

# Senior Resources

Name	Location	Phone	Program Information	Area Served
Age Well Senior Services	24461 Ridge Route Dr Suite 220 Laguna Hills, Ca, 92653 <a href="http://www.agewellseniorservices.org">www.agewellseniorservices.org</a>	(949)855-8033	Provides critical services, resources and programs, such as, meals on wheels, case management, congregate lunches, and transportation, throughout South Orange County. For specific information about addresses and programs, call your local senior center. Newport Beach: 949-718-1820 Dana Point: 949-496-4252 Laguna Beach: 949-715-5462 Laguna Hills: 949-380-0155 Laguna Niguel: 949-362-2807 Lake Forest: 949-461-3458 (congregate lunch) Mission Viejo: 949-470-3063 Rancho Santa Margarita: 949-216-9700 San Clemente: 949-498-3322 San Juan Capistrano: 949-493-5921 Silverado: 714-649-2850	South Orange County
California Registry	<a href="http://www.calregistry.com">www.calregistry.com</a>	(800)777-7575	State licensed agency providing senior housing information and services	California
Council on Aging	2 Executive Circle, Suite 175 Irvine, CA 92614	(714)479-0107	Information on Medicare, and ombudsman services for those in assisted living/nursing homes. Friendly visitor program	Orange County
Orange County Office on Aging	1300 S. Grand Ave. Bldg. B Santa Ana, CA 92705	714-567-7555	The lead advocate, planner and facilitator relative to all aging issues on behalf of all older persons in Orange County.	Orange County
Senior's Farmer Market Nutrition Program	<a href="http://www.cdfa.ca.gov">www.cdfa.ca.gov</a>	Mike Dematteo- OC Branch (714)480-6480 (916)657-3231	100 percent federally funded program which provides low-income seniors with check booklets that can be used to purchase fresh fruits, vegetables, honey and herbs at Certifies Farmers' Markets (CFM).	California

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Aging & Disability Resource Connection	Dayle McIntosh Center 24031 El Toro Rd, Suite 300 Laguna Hills, CA, 92653 <a href="http://www.adrcoc.org">www.adrcoc.org</a>	800-510-2020	Call or walk-ins. A professional resource specialist will provide you with accurate, up-to-date information about community resources and support	Orange County
Alzheimer's Orange County	2515 McCabe Way, Suite 200	(949) 955-9000	The Alzheimer's Orange County's 24/7 Helpline has the answers on issues regarding Alzheimers. Staffed around-the-clock, our Master's level care consultants understand the disease and its impact, and connect callers to information and support whenever they need it. They offer a wide variety of services and programs for individuals experiencing memory loss and for their families/friends.	Nationwide
Older Adult Services: Senior Health Outreach and Prevention Program		714-972-3700	Provides in home mental or physical assessment for older adults	Orange County
Safe Options for Seniors through Human Options	Multiple Locations <a href="http://humanoptions.org">humanoptions.org</a>	949-757-3635 Ext. 105	Provides Services to individuals 50 years and older, or 18 years and older with a disability, who have experienced physical, emotional, or sexual abuse by a spouse/intimate partner partner or family member. Legal advocates can help you understand the legal options available to you, assist you in identifying your legal gouls, and connect you with legal resources. For appointments, please call.	Orange County
Laguna Woods Village, Social Services	24351 El Toro Rd, Laguna Woods, CA, 92637	949-597-4267	Professional staff assist Laguna Woods Village residents with different social services, referrals, and some financial assistance.	Laguna Woods Village