

Kern County Senior Guide

Valley Caregiver Resource Center

Serving California's Central Valley



1-800-541-8614 (661) 821-1626

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

Adult Day Care

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|---|----------------|
| Alzheimer's Disease Association of Kern County..... | (661) 665-8871 |
| Mercie's Day Program..... | (661) 323-5585 |
| Respite Site Center..... | (661) 301-6154 |

Adult Day Health Care

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|-------------------------|----------------|
| Delano ADHC Center..... | (661) 725-7070 |
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Advocacy

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|---|-----------------------------------|
| AARP..... | (800) 523-5800 |
| HICAP (Health Insurance Counseling & Advocacy Program)..... | (661) 868-1000 |
| LTC Ombudsman Program..... | 1(888) 292-4252 or (661) 323-7884 |
| Mobile Home Ombudsman | 1(800) 952-5275 |

Alzheimer's Services

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|--|----------------|
| Alzheimer's Disease Association of Kern County | (661) 665-8871 |
| Safe Return (Alzheimer's Association) | (800) 625-3780 |
| Valley Caregiver Resource Center..... | (800) 541-8614 |

Case Management Programs

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|---|----------------|
| MSSP (65+ & on Medi-Cal)..... | (661) 326-0105 |
| Around The Clock..... | (661) 324-4277 |
| Volunteer Senior Outreach Program | (661) 868-1000 |

Counseling

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|--|----------------|
| Alzheimer's Disease Association for Kern | (661) 665-8871 |
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Emergency Hotlines (24 hr)

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|---|----------------|
| Adult Protective Services..... | (661) 868-1006 |
| National Domestic Violence Hotline..... | (800) 799-7233 |
| Kern County Suicide Hotline..... | (800) 273-8255 |
| Crisis line..... | (800) 991-5272 |
| USA National Suicide Hotline..... | (800) 273-8255 |
| Law Enforcement | 911 |

Equipment and Supplies

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|---|----------------------------------|
| Kern Medical Supply, INC. | (661) 393-4877 |
| MEDI-STOP..... | (661) 328-9920 |
| Mercy Plaza Respiratory..... | (661) 324-9411 |
| Pacific Pulmonary Services..... | (661) 861-6160 or (800) 974-6331 |
| Shield (incontinence supplies for Medi-Cal recipients)..... | 1(800) 655-8842 |

Food Programs

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

Health Services

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|---|-----------------------------------|
| ALS..... | (661) 319-6499 |
| Blood Pressure/Cholesterol/Blood Sugar Screening..... | (661) 861-0852 |
| Bakersfield Vet Center..... | (661) 323-8387 |
| Center for the Blind..... | (661) 322-5234 |
| Kern County Health Department..... | 1(877) 818-4787 Or (661) 321-3000 |
| Medi-Cal..... | (760) 549-2006 |
| Multiple Sclerosis..... | (661) 321-9512 |
| National Health Services..... | (661) 392-7880 |

Veteran's Services..... (661) 868- 7303

Home Improvement

Community Action Partnership of Kern.....(661) 336-5236
USDA Rural Assistance.....(661) 336-0967
Love, INC.....(661) 325-6838

Housing

Catholic Charities (provides emergency shelter, food, referrals, etc).....(661) 281-2130
Kern County Housing Authority.....(661) 631-8500
Senior Information & Assistance.....(661) 868-1000
Government Low-Income Housing Services(661) 336-0967

Hospice

Gentiva Hospice.....1 (866) 691-9868
Hoffman Hospice.....(661) 716-1600
Odyssey HealthCare of Bakersfield.....(661) 391-9868
Optimal Hospice.....(760) 379-5038
Pro-Care.....(805) 951- 1146
Surplus Home Care(661) 274-8513

In-Home Care Services

Agape In-Home Care.....(661) 835-0364
Around the Clock Home Care.....(661) 324-4277
In-Home Supportive Services (Medi-Cal Only).....(661) 868-1003
Home Instead.....(661) 391-3235
Interim Health Care.....(661) 398-1700

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
Senior Legal Hotline.....(800) 222-1752

Respite Care

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|--|----------------|
| In-Home Supportive Services (Medi-Cal Only)..... | (661) 868-1003 |
| Homemaker program (Bakersfield area only)..... | (661) 324-4277 |
| Valley Caregiver Resource Center..... | (800) 541-8614 |
| Senior Services of Indian Wells Valley..... | (760) 375-2352 |

Senior Centers

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|------------------------------------|----------------|
| Bakersfield Senior Center..... | (661) 325-7205 |
| California City Senior Center..... | (760) 373-1006 |
| Delano Community Center..... | (661) 746-7838 |
| 661) 746-7838 | |
| Inyokern Senior Center..... | (760) 477-4800 |
| 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

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|--|----------------------------------|
| Comfort Care Medical Transportation..... | (209) 383-3407 |
| Liberty Ambulance..... | (760) 375-6565 or (760) 376-2271 |
| Valley Medical Transport..... | (661) 873-1460 |

Transportation

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|--|----------------|
| Golden Empire Transit: Get-A-Lift..... | (661) 869-2438 |
| Delano Area Rapid Transit..... | (661) 721-3333 |
| Kern Regional Transit..... | (760) 379-1711 |
| Love, INC..... | (661) 325-6838 |
| RMW Mobility Service..... | (760) 223-2817 |

Utilities Assistance

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|--|-----------------|
| CARE (discount energy program)..... | (800) 743-5000 |
| Community Action Partnership of Kern (weatherization)..... | (661) 336-5236 |
| Catholic Charities..... | (661) 281-2130 |
| HEAP-Home Energy Assistance Program..... | (661) 336-5203 |
| PG&E..... | (800) 743-5000 |
| REACH..... | (661) 837-4243 |
| Southern California Edison..... | 1(800) 447-6620 |
| Universal Lifeline Telephone Service (AT&T)..... | 1-800-310-2355 |

Web Sites

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|--|---------------------------------|
| Administration on Aging..... | www.aoa.gov |
| 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:

*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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