

## Senior Resources

### **Area 1 Agency on Aging**

Eureka: (707) 442-3763 / 434 7<sup>th</sup> Street, Eureka CA 95501

Del Norte: (707) 464-7876 / 1765 Northcrest Drive, Crescent City CA 95531

Provides many services to support seniors in living safe, healthy, and independent lives. These include Scam Alert, Health Alert, Legislative Watch, Caregiver Services Program, Medicare help and resources, Ombudsman Program and information, Senior Action Coalition, Senior information and assistance, and Senior nutrition programs.

Website: <http://www.a1aa.org/>

### **Eldercare Locator**

1 (800) 677-1116

A public service of the U.S. Administration on Aging that connects callers to local resources, information, and contact information for state and local agencies that provide services to senior citizens.

Website: <http://www.eldercare.gov/Eldercare.NET/Public/Index.aspx>

### **Fortuna Senior Services**

(707) 726-9203 / 2280 Newburg Road, Fortuna CA 95540

Offers adult education and support groups, social activities (such as clubs and organizations), community watch groups, fitness and recreation, food programs, health and health care services, housing resources, legal and protective services, medical/health insurance, and transportation resources. Located at the Multi-Generational Center (MGC).

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

### **Humboldt County Adult Protective Services**

(707) 476-2100 / Toll-free: (866) 527-8614

Report abuse after hours: (707) 445-7715

Along with elderly abuse reporting (call any of the above numbers), offers services like victim advocacy, counseling, money management, conservatorship, out-of-home placement, and information and referrals.

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

**Humboldt Senior Resource Center**

(707) 443-9747 / 1910 California Street, Eureka CA 95501

Wide variety of services for seniors, including Adult Day Health program, Alzheimer's Resource Center, Multipurpose Senior Services Program (community-based care management), nutrition, RedwoodCoast PACE (Program of All-inclusive Care for the Elderly). See website for program details.

Website: [www.humsenior.com](http://www.humsenior.com)

**Redwood Caregiver Resource Center**

(800) 834-1636 / 141 Stony Circle Suite 200, Santa Rosa CA 95401

Resources for caregivers of family members/friends like individual and group support, legal consultations, information and education, care planning, respite care and support groups (see website for locations and times).

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