

# Senior Resources

| Name                                     | Location  | Phone   | Program Information   | Area Served         |
|--|---|---|---|---------------------|
| Age Well Senior Services                 | 24461 Ridge Route Dr Suite 220<br>Laguna Hills, Ca, 92653<br><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.<br>Newport Beach: 949-718-1820<br>Dana Point: 949-496-4252<br>Laguna Beach: 949-715-5462<br>Laguna Hills: 949-380-0155<br>Laguna Niguel: 949-362-2807<br>Lake Forest: 949-461-3458 (congregate lunch)<br>Mission Viejo: 949-470-3063<br>Rancho Santa Margarita: 949-216-9700<br>San Clemente: 949-498-3322<br>San Juan Capistrano: 949-493-5921<br>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<br>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.<br>Bldg. B<br>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-<br>OC Branch<br>(714)480-6480<br>(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<br>24031 El Toro Rd, Suite 300<br>Laguna Hills, CA, 92653<br><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<br><a href="http://humanoptions.org">humanoptions.org</a>  | 949-757-3635<br>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 goul, and connect you with legal resources. For appointments, please call. | Orange County        |
| Laguna Woods Village, Social Services                               | 24351 El Toro Rd,<br>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 |