

# California Care Kit: A Care Guide



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# Medicaid Resources

[Apply for Medi-Cal, California's Medicaid Program](#)

Call the Medi-Cal Helpline at 916-636-1980.

[County Offices Locator for In-Person Medicaid Application Assistance](#)

[Find Your Local Medicaid Office](#)

One-on-One Medicaid support from the California Health Insurance Counseling and Advocacy Program.

[Chat Live With A Medicare Representative](#)

Chat with a Medicaid representative 24 hours a day, 7 days a week at 800-633-4227. TTY users can call 877-486-2048.

[Find And Compare Care Providers Tool](#)

A tool from Medicaid.gov that includes information on hospice care, long term care, inpatient rehabilitation facilities, doctors, and more.



# General Caregiving Resources



## [Guide: How to Choose a Nursing Home](#)

Guide written by the National Institute on Aging.

## [Article: How to be a Caregiver](#)

A piece by the New York Times with advice from experts on caregiving and aging.

## [Continuing Care Retirement Communities in California](#)

List provided by the California Department of Social Services.

## [Legal Aid at Work](#)

Legal Aid offers free, confidential advice through their Work & Family helpline. Their phone number is 800-880-8047 (services are available in English, Spanish, Cantonese, Mandarin).

## [AARP's Family Caregiving Guide](#)

Includes information in English, Spanish, and Chinese, as well as information on LGBTQ, military, and Asian-American caregiving guides.

## [AARP's Family Caregiving Tip and Time Savers](#)

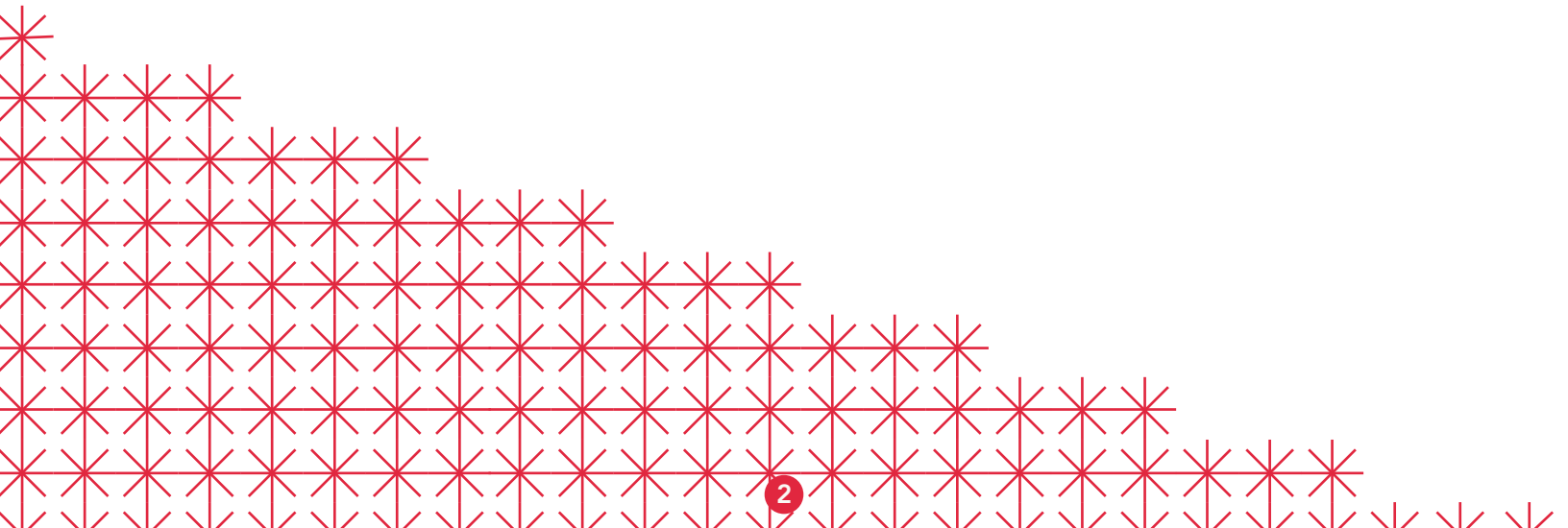
Caregiving tips and hacks are crafty ways to use simple household items to solve everyday problems.

## [Caregiving Support Group List](#)

Compiled by the Valley Caregiving Resource Center.

## [Caregiving Courses](#)

Provided by the Valley Caregiving Resource Center; they can be called at 559-224-9154.



## Locating care centers

### [Find Your Local Care Center](#)

Free caregiving resource support for anyone affected by chronic and debilitating health conditions in the state of California.

### [List of Non-Profit Care Providers in California](#)

List provided by the California Department of Social Services.

### [Directory of Centers for Independent Living and Associations](#)

Compiled by the Independent Living Research Utilization program.

### [In-Home Supportive Services Program Locator](#)

The In-Home Supportive Services Program is for low-income individuals who are disabled, have low vision, or are elderly. Services may include housecleaning, meal preparations, laundry, grocery shopping, personal care services, and accompaniment to medical appointments.

## COVID-19

Call the California COVID-19 information hotline at 833-422-4255. The hotline is open Monday - Friday, 8 am to 8 pm PT, and Saturday - Sunday, 8 am to 5 pm PT. Call the hotline for help connecting to essential services in your area and answers to general questions about COVID-19.

### [Where and How to Get COVID-19 Vaccines and Boosters in California](#)

An AARP California-based guide that includes county-based public health links.

### [Guide: Emergency Preparedness for Older Adults](#)

Written by the Center for Disease Control.



# Aging Resources

## Aging-Related Benefits, Reporting, Care Facilities Lists

### [Area Agencies on Aging - Find Your Local Office](#)

A resource hub for a wide array of services – including food delivery, Medicaid counseling, and more – to seniors and adults with disabilities.

### [Home Health Compare](#)

Home Health Care includes skilled nursing care, physical therapy, occupational therapy, speech therapy, medical social services, and home health aide services.

### [ElderCare Locator](#)

A public service of the U.S. Administration on Aging. You can also reach the Administration on Aging at 800-677-1116.

### [National Council on Aging's Benefits Check-Up](#)

BenefitsCheckUp connects millions of older adults and people with disabilities with benefits programs that can help pay for health care, medicine, food, utilities, and more.

### [Resources on Reporting Elder Abuse or Neglect](#)

To file a complaint, contact the Long-Term Care Ombudsman crisis line at 800-231-4024. You may also contact the California Department of Social Services at 844-538-8766.

## Region-Specific Aging Resource Guides by AARP

### [Los Angeles Caregiving Resource Guide](#)

### [Sacramento Caregiving Resource Guide](#)

### [San Diego and Chula Vista Caregiving Resource Guide](#)

### [Whittier Caregiving Resource Guide](#)





## Miscellaneous California Resources on Aging

### [Community Events List](#)

A guide by AARP for California-based caregivers and the older Californians community.

### [AARP Tools and Calculators](#)

Includes a long-term care cost calculator, Medicaid questions and answer tool, and more.

### [AARP Jobs Board](#)

Includes the Employer Pledge Program badge to identify employers committed to hiring those that are 50+.

### [COVID-19 Funeral Assistance](#)

Includes information on how COVID-19 funeral assistance works, who is eligible, and what is covered. You can call the Federal Emergency Agency by calling 844-684-6333. This support line is open Mondays through Fridays from 9 am to 9 pm ET. Multilingual services are available.

### [Senior Moving Guide: Storage and Housing Assistance](#)

A guide by StorageUnits.com.

# Disability-Related Care Resources

## Care Centers, Legal Support, and State Programs

### [A List of Independent Living Centers](#)

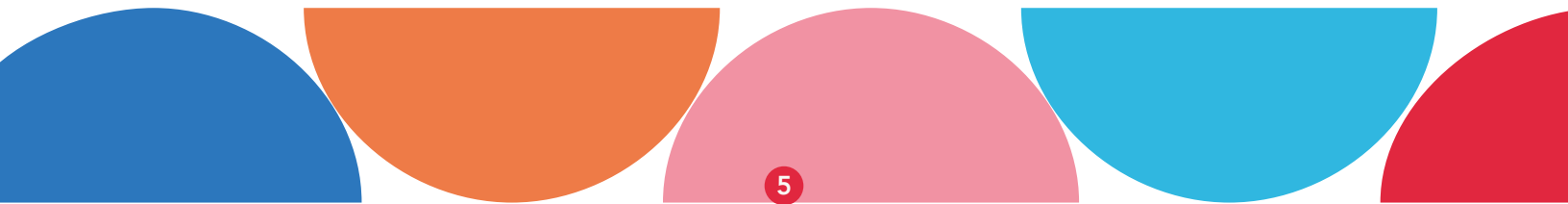
Compiled by the Disabled Resources Center.

### [Mental Health Advocacy Service](#)

Mental Health Advocacy Services is a non-profit organization established to provide free legal services to people with mental health disabilities. The Mental Health Advocacy Services can be reached by phone at 213-389-2077.

### [Genetically Handicapped Persons Program](#)

The Genetically Handicapped Persons Program (GHPP) is a health care program for adults with [specific genetic diseases](#). GHPP helps beneficiaries with their health care costs. For eligibility, application, or renewal questions, call 916-552-9105.





### [Self Advocacy Resources from Disability Rights California](#)

If you have any questions or need more help, contact Disability Rights California at 800-776-5746, or TTY at 800-719-5798.

[Resources on Assistance Animals](#)

[Resources on Assistive Technology & Medical Equipment](#)

[Resources on Public Transportation](#)

## Disability Insurance Eligibility and Application

### [Eligibility Requirements](#)

Disability Insurance (DI) provides short-term wage replacement benefits to eligible California workers. You may be eligible for DI if you are unable to work and are losing wages because of your own non-work-related illness, injury, or pregnancy.

### [Apply for Disability Insurance](#)

You can file the Claim for Disability Insurance Benefits claim [by mail](#) or online via [SDI Online](#).

## COVID-19

### [COVID-19 Public Health Guidance for Individuals with Access and Functional Needs](#)

A guide by the California Department of Public Health.

### [Plain Language COVID Information](#)

For folks who may benefit from a straight-forward guide to COVID-19.

## Job Search Engines Dedicated to Hiring Equitably

[AbilityJobs](#)

[Chronically Capable](#)

[Getting Hired](#)

## Miscellaneous

### [Tax Help for People with Disabilities](#)

Taxpayers who have accessibility needs can call 833-690-0598. The Accessibility Helpline can answer questions related to current and future accessibility products and services available in alternative media formats.

### [Disability Rights California Trainings and Community Events](#)



# Paid Leave

## [Paid Sick Leave and Other Leave Benefits](#)

Includes information on supplemental paid sick leave, workers' compensation, job-protected leave, and exclusion pay.

## [Side-by-Side Comparison of Paid Leave Options](#)

This chart provides a snapshot of paid leave laws that may cover California workers affected by COVID-19.

## [Apply for Paid Family Leave](#)

Paid Family Leave provides benefit payments to people who need to take time off work to care for a seriously ill family member, bond with a new child, or participate in a qualifying event because of a family member's military deployment.

# Food Resources and Banks

If you need help finding food or other essential services, call 211 to speak to someone who can help. The hotline is available in over 100 languages, 24 hours a day, 7 days a week.

## [Food Resources in California](#)

Includes resources for both working and non-working Californians.

## [Apply for CalFresh](#)

If your income has decreased or stopped, you can apply for CalFresh food benefits. You can use CalFresh to help buy food at grocery stores, farmers markets, and online. You can also call 877-847-3663 to apply.

## [Locate Your Local Food Bank](#)

Food banks work with their local communities to ensure that everyone has access to healthful foods.

## [Home-Delivered Meals for Older Adults](#)

You can get home-delivered meals if you're age 60 or older, and homebound due to illness or disability, or are otherwise isolated. You can call 800-510-2020 for more information; this automated line is available in English, Spanish, and Chinese.



# Immigration Support

## [Cash Assistance Program for Immigrants](#)

This program is designed to provide monthly cash benefits to older, blind, and disabled California immigrants who are ineligible for social services solely due to their immigrant status.

## [Immigration Legal Service's Guide](#)

A guide by the Bar Association of California.

## [Immigration Legal Service Providers List](#)

A guide by the State Bar of California.

## [California Legal Services Directory](#)

A guide by the Immigration Advocates Network.

# Housing, Rent, Utility Assistance

## Housing Resources

### [California Resource Page](#)

A guide by the U.S. Department of Housing. Find your local Housing Counseling Service office [here](#).

### [U.S. Department of Housing's California-Based Rental Help](#)

A guide by the U.S. Department of Housing and Urban Development. A list of affordable apartments [listed by county](#).

### [List of California-Based Housing Legal Assistance](#)

Compiled by the U.S. Department of Housing and Urban Development.

### [File A Fair Housing and Equal Opportunity Complaint](#)

You can speak with an intake specialist by calling 800-669-9777 or TTY 800-877-8339.

### [California Public Housing Agencies](#)

Low-income housing support and services by city and county office locations.



### [Tenants Together Eviction Offense](#)

Call the tenant's hotline at 888-495-8020 or text "HELPLINE" to 650-600-7821.

Landlord retaliation [sample letters](#)

Local [resource guide](#)

California state-wide [tenants hotline](#)

### [Find Temporary Housing Through Project Roomkey](#)

If you're experiencing homelessness, you may be able to get a hotel or motel room through Project Roomkey if you test positive for COVID-19 and need to isolate, were exposed to COVID-19 and need to quarantine, and are at high risk for COVID-19.

### [Housing Discrimination and Disability Info](#)

Under federal Fair Housing laws, it is illegal to discriminate in the sale, rental, or financing of housing based on disability, race, color, national origin, religion, sex/gender, and familial status. California law adds protections based on sexual orientation, marital status, source of income, or any other arbitrary reason such as age or immigration status.

## Utility Resources

### [Help With Your Utility Bills](#)

A list of links to city-based utility support pages.

### [Energy Bill Assistance](#)

Compiled by the Low-Income Home Energy Assistance Program, a federally funded program that helps low-income households pay for heating or cooling in their homes.



# Benefits for Families with Children

## [CalWORKs Cash Aid](#)

Families with children may be eligible for cash aid through the CalWORKs program. Families that qualify get monthly cash aid to help pay for housing, food, clothing, and more.

## [Assistance for Paying for Child Care](#)

MyChildCarePlan.org is a search and support website designed to help California's families find the child care they need. You can also contact them by phone at 415-882-0234.

## [Women, Infants, and Children Program](#)

For a family to participate, they must have a gross income of no more than 185% of the federal poverty level and be at nutritional risk. CA WIC Customer Service's in-person telephone number is 800-852-5770.



# Legal Resources

## [Law Help California](#)

A comprehensive list of legal information from the Legal Aid Association of California.

## [Legal Services of Northern California](#)

Legal Services of Northern California serves 23 counties in Northern California on issues of health, housing, and other civil issues. You can also reach the Legal Services of Northern California at 916-551-2150.

## [Central California Legal Services](#)

A not-for-profit, public-interest law firm established for the purpose of providing free civil legal assistance to low-income individuals, families, organizations, and communities.

## [California Rural Legal Assistance](#)

A non-profit law firm dedicated to providing free civil legal services to low-income residents of California's rural counties.

## [Senior Legal Services](#)

Free legal advice, education, and outreach to older adults (age 60+) on a variety of civil legal issues.

## [A List of California-Based Organizations Providing Pro-Bono Services](#)

A helpful list of the free legal services available in California.

# California-Based Facebook Caregiving Groups

[California Family Caregivers Facebook Group](#)

[AARP Family Caregivers Discussion Facebook Group](#)

[Filipino Caregivers/CNAs in California](#)

[Bay Area Private Caregivers Group](#)

[Southern California Caregiver's Support](#)

[Sacramento Senior Caregiver Support Group](#)

[California Family Childcare Coalition](#)

