



## *Kern County Senior Guide*

Serving California's Central Valley



1-800-541-8614      (661) 873-4000

E-mail: [info@valleycrc.org](mailto:info@valleycrc.org)      Web Site: [www.valleycrc.org](http://www.valleycrc.org)

### Adult Day Care

Alzheimer's Disease Association of Kern County.....	(661) 665-8871
Bakersfield Community Health Care Center.....	(661) 215-8218
Chateau D' Bakersfield (Private Pay Only).....	(661) 322-4085
IHSS Aging Adult Services.....	(661) 868-1004
Kern Adult Program.....	(661) 323-4700
Mercie's Day Program.....	(661) 323-5585

### Adult Day Health Care

Bakersfield Community Health Care Center.....	(661) 215-8218
Bakersfield PACE by IIH.....	(661) 872-3860
Delano Adult Day Health Care Center.....	(661) 725-7070

### Advocacy

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

## Alzheimer's Services

Alzheimer's Disease Association of Kern County .....	(661) 665-8871
Alzheimer's Association Bakersfield .....	(661) 912-3053
Senior Helpers.....	(661) 768-0644
Safe Return (Alzheimer's Association) .....	(800) 432-5378
Valley Caregiver Resource Center.....	(800) 541-8614

## Case Management Programs

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

## Counseling

Alzheimer's Disease Association for Kern .....	(661) 665-8871
Kern County Mental Health.....	(661) 868-8080
Valley Caregiver Resource Center .....	(661) 873-4000

## Emergency Hotlines (24 hr)

Adult Protective Services.....	(661) 868-1006
Law Enforcement and Emergency .....	911
National Domestic Violence Hotline.....	(800) 799-7233
National Suicide Prevention Lifeline.....	988

## Equipment and Supplies

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

Catholic Charities.....	(661) 281-2130
Food Stamps (CALWorks).....	(661) 631-6000
Gleaners Senior Sack Program.....	(661) 324-2767
Kern County Food Bank.....	(661) 398-4520
Meals On Wheels.....	(661) 868-0902 or (661) 868-0973
Senior Nutrition Program.....	(661) 868-1000

## Food Programs (*continued*)

Golden Empire Gleaners.....	(661) 324-2767
Joy Community Church Food Pantry.....	(661) 330-4102
Salvation Army .....	(661) 837-4243
Senior Services – Ridgecrest Regional Hospital.....	(760) 371-1445
Valley Baptist Church Food Pantry.....	(661) 387-6306

## Health Services

ALS.....	(661) 364-1913
Bakersfield Vet Center.....	(661) 323-8387
Dignity Health Wellness Center ( <i>Blood Pressure/Cholesterol/Blood Sugar Screening</i> )...	(661) 861-0852
Kern County Health Department.....	(661) 321-3000
Independent Living Center of Kern County.....	(661) 325-1063
Medi-Cal.....	(661) 631-6807
National Multiple Sclerosis Society.....	1 (800) 344-4867
Valley Center for the Blind.....	(661) 865-5115
Veteran’s Services.....	(661) 868-7300

## Home Improvement

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

## Housing

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
Kern County Housing Authority.....	(661) 631-8500
Senior Information & Assistance.....	(661) 868-1000

## Hospice

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
Free Spirit Hospice.....	(661) 523-3686
Hoffman Hospice.....	(661) 410-1010
Kindred Hospice.....	(661) 324-1232
Traditions Health Hospice .....	(661) 864-0490

## In-Home Care Services

Adventist Health Home Care.....	(661) 395-3035
Agape In-Home Care.....	(661) 835-0364
Around the Clock Home Care.....	(661) 395-5800
Bakersfield Community Home Health.....	(661) 348-4005
CareGiving In Home Care LLC.....	(661) 384-6312
CareMax Senior Solutions Bakersfield.....	(559) 235-9191
Everlight Care Bakersfield.....	(661) 489-5188
Gifted Arms Home Healthcare Services.....	(661) 322-9207
Guardian Angel Home Care.....	(888) 387-2620
Guardian Home Care.....	(661) 323-1800
Home Instead Bakersfield.....	(661) 244-1237
In-Home Supportive Services (Medi-Cal Only).....	(661) 868-1003
Lighthouse Home Health Care, Inc.....	(661) 374-4959
Purpose Driven Home Care.....	(661) 558-1652
Ridgecrest Regional Hospital.....	(760) 499-3617
Safe at Home.....	(661) 320-4100
Senior Helpers.....	(661) 768-0644

## Insurance Programs

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

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

## Respite Care

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

Bakersfield Senior Center.....	(661) 325-1113
California City Senior Center.....	(760) 373-1006
Delano Community Center.....	(661) 721-3335

## Senior Centers (*continued*)

Inyokern Senior Center.....	(760) 377-4800
Lake Isabella Senior Center.....	(760) 379-5831
Ridgecrest Senior Center.....	(760) 375-5438
Rosamond Senior Center.....	(661) 256-1012
Shafter Senior Center.....	(661) 746-7838
Wasco Senior Center.....	(661) 758-2755

## Specialized Transportation

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

## Transportation

Consolidated Transportation Service Agency (Elderly & Disabled).....	(661) 392-2035
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

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

## Web Sites

Administration on Aging.....	<a href="http://www.aoa.gov">www.aoa.gov</a>
California Department of Aging.....	<a href="http://www.aging.ca.gov">www.aging.ca.gov</a>
California Department of Services and Development.....	<a href="http://www.csd.ca.gov/Programs">www.csd.ca.gov/Programs</a>
Department of Veteran's Affairs.....	<a href="http://www.va.gov">www.va.gov</a>
Disability Resources.....	<a href="http://www.disabilityaccessinfo.ca.gov">www.disabilityaccessinfo.ca.gov</a>
First Gov for Seniors.....	<a href="http://www.seniors.org">www.seniors.org</a>
Fraud and Scam Information.....	<a href="http://www.scannot.org">www.scannot.org</a>
H.E.L.P. for Seniors.....	<a href="http://www.help4srs.org">www.help4srs.org</a>
Valley Caregiver Resource Center.....	<a href="http://www.valleycrc.org">www.valleycrc.org</a>

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

## Important Phone Numbers

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Notes:

\*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.