



SONOMA COUNTY SENIOR RESOURCES



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

ADULT DAY PROGRAMS

Petaluma People Services Center

“Activity program for frail elders aged 60 yrs. and older to help them stay independent in their homes as long as possible.”

Location: 25 Howard Street
Petaluma, CA 94952

Contact: (707) 765-8488

Website:

<http://petalumapeople.org/seniors/adult-day-care/>

Last Verified On: 06/14/2021

Primrose

“Specialized social day program for people with Alzheimer’s and related dementias.”

Location: 2080 Guerneville Road
Santa Rosa, CA 95403

Contact: (707) 578-8360

Website:

<http://www.primrosealz.com/primrose-day-club/>

Last Verified On: 06/14/2021

ADVANCE 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: (707) 935-7504

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

Last Verified On: 06/14/2021



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ADULT PROTECTIVE SERVICES

Sonoma County Adult Protective Services

“APS professionals investigate and provide help and services to keep older adults safe and well.”

Location: 3725 Westwind Boulevard, 1st Floor
Santa Rosa, CA 95403

24/7 Adult Protection Hotline: (800) 667-0404

Contact: (707) 565-5900

Website:

<https://sonomacounty.ca.gov/Human-Services/Adult-and-Aging/Adult-Protective-Services/>

Last Verified On: 06/14/2021

CAREGIVERS

Redwood Caregiver Resource Center

“Offering support and assistance to caregivers of adults with brain impairments through education, research, services and advocacy.”

Location: 1140 Sonoma Avenue, Suite 1B
Santa Rosa, CA 95401

Contact: (707) 542-0282

Toll Free: (800) 834-1636

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

Last Verified On: 06/14/2021

CARE MANAGEMENT

West County Community Services

“WCCS connects seniors with health and human service resources in their local community and provides case management and follow up to assist seniors and families plan for the future.”

Location: 16390 Main Street
Guerneville, CA 95446

Contact: (707) 823-1640 ext. 401

Website:

<https://www.westcountyservices.org/senior-case-management/>

Last Verified On: 06/14/2021

Seniors At Home – Care Management

“Advocate on your behalf, help solve problems, and communicate with physicians, hospitals, and family.”

Location: 2200 Range Ave., Suite 102
Santa Rosa, CA 95403

Contact: (707) 303-1530

Website: <https://seniorsathome.jfcs.org/care-management/>

Last Verified On: 06/14/2021



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CARE MANAGEMENT, Continued

Redwood Caregiver Resource Center – Care Planning

“Can help you understand what a diagnosis means and can help you put together a plan of action.”

Location: 1140 Sonoma Avenue, Suite 1B
Santa Rosa, CA 95401

Contact: (707) 542-0282

Toll Free: (800) 834-1636

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

Last Verified On: 06/14/2021

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/atq/PDF_s/Preparedness_Disaster_Recovery/Disaster_Preparedness/Disaster_Preparedness_for_Srs-English.revised_7-09.pdf#

Last Verified On: 06/16/2021

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

“Emergency 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)

Last Verified On: 06/16/2021

Sonoma County Senior Resource Guide

“Get started finding resources, counseling, transportation, employment, etc.”

Website:

<https://www.sonomaseniorexsourceguide.org/>

Last Verified On: 06/16/2021



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HOSPICE & PALLATIVE 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.”

Location: 355 West Napa St., Suite B
Sonoma, CA 95476

Office Contact: (707) 935-7504

Contact: (415) 927-2273

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

Last Verified On: 09/17/2021

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: 3700 Old Redwood Hwy, Ste 103
Santa Rosa, CA 95403

Contact: (888) 427-6590

Email: santarosa@heartlandhospice.com

Website:

<https://www.heartlandhospice.com/find-an-agency/heartland-hospice-services-of-santa-rosa/>

Last Verified On: 06/16/2021

IN-HOME SUPPORTIVE SERVICES (IHSS)

Sonoma County In-Home Supportive Services

“Stay living safely at home, eligible older adults and disabled residents of all ages, can apply for support from paid in-home care providers. IHSS clients get help with day-to-day tasks that they cannot do themselves.”

Location: 3725 Westwind Blvd., First Floor
Santa Rosa, CA 95403

Contact: (707) 565-5900

Website:

https://sonomacounty.ca.gov/templates_portal/ServiceWideBanner.aspx?id=2147559942

Last Verified On: 06/16/2021

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INDEPENDENT LIVING SUPPORT SERVICES

Becoming Independent

“Helps people with developmental disabilities live meaningful and productive lives.”

Location: 1425 Corporate Center Parkway
Santa Rosa, CA 95407

Contact: (707) 524-6600

Spanish Contact: (707) 524-6714

Website: <http://becomingindependent.org>

Last Verified On: 06/16/2021

Disability Services & Legal Center – Housing Access Modification Program

“Helps seniors, veterans and people with disabilities gain, maintain or extend access to their homes that would otherwise be lost due to the hardship associated with a disability.”

Location: 521 Mendocino Avenue
Santa Rosa, CA 95401

Contact: (707) 636-3074

Website: <http://mydslc.org/home-access/>

Last Verified On: 06/16/2021

LEGAL SERVICES

Legal Aid of Sonoma County – Elder Law Program

“Provides crisis legal services for seniors”

Location: 144 South E Street, Suite 100
Santa Rosa, CA 95404

Elder Hotline: (707) 340-5610

Website: <https://legalaidsc.org/programs/elder/>

Last Verified On: 06/16/2021

Family Justice Center Sonoma County

“Provides assistance with domestic violence, elder abuse and civil harassment restraining orders”

Location: 2755 Mendocino Avenue, Suite 100
Santa Rosa, CA 95403

Contact: (707) 565-8255

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

Last Verified On: 06/22/2021

California Human Development - disABILITY Services

“Support individuals with developmental and intellectual disabilities reach their goals while developing self-determination.”

Location: 3315 Airway Drive
Santa Rosa, CA 95403

Contact: (707) 523-1155

Website:

<https://californiahumandevelopment.org/disability-services/>

Last Verified On: 06/16/2021

Earle Baum Center for the Blind

“Helps people and families regain confidence, master new skills, contribute to their communities and engage with technology.”

Location: 4539 Occidental Road
Santa Rosa, CA 95401

Contact: (707) 523-3222

Website: <https://earlebaum.org>

Last Verified On: 06/16/2021

Disability Services & Legal Center

“Provide assistance in filing complaints and securing legal representation for persons with disabilities.”

Location: 521 Mendocino Avenue
Santa Rosa, CA 95401

Contact: (707) 528-2745

Website: <http://mydslc.org>

Last Verified On: 06/22/2021

Transgender Law Center

“Assist, inform, and empower thousands of individual community members a year and build towards a long-term, national, trans-led movement for liberation.”

Contact: (510) 587-9696

Website:

<https://transgenderlawcenter.org/resources/health>

Last Verified On: 06/22/2021

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LGBTQ+ RESOURCES

LGBTQ Connection

“Free paperless counseling, intergenerational community events, resources & referrals.”

Location: 714 Mendocino Avenue,
Santa Rosa, CA 95401

Contact: (707) 579-4327

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

Last Verified On: 06/22/2021

LGBTQI Elder Resource Center

“Provides county-wide, LGBTQI-specific, culturally sensitive, telephone & email based information and assistance to LGBTQI elders.”

Location: 167 North High Street,
Sebastopol, CA 95472

Contact: (707) 829-2440

Website:

<https://www.sebastopolseniorcenter.org/lgbtqi-elder-resources>

Last Verified On: 06/22/2021

SAGE’s National LGBT Elder Hotline

“National LGBT Elder Hotline available 24 hours a day, 7 days a week.”

Contact: 877-360-LGBT (5428)

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

Last Verified On: 06/22/2021

LGBTQ+ SUPPORT GROUPS

Sonoma Valley LGBTQ Seniors

“All ages and abilities welcome! Come join us and feel free to bring a friend or neighbor.”

When: 3rd Friday of every month from
10 a.m. – noon

Location: Vintage House Senior Center at
264 1st Street East,
Sonoma, CA 95476

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

Last Verified On: 06/22/2021

Santa Rosa LGBTIQ Seniors

“Join us for lively discussions, mutual support, sharing information, and all the while celebrating who we are.”

When: 4th Tuesday of every month from
1 p.m. – 3 p.m.

Location: Glaser Center - 547 Mendocino
Avenue
Santa Rosa, CA 95401

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

Last Verified On: 06/22/2021

National Resource Center on LGBT Aging

“The country’s first and only technical assistance resource center aimed at improving the quality of services and supports offered to lesbian, gay, bisexual and/or transgender older adults.”

Contact: (212) 741-2247

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

Last Verified On: 06/22/2021

SAGE Connect

“Designed to pull isolated or lonely LGBT older people tighter into our community and make sure they feel safe, loved, and visible despite having to stay indoors.”

Email: connect@sageusa.org

Website:

<https://www.sageusa.org/sageconnect/>

Last Verified On: 06/22/2021

LGBT National Senior Hotline

“No matter where they live, LGBT seniors have a place to call when they need peer support, information and local resources.”

Contact: (888) 234-7243

Website:

<https://www.glbthotline.org/senior.html>

Last Verified On: 06/22/2021



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PALLIATIVE CARE & HOSPICE

By the Bay Health

“Enhance the quality of life for our patients while providing practical and emotional support to their families and caregivers.”

Location: 355 West Napa Street, Ste. B
Sonoma, CA 95476

Contact: (707) 935-7504

Website: <http://hospicebythebay.org/service-areas/sonoma-county/>

Last Verified On: 06/22/2021

Seniors at Home – Palliative Care

“Provides holistic support to improve quality of life and to address physical, emotional, and spiritual suffering.”

Location: 2200 Range Ave., Suite 102
Santa Rosa, CA 95403

Contact: (707) 303-1530

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

Last Verified On: 06/22/2021

RESPIRE CARE

Petaluma People Services Center – Adult Day Care

“Activity program for frail elders aged 60 yrs. and older to help them stay independent in their homes as long as possible. This structured program, in a secure facility is an adult day care program, licensed under the State Department of Social Services,

Location: 25 Howard Street
Petaluma, CA 94952

Contact: (707) 765-8488

Website:

<http://petalumapeople.org/seniors/adult-day-care/>

Last Verified On: 06/22/2021

Catholic Charities of Santa Rosa – The Shaw Center

“Daytime Memory Care service provides wonderful connection and therapeutic activities for seniors, as well as relief and respite for families who care for them.”

Location: 987 Airway Court
Santa Rosa, CA 95403

Contact: (707) 528-8712

Website: <https://www.srcharities.org/seniors/>

Last Verified On: 06/22/2021

SENIOR CENTERS

Russian River Senior Center

“The Senior Center offers life-sustaining and life-enriching services to help Seniors live productive, independent and meaningful lives.”

Location: 15010 Armstrong Woods Rd
Guerneville, CA 95446

Contact: (707) 823-1640 ext. 400

Website:

<https://www.westcountyservices.org/russian-river-senior-center/>

Last Verified On: 06/22/2021



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SENIOR CENTERS, Continued

Sebastopol Area Senior Center

“Creates and maintains an environment that encourages independence for seniors, provides learning, social, and recreational opportunities in pursuit of an active, healthy life, and provides resources and referrals for seniors, their family members, and other individuals.”

Location: 167 N High Street
Sebastopol, CA 95472

Contact: (707) 829-2440

Website:

<https://www.sebastopolseniorcenter.org/>

Last Verified On: 06/22/2021

Petaluma Senior Center

“Engaging mind, body and spirit”

Location: 211 Novak Dr.

Petaluma, CA 94954

Contact: (707) 778-4399

Website: <https://cityofpetaluma.org/petaluma-senior-center/>

Last Verified On: 06/22/2021

Rohnert Park Senior Center

“Variety of recreational classes and day trips offered throughout the year. Services offered: transportation, blood pressure clinic, legal advice, HICAP counseling, driver safety courses, SHARE Sonoma County”

Location: 6800 Hunter Drive

Rohnert Park, CA 94928

Contact: (707) 585-6780

Website:

<https://www.rpcity.org/cms/one.aspx?pagelid=3360932>

Last Verified On: 06/22/2021

SUPPORT HOTLINES

Miracle Messages Buddy 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



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SUPPORT SERVICES

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

Last Verified On: 06/08/2021

Sonoma County Senior Resource Guide

“Get started finding resource for counseling, transportation, employment, etc.”

Website:

<https://www.sonomaseniorexsourceguide.org/>

Last Verified On: 06/22/2021

Miracle Messages Program

“Miracle Messages provides reunion services for individuals experiencing homelessness. A person experiencing homelessness records a message to a loved one (or vice versa). Then, our network of volunteer "digital detectives" attempt to locate the loved one and deliver the message. To date, we've reunited 400+ families (average time separated: 15 years), with 15% of reunions resulting in stable housing and 80% in a positive outcome.”

Hotline: 1-800 – MISS-YOU

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

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