

Assessment	Medical	Neglect, Abuse	Mental Illness	Level of Care	Caregiving	Psych Support	Private Practitioners/ Doctors
	AIH, CHS, CPH, SC, SBNC, VNHC	APS, CPG LTCO	ADMH-Cares Access Team	FSA, VNH	CCRC, FSA, FSC	CSA, JFS, SBNC, SC	

1. **ADMH** Behavioral Wellness 681-5220. Inpatient Psychiatric Health Facility (PHF), access team for emergency assessment. Mental health services at CARES facility on De La Vina.
2. **AIH** American Indian Health Services 681-7144 Medical/Dental services for the community and focused care for the Chumash Indians
3. **APS** County Adult Protective Services 681-4550 County agency mandated to investigate elder/ dependent abuse for people not living in licensed facilities.
4. **CCRC** Coast Caregiver Resource Center 569-8950 x 1 Assessment/care planning for caregivers of adults with brain impairment; respite/counseling for caregivers of seniors & those under 60 with cognitive impairment.
5. **CHS** Cottage Health System 682-7111 Medical social workers make referrals, program info., crisis counseling, substance abuse assessment, durable power of attorney info.
6. **CPG** County Public Guardian 568-2790 Assists seniors with applying for VA benefits. Also deals with conservatorship issues.
7. **CPH** County Public Health 568-2099 Medical care/screening at public health care centers.
8. **CSA** Center for Successful Aging 898-8080 Peer counseling, CareLine telephone reassurance program, "Successful Aging" newspaper & educational programs.
9. **FSA** Family Service Agency 965-1001 Individual, family and group psychotherapy, needs assessment, case management, referrals & care giving counseling.
10. **FSC** Friendship Center 969-0859 Day programs for dependent adults and seniors with Alzheimer's, cognitive impairments, & other illnesses. Provides respite for caregivers.
11. **JFS** Jewish Family Service 957-1116 Individual counseling for Medicare seniors, recreation classes & weekly Schmooze room for social interaction.
12. **LTCO** Long Term Care Ombudsman 259-8820 Protects the rights of residents living in long term care facilities including reports of abuse or neglect.
13. **SBNC** Santa Barbara Neighborhood Clinics 617-7850 Medical/Dental & psychological assessment, information, referral and counseling services for seniors.
14. **SC** Sansum Clinic 681-7500 Health Resource Center---Free Education & information about improving quality of life. Community resources & advance directives on the net.
15. **VNHC** VNA Health 965-5555 In-home nursing/rehab, palliative care, personal care and case management services, in-patient and outpatient hospice, community loan closet, bereavement support and counseling.

Footnote:

* Level of Care - Refers to agencies that assess whether a senior needs help at home or a placement in an independent, assisted, skilled, or memory care facility.

** Caregiving - Refers to agencies that can assist someone to find a professional caregiver suited to the needs of the senior.

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, 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** Area Agency on Aging 965-3288 A clearinghouse for information, referrals, and tax preparation for seniors/caregivers. Provides meals for low income seniors.
3. **ACS** American Cancer Society 963-1576 Information about cancer and its treatment.
4. **BI** Braille Institute 682-6222 Education and library facilities for the vision impaired.
5. **CC** Catholic Charities 965-7045 Case management, food distribution, and some financial support for low income seniors
6. **CCSB** Ridley-Tree Cancer Center of Santa Barbara 682-7300 Diagnostic and treatment services along with clinical trials, wellness, counseling and support groups for people with cancer.
7. **CCRC** Coast Caregiver Resource Center 569-8950 x 1 Assessment/care planning for caregivers of adults with brain impairment; respite/counseling for caregivers of seniors & those under 60 with cognitive impairment.
8. **CHS** Cottage Health System 682-7111 Medical social workers make referrals, program info., crisis counseling, substance abuse assessment, durable power of attorney info.
9. **FSA** Family Service Agency 965-1001 Individual, family and group psychotherapy, needs assessment, case management, referrals & care giving counseling. Call 211 for social services information and referral.
10. **FSC** Friendship Center 969-0859 Day programs for dependent adults and seniors with Alzheimers, cognitive impairments, & other illnesses that provides respite for caregivers.
11. **GVC** Goleta Valley Senior Center 967-1237 In transition, call them for updated programming.
12. **HC** Home Choices For Mom and Dad 636-9277 Free placement services for seniors to Assisted and Memory Care facilities.
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 In transition, call for updated information.
16. **PKA** Parkinson's Association 683-1326 Support groups, information & education for Parkinson's patients & family members.
17. **PPF** Pacific Pride Foundation 963-3636 Information, referral, support groups for LGBT seniors.
18. **RH** Real Help 403-6149 Links in home support/care workers with seniors needing low-cost home assistance.
19. **SC** Sansum Clinic 681-7500 Health Resource Center-Free Education & information about improving quality of life. Provides Community resources & advance directives on the net.
20. **SH** Senior Helpers 966-7100 In home non-medical support services.

21. **SLC** Senior Living Consultants 963-6045 Free referral service that connect seniors to Assisted living/Memory care facilities.
22. **SPS** Senior Planning Services 966-3312 Assess needs of seniors; provides legal, accounting, financial planning and in-home support services
23. **SSA** Social Security Administration 963-7806 Enrolls seniors in Social Security and Medicare.
24. **SSC** Solvang Senior Care Center 688-3793 Social/recreational activities for seniors in the valley.

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.

Case Mgmt. and Direct Services	Bereavement/ Life Threatening Issues AHS, HSB, VNHC	In-Home Care *** AC, AH, AHS, CCH, HH, HIS, HU, IHSS, ILR, NC, RAH, SH, SLC, SPS, VNHC	Residential Facilities; Skilled, Assisted, Hospice See Separate Listings	Social/ Recreational CDCC, CSC, GVC, JFS, LCR, PRD, YMCA	Food CAC, CC, CSS, FDB, FFH, MOW, PHP	Dental AIH, SBNC, SCS
	Housing/Utility Assistance CAC, CC, CHA, HA, PSH, PHP	Transportation EL, HOC	Specific Diseases ACS, CCSB, DRC, MD, MS, PKA, PPF, SBRI	Legal DA, LAF, LCR	Medical Eligibility CSS	Careline CSA
	Dementia AA, BFC, FSC	General Support **** ALD, FSA, LC, LTCO, PPF, SBV, SC, VA	Caregiving * CCRC, FSA, FC	Respite Care ** CCRC, FSC, FC	Schmooze Room JFS	Victim/Witness Fraud DA

1. **AA** Alzheimer's Association 892-4259 Provides education, training and group support to families where members are suffering from dementia
2. **AC** Astera Care 969-7979 In home non-medical support services.
3. **ACS** American Cancer Society 963-1576 Information about cancer and its treatment.
4. **AH** At Home Senior Services 736-8249 In home non--medical support services.
5. **AHS** Assisted Healthcare Services 569-2000 Home Healthcare Services: Nursing, Rehabilitation Therapy, Hospice Care and Caregiver services.
6. **AIH** American Indian Health Services 681-7144 Medical/Dental services for the community and focused care for the Chumash Indians.
7. **BS** Bright Star-Provides non-medical in home support to seniors.
8. **CAC** Communify 964-8857 Home Repair, Weatherization, utility bill pay assistance, 211 Services
9. **CC** Catholic Charities 965-7045 Case management, food pantry, and some financial support for low income seniors
10. **CCH** CenCal Health 685-9525 Medi-cal seniors receive case management, respite, transportation, in home support services and emergency help.
11. **CCRC** Coast Caregiver Resource Center 569-8950 x 1 Assessment/care planning for caregivers of adults with brain impairment; respite/counseling for caregivers of seniors & those under 60 with cognitive impairment.
12. **CCSB** Ridley-Tree Cancer Center of Santa Barbara 682-7300 Diagnostic and treatment services along with clinical trials, wellness, counseling and support for people with cancer.
13. **CDCC** Cliff Drive Care Center 965-1338 Counseling, social/recreational activities & lunch on the 1st & 3rd Thursday 11am-1pm at the Free Methodist Church on the Mesa.
14. **CHA** County Housing Authority 967-3402 Offers low incomes seniors Section 8 housing vouchers
15. **CSA** Center For Successful Aging 898-8080 Peer counseling, CareLine phone reassurance, "Successful Aging" newspaper & educational programs.
16. **CCH** Complete Care at Home-Offers non-medical in home support to seniors.
17. **CSC** Carpinteria Senior Center 684-6090 Social/recreational programs for seniors
18. **CSS** County Social Services 681-4401 Financial assistance for individuals & families including help with Food Stamps/MediCal eligibility.
19. **DA** District Attorney/Victim Witness 964-9510 Assists, educates seniors on crime/elder abuse.
20. **DRC** Diabetes Resource Center 687-5586 Information & support to people with diabetes.
21. **EL** Easy Lij Transportation 681-1410 Low cost van transportation to appointments & events.
22. **FDB** Food Bank 967-5741 Collects & distributes food to agencies serving indigent seniors.

23. **FFH** Food from the Heart 898-3981 Delivers food to people in medical crisis, hospice or visiting nurses' care.
24. **FSA** Family Service Agency 965-1001 Individual, family and group psychotherapy, needs assessment, case management, referrals & caregiving, counseling. Call 211 for social services information and referral.
25. **FSC** Friendship Center 969-0859 Day programs for dependent adults and seniors with Alzheimer's, cognitive impairments, & other illnesses. Provides respite for caregivers
26. **GVC** Goleta Valley Senior Center 967-1237 In transition, call them for updated programming
26. **HA** Housing Authority of the City of SB 965-1071 Offers Sec8on 8 vouchers, case management free counseling to its residents.
27. **HC** Home Choices For Mom and Dad 636-9277 Free placement services for seniors to Assisted and Memory Care facilities.
28. **HH** Home Helper 800-990-9750 In home non-medical support services.
29. **HEH** Helping Hands- Provides in home non-medical support services to seniors.
30. **HIS** Home Instead Senior Care 560-6995 In home non-medical support services.
31. **HSB** Hospice of Santa Barbara 563-8820 Non-medical case management & counseling for life-threatening illness and bereavement. Facilitates seniors completing the My Wishes document.
32. **HOC** Help of Carpinteria 684-0065 Transportation for Carp. residents to/from S.B. for medical/ social service appointments.
33. **HU** Help Unlimited 962-4646 In home non-medical support services.
34. **IHSS** In-Home Supportive Services 681-4550 In home help for low income seniors.
35. **ILR** Independent Living Resource Center 963-0595 Advocacy for disabled seniors, helping them live independently at home
36. **JFS** Jewish Family Service 957-1116 Individual counseling for Medicare seniors, recreation classes & weekly Schmooze room for social interaction.
37. **LTCO** Long Term Care Ombudsman 259-8820 Protects the rights of residents living in long term care facilities including reports of abuse or neglect.
38. **MD** Muscular Dystrophy 560-7651 Information, resources & specialized health care for seniors/ families coping with muscle disease.
39. **MOW** Meals on Wheels 683-1565 Delivers meals to low income seniors.
40. **MS** Multiple Sclerosis 866-594-8830 Information for finding quality medical care. Provides case management services to M.S. clients & their families.
41. **NC** Nurse Core 690-1169 Medical and non-medical in home support services to seniors.
42. **OH** One Heart-Provides non-medical in home support for seniors.
43. **PHP** People Helping People 686-0295 Santa Ynez Valley-Food, emergency help, basic need & support services.
44. **PKA** Parkinson's Association 683-1326 Support groups, information & education to Parkinson's patients & family members.
45. **PPF** Pacific Pride Foundation 963-3636 Information, referral, support groups for LGBT seniors
46. **PRD** City of SB Parks and Recreation Dept 897-2519 Rec. Center under renovations. Call them.
47. **PSH** People Self Help Housing 962-5152 Low income housing assistance; case management services for seniors living in their facilities.
48. **RAH** Right at Home 962-0555 In home non-medical support services.
49. **SBNC** Santa Barbara Neighborhood Clinics 617-7850 Medical/Dental & psychological assessment, information, referral and counseling services for seniors.
50. **SBRI** Cottage Rehabilitation Hospital 687-7444 Rehabilitation services to seniors recovering from strokes, trauma &/or brain injury.
51. **SC** Sansum Clinic 681-7500 Health Resource Center-Free Education & information about improving quality of life. Provides Community resources & advance directives on the net.
52. **SH** Senior Helpers 966-7100 In home non-medical support services.

53. **SLC** Senior Living Consultants 963-6045 Free referral service that connects seniors to Assisted living and memory care facilities.
54. **SPS** Senior Planning Services 966-3312 Assess needs of seniors; provides legal, accounting, financial planning and in-home support services to their clients.
55. **SCS** Saint Cecilia Society 617-7850 Provides financial support to low income seniors for dental work through the Neighborhood Dental Clinics.
56. **VA** Veteran Affairs and Outpatient Clinic 683-1491 Information, referral & case management services for vets.
57. **VIA** Visiting Angels-Provides in home non-medical services to seniors.
58. **VNHC** VNA Health 965-5555 In-home nursing/rehab, palliative care, personal care and case management services, in-patient and outpatient hospice, community loan closet, bereavement support and counseling.
59. **YMCA** Channel Cities YMCA 687-7727 Recreational, social programs for members at 3 locations: Montecito, Santa Barbara and Santa Ynez.

Footnote:

- * Caregiving - Agencies that assist seniors in finding a professional caregiver.
- ** Respite Care - Connects caregivers to agencies and people who can provide relief (respite) care.
- *** In Home Care - Agencies that provide care to seniors living in their home.
- **** General Support - Agencies that provide specialized services to meet targeted needs of seniors.

Counseling	Inpatient	Outpatient	Bereavement/Life-Threatening Issues	Peer Counseling	Support Groups	Friendly Visitors
	ADMH, CHS	CADA, CDCC, CCC, FSA, HA/NBC, JFS, PPF, RCC, SBNC UCHC	HSB, VNHC	AIC, CSA	AA, ACS, CC, CCSB, CSA, CCRC, FSA, FSC, HSB, JFS, VNHC	JFS, SBV

1. **AASB** Alcoholics Anonymous of Santa Barbara 962-3332 AA offers support and fellowship to seniors and their families seeking to overcome addictions to alcohol and other substances.
2. **AA** Alzheimer's Association 892-4259 Education, training and support to families where members are suffering from dementia
3. **ACS** American Cancer Society 963-1576 Information about cancer and its treatment.
4. **ADMH** Behavioral Wellness 681-5220 Inpatient Psychiatric Health Facility (PHF), access team for emergency assessment. Mental health services at CARES facility on De La Vina.
5. **AIC** Adventures in Caring 962-4500 Raggedy Companions. Student volunteers lift the spirits and alleviate the loneliness of the frail elderly in local skilled nursing facilities.
6. **CADA** Council on Alcoholism and Drug Abuse 963-1433 Alcohol/drug counseling/support for seniors & families.
7. **CC** Catholic Charities 965-7045 Case management, food pantry, financial support for low income
8. **CCC** Community Counseling & Education Center 962-3363 Individual outpatient counseling for seniors & families.
9. **CCRC** Coast Caregiver Resource Center 569-8750 x1 Assessment/care planning for caregivers of adults w/ brain impairment; respite/counseling for caregivers & those under 60 w/cognitive deficits.
10. **CCSB** Ridley-Tree Cancer Center of Santa Barbara 682-7300 Diagnostic and treatment services along with clinical trials, wellness, counseling and support groups for people with cancer.
11. **CDCC** Cliff Drive Care Center 965-1338 Counseling, social/recreational activities & lunch on the 1st & 3rd Thursday 11am---1pm at the Free Methodist Church on the Mesa.
12. **CHS** Cottage Health System 682-7111 Medical social workers make referrals, program info., crisis counseling, substance abuse assessment, durable power of attorney info.
13. **CSA** Center For Successful Aging 898-8080 Peer counseling, CareLine phone reassurance, "Successful Aging" newspaper & educational programs.
14. **FSA** Family Service Agency 965-1001 Individual, family and group psychotherapy, needs assessment, case management, referrals & care giving counseling. Call 211 for social services information and referral.
15. **FSC** Friendship Center 969-0859 Day programs for dependent adults and seniors with Alzheimers, cognitive impairments, & other illnesses that provides respite for caregivers
16. **HA** Housing Authority of the City of SB 965-1071 Offers low income Section 8 housing, case management & free counseling to its residents.
17. **HSB** Hospice of Santa Barbara 563-8820 Non-medical care management & counseling for life threatening illness and bereavement. Helps seniors complete the My Wishes document.
18. **JFS** Jewish Family Service 957-1116 Individual counseling for Medicare seniors, recreation classes & weekly Schmooze room for social interaction.
19. **NBC** New Beginnings Counseling Center 963-7777 Counseling on sliding scale for seniors.
20. **PPF** Pacific Pride Foundation 963-3636 Information, referral, support groups for LGBT seniors.
21. **RCC** Rape Crisis Center 963-6832 Information, referral, counseling and advocacy for rape victims & their families.

22. **SBNC** Santa Barbara Neighborhood Clinics 617-7850 Medical & psychological assessment, information, referral and counseling services for seniors.
23. **UCHC** U.C.S.B. Hosford Clinic 893-8064 Low cost individual counseling & psychological assessment.
24. **VNHC** VNA Health 965-5555 In-home nursing/rehab, palliative care, personal care and case management services, inpatient and outpatient hospice, community loan closet, bereavement support and counseling.