

CAREGIVER

Re

Tips to Find Services and Supports

Here are a few pointers to keep in mind as you begin to look for resources and support.

Ask for help.

It's okay to ask for help. You don't have to do everything on your own. Ask family, friends, or professionals for assistance. You can also ask for help finding services and supports.

Keep track of your conversations.

Keep a record of your conversations. Write down the names of people you talk to, the organizations they represent, and the information they provide. This will help you stay organized and avoid repeating the same questions.

If possible, use the Internet.

Use the Internet to find services and supports. Look for websites, online directories, and social media groups. You can also use search engines to find information. Be sure to check the credibility of the information you find.

No one person or organization has all the answers.

Talk to a real person.

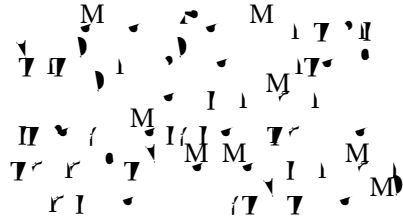
Talk to a real person. You can get more information and advice from someone who has experience with the issue. This could be a caregiver, a professional, or someone who has been in a similar situation. You can also talk to a support group or a counselor.

Write down your questions in advance.

Write down your questions in advance. This will help you stay focused and make the most of your time. You can also use this list to track the answers you receive.

General reference line: 211
<http://css.lacounty.gov>

**Los Angeles City
Department of Aging**

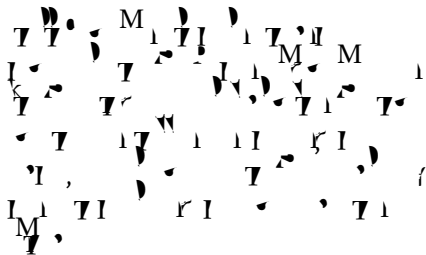


Temporary Address:
350 S. Grand Avenue, Suite 4502
Los Angeles, CA 90071
213-482-7252 | 1-800-510-2020
General Reference Line: 211

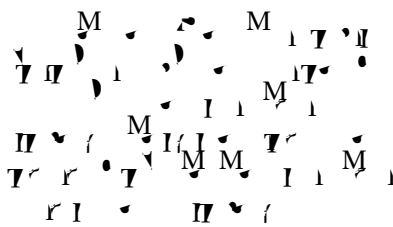
The Alzheimer's Association



**LOS ANGELES
COUNTY RESOURCES**

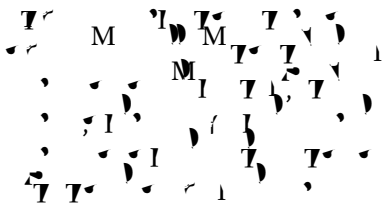


**Area Agency on Aging
for Los Angeles County
Community and Senior Services**



3175 West 6th Street
Los Angeles, CA 90020
1-800-510-2020 | 1-888-202-4248

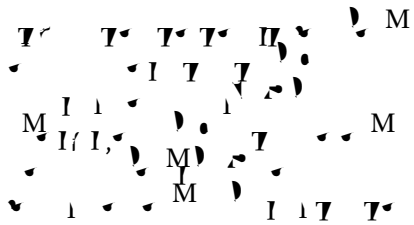
**Adult Protective Services—
Los Angeles County Community
& Senior Services**



3333 Wilshire Blvd., Suite 400
Los Angeles, CA 90010
24-hour Hotline: 1-877-477-3646
[http://css.lacounty.gov/
programs/adult-protective-
services-aps](http://css.lacounty.gov/programs/adult-protective-services-aps)

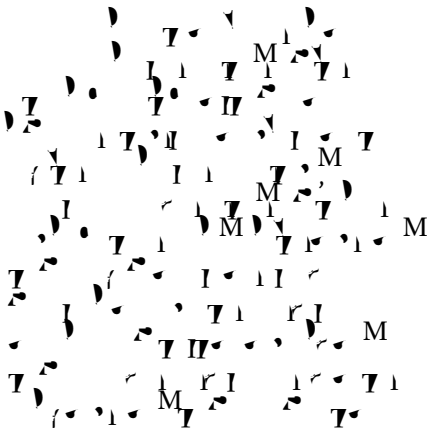
Area Agency on Aging for Los.

**Health Insurance Counseling
and Advocacy Program (HICAP)**



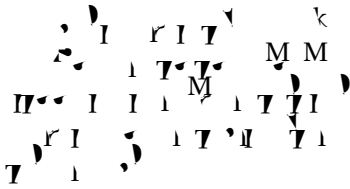
Center for Healthcare Rights
520 S. Lafayette Park Pl., Suite 214
Los Angeles, CA 90057
213-383-4519
[www.cahealthadvocates.org/
HICAP/losangeles.html](http://www.cahealthadvocates.org/HICAP/losangeles.html)

Local Medi-Cal Office



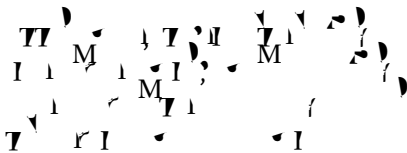
Call for the office nearest you:
1-866-613-3777 (From within
Los Angeles County)

Eldercare Locator



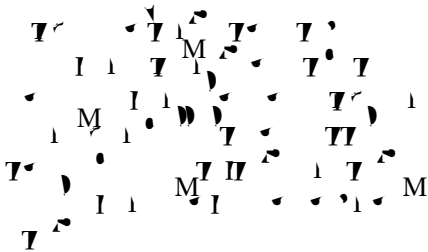
www.eldercare.gov
1-800-677-1116

Family Caregiver Alliance



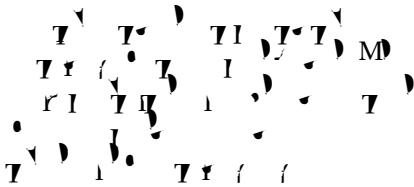
www.caregiver.org
1-800-445-8106

Medicare



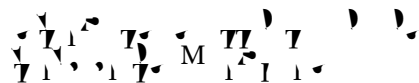
www.medicare.gov
1-800-633-4227

National Academy of Elder Law Attorneys



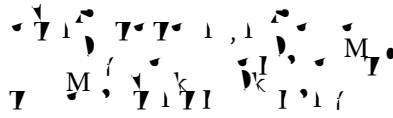
www.naela.org

The National Clearinghouse for Long-Term Care Information



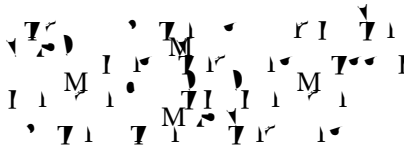
www.longtermcare.gov

Social Security Administration



www.ssa.gov | 1-800-772-1213

Veterans Administration



www.caregiver.va.gov
855-260-3274

AARP RESOU

T T T T I T O

C G S T T T

