



**VENTURA COUNTY AREA AGENCY ON AGING
SERVICES FUNDED THROUGH VCAAA – FY2020-2021**
(July 1, 2020 - June 30, 2021)



VCAAA SERVICE	PROJECT DESCRIPTION	CONTACT INFORMATION
ADRC	The <i>Aging & Disability Resource Center</i> (ADRC) empowers older adults to make informed choices and to streamline access to long-term support. This program integrates points of entry to create community-wide service systems that reduce consumer confusion and build consumer trust and respect by enhancing individual choice and informed decision making.	Ventura County Area Agency on Aging (805) 477-7310 or 1-800- 434-0222 <i>within Ventura County</i> (toll free). Or Visit: www.vcaaa.org or 646 County Square Drive, Ste 100 Ventura, CA 93003
BENEFIT ENROLLMENT CENTER	The <i>Benefits Enrollment Center</i> provides a one-stop shop to help low-income seniors throughout Ventura find and apply for public benefits programs to help them pay for prescription drugs, medical care, food and utilities. Note: Due to present COVID-19 pandemic, services will be provided virtually.	Ventura County Area Agency on Aging (805) 477-7310 or 1-800- 434-0222 <i>within Ventura County</i> (toll free). 646 County Square Drive, Ste 100 Ventura, CA 93003
CARE MANAGEMENT–MSSP	<i>Care Management</i> for seniors aged 65+, low income and on Medi-Cal with no share of cost who are eligible for nursing home placement and who prefer to remain at home. Provides assessment, care management, referrals and purchased services as needed and available.	Ventura County Area Agency on Aging 1-800-510-2020 <i>within Ventura County</i> (toll free) or (805) 477-7300 or LOIS.VCAAAA@ventura.org
CARE TRANSITIONS PROGRAM	<i>CTP</i> is a short-term (30-day) program to assist discharging hospital and skilled nursing patients with learning self-management skills as they transition back home. The goal is to empower patients to manage their medical conditions and reduce high risk hospital readmissions.	Ventura County Area Agency on Aging 1-800-510-2020 <i>within Ventura County</i> (toll free) or (805) 477-7325
ELDER ABUSE XE	Provides elder and dependent adult abuse victims with emergency shelter and assistance, transportation, respite care (for caregivers to attend court proceedings), counseling, and referral services. Note: Due to present COVID-19 pandemic, services will be provided virtually.	Shaunese Southward Elder Abuse Program Coordinator shaunese.southward@ventura.org (805) 477-7300
FALL PREVENTION	The <i>Fall Prevention</i> Program has two main components: 1) Referrals from Emergency Response & Emergency Department staff of people who have fallen 2) VCAAA reaches out to individuals (and/or their families) to provide services to prevent a fall or to prevent another fall. The Evidence-Based classes are Matter of Balance; Tai Chi; and Stepping On; Walk With Ease. Note: Due to present COVID-19 pandemic, services will be provided virtually.	Ventura County Area Agency on Aging (805) 477-7310 or 1-800- 434-0222 <i>within Ventura County</i> (toll free). Or visit 646 County Square Drive, Ste 100 Ventura, CA 93003

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HEALTH INSURANCE COUNSELING AND ADVOCACY PROGRAM (HICAP)	<p>The purpose of <i>HICAP</i> is to provide free unbiased counseling and community education on Medicare A, B, C, & D. HICAP completes comparisons on all products of C & D, retiree/employer Group vs. Medicare. HICAP resolves billing issues, and helps apply for appeals. HICAP's speaker bureau gives presentations on <i>Medicare 101, Prevention Services, Long Term Care</i>, on all aspects of Medicare products, and on Medicare changes for the new year. HICAP gives advice regarding healthcare insurance options for those contemplating retirement.</p> <p>Note: Due to present COVID-19 pandemic, services will be provided virtually.</p>	Ventura County Area Agency on Aging (805) 477-7310 or 1-800- 434-0222 <i>within Ventura County</i> (toll free). Interested parties may also call their local senior center to make an appointment.
PEARLS	<p>The Program to Encourage Active, Rewarding Lives (PEARLS) is a national evidence-based program for late-life depression. PEARLS brings high quality care into community-based settings that reach vulnerable older adults age 60+.</p>	Ventura County Area Agency on Aging 1-800-510-2020 <i>within Ventura County</i> (toll free) or (805) 477-7300 or LOIS.VCAAA@ventura.org
ADRD	<p>The Specialized Case Management for Persons with Alzheimer's Disease or Related Dementia Program aims to prevent premature or inappropriate institutionalization of adults who live alone and have Alzheimer's Disease or Related Dementia (ADRD) or adults that have an intellectual or development disability and have a diagnosis of or are at risk of developing ADRD. We do this by providing case management as well as comprehensive Information and Assistance services. The ADRD program aims to reduce costs and enable clients to keep living in their homes and enjoy a higher quality of life.</p>	Ventura County Area Agency on Aging 1-800-510-2020 <i>within Ventura County</i> (toll free) or (805) 477-7300 or LOIS.VCAAA@ventura.org

VCAAA SERVICE	PROJECT DESCRIPTION	CONTACT INFORMATION
HOME AND COMMUNITY-BASED ALTERNATIVES	The Home and Community-Based Alternatives (HCBA) Program supports individuals, who are at immediate risk of being placed in a long-term, in-patient facility, remain or return to their home. HCBA provides home-based services including ongoing care management, referrals, and personal care services to individuals on Medi-Cal who need regular monitoring.	Ventura County Area Agency on Aging 1-800-510-2020 <i>within Ventura County</i> (toll free) or (805) 477-7300 or LOIS.VCAAA@ventura.org
HOMESHARE	<i>HomeShare</i> is a housing program that matches people looking for housing with people that have extra space and are looking for a roommate. The process includes an application, an interview, inspection of a home provider's property, and background checks and follow-up.	HomeShare 805-477-7324 home.share@ventura.org
INFORMATION AND ASSISTANCE	Links persons aged 60 and over (and their families and caregivers), who are in need of assistance, to the appropriate programs and services in their communities that can help solve the problems faced by older adults. This is considered the entry point/introduction to the services system network.	Ventura County Area Agency on Aging 1-800-510-2020 <i>within Ventura County</i> (toll free) or (805) 477-7300 or LOIS.VCAAA@Ventura.org
IN-HOME SERVICES ①	<i>ElderHelp Program In-Home Services</i> provide personal care, homemaker, chore, food boxes, emergency material aid, minor home repairs, modifications, and/or security devices to frail seniors.	Ventura County Area Agency on Aging 1-800-510-2020 <i>within Ventura County</i> (toll free) or (805) 477-7300 or elder.help@Ventura.org
SNAP-ED	The <i>Supplemental Nutrition Assistance Program-Education</i> (SNAP-Ed) program provides evidence-based nutrition education and obesity prevention services to older adults age 60 and older at eligible Title III C congregate nutrition sites and other venues. Eat Smart, Live Strong is the evidence-based program designed to improve fruit and vegetable consumption and physical activity among able-bodied, 60-74-year olds participating in or eligible for Food and Nutrition Service (FNS) nutrition assistance programs. The intervention is designed to help nutrition educators working with FNS programs and in communities deliver science-based nutrition education to the growing number of low-income older adults. Note: Due to present COVID-19 pandemic, services will be provided virtually.	Ventura County Area Agency on Aging (805) 477-7310 or 1-800- 434-0222 <i>within Ventura County</i> (toll free). Interested parties may also call their local senior center.
TRANSPORTATION ②	<i>ElderHelp Transportation</i> program provides Dial-A-Ride Tickets (i.e. paratransit) and/or <i>Fixed Route Bus Tickets</i> for non-emergency medical appointments, shopping, visiting family, etc. Limited, free transportation to medical appointments for low income and frail seniors, and/or disabled adults unable to use the bus (for example clients requiring gurney transportation).	Ventura County Area Agency on Aging 1-800-510-2020 <i>within Ventura County</i> (toll free) or (805) 477-7321 or elder.help@Ventura.org

GRANTEE-PROVIDED SERVICE	PROJECT DESCRIPTION	CONTACT INFORMATION
CASE MANAGEMENT–SOCIAL MODEL ③	Social model case management for seniors that provides assessment, case management, referrals and follow up.	Ventura County Area Agency on Aging Shaunese Southward shaunese.southward@ventura.org (805) 477-7300 646 County Square Dr., Suite 100 Ventura, CA 93003
EMOTIONAL SUPPORT ③	<i>Senior Support Line</i> provides emotional support and a friendly voice for seniors feeling isolated; at risk of losing their independence; recently experienced a change in their care setting and/or who are sad about health changes or other losses.	Camarillo Health Care District Call Line: 1-800-235-9980 (toll free)
FAMILY CAREGIVER PREPLACEMENT COUNSELING ④	Free unbiased counseling for family caregivers considering placement of a loved one in a skilled or resident care facility in Ventura County.	Long Term Care Services of Ventura County Vicky Odle (805) 656-1986, Ext. 100
FAMILY CAREGIVER RESOURCE SERVICES	<p><i>Wellness & Family Caregiver Resource Center</i> provides caregiver training, support groups, home adaptations and safety devices, caregiver resource library and computer center, information and assistance, public information and community education for eligible family caregivers. Provides assessment and case management for family caregivers in west Ventura County (persons <i>not</i> residing in Conejo Valley-Simi Valley-Moorpark areas). ④ <i>Respite for Family Caregivers</i> is available to provide in-home respite and out-of-home respite (day care) for caregivers at risk of caregiver burnout. ④ ⑤</p> <p><i>Senior Concerns Caregiver Support Center</i> and <i>Mobile Caregiver Center</i>. Provides caregiver training, support groups, home adaptations and safety devices, caregiver resource library and computer center, information and assistance, public information and community education for family caregivers. Provides assessment and case management for family caregivers in east Ventura County (Simi Valley, Thousand Oaks, Newbury Park and Moorpark). <i>Respite for Family Caregivers</i> is available to provide in-home respite and out-of-home respite (day care) for caregivers at risk of caregiver burnout.</p> <p><i>¡La Buena Vida! Centro de Recursos para Cuidadores Familiares in the Santa Clara Valley</i>. Located in the Santa Clara Valley (Santa Paula, Fillmore, and Piru), this FCRC targets Spanish-speaking caregivers to provide assessment and case management, caregiver training, support groups, home adaptations and safety devices, caregiver resource library and computer center, information and assistance, public information and community education for family caregivers, in-home respite and out-of-home respite (day care) for caregivers at risk of caregiver burnout.</p>	Camarillo Health Care District 1-800-900-8582 (toll free) 3587 E. Las Posas Road, Suite 118 Camarillo, CA 93010 Sharon Stone, Case Manager; Janette Walston, Resource Specialists <hr/> Conejo Valley Senior Concerns (805) 497-0189 or toll free (855) 318-5921 401 Hodencamp Road Thousand Oaks, CA 91362 Carie Salas, Case Manager <hr/> Ventura County Area Agency on Aging (805) 477-7300; Press # 2 646 County Square Dr., Suite 100 Ventura, CA 93003 Aracely.Garcia@ventura.org Aracely Garcia, Case Manager
FINANCIAL ABUSE PREVENTION	The Financial Abuse Specialist Team (FAST) provides 10 education sessions per year for professionals.	Grey Law of Ventura County Debbie Deem (805) 658-2266

GRANTEE-PROVIDED SERVICE	PROJECT DESCRIPTION	CONTACT INFORMATION
LEGAL SERVICES ③	Non-criminal legal guidance provided on topics such as credit and debt issues, collections, advance directives, power of attorney, elder abuse, etc. Note: Due to present COVID-19 pandemic, services will be provided virtually.	Grey Law of Ventura County Michael Williams, Esq. (805) 658-2266
LONG TERM CARE OMBUDSMAN (LTC)	The LTC Ombudsman advocates for residents of skilled nursing facilities, resident care facilities for the elderly, and for board and care facilities at no fee.	Long Term Care Services of Ventura County (805) 656-1986
SENIOR TRAINING & EMPLOYMENT ⑥	Title V Senior Community Services Employment Training (SCSEP) Program. Provides limited employment training and wages for low-income persons aged 55 and older.	Ventura County Area Agency on Aging Joaquin Serrato (805) 477-7311
SENIOR NUTRITION PROGRAM (SNP) CONGREGATE MEALS ⑦	<i>Senior Nutrition Program Congregate Meals</i> – Nutritious meals provided in a social setting. Contact the local meal center/program and/or transit company in your city for more information (see following page). The suggested donation per congregate meal for seniors and their spouses is \$3.00. Transportation is provided to and from each meal site.	General Information Joaquin Serrato, VCAAA Grants Administrator (805) 477-7311 Lunch is usually served Mon-Fri, excluding holidays. Contact the meal sites directly for meal times. Contact information for each site is on the next page.
HOME-DELIVERED MEALS (HDM) ⑧	<i>Senior Nutrition Program Home-Delivered Meals (HDM)</i> – Nutritious meals delivered to homebound seniors. Home-delivered meals (HDM) are available for frail, homebound seniors age 60+ and their spouses. Meal recipient must be homebound and physically unable to travel to a congregate meal site. Suggested donation is \$3.00 per meal. Waitlists are common and other eligibility requirements apply.	Due to present COVID-19 pandemic, all congregate meal services have been suspended. However, congregate meals are available for pick-up at select locations.

NOTES:

①	Services available at no charge to frail Ventura County residents aged 60 and older. There is usually a waitlist for these services and there may be additional eligibility requirements.
②	Services available at no charge to frail Ventura County residents aged 60+ who are physically incapable of driving and/or have difficulty using public transportation. <i>A limited number of bus tickets and non-emergency medical transport are also available for disabled adults under age 60 – these clients must provide a copy of their ADA card or the referring agency must certify that the client meets ADA criteria.</i> VCAAA reserves the right, at any time, to place a cap the number of tickets and/or rides.
③	Services are free to Ventura County residents aged 60 and older.
④	Services are free for <i>Eligible Family Caregivers (EFCs)</i> . EFCs are unpaid, informal caregivers who are: (1) Age 18 or older caring for a person age 60 or older or caring for a person of any age who has been diagnosed with dementia or Alzheimer’s disease; or (2) Age 55 or older residing with and caring for a child age 18 or younger.
⑤	To receive these services, the care receiver <u>must</u> have at least two Activities of Daily Living (ADLs) impairments (walking, eating, dressing, bathing, toileting or transferring in/out of bed) and/or have a cognitive impairment.
⑥	Only for low-income, unemployed Ventura County residents aged 55 and older. There is no fee for services and Veterans receive priority preference.
⑦	The suggested donation per congregate meal for seniors and their spouses is \$3.00.
⑧	Home-delivered meals (HDM) are available for frail, homebound seniors age 60+ and their spouses. Meal recipient must be homebound and physically unable to travel to a congregate meal site. Suggested donation is \$3.00 per meal. Waitlists are common and other eligibility requirements apply.

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**VENTURA COUNTY AREA AGENCY ON AGING
SENIOR NUTRITION MEAL SITES – FY 2020-2021**

(July 1, 2020 - June 30, 2021)



Congregate Meals – Join us for lunch! All individuals age 60 years or older are welcome to participate in these group-setting meal services. Transportation is provided to and from each meal site. **Note:** Due to present COVID-19 pandemic, dine-in meal services have been suspended.

Home-Delivered Meals (HDM) – Home-Delivered Meals are available for frail, homebound seniors age 60+ and their spouses. Meal recipients must be homebound and physically unable to travel to a congregare meal site.

Suggested donation is \$3.00 per meal. Waitlists are common and other eligibility requirements apply.

Lunch is usually served Monday-Friday, excluding holidays. Contact the meal sites directly for meal times or to set up an in-home assessment for home-delivered meals:

SITE NAME	Congregate	HDM Hot Daily	HDM Frozen Weekly	TRANSPORTATION (to and from Meal Site)	CONTACT INFORMATION
Camarillo Health Care District Congregate is one day per month (3 rd Thursday)	✓		✓	CARE-A-VAN (805) 388-2529	3639 Las Posas Rd, Suite 117, Camarillo Blair Barker: (805) 388-1952 X 133 blairc@camhealth.com
Fillmore Active Adult Center	✓	✓	✓	Ventura County Valley Express (805) 933-2267	533 Santa Clara Ave, Fillmore Marie Garfio: (805) 524-3030 mgarfio@ci.fillmore.ca.us
Goebel Adult Community Center Conejo Recreation & Park District (Thousand Oaks)	✓			DIAL-A-RIDE (805) 375-5467	1385 E. Janss Rd., Thousand Oaks Julie Spivack, Director: (805) 381-2742 jspivack@crpd.org
HELP of Ojai	✓	✓		805-646-5122 (Suggested donation \$2-4)	370 W. Baldwin Rd. (old Honor Farm site) Terri Wolfe, Director: (805) 646-5122 terriw@helpfofojai.org
Moorpark Active Adult Center	✓	✓		DIAL-A-RIDE (805) 375-5467	799 Moorpark Ave., Moorpark Wendy Hibner: (805) 517-6260 whibner@moorparkca.gov
Oxnard Senior Centers	✓		✓	Gold Coast Transit (805) 487-4222 (805) 448-6133	Wilson Senior Center: 350 N C St., Oxnard Palm Vista: 801 S. C St., Oxnard Fernando Garcia: (805) 385-8028 fernando.garcia@ci.oxnard.ca.us
Brenda's Casamia Restaurant & Catering (Piru)	✓	✓		Ventura County Valley Express (805) 933-2267	3944 Center Street, Piru Brenda Barragan: (805) 521-0694 brendascasamiacatering@outlook.com
Port Hueneme Orvene S. Carpenter Community Center			✓	N/A (No Congregate Meal Site)	550 Park Ave., Port Hueneme Anna Hanely: (805) 986-6677 ahanely@cityofporthueneme.org
Santa Paula Senior Center	✓	✓		Ventura County Valley Express (805) 933-2267	530 W. Main St., Santa Paula Liz Castaneda: (805) 933-4226, Ext. 356 ecastaneda@spcity.org
Conejo Valley Senior Concerns		✓		N/A	401 Hodencamp Road, Thousand Oaks Bridget Elliott: (805) 496-2009 belliot@seniorconcerns.org
Simi Valley Senior Center	✓	✓	✓	DIAL-A-RIDE (805) 583-6464 Valley Transit (805) 583-6456	3900 Avenida Simi, Simi Valley Robert Martin: (805) 583-6364 RMartin@simivalley.org
Ventura Avenue Adult Center On the Avenue and Petit	✓		✓	Gold Coast Transit (805) 487-4222 (805) 448-6133 Uber- Every Tues	Westside Café: Avenue Center 550 N. Ventura Ave., Ventura Cheryl Bucklin: (805) 654-7557 cbucklin@cityofventura.ca.gov