



2024 SERVICE DIRECTORY

NEVADA | PLACER | SACRAMENTO | SIERRA | SUTTER | YOLO | YUBA

AGENCY
ON AGING
AREA 4

ABOUT AGENCY ON AGING AREA 4

Agency on Aging Area 4 (AAA4) is one of 33 agencies on aging in California designated by the State to develop, coordinate, and fund programs to help older adults and people with disabilities maintain their health and independence. We fund and monitor programs provided by local community based organizations with funding under the Older Americans Act.

VISION

Agency on Aging Area 4 envisions an ageist- and ableist-free society.

MISSION

Agency on Aging Area 4's mission is to enrich the lives of older adults and people with disabilities by fostering networks of support, advocating for individual choice, collaborating with others, ensuring equity, and striving to do so with conviction.

AGING IS ABOUT LIVING **FOR ALL**



Agency on Aging Area 4 embraces diversity. We encourage and respect diverse identities, abilities, ideas, and perspectives by honoring difference, engaging civilly, breaking down barriers and amplifying our collective sense of belonging, to bring our mission to life. We are supporters of our ever-evolving communities, including the LGBTQ+ people in our service area and beyond.



Agency on Aging Area 4 is a certified Age-Friendly Employer and has successfully completed LGBTQ+ Cultural Competency Training.

WHO WE SERVE

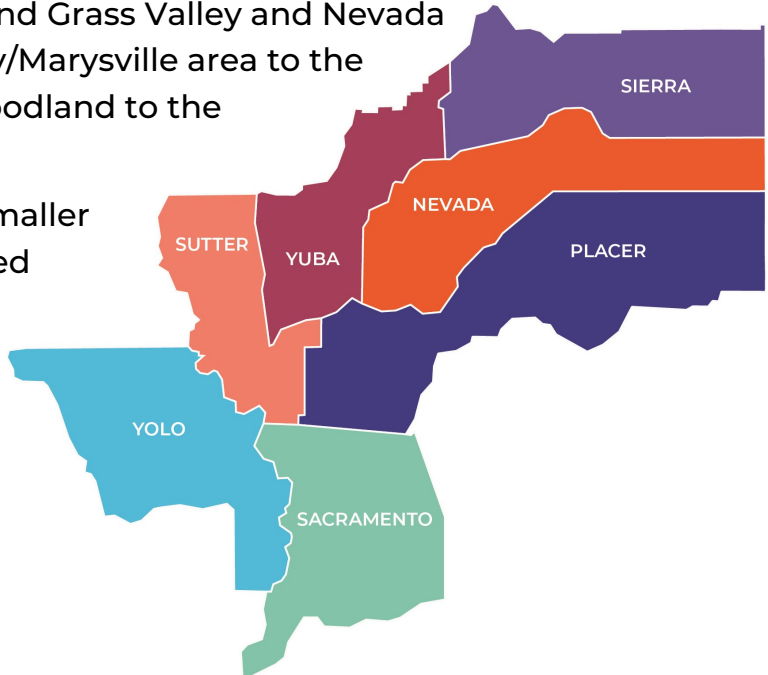


- Adults age 60 and over
- People with disabilities
- Veterans
- Kinship of aging adults
- Caregivers of aging adults

WHERE WE SERVE

Agency on Aging Area 4's service area includes several distinct urban and bedroom communities outside the Greater Sacramento region, including Auburn, Truckee, and Grass Valley and Nevada City to the east; the Yuba City/Marysville area to the north; Winters, Davis and Woodland to the west, and Galt to the south.

Finally, there are dozens of smaller townships and unincorporated areas scattered across the service area. In fact, there are more aging adults living in rural areas in Area 4 than in any other agency on aging in California (40,000+).



HOW WE CAN HELP YOU

AGING & DISABILITY RESOURCE CONNECTION (ADRC)

ADRC's assist individuals in navigating the complex choices of long-term services, support, and community resources.

CALFRESH FOOD ASSISTANCE

CalFresh Expansion helps low-income adults 60+ buy the nutritious food they need for good health. Recipients can buy food at any grocery store or farmers market that accepts EBT.

CAREGIVER RESPITE

In-home and out-of-home respite services provide a break for caregivers so they can attend to personal and recreational activities knowing their loved one is in a safe environment.

CAREGIVER SUPPORT

Caregiver support programs address the needs of family caregivers in order to maintain their health and well-being, sustain their ability to provide care, and produce better outcomes for the care recipient.

ELDER ABUSE PREVENTION

Elder abuse prevention education teaches adults of all ages how to recognize, respond, and report elder abuse.

EMPLOYMENT SERVICES

Job readiness classes prepare mature workers for a more productive and successful job search.

HEALTH INSURANCE COUNSELING & ADVOCACY (HICAP)

Health insurance counseling program provides assistance with Medicare, health insurance, and long-term care insurance.

HEALTH, WELLNESS, & FALL PREVENTION EDUCATION

Health classes help maintain or improve the physical health of persons 60+ on topics such as diabetes and fall prevention education.

HOW WE CAN HELP YOU

HOME REPAIRS & DISABILITY MODIFICATIONS

Programs to help keep homes safe, secure, and accessible for aging and/or frail adults.

INFORMATION & ASSISTANCE

Telephone operators connect adults 60 years of age and older to partner agencies and community resources.

LEGAL SERVICES

Legal service programs assist with civil legal needs such as legal advice, counseling, and legal representation.

LONG-TERM CARE OMBUDSMAN SERVICES

Staff and trained volunteers assist residents of long-term care facilities and their families in resolving complaints.

LUNCH SITE & HOME DELIVERED MEALS

In a social setting, aging adults can enjoy a hot, nutritious meal at a local senior center or other public gathering places.

MOBILE MEALS & RESTAURANT VOUCHERS

These programs provide alternative forms of meal service such as restaurant vouchers or mobile meals delivered via food truck.

MEALS ON WHEELS

Home delivered meals support homebound aging adults who may be unable to prepare their own meals.

OUTREACH SERVICES

One-on-one support to inform aging adults or their caregivers of existing services and benefits.

TRANSPORTATION SERVICES

Programs provide free or low-cost local transportation.

NEVADA COUNTY

FOR INFORMATION & ASSISTANCE In Nevada County

CONNECTING POINT



2-1-1 or 1(877)847-0499



www.211NevadaCounty.org

ENHANCED INFORMATION & ASSISTANCE / NO WRONG DOOR

Aging & Disability Resource Connection

1(800) 211-4545 | www.adrc4.org

CALFRESH FOOD ASSISTANCE

Agency on Aging Area 4

1(800) 211-4545 | www.agencyonaging4.org/calfresh-food

HEALTH, WELLNESS, & FALL PREVENTION EDUCATION

Agency on Aging Area 4

1(916) 486-1876 | www.agencyonaging4.org

HEALTH INSURANCE COUNSELING & ADVOCACY PROGRAM (HICAP)

HICAP of Northern California

1(530) 258-6827 | 1(800)434-0222 | www.hicapservices.net

HOME REPAIRS / MODIFICATIONS

FREED Center for Independent Living

1(530) 477-3333 | www.freed.org

NOTES:

PLACER COUNTY

FOR INFORMATION & ASSISTANCE In Placer County

SENIORS FIRST



1(530) 889-9500



www.SeniorsFirst.org

ENHANCED INFORMATION & ASSISTANCE / NO WRONG DOOR

Aging & Disability Resource Connection

1(800) 211-4545 | www.adrc4.org

CALFRESH FOOD ASSISTANCE

Agency on Aging Area 4

1(800) 211-4545 | www.agencyonaging4.org/calfresh-food

CAREGIVER RESPITE & SUPPORT

Del Oro Caregiver Resource Center

1(916) 728-9333 | www.deloro.org

EMPLOYMENT SERVICES

Agency on Aging Area 4

1(916) 486-1876 | www.agencyonaging4.org

HEALTH INSURANCE COUNSELING & ADVOCACY

HICAP of Northern California

1(916) 376-8915 | 1 (800) 434-0222 | www.hicapservices.net

HEALTH, WELLNESS, & FALL PREVENTION EDUCATION

Agency on Aging Area 4

1(916) 486-1876 | www.agencyonaging4.org

SACRAMENTO COUNTY

FOR INFORMATION & ASSISTANCE In Sacramento County

211 SACRAMENTO/YOLO



2-1-1 or 1(916) 498-1000



www.211Sacramento.org

ENHANCED INFORMATION & ASSISTANCE / NO WRONG DOOR

Aging & Disability Resource Connection

1(800) 211-4545 | www.adrc4.org

CALFRESH FOOD ASSISTANCE

Agency on Aging Area 4

1(800) 211-4545 | www.agencyonaging4.org/calfresh-food

CAREGIVER RESPITE

Del Oro Caregiver Resource Center

1(916) 728-9333 | www.deloro.org

CAREGIVER SUPPORT

ACC Senior Services Bridge to Healthy Families Program

1(916) 393-9026 | www.accsv.org

Del Oro Caregiver Resource Center

1(916) 728-9333 | www.deloro.org

EMPLOYMENT SERVICES

Agency on Aging Area 4

1(916) 486-1876 | www.agencyonaging4.org

HEALTH, WELLNESS, & FALL PREVENTION EDUCATION

Agency on Aging Area 4

1(916) 486-1876 | www.agencyonaging4.org

SACRAMENTO COUNTY

HEALTH INSURANCE COUNSELING & ADVOCACY

HICAP of Northern California

1(916) 376-8915 | 1(800)434-0222 | www.hicapservices.net

LEGAL SERVICES

Legal Services of Northern California Senior Legal Hotline

1(916) 551-2140 | www.lsnc.org

LONG-TERM CARE OMBUDSMAN SERVICES

Agency on Aging Area 4

1(916) 376-8910 | www.agencyonaging4.org

LUNCH SITE & HOME DELIVERED MEALS

Meals on Wheels by ACC

1(916) 444-9533 | www.mowsac.org

RESIDENTIAL REPAIRS / MODIFICATIONS

Rebuilding Together Sacramento

1(916) 455-1880 | www.rebuildingtogethersacramento.org

TRANSPORTATION SERVICES

ACC Senior Services Rides Transportation Service

1(916) 393-9026 ext.333 | www.accsv.org

Stanford Settlement Senior Center


1(916) 927-1303 | www.stanfordsettlement.org

NOTES:

SIERRA COUNTY

FOR INFORMATION & ASSISTANCE In Sierra County

INCORPORATED SENIOR CITIZENS OF SIERRA COUNTY

 1(877) 993-4770

CALFRESH FOOD ASSISTANCE

Agency on Aging Area 4

1(800) 211-4545 | www.agencyonaging4.org/calfresh-food

HEALTH INSURANCE COUNSELING & ADVOCACY

HICAP of Northern California

1(530) 258-6827 | 1(800) 434-0222 | www.hicapservices.net

LEGAL SERVICES

Legal Services of Northern California

1(530) 823-7560 | www.lsnr.net

LONG-TERM CARE OMBUDSMAN SERVICES

Agency on Aging Area 4

1(916) 376-8910 | www.agencyonaging4.org

LUNCH SITE & HOME DELIVERED MEALS

Inc. Senior Citizens of Sierra County

1(530) 993-4770

OUTREACH SERVICES


Inc. Senior Citizens of Sierra County

1(530) 993-4770

YUBA/SUTTER COUNTY

FOR INFORMATION & ASSISTANCE In Yuba/Sutter Counties

FREED CENTER FOR INDEPENDENT LIVING

 1(530)742-4474

CALFRESH ASSISTANCE / HEALTH, WELLNESS, & FALL PREVENTION

Agency on Aging Area 4

CalFresh 1(800)211-4545 | Health 1(916)486-1876 | www.agencyonaging4.org

ENHANCED INFORMATION & ASSISTANCE / NO WRONG DOOR

Aging & Disability Resource Connection

1(800) 211-4545 | www.adrc4.org

HEALTH INSURANCE COUNSELING & ADVOCACY

HICAP of Northern California

1(530) 742-4474 | 1(800) 434-0222 | www.hicapservices.net

LEGAL SERVICES

Yuba-Sutter Legal Center for Seniors

1(530) 742-8289 | www.yubasutterlegalcenter.business.site

LONG-TERM CARE OMBUDSMAN SERVICES

Agency on Aging Area 4

1(916) 376-8910 | www.agencyonaging4.org

LUNCH SITE & HOME DELIVERED MEALS

Meals on Wheels Yuba Sutter

1(530) 670-0033 | www.yubasuttermow.org

HOME MODIFICATIONS / TRANSPORTATION / INFO & ASSISTANCE

FREED Center for Independent Living

1(530) 742-4474 | www.freed.org

FOR INFORMATION & ASSISTANCE In Yolo County

211 SACRAMENTO/YOLO



2-1-1 or 1(916) 498-1000



www.211Sacramento.org

ENHANCED INFORMATION & ASSISTANCE / NO WRONG DOOR

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CALFRESH FOOD ASSISTANCE

Agency on Aging Area 4

1(800) 211-4545 | www.agencyonaging4.org/calfresh-food

CAREGIVER SUPPORT / CAREGIVER RESPITE

Del Oro Caregiver Resource Center

1(916) 728-9333 | www.deloro.org

HEALTH INSURANCE COUNSELING & ADVOCACY

HICAP of Northern California

1(916) 376-8915 | 1 (800) 434-0222 | www.hicapservices.net

HEALTH, WELLNESS, & FALL PREVENTION EDUCATION

Agency on Aging Area 4

1(916) 486-1876 | www.agencyonaging4.org

EMPLOYMENT SERVICES

Agency on Aging Area 4

1(916) 486-1876 | www.agencyonaging4.org

YOLO COUNTY

LEGAL SERVICES

Legal Services of Northern California

1(530) 662-1065 | www.lsnr.net

LONG-TERM CARE OMBUDSMAN SERVICES

Agency on Aging Area 4

1(916) 376-8910 | www.agencyonaging4.org

LUNCH SITE & HOME DELIVERED MEALS

Meals on Wheels Yolo County

1(530) 662-7035 | www.mowolo.org

LUNCH SITE MEALS, NON-TRADITIONAL

Yolo Healthy Aging Alliance

1(530) 776-5006 | www.yolohealthyaging.org

Yolo Mobile Meals for Healthy Aging

1(530) 776-5006 | www.yolohealthyaging.org

TRANSPORTATION SERVICES

Dignity Health Yolo Adult Day Health Center

1(530) 669-3700 | www.dignityhealth.org/sacramento/services/yolo-adult-day-health-services/yolo-adult-day-health-center

NOTES:

Let's keep in touch!

Follow us on social media

@agencyonaging4



Subscribe to our monthly newsletter!



Scan this code with your phone's camera or visit our website at
www.agencyonaging4.org

Agency on Aging Area 4

1401 El Camino Avenue, 4th Floor
Sacramento, CA 95815



(916) 486-1876



www.agencyonaging4.org

NOTE: Every effort has been made to ensure that information in this directory is timely and accurate. Updated 03/19/2024.