



Kern County Senior Guide
Servicing California's Central Valley

Guía para adultos mayores del condado de Kern
Sirviendo nuestro Valle Central



1-800-541-8614 (559) 224-9154

E-mail / *Correo electrónico*: info@valleycrc.org

Web Site / *Sitio Web*: www.valleycrc.org

Adult Day Care / Centro de día para adultos mayores

Alzheimer's Disease Association of Kern County (ADAKC).....	(661) 665-8871
Bakersfield Community Health Care Center.....	(661) 215-8218
IHSS Aging Adult Services.....	(661) 868-1004
Kern Adult Program.....	(661) 323-4700
Mercie's Day Program.....	(661) 323-5585

Adult Day Health Care / Atención médica diurna para adultos mayores

Bakersfield Community Health Care Center.....	(661) 215-8218 or (661)327-9800
Bakersfield PACE by IH.....	(661) 872-3860

Advocacy / Abogacía

AARP.....	(800) 523-5800
HICAP (Health Insurance Counseling & Advocacy Program).....	(661) 868-1000
Long Term Care Ombudsman Program.....	(661) 323-7884
Mobile Home Ombudsman	1(800) 952-8356 ext. 3

Alzheimer's Services / Servicios para adultos con Alzheimer

Alzheimer's Disease Association of Kern County (ADAKC).....	(661) 665-8871
Alzheimer's Association Bakersfield	(661) 912-3053
Senior Helpers.....	(661) 768-0644
Safe Return (Alzheimer's Association)	1(800) 625-3780
Valley Caregiver Resource Center.....	(800) 541-8614

Case Management Programs / Programas de asistencia social

Around The Clock.....	(661) 395-5800
Kern Family Justice Center.....	(661) 868-8410
MSSP (65+ & on Medi-Cal).....	(661) 326-0105
Senior Services – Ridgecrest Regional Hospital.....	(760) 371-1445
Volunteer Senior Outreach Program	(661) 868-1000

Counseling / Asesoramiento

Alzheimer's Disease Association for Kern County (ADAKC)	(661) 665-8871
Community Based Adult Services (CBAS).....	(661) 322-4085
Kern County Mental Health.....	(661) 868-8080
Valley Caregiver Resource Center	(661) 873-4000

Emergency Hotlines (24 hr) / Líneas directas de emergencia (24 h)

Adult Protective Services.....	(661) 868-1006
Law Enforcement and Emergency	911
National Domestic Violence Hotline.....	(800) 799-7233
National Suicide Prevention Lifeline.....	988
Deaf and Hard of Hearing Suicide Prevention Hotline (videophone/text).....	988
Deaf and Hard of Hearing Suicide Prevention Hotline (TTY: Use preferred relay service or dial 711 then 988)	

Equipment and Supplies / Equipos médicos duraderos y suministros

Kern Medical Supply, INC.	(661) 393-4877
MEDI-STOP.....	(661) 328-9920
Mercy Plaza Respiratory.....	(661) 324-9411
Shield HealthCare (<i>incontinence supplies for Medi-Cal recipients</i>).....	(800) 765-8775

Food Programs / Programas alimentarios

Bakersfield Senior Center.....	(661) 325-7205
Ben Austin – Greenfield Senior Center.....	(661) 834-9041
CalFresh Program.....	(877) 847-3663
California City Senior Center.....	(760) 373-1006

Food Programs (*continued*) / Programas alimentarios (*continuar*)

Catholic Charities.....	(661) 281-2130
Community Action Partnership of Kern Food Bank.....	(661) 398-4520
Delano Community Center.....	(661) 746-7838
East Niles Senior Center.....	(661) 363-8910
Food Stamps (CALWorks).....	(661) 631-6000
Inyokern Nutrition Site.....	(760) 377-4800
Kern County Food Bank.....	(661) 398-4520
Kern County Aging & Adult Services Senior Nutrition Program.....	(661) 868-1000
Kern River Valley Senior Center.....	(760) 379-5831
Lamont Community Center.....	(661) 845-0938
Gleaners Senior Sack Program.....	(661) 324-2767
Golden Empire Gleaners.....	(661) 324-2767
Meals On Wheels.....	(661) 868-0902 or (661) 868-0973
Rasmussen Senior Center.....	(661) 392-2030
Richard Prado Senior Center.....	(661) 323-8624
Rosamond Senior Center (Hummel Hall).....	(661) 256-0557
Ridgecrest Senior Center.....	(760) 375-5438
Salvation Army.....	(661) 837-4243
Senior Services – Ridgecrest Regional Hospital.....	(760) 371-1445
Shafter Senior Center (W.C. Walker).....	(661) 746-7837
Taft Community Center.....	(661) 763-1535
Tehachapi Senior Center.....	(661) 822-6255
Valley Baptist Church Food Pantry.....	(661) 387-6306
Wasco Senior Center.....	(661) 758-2755

Health Services / Servicios de salud

Adventist Health Medical Office - Tehachapi.....	(661) 823-7070
Adventist Health Medical Office - Mojave.....	(661) 824-4511
Adventist Health Medical Office – California City.....	(760) 373-1785
ALS.....	(661) 364-1913
Bakersfield Vet Center.....	(661) 323-8387
Clinica Sierra Vista Dental Services.....	(661) 632-2144
Clinica Sierra Vista Medical Services.....	(833) 278-4584
Community Based Adult Services (CBAS).....	(661) 322-4085
Dental Hygiene Direct (<i>Tehachapi, Cal City, Mojave, Weldon, Onyx, Bakersfield</i>).....	(661) 340-6131
Dignity Health Wellness Center (<i>Blood Pressure/Cholesterol/Blood Sugar Screening</i>)...	(661) 861-0852
Kern County Health Department.....	(661) 321-3000
Kern Medical.....	(661) 326-2000
Independent Living Center of Kern County.....	(661) 325-1063

Health Services (*continued*) / Servicios de salud (*continuar*)

Medi-Cal.....	(661) 631-6807
National Multiple Sclerosis Society.....	1 (800) 344-4867
United Way 211 (Resource Hotline).....	211
Valley Center for the Blind.....	(661) 865-5115
Veteran's Services.....	(661) 868-7300

Home Improvement / Mejoras del hogar

Community Action Partnership of Kern.....	(661) 336-5236
Kern County Community Development.....	(661) 862-5050
USDA Rural Assistance.....	(661) 336-0967

Housing / Recursos de vivienda

Bakersfield Homeless Center.....	(661) 322-9199
Catholic Charities (<i>provides emergency shelter, food, referrals, etc.</i>).....	(661) 281-2130
Housing Authority of the County of Kern (<i>low-income public housing</i>)	(661) 631-8500
Independent Living Center of Kern.....	(661) 325-1063
Kern County Housing Authority.....	(661) 631-8500
Senior Information & Assistance.....	(661) 868-1000
United Way 211 (Resource Hotline).....	211

Home Health / Salud de hogar

Aasta Home Health and Hospice.....	(661) 523-3686
Bakersfield Community Home Health.....	(661) 348-4005
Gifted Arms Home Healthcare Services.....	(661) 322-9207
Guardian Angels Home Health.....	(661) 395-3035
Lighthouse Home Health Care, Inc.....	(661) 374-4959
RxWound (Wound Care).....	(559) 510-1044

Hospice / Hospicio

American Care.....	(559) 409-2665
Ararat Hospice Care	(661) 396-9000
Bakersfield Community Hospice.....	(661) 327-9800
Bristol Hospice Care.....	(661) 716-4000
Brookdale Riverwalk	(661) 587-0221
Divinity Hospice	(866) 987-5373

Hospice (*continued*) / Hospicio (*continuar*)

Aasta Home Health and Hospice.....	(661) 523-3686
Hoffman Hospice.....	(661) 410-1010
Gentiva Hospice.....	(661) 324-1232
Traditions Health Hospice	(661) 864-0490

Housekeeping Services / Servicios de limpieza

MaidPro Bakersfield.....	(661) 241-9332
Merry Maids of Ridgecrest.....	(760) 301-5026
Molly Maid of Bakersfield.....	(661) 735-1253
On Time Cleaning Solutions (Bakersfield).....	(661) 472-4617
Zavala's House Cleaning Services (Tehachapi).....	(661) 972-8603

In-Home Care Services / Servicios de asistencia a domicilio

AccentCare of California, Inc.....	(916) 262-6842
Agape In-Home Care.....	(661) 835-0364
Around the Clock Companion Care.....	(661) 395-5800
Caregiver To You.....	(800) 869-4373
CareGiving In Home Care LLC.....	(661) 384-6312
CareMax Senior Solutions Bakersfield.....	(559) 235-9191
Everlight Care Bakersfield.....	(661) 489-5188
Guardian Home Care.....	(661) 323-1800
Maxim Healthcare Services, Inc.....	(661) 281-2176
Home Instead Bakersfield.....	(661) 888-4908
In-Home Supportive Services (Medi-Cal Only).....	(661) 868-1003
Purpose Driven Home Care.....	(661) 558-1652
Ridgecrest Regional Hospital.....	(760) 446-3551
Safe at Home.....	(661) 320-4100
Senior Helpers.....	(661) 768-0644

Insurance Programs / Programas de seguros

HICAP (Health Insurance Counseling & Advocacy Program)...	1(800) 434-0222 or (661) 868-1000
Medi-Cal.....	(661) 631-6807
Medicare.....	(800) 633-4227
Social Security Administration/SSI.....	(800) 772-1213

Legal Services / Servicios legales

Greater Bakersfield Legal Assistance.....	(661) 325-5943
Public Guardian	(661) 868-1010

Respite Care / Asistencia de relevo

24-Hour Home Care (Medi-Cal Program).....	(866) 311-6265
In-Home Supportive Services (Medi-Cal Only).....	(661) 868-1003
Senior Services – Ridgecrest Regional Hospital.....	(760) 371-1445
Valley Caregiver Resource Center.....	(800) 541-8614

Senior Centers / Centros para adultos mayores

Bakersfield Senior Center.....	(661) 325-1113
Ben Austin – Greenfield Senior Center.....	(661) 834-9041
California City Senior Center.....	(760) 373-1006
Delano Community Center.....	(661) 721-3335
East Niles Senior Center.....	(661) 363-8910
Inyokern Senior Center.....	(760) 377-4800
Kern River Valley Senior Center.....	(760) 379-5831
Lake Isabella Senior Center.....	(760) 379-5831
Lamont Community Center.....	(661) 845-0938
Mabel Davis Senior Center.....	(760) 373-1006
Rasmussen Senior Center.....	(661) 392-2030
Richard Prado Senior Center.....	(661) 323-8624
Ridgecrest Senior Center.....	(760) 375-5438
Rosamond Senior Center (Hummel Hall).....	(661) 221-3927
Shafter Senior Center (W.C. Walker).....	(661) 746-7838
Taft Community Center.....	(661) 763-1535
Tehachapi Senior Center.....	(661) 822-6522
Wasco Senior Center.....	(661) 758-2755

Senior Placement Services / Asesoramiento de cuidado a largo plazo

Compassionate Senior Placement.....	(661) 374-7767
Guidance Senior Care Services.....	(661) 202-3170
Premier Senior Care Services (Around the Clock).....	(661) 395-5800

Specialized Transportation / Transporte especializado

Liberty Ambulance.....	(760) 375-6531
Valley Medical Transport.....	(661) 873-1460

Transportation / Transporte

Community Based Adult Services (CBAS).....	(661) 322-4085
Delano Area Rapid Transit.....	(661) 721-3333
First Transit Inc.....	(760) 379-1711
Golden Empire Transit: Get-A-Lift.....	(661) 869-2438
KernTransit.....	(800) 323-2396

Utilities Assistance / Asistencia para servicios públicos

AT&T Lifeline.....	1 (800) 288-2020
CARE (PG&E discount program).....	1 (866) 743-2273
Catholic Charities (<i>provides emergency shelter, food, referrals, etc.</i>).....	(661) 281-2130
Community Action Partnership of Kern (weatherization).....	(661) 336-5236
HEAP-Home Energy Assistance Program.....	(661) 336-5203
PG&E.....	1 (800) 743-5000
Relief for Energy Assistance through Community Help (REACH).....	1 (800) 743-5000
Salvation Army	(661) 837-4243
United Way 211 (Resource Hotline).....	211

Web Sites / Sitio web

2-1-1 Kern County.....	211kerncounty.org
Administration on Aging.....	www.aoa.gov
Care.com.....	www.care.com
California Department of Aging.....	www.aging.ca.gov
California Department of Services and Development.....	www.csd.ca.gov/Programs
Department of Veteran's Affairs.....	www.va.gov
H.E.L.P. for Seniors.....	www.help4srs.org
Kern County Aging & Adult Services.....	https://www.kerncounty.com/government/aging-adult-services
Valley Caregiver Resource Center.....	www.valleycrc.org

VCRC serves you in the following counties by way of offices in Fresno, Bakersfield, and Modesto:
Fresno • Kern • Kings • Madera • Mariposa • Merced • Stanislaus • Tuolumne • Tulare

*VCRC le atiende en los siguientes condados a través de sus oficinas en Fresno, Bakersfield y Modesto:
Fresno • Kern • Kings • Madera • Mariposa • Merced • Stanislaus • Tuolumne • Tulare*

Important Phone Numbers

Números de teléfono importantes

_____	_____
_____	_____
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Notes:

Senior Guide listings in surrounding counties are also available. For more information, please call Valley Caregiver Resource Center at (559) 224-9154. VCRC presents this as a sample listing of various private, public, and non-profit agencies for resource purposes. Inclusion of an agency on this listing does not imply a recommendation or endorsement by VCRC. VCRC accepts no liability for the competence or quality of service provided by the agencies on this list. All information is correct at the time of printing, but is subject to change.

Guía para adultos mayores listados en los condados circundantes también están disponibles. Para más información, por favor llame al Valley Caregiver Resource Center al (559) 224- 9154. VCRC presenta esto como un listado de muestra de varias agencias privadas, públicas y sin fines de lucro para propósitos de recursos. La inclusión de una agencia en este listado no implica una recomendación o respaldo por parte de VCRC. VCRC no acepta ninguna responsabilidad por la competencia o la calidad del servicio prestado por las agencias de esta lista. Toda la información es correcta en el momento de su impresión, pero está sujeta a cambios.