenue Service Check Your Local Senior Center	800-852-5711 310-618-2724 800-829-1040
has tenant / landlord problems	information or legal services	Bet Tzedek Legal Services LAFLA Housing Rights Center LACBA ¹² Center for Civic Mediation LA County Consumer Affairs So. Bay Center/Dispute Resolution	323-939-0506 213-487-7609 800-477-5977 213-896-6533 800-593-8222 310-376-7007
has problems with quality of care received in a nursing home or a board and care (assisted living)	advocacy, complaints to improve care	CANHR ¹¹ (canhr.org) Dept of Health Services for Hospitals Long-Term Care Ombudsman DSS Community Care Licensing	800-474-1116 800-228-1019 800-334-9473 323-981-3380
cannot drive ... or use public transportation	transportation programs for older adults	Access Services Dial-A-Taxi & Senior Taxi (Torrance) Metro Disabled Riders Hotline Redondo Beach Senior Services	800-827-0829 310-618-2536 800-621-7828 310-318-0650
is a veteran who needs help	assessment, home health care, day care, financial aid, etc.	California Department of Veteran Affairs (cdva.ca.gov) LA County Dept of Military & Vets Affairs Disabled American Veterans (dav.org) U.S. Department of Veterans Affairs (va.gov) Veterans of Foreign Wars (vfw.org)	800-952-5626 213-744-4829 310-477-2530 800-827-1000 310-376-1605

ABOUT THIS GUIDE

Community organizations in Torrance and other cities throughout the South Bay provide services that assist older adults in addressing current issues and future planning tools. By using this Guide, older adults, their families and friends can identify and find specific services they need.

Resources listed in the Guide are all public agencies or private non-profit organizations. Covering for-profit organizations is beyond the scope of this Guide. Space does not permit listing of the many churches and similar groups providing valuable services.

This Guide provides information as a free public service. H.E.L.P. does not guarantee or warrant the services any listed organization may provide.

This Guide is also available on the Internet at help4srs.org.

FOCAL POINT

Community Focal Point on Aging (310-320-1300) is a volunteer-run information and referral program coordinated by the City of Torrance in cooperation with the Torrance Commission on Aging.

HOW TO USE THIS GUIDE

STEP 1: Go down Column (A) and select the description of a situation that is impacting your relative or friend.

STEP 2: For each selected situation, go across to Column (B) where you will find a description of the types of services needed and available.

STEP 3: Continue across to Column (C) where you will find telephone and other information about one or more providers of the service. Once you have identified a provider of the service, contact that provider at the telephone number or website given.

HELP US KEEP THIS GUIDE UP-TO-DATE

This Guide is based on information available to us on December 1, 2014. If you find that information in this Guide is no longer correct, call us at 310-533-1996 and tell us. We will continue to update this Guide on our web site (help4srs.org) and will include the updated information in any future editions of this Guide.

ABOUT H.E.L.P.

H.E.L.P. (Healthcare and Elder Law Programs Corporation) is an award-winning 501(c)(3) non-profit education and counseling center providing impartial information to older adults and their families on elder care, law, finances and more. H.E.L.P.'s services focus on legal, governmental program and care-related issues that specifically impact older adults. H.E.L.P. provides community classes, private consultations and telephone, written and Internet information and general advice. All of H.E.L.P.'s services are free or low-cost and are available without regard to the income or resources of the person.

¹ Providence Little Company of Mary Hospital

² Multi-Purpose Senior Services Program

³ Aging Life Care Association

⁴ Westside Center for Independent Living

⁵ Torrance Memorial Medical Center

⁶ Behavioral Health Services Inc.

⁷ National Council on Alcoholism and Drug Dependence

⁸ Hospice Education Institute

⁹ Hospice Foundation of America

¹⁰ National Hospice and Palliative Care Organization

¹¹ California Advocates for Nursing Home Reform

¹² Los Angeles County Bar Association

¹³ National Academy of Elder Law Attorneys

¹⁴ South Bay Bar Association

¹⁵ Health Insurance Counseling and Advocacy Program

¹⁶ Housing and Urban Development

¹⁷ Torrance Adult School

H.E.L.P.

1404 Cravens Avenue
Torrance, California 90501

help4srs.org

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cannot drive . . . or use
public transportation

transportation programs for older
adults

Access Services 800-827-0829
Dial-A-Taxi & Senior Taxi (Torrance) 310-618-2536
Metro Disabled Riders Hotline 800-621-7828
Redondo Beach Senior Services 310-318-0650

is a veteran who needs help

assessment, home health care,
day care, financial aid, etc.

California Department of
Veteran Affairs (cdva.ca.gov) 800-952-5626
LA County Dept of Military & Vets Affairs 213-744-4829
Disabled American Veterans (dav.org) 310-477-2530
U.S. Department of Veterans
Affairs (va.gov) 800-827-1000
Veterans of Foreign Wars (vfw.org) 310-376-1605

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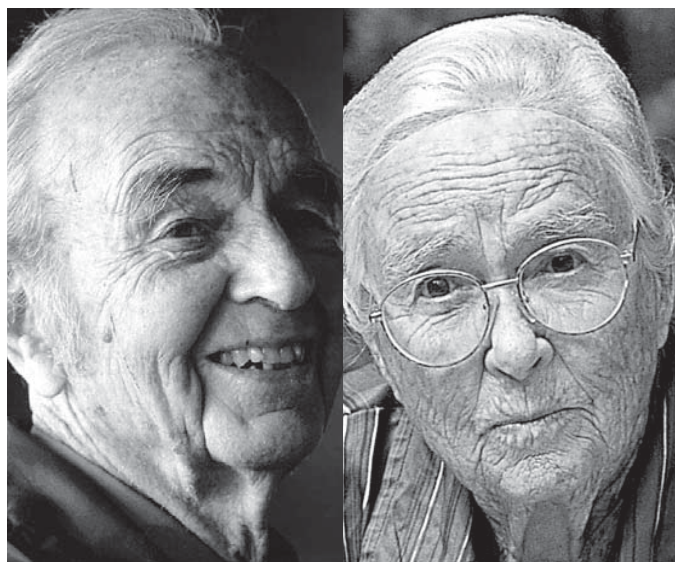
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Torrance, California 90501
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The Torrance Guide to Services for Older Adults

Made Possible by the Generosity of the City of Torrance, CA

Prepared and Distributed by H.E.L.P.

A Non-Profit Education and Counseling Center for Older Adults and Families
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