

HUMBOLDT COUNTY SENIOR RESOURCES

ADULT PROTECTIVE SERVICES & PREVENTION

Humboldt County Adult Protective Services (APS)

“Adult Protective Services (APS) provides protective services to elders (60 and older) and dependent adults (18-59) who are unable to protect their own interests or to care for themselves. The State of California provides direction and law on how counties are to meet this goal.”

Location: 808 E Street
Eureka, CA 95501

24/7 Adult Protection Hotline:
(866) 527-8614

Contact: (707) 476-2100

Website: <https://humboldt.gov.org/499/Adult-Protective-Services>

Last Verified On: 08/21/2024

Area 1 Agency On Aging

“Provide services and information for seniors and people with disabilities, their families, caregivers, friends and neighbors.”

Location: 333 J St,
Eureka, CA 95501

Contact: (707) 442-3763

Website: <http://www.a1aa.org/programs-services>

Last Verified On: 08/21/2024



Ombudsman Program

“It is the primary responsibility of the Long-Term Care Ombudsman Program to investigate and endeavor to resolve elder abuse complaints made by, or on behalf of, individual residents in long-term care facilities. These facilities include nursing homes and residential care facilities for the elderly.”

Location: 434 7th Street
Eureka, CA 95501

Contact: (707) 476-2100

Website: <https://a1aa.org/ombudsman-program/>

Last Verified On: 08/21/2024

ADVANCE CARE PLANNING

Hospice of Humboldt

“When further treatment is no longer the right answer, Hospice can provide new hope for a comfortable, peaceful, and dignified end of life. We focus on the patient’s goals and wishes at all times. Hospice care is always patient-centered. Our trained Patient Care Volunteers provide companionship and support to patients and families when needed.”

Location: 3327 Timber Fall Court
Eureka, CA 95503

Contact: (707) 445-8443

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

Last Verified On: 08/21/2024



HUMBOLDT COUNTY SENIOR RESOURCES

ADULT DAY CENTERS

Adult Day Health Services – Humboldt Senior Resource Center

“Adult Day Health is a therapeutic day program that provides affordable, quality care in a safe and inviting setting to enhance the independence and quality of life for adults ages 18 and older with physical and mental disabilities. Our program provides respite and support for family caregivers in addition to the direct care provided for our participants. Participants in our program benefit from individually tailored care plans, therapeutic recreational activities, seasonal celebrations, socialization, and friendship.”

Location: 1901 California Street Building B Eureka, CA 95501

Contact: (707) 444-8254 ext. 3203

Website:

<https://www.humsenior.org/programs/cult-day-health-alzheimers-services/adult-day-health-services/>

Last Verified On: 08/21/2024

Adult Day Health Care of Mad River

“Adult Day Health Care of Mad River provides a warm, welcoming, community based program. Our mission is to provide services for medically at risk adults over 18 years of age with medical needs including developmental delays, mental health diagnoses, dementia / Alzheimer's, traumatic brain injuries and serious chronic medical issues, while improving health and quality of life, allowing respite and peace of mind for caregivers.”

Location: 3800 Janes Road Arcata, CA 95521

Contact: (707) 822-4866

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

Last Verified on: 08/21/2024

FOOD RESOURCES

Food for People- Senior Brown Bag

“Provides a monthly bag of groceries for senior age 60 or older at locations throughout Humboldt County.”

Contact: (707) 445-3166, Ext. 303

Website:

<https://www.foodforpeople.org/seniors>

Last Verified On: 08/21/2024

Commodity Supplemental Food Program – Food for People

“Provides a 30-40 pound box of nutritious food monthly for income-eligible seniors each month (age 60 and older).”

Contact: (707) 445-3166, Ext. 309

Website:

<https://www.fns.usda.gov/csfp/commodity-supplemental-food-program>

Last Verified On: 08/21/2024

Healy Senior Center of Southern Humboldt, Inc.

“Open to all older adults, their spouses, and friends. Hot meals available Monday, Wednesday, and Thursday from 12:30 to 1:00 p.m.”

Location: 456 Briceland Road, Redway, CA 95560

Contact: (707) 923-2399

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

Last Verified On: 08/21/2024



HUMBOLDT COUNTY SENIOR RESOURCES

FOOD RESOURCES, Continued

Home Delivered Meals – Humboldt Senior Meals on Wheels Redwood Coast

“Home Delivered Meals are available to homebound elderly in Arcata, Eureka, Fortuna, and McKinleyville. Drivers also provide “wellness checks” for clients on their routes.”

Contact: (707) 443-9747 ext. 1221

Website:

<http://www.humsenior.org/programs/nutrition-programs/home-delivered-meals>

Last Verified On: 08/21/2024

INDEPENDENT LIVING SUPPORT SERVICES

Tri-County Independent Living Center (TCILC)

“TCILC Provides individual advocacy for people living with disabilities by providing necessary information, resources, accommodations, and support. We help you navigate Social Security or PASS, Public Housing or IHSS or a variety of other programs in order to meet individual needs. Consumers will learn how and be encouraged to become self-advocates in exercising social, economic, educational and legal rights.”

Location: 139 5th Street
Eureka, CA 95501

Contact: (707) 445-8404

Toll Free: (833) 866-8444

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

Last Verified on: 08/21/2024



HUMBOLDT COUNTY SENIOR RESOURCES

IN-HOME SUPPORTIVE SERVICES

Humboldt County In-Home Supportive Services (IHSS)

“IHSS is a program directed by the California Department of Social Services that provides aid to blind, aged, and disabled individuals who are unable to remain safely in their own home without the aid of a care provider. IHSS is committed to helping elders, disabled adults and disabled children live to their highest personal potential in the least restrictive environment.”

Location: 808 E Street
Eureka, CA 95501

Contact: (707) 476-2100

Website: <https://humboldt.gov.org/502/In-Home-Supportive-Services>

Last Verified on: 08/21/2024

Redwood Coast PACE

“Redwood Coast PACE is an all-inclusive health plan for eligible older adults who wish to remain living in their home and community. We provide medical, social, nutritional, rehabilitation, and support services for frail adults who are age 55 and older and need nursing home level of care”

Location: 808 E Street
Eureka, CA 95501

Contact: (707) 443-9747 ext: 1203

Website:

<https://www.humsenior.org/programs/redwood-coast-pace/>

Last Verified On: 08/21/2024

LEGAL SERVICES

Legal Services of Northern California

Location: 123 Third Street
Eureka, CA 95501

Contact: (707) 445-0866

Senior Legal Assistance Program:
(707) 443-9747 ext. 245

Website: <https://lsnc.net/office/eureka>

Last Verified on: 08/21/2024

PALLIATIVE CARE & HOSPICE

Hospice of Humboldt

Location: 3327 Timber Fall Court
Eureka, CA 95503

Contact: (707) 445-8443

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

Last Verified On: 08/21/2024



HUMBOLDT COUNTY SENIOR RESOURCES

PET RESOURCES

Caring.com Assisted Living for Seniors with Pets

“Caring.com exists to help family caregivers like you make better decisions, save time and money and feel less alone.”

Contact: (800) 973-1540

Website: <https://www.caring.com/senior-living/assisted-living/benefits-of-elderly-owning-pets/>

Last Verified On: 08/21/2024

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: 08/21/2024

RECREATION AND ACTIVITIES

Humboldt Senior Resource Center – Activities Program

“Provides information, education, and recreation for seniors, families, and caregivers in Humboldt County.”

Location: 1910 California Street, Eureka, CA 95501

Contact: (707) 443-9747

Website:

<http://www.humsenior.org/programs/activities-programs/>

Last Verified On: 08/21/2024

Fortuna Senior Center

“Links seniors with health and fitness, education, social and recreational, financial, legal and other necessary service organizations primarily in the immediate Fortuna area.”

Location: 3000 Newburg Road. Ste. B, Fortuna, CA 95540

Contact: (707) 726-9203

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

Last Verified On: 08/21/2024



HUMBOLDT COUNTY SENIOR RESOURCES

RESPITE CARE

HCAR Bay Center

Location: 1001 Searles Street

Eureka, CA 95501

Contact: (707) 441-8625

Last Verified On: 06/16/2023

Humboldt Community Access and Resource Center

“HCAR serves Humboldt County citizens with developmental disabilities by promoting individual independence, community inclusion and family unity through a wide variety of services and supports.”

Location: 1707 E St. Suite 2

Eureka, CA 95501

Contact: (707)443-7077

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

Last Verified On: 08/21/2024

Redwood Caregiver Resource Center (RCRC)

“RCRC provides services to family caregivers of adults with brain impairments through education, research, services and advocacy, throughout Del Norte, Humboldt, Mendocino, Lake, Sonoma, Napa, and Solano Counties.”

Location: 1901B California Street

Eureka, CA 95501

Contact: (707) 443-9747

Toll Free: (800) 834-1636

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

Last Verified On: 08/21/2024

SUPPORT HOTLINES

Eskaton Telephone Reassurance

“Good friendships are vitally important to our health and well-being. The Eskaton Telephone Reassurance Program provides a unique platform on which new connections are built. Older adults and volunteers interested in expanding their social connectivity develop friendships through regularly scheduled telephone conversations.”

Location: 5105 Manzanita Avenue

Carmichael, CA 95608

Contact: (916) 334-1072

Website:

<https://www.eskaton.org/post/telephone-reassurance>

Last Verified On: 08/21/2024

Institute on Aging Friendship Lines

“Institute on Aging’s 24-hour toll-free Friendship Line is the only accredited crisis line in the country for people aged 60 years and older, and adults living with disabilities. We also make on-going outreach calls to lonely older adults.”

Location: 3575 Geary Boulevard

San Francisco, CA 94118

Contact: (800) 971-0016

Website: <https://www.ioaging.org/services/all-inclusive-health-care/friendship-line>

Last verified on: 08/21/2024



HUMBOLDT COUNTY SENIOR RESOURCES

SUPPORT SERVICES

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: (800) MISS-YOU

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

Last Verified On: 08/21/2024

TRANSPORTATION RESOURCES

Area 1 Agency on Aging – Volunteer Driver Program

“Provides local non-emergency medical transportation to eligible clients.”

Location: 434 Seventh Street,
Eureka, CA 95501

Contact: (707) 442-3763, Ext. 306

Website: <http://www.a1aa.org/programsservices/volunteer-driver-program>

Last Verified On: 08/22/2024

Amtrak

“The national rail operator, ..Routes in 46 states.”

Location: 925 E St. Arcata CA 95521

Contact: (800) 872-7245

Websites: www.amtrak.com

Last Verified On: 08/22/2024

Angel Flight West

Location: 925 E. St. Arcata CA 95521

Contact: (800) 872-7245

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

Last Verified On: 08/22/2024