



## *Tulare County Senior Guide*

Serving California's Central Valley



1-800-541-8614      (559) 224-9154

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

### Adult Day Care

Valley Adult Day Services.....(559) 783-9815  
227 E Oak Avenue, Porterville, CA 93257

### Advocacy

AARP.....(559) 652-8088  
HICAP (Health Insurance Counseling & Advocacy Program).....1(800) 434-0222 or 713-2875  
Tulare Area Agency on Aging (KTAAA).....1(800) 321-2462  
CSET .....1(800) 321-2462 or 732-4194  
LTC Ombudsman Program.....1(800) 293-9714 or 852-2828

### Alzheimer's Services

Alzheimer's Association.....1(800) 272-3900 or 753-8200  
Medic Alert.....1(888) 572-8566  
UCSF Alzheimer's & Memory Center.....(559) 227-4810  
Valley Caregiver Resource Center.....1(800) 541-8614 or 224-9154

### Case Management Program

MSSP (65+).....1(800) 434-0222 or 623-0199

## Counseling

|  |                             |
|--|-----------------------------|
| Alternative Service (Visalia) .....          | (559) 651-8090              |
| Central California Family Crisis Center..... | (559) 784-0192              |
| Central Valley Regional Center.....          | (559) 738-2200              |
| Family Service of Tulare County.....         | (559) 741-7310              |
| Visalia Adult Integrated Clinic.....         | (559) 623-0900              |
| Valley Caregiver Resource Center.....        | 1(800) 541-8614 or 224-9154 |
| District Attorney's Office.....              | (559) 782-9617              |
| Visalia Parenting Network.....               | (559) 625-0384              |

## Disability Programs & Services

|   |                |
|---|----------------|
| Central Valley Regional Center (CVRC).....  | (559) 276-4300 |
| Deaf & Hard of Hearing Service Center/Interpreting Services... (559) 225-3382 or (559) 225-3323 |                |
| Resources for Independence Central Valley (RICV).....   | (559) 221-2330 |
| Valley Center for the Blind.....  | (559) 222-4447 |

## Emergency Hotlines (24 hour)

|  |                            |
|--|----------------------------|
| Adult Protective Services.....               | (877) 657-3092 or 623-0651 |
| Law Enforcement .....                        | 911                        |
| National Domestic Violence Hotline.....      | 1(800) 799-7233            |
| Tulare County Crisis & Information Line..... | 1(800) 320-1616            |

## Equipment and Supplies

|  |                 |
|--|-----------------|
| California Telephone Access Program..... | 1(800) 806-1191 |
| Shields Healthcare.....                  | 1(800) 675-8842 |

## Financial Assistance

|  |                 |
|--|-----------------|
| Social Security Administration.....        | 1(800) 772-1213 |
| Tulare County Health & Human Services..... | (559) 624-8000  |
| Tulare County Veterans Service Office..... | (559) 713-2880  |

## Food Programs

|   |                             |
|---|-----------------------------|
| Cal Fresh.....                              | 1(877) 847-3663             |
| Food Link for Tulare County.....            | (559) 651-3663              |
| Tulare Works, Tulare's District Office..... | (559) 685-2100              |
| Senior Meal /Nutrition Program.....         | 1(800) 321-2462 or 623-0199 |
| Tulare Senior Community Center .....        | (559) 685-2330              |

## Home Health

|   |                 |
|---|-----------------|
| Adventist Health Home Care Services & Hospice Services..... | (559) 537-2860  |
| Compassionate Care.....                                     | (559) 432-2003  |
| Healthy Living At Home.....                                 | (559) 369-6473  |
| San Lorenzo Home Health (Visalia only).....                 | (559) 230-0516  |
| Vida Care Home Health.....                                  | (559) 248- 0277 |

## Hospice

|  |                 |
|--|-----------------|
| Adventist Health Home Care & Hospice Services..... | (559) 537-2860  |
| American Care Hospice .....                        | (559) 409-2665  |
| Ardent Hospice And Palliative Care.....            | (661) 244-8126  |
| AseraCare Hospice.....                             | (559) 447-2540  |
| Bright Horizons.....                               | (559) 443-0303  |
| Compassionate Care.....                            | (559) 432-2003  |
| Gentiva Hospice.....                               | (559) 685-9218  |
| Infinite Heart Hospice.....                        | (559) 409-7500  |
| Kaweah Delta (Health) Hospice .....                | (559) 733-0642  |
| Kindred Hospice.....                               | (559) 685-9218  |
| Bristol Hospice (Visalia).....                     | (559) 741-7220  |
| Visiting Angels.....                               | 1(844) 703-0855 |

## Housing

|   |                |
|---|----------------|
| Housing Authority of Tulare County..... | (559) 627-3700 |
| CSET Senior Services .....              | (559) 732-4194 |

## In-Home Services

|   |                             |
|---|-----------------------------|
| Amdal In-Home Care.....                               | (559) 686-6611              |
| Auspice In-Home Care and Transportation Services..... | (559) 436-4782              |
| Comfort Keepers.....                                  | (559) 734-1087              |
| Extra Caring Homecare LLC.....                        | (559) 366-7987              |
| Guardian Angels In Home Care.....                     | (559) 784-6655              |
| In-Home Supportive Services.....                      | (559) 623-0600              |
| Just Like Home.....                                   | (559) 781-4378              |
| Kaweah Delta Private Home Care.....                   | (559) 624-2854              |
| Fresno/ Madera HICAP Office.....                      | 1(800) 434-0222 or 623-0199 |

## Insurance Programs

|   |                            |
|---|----------------------------|
| HICAP (Health Insurance Counseling & Advocacy Program)..... | 1(800) 434-222 or 623-0199 |
| Medi-Cal.....   | 1(800) 540-6880            |
| Medicare.....   | 1(800) 633-422             |

Social Security Administration/SSI.....1(800) 772-1213

## Legal Services

CA Rural Legal Assistance.....(559) 441-8721  
Central California Legal Services.....1(800) 675-8001 or 559-733-8770  
Tulare County District Attorney.....(559) 636-5494  
Family Services Tulare County.....(559) 741-7318  
Legal Aid of Tulare County.....(559) 733-8770  
Tulare County Family Court.....(559) 730-5000  
CSET.....(559) 732-4194  
Public Guardian (Conservatorship)..... (559) 737-5500  
Valley Caregiver Resource Center..... 1(800) 541-8614 or 224-9154

## Respite Care

In-Home Supportive Services.....1(800) 571-9555 or 623-0600  
Love INC.....(559) 733-8870  
MSSP (65+) / Linkages (18+).....1(800) 434-0222 or 623-0199  
Valley Caregiver Resource Center.....1(800) 541-8614 or 224-9154  
Veterans Respite Care.....(559) 225-6100 ext. 5240

## Senior Centers

Dinuba Senior Center.....(559) 591-2450  
Exeter Senior Center.....(559) 592-5960  
Farmersville Senior Center.....(559) 594-4300  
Goshen Senior Center.....1(800) 321-2462 or 684-2673  
CSET Senior Services.....(559) 732-4194  
Cutler-Orosi Senior Center.....(559) 528-6108  
Tulare Senior Center.....(559) 685-2330  
Visalia Parks and Recreation Senior Center.....(559) 713-4481

## Suicide Hotlines

National Suicide Prevention Lifeline.....1(800) 273-8255  
    En Español.....1(800) 628-9454  
Tulare County Crisis & Information Line.....1(800) 320-1616

## Specialized Transportation

Tri County Medical Transportation.....(559) 637-1851  
Valley Medical Transportation.....1(888) 994-4868 or 734-8743

## Transportation

|   |                          |
|---|--------------------------|
| Abbey Medical Transportation.....         | (559) 594-4716           |
| All Family Transport (non-emergency)..... | (559) 836-0682           |
| Dial-a-Ride:                              |                          |
| Dinuba.....                               | (559) 595-8800           |
| Porterville .....                         | (559) 781-8104           |
| Tulare TC Transit Agency.....             | (559) 688-5706           |
| Visalia.....                              | (559) 713-4750           |
| Woodlake.....                             | (559) 280-2736           |
| Kings County Government Center.....       | (559) 582-3211 Ext. 2828 |
| Tulare County Area Transit (TCAT).....    | 1(800) 431-9711          |
| Tulare Intermodal Express.....            | (559) 688-5706           |

## Utilities Assistance

|   |                 |
|---|-----------------|
| Southern California Edison Energy Efficiency Department ..... | 1(800) 736-4777 |
| Southern California Edison.....                               | 1(800) 447-6620 |
| Southern California Gas Company.....                          | 1(800) 238-0092 |
| Universal Lifeline Telephone Services (AT&T).....             | 1(800) 288-2020 |

## Veterans Services

|   |                |
|---|----------------|
| Tulare County Veterans Services Office..... | (559) 713-2880 |
|---|----------------|

## Miscellaneous

|                                      |                 |
|--------------------------------------|-----------------|
| California Department of Aging.....  | 1(800) 321-2462 |
| Eldercare Locator.....               | 1(800) 677-1116 |
| Medical Alert.....                   | 1(800) 432-5378 |
| Tulare County Veterans Services..... | (559) 713-2880  |

## Web Sites

|  |  |
|--|--|
| Administration on Aging.....                           | <a href="http://www.acc.gov">www.acc.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>                           |
| H.E.L.P. for Seniors.....                              | <a href="http://www.help4srs.org">www.help4srs.org</a>               |
| Kings Community Action Organization.....               | <a href="http://www.kcao.org">www.kcao.org</a>                       |
| Kings/Tulare Area Agency on Aging.....                 | <a href="http://www.ktaaa.org">www.ktaaa.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

|       |       |
|-------|-------|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |

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.

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