

MARIN COUNTY SENIOR RESOURCES

**Note: Some services may have changed due to COVID-19,
please call to confirm hours and services available**

ADULT DAY PROGRAM

LifeLong Marin Adult Day Health Center

“Provides high-quality medical, dental, and social services to people of all ages.”

Location: 1905 Novato Boulevard
Novato, CA 94947

Contact: (415) 897-6884

Website:

<https://www.lifelongmedical.org/locations/our-locations/adult-day-health-center.html>

Last Verified On: 06/07/2021

Senior Access – Skyview Day Club

“A social and memory wellness program located in Marin County, offers individuals with memory loss an exceptional daytime program in a warm and welcoming community.”

Location: 70 Skyview Terrace, Bldg. B
San Rafael, CA 94903

Contact: (415) 449-3777

Website: <http://www.senioraccess.org/>

Last Verified On: 06/07/2021



ADULT PROTECTIVE SERVICES

Marin County Adult Protective Services

“Seeks to protect, prevent, and remedy abuse of elders and dependent adults. APS social workers investigate and seek to correct situations of abuse and neglect.”

Location: 10 N. San Pedro Road
San Rafael, CA 94903

24-Hour Reporting Hotline: (415) 473-2774

Website: <https://www.marinhhs.org/adult-protective-services>

Last Verified On: 06/07/2021



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ADVANCED CARE PLANNING

By the Bay Health

“Creating an advanced care plan will give you and your family peace of mind knowing that you have a plan for the future.”

Contact: (415) 927-2273

Website: <https://bythebayhealth.org/advance-care-planning/>

Last Verified On: 06/07/2021

CARE MANAGEMENT

West Marin Senior Services

“Care managers work with seniors and their families to develop care plans for those at risk, to assure they have food, medication, a safe home, and emotional support.”

Location: 11435 State Route One
Point Reyes Station, CA 94956

Contact: (415) 663-8148

Website: http://wmss.org/portfolio-item/care_management/

Last Verified On: 06/07/2021

Institute on Aging

“Provides personalized care for aging adults in the comfort of their own homes.”

Location: 3575 Geary Blvd.
San Francisco, CA 94118

Contact: (415) 750-4111

Website: <https://www.ioaging.org/>

Last Verified On: 06/07/2021

DISASTER PREPAREDNESS

Disaster Preparedness for Seniors by Seniors (PDF)

“Learn how to protect yourself and cope with disaster by planning ahead. Even if you have physical limitations, you can still protect and prepare yourself.”

Link:

https://www.redcross.org/content/dam/redcross/atg/PDF_s/Preparedness_Disaster_Recovery/Disaster_Preparedness/Disaster_Preparedness_for_Srs-English.revised_7-09.pdf#

Last Verified On: 06/07/2021

Emergency Power Planning for People Who Use Electricity and Battery – Dependent Assistive Technology and Medical Devices (PDF)

“Planning checklist is for people who use electricity and battery dependent assistive technology and medical devices.”

Link:

[https://adata.org/sites/adata.org/files/files/ADA_NN_Emergency_Power_planning-2016%20%20final\(1\).pdf](https://adata.org/sites/adata.org/files/files/ADA_NN_Emergency_Power_planning-2016%20%20final(1).pdf)

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FAMILY RESPITE CARE

West Marin Senior Services

“Offer short term support to family caregivers who need assistance with daily care-giving.”

Location: 11435 State Route One
Point Reyes, CA 94956

Contact: (415) 663-8148

Website: <http://wmss.org/portfolio-item/placeholder4/>

Last Verified On: 06/08/2021

HOSPICE & PALLIATIVE CARE

By the Bay Health

“Specialized end-of-life care that provides pain and symptom management to help patients with a terminal diagnosis live their best life possible, as long as possible.”

Contact: (415) 927-2273

Website: <https://bythebayhealth.org/hospice-care/>

Last Verified On: 06/08/2021

Heartland Hospice Care

“Provide disease management programs to help patients manage their disease(s), reduce unnecessary visits to the hospital, live the most fulfilling life possible and retain the greatest degree of independence right at home..”

Location: 1050 Northgate Drive, Suite 400
Novato, CA 94903

Contact: (888) 427-6590

Email: sanrafael@heartlandhospice.com

Website:
<https://www.heartlandhospice.com/find-an-agency/heartland-hospice-services-of-san-rafael/>

Last Verified On: 06/08/2021

Jewish Family and Children’s Services – Palliative Care

“Provides extra layers of support to improve quality of life and to help relieve physical, emotional, and spiritual suffering.”

Location: 600 5th Avenue
San Rafael, CA 94901

Contact: (844) 222-3212

Website: <https://www.jfcs.org/find-help/seniors/palliative-elc/>

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INDEPENDENT LIVING SUPPORT SERVICES

Marin Center for Independent Living

“Assist persons with all types of disabilities to achieve their maximum level of sustainable independence as contributing, responsible and equal participants in society.”

Location: 710 Fourth Street
San Rafael, CA 94901

Contact: (415) 459-6245

TTY: (415) 459-7027

Website: <http://marincil.org>

Last Verified On: 06/08/2021

Jewish Family and Children Services – Home Care

“Personal attendants and skilled nurses provide assistances after illness or hospitalization and enable seniors to balance their desire to be independent with their need for safety.”

Location: 600 5th Avenue
San Rafael, CA 94901

Contact: (415) 419-3600

Website: <https://www.jfcs.org/find-help/seniors/home-care/>

Last Verified On: 06/08/2021

Marin Villages

“Volunteer network provides members with necessary services such as transportation, handyman help, organizing, tech support, pet-care, companionship, and more.”

Location: 4340 Redwood Highway, Suite F-142
San Rafael, CA 94903

Contact: (415) 457-4633

Website: <https://www.marinvillages.org/>

Note: *membership required

Last Verified On: 06/08/2021

Vivalon

“Helps Marin County’s older adults and vulnerable residents thrive through the power of human connection with rides, meals, classes, care, advice, and more.”

Location: 930 Tamalpais Ave.
San Rafael, CA 94901

Contact: (415) 456-9062

Website: <https://vivalon.org/>

Last Verified On: 06/08/2021

IN-HOME SUPPORT SERVICES

Marin County In-Home Support Services (IHSS)

“Pays for some domestic and personal care services for elderly and for disabled individuals of all ages so that they can remain safely in their own homes.”

Location: 10 N. San Pedro Road
San Rafael, CA 94903

Contact: (415) 457-4636

Website: <https://www.marinhhs.org/home-supportive-services-ihss>

Last Verified On: 06/08/2021

Seniors at Home

“Can help with: personal care, bathing, dressing, toileting, grooming, homemaking and meal preparation, assistance after an illness or hospital stay, transportation and errands, medication reminders, and companionship”

Location: 600 5th Avenue
San Rafael, CA 94901

Contact: (415) 449-3700

Website: <https://seniorsathome.jfcs.org>

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LEGAL SERVICES

Marin County District Attorney's Office – Elder Abuse Prevention Program

“Collaborating with many agencies and community-based organizations to address the subject elder abuse in our community, whether it stems from neglect, physical abuse, or financial fraud.”

Location: 3501 Civic Center Drive, Room 145
San Rafael, CA 94903

Contact: (415) 473-6450

Website:

<https://www.marincountyda.org/service/elder-abuse-program>

Last Verified On: 06/08/2021

Legal Self-Help Services – Marin Superior Court

“Services include: intake, information and referral to legal services partners, individual assistance with legal document preparation; bilingual assistance and legal reference materials for non-English speakers; assistance in conducting self-guided legal research”

Location: 3501 Civic Center Dr., Room C-44
San Rafael, CA 94903

Contact: (415) 444-7130, option 6

Email: selfhelp@marincourt.org

Website:

http://www.marincourt.org/legal_self_help_services.htm

Last Verified On: 06/08/2021

Legal Aid of Marin

“Educate and advise older adults on: basic trust and estate issues, advanced health care directives, elder financial abuse”

Location: 1401 Los Gamos Drive, Suite 101
San Rafael, CA 94903

Request Appointment: (415) 492-0230 ext. 102

Contact: (628) 253-5755

Website:

<https://legalaidmarin.org/programs/elder/>

Last Verified On: 06/08/2021

Bay Area Legal Aid

“Provide low-income clients with free civil legal assistance, including legal advice and counsel, effective referrals, and legal representation.”

Legal Assistance Line (Local): (415) 354-6360

Legal Assistance Line (Toll Free): (800) 551-5554

Website: <https://baylegal.org>

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LGBTQ+ SUPPORT GROUPS

Spectrum's Senior Discussion Group – Novato

“Gathers informally for a brown bag lunch (optional) and then continues with a different topic for discussion each month.”

Location: Margaret Todd Center at 1560 Hill Rd, Room 3,
Novato, CA 94949

When: 1st Tuesday of every month from noon – 2 p.m.

Website: <https://www.spectrumlgbtcenter.org/>

Last Verified On: 06/08/2021

PHC MEMBER BENEFITS

Sensitive Services

Sensitive Services includes services for Family Planning, STD testing and treatment, AIDS/HIV testing, and Abortion (ending pregnancy) counseling and services.

You can go to your PCP directly, or any Medi-Cal provider for sensitive services. You do not need Prior Approval.

All members have the right to confidentiality when getting these services.

Website:

<http://www.partnershiphp.org/Members/Medi-Cal/Pages/Benefits.aspx#phpFaqltem28>

Last Verified On: 10/08/2021

SENIOR RECREATION ACTIVITIES

Vivalon – Classes & Activities

“Offers a dynamic list of classes, workshops, social groups and other activities to help seniors in the Marin community live a vibrant, healthy lifestyle.”

Location: 930 Tamalpais Ave.

San Rafael, CA 94901

Contact: (415) 456-9062

Website: <https://vivalon.org/classes-activities-seniors/>

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SUPPORT SERVICES

Miracle Friends Program

“Miracle Friends, is a phone and text-based buddy system that matches trained volunteers with individuals experiencing homelessness for weekly phone calls and texts, to provide basic companionship and social support... Miracle Friends supports unhoused neighbors and formerly homeless senior citizens.”

Hotline: 1-800 – MISS-YOU

Website: <https://www.miraclemessages.org>

Last Verified On: 06/08/2021

Vivalon – Caring for Older Adults

“Help older adults and vulnerable populations throughout Marin County receive the vital care and essential services they need to live healthy, vibrant lives.”

Location: 930 Tamalpais Ave.

San Rafael, CA 94901

Contact: (415) 456-9062

Website: vivalon.org/care

Last Verified On: 06/08/2021

The Friendship Line – California Department of Aging

“Toll-free and it’s open 24/7. If you or someone you know are feeling lonely or isolated in these challenging times, a friendly voice is just a free phone call away.”

Contact: 1-888-670-1360

Website: <https://www.ioaging.org/friendship-line-california>

Last Verified On: 06/08/2021

Center for Elderly Suicide Prevention

“Provide counseling, referrals, grief support programs, and even well-being checks for tens of thousands of older and disabled adults in California and beyond.”

Contact: (415) 750-4111 or (650) 424-1411

Website: <https://www.ioaging.org/services/all-inclusive-health-care/psychological-services/center-for-elderly-suicide-prevention#contact-row>

Last Verified On: 06/08/2021

Miracle Messages Program – Reunion Services

“A person isolated by homelessness records a short message to a loved one, often through one of our 140+ referral partners. Then, our volunteer “digital detectives” attempt to locate the loved one and facilitate a reunion.

Hotline: 1-800 – MISS-YOU

Website: <https://www.miraclemessages.org>

Last Verified On: 06/08/2021