



Tuolumne County Senior Guide

Serving California's Central Valley



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

E-mail: info@valleycrc.org Web Site: www.valleycrc.org

Advocacy

AARP.....	(800) 523-5800
HICAP (Health Insurance Counseling & Advocacy Program).....	(800) 434-0222 or (209) 532-6272
LTC Ombudsman Program.....	(209) 532-7632

Alzheimer's Services

Alzheimer's Association.....	(800) 272-3900
Safe Return (Alzheimer's Association)	(888) 572-8566
Valley Caregiver Resource Center.....	(800) 541-8614 or (559) 224-9154

Case Management Programs

MSSP.....	(800) 510-2020 or (209) 532-6272
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Counseling

Valley Caregiver Resource Center.....	(800) 541-8614 or 224-9154
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Disability Programs & Services

Amputee Coalition of America.....	(888)267-5669
California Mentor.....	(209)957-4310 ext. 13
Disability Resources, Inc. –California.....	(631)585-0290
Disabled Parking Placards.....	(800)777-0133
Mother Lode Independent Living Center.....	(209)532-0963
WATCH.....	(209)533-0510

Emergency Hotlines (24 hr)

Adult Protective Services (8-5pm).....	(209)768-7753 or 768-5711
ATCAA	(209) 533-1397
Area 12 on Aging	(209) 532-6272
Center for a non-violent community.....	(209) 533-1134
Law Enforcement	911

Equipment and Supplies

California Telephone Access Program.....	(800) 806-1191
Yosemite Medical Supply.....	(209)742-6224

Financial Assistance

Social Security Administration.....	(800) 772-1213
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Food Programs

ATCAA-Food Bank.....	(209) 984-3960
Dorcas Society.....	(209) 532-1872
Interfaith Community Social Services.....	(209)532-0905
Red Church Food Program.....	(209)532-1580
Evangelical Free Church Food Closet.....	(209)962-7584

Congregate Meal Site

Little House-Cong.& Meals on Wheel.....	(209)962-7303
Tuolumne County Senior Senior Center/Meals on Wheel	(209)533-2622
Tuolumne Memorial Hall.....	(209)928-1214
Upcountry Senior Center.....	(209)586-3616

Health Services

John C. Fremont H.C.....(209) 966-3631
John C. Fremont Medical Clinic.....(209) 966-0850

Housing

Blackbery Oaks.....(209)536-1587
East Garden Apartments.....(209)984-0613
Forest View Senior Apartments.....(209)533-8500
Jamestown Terrace Apartments.....(209)984-0632
Sonora Garden Apartments.....(209)533-0401
Tuolumne Senior Apartments.....(209) 928-1567

Hospice

Hospice Agency.....(209) 966-3800

In-Home Care Services

In-Home Supportive Services(209)768-7753
Community Personal Care.....(209)536-3820
Helping Hand Home Services.....(209)536-1660
ResCare Home Care.....(209)722-2157
Seniority Lifecare.....(209)532-4500

Insurance Programs

HICAP (Health Insurance Counseling & Advocacy Program).....(800) 434-0222 or (209)532-6272
Medi-Cal.....(800)952-5294
Medicare.....(800) 633-4227
Social Security Administration/SSI.....(800)772-1213

Legal Services

Central California Legal Services.....(209) 723-5466

Respite Care

In-Home Supportive Services.....(209)768-7753/533-7352
Valley Caregiver Resource Center.....(800) 541-8614 or 224-9154

Senior Centers

Tuolumne County Senior Center.....	(209)533-2622
Upcountry Senior Center.....	(209)586-3616
Little House.....	(209)962-7303
Senior Lounge & Boutique.....	(209)532-7890
Tuolumne Memorial Hall.....	(209)928-1214

Transportation

Assisted Transportation Services.....	(209)966-5315
Mercy Medical Transportation.....	(209)966-5762
The Yosemite Area Regional Transportation (YARTS).....	(877) 989-2787

Utilities Assistance

CARE (discount energy program).....	(866) 743-2273
Medical Baseline Program.....	(800) 743-5000
Sierra Lifeline.....	(209) 742-6224
Universal Lifeline Telephone Service (AT&T).....	(800)288-2020
Utility Payment Assistance/Weatherization-Human Services Department.....	(209) 310-2355

Miscellaneous

California Department of Aging.....	(800)510-2020
Eldercare Locator.....	(800)677-1116
Medical Alert.....	(800)432-5378
Retired & Senior Volunteer Program (RSVP).....	(800)321-2462

Web Sites

Administration on Aging.....	www.aoa.gov
Area 12 Agency on Aging.....	www.area12.org
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
Disability Resources.....	www.disabilityaccessinfo.ca.gov
First Gov for Seniors.....	www.seniors.org
Fraud and Scam Information.....	www.scamnot.org
H.E.L.P. for Seniors.....	www.help4srs.org
Valley Caregiver Resource Center.....	www.valleycrc.org

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:

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.

Revised: February 2020