Info and Referrals	Alzheimer's	Cancer	Vision	General Info	Volunteers*	Social Security/ Medicare	Caregiving**	Telephone Info	Community Resource Center
	AA, FSC	ACS, CCSB	BI	ALD, ILR, JFS, PPF, PKA, SH, SLC, SBV, SPS	RSVP	AAA, SSA	CCRC, RSC, RC, RH	FSA	CC, CCSB, CHS,GVC, LCR, SC, SSC

1. AA Alzheimer's Association

892-4259

Education, training and support to families where members are suffering from dementia

2. AAA <u>Area Agency on Aging</u>

965-3288

A clearinghouse for information, referrals, and tax preparation for seniors/caregivers.

3. ACS <u>American Cancer Society</u>

963-1576

Information about cancer and its treatment.

4. ALD <u>Alliance For Living and Dying Well</u>

845-5314

Community & individual support for completion of Advance Health Care Directives (Five Wishes).

5. **BI** <u>Braille Institute</u>

682-6222

Full range of social, recreational, education and library facilities for the vision impaired.

6. CC Catholic Charities

965-7045

Case management, food distribution, and some financial support for low income seniors

7. CCSB Cancer Center of Santa Barbara

682-7300

Diagnostic and treatment services along with clinical trials, wellness, counseling and support for people with cancer.

8. CCRC <u>Coast Caregiver Resource Center</u>

962-3600

Assessment/care planning for caregivers of adults with brain impairment; respite/counseling for caregivers of seniors & those under 60 with cognitive impairment.

9. CHS <u>Cottage Health System</u>

682-7111

Medical social workers make referrals, program info., crisis counseling, substance abuse assessment, durable power of attorney info.

10. FSA <u>Family Service Agency</u>

965-1001

Individual, family and group psychotherapy, needs assessment, case management, referrals & care giving counseling. Call 211 for social services information and referral.

11. FSC <u>Friendship Center</u>

969-0859

Day programs for dependent adults and seniors with Alzheimers, cognitive impairments, & other illnesses that provides respite for caregivers-sites in Montecito and Goleta.

12. **GVC Goleta Valley Senior Center**

683-1124

Provides meals, social & recreational activities for seniors.

13. ILR Independent Living Resource Center

963-0595

Advocacy for disabled seniors, helping them live independently at home.

14. JFS Jewish Family Service

957-1116

Individual counseling for Medicare seniors, recreation classes & weekly Schmooze room for social interaction.

15. LCR La Casa de la Raza

965-8581

Immigration, legal assistance, social/recreational programs for Hispanic seniors

16. PKA Parkinson's Association

683-1326

Support groups, information & education to Parkinson's patients & family members.

Footnote:

^{*} Volunteers – Refers to an agency that can help seniors find a community agency where they can volunteer their services.

^{**} Caregiving – Refers to agencies that can assist someone to find a professional caregiver suited to the needs of the senior.

17.	PPF	Pacific Pride Foundation	963-3636					
	Information, referra	ıl, support groups for gay & lesbian seniors.						
18.	RH	Real Help	965-1531					
	Links in home suppo	home support/care workers with seniors needing low-cost home assistance.						
19.	RSVP	Senior Programs of Santa Barbara	963-0474					
	Information, referral	formation, referrals to seniors looking for volunteer opportunities						
20.	SBV	Santa Barbara Village	729-8828					
	Membership organiz	ndly visitors provide care						
	giving relief & help w	riving relief & help with personal tasks.						
21.	SC	Sansum Clinic	681-7500					
	Health Resource Center-Free Education & information about improving quality of life. Com							
	& advance directives	on the net.						
22.	SH	Senior Helpers	966-7100					
	In home non-medical support services. Channel 17 program showcases various senior agencies							
23.	SLC	Senior Living Consultants	963-6045					
	Free services that connect seniors to assisted living/Alzheimer facilities.							
24.	SPS	Senior Planning Services	966-3312					
	Assess needs of seni	sess needs of seniors; provides legal, accounting, financial planning and in-home support services						
25.	SSA	Social Security Administration	963-7806					
	Enrolls people in Soc	ial Security and Medicare.						
26.	SSC	Solvang Senior Care Center	688-3793					
	Social/recreational a	ctivities for seniors in the valley.						