

**A Plan For Senior Care’s Guide Of**

**Important Phone Numbers and Websites**

Here is a useful directory of some valuable phone numbers and websites to assist your loved one.

**A PLAN FOR SENIOR CARE- (866) 657-0026**

Senior Care & Housing Options

www.APlanForSeniorCare.com

**ADULT PROTECTIVE SERVICES 24 Hour Abuse Hotline – (800) 451-5155**

[www.cdss.ca.gov/agedblinddisabled/PG1298.htm](http://www.cdss.ca.gov/agedblinddisabled/PG1298.htm)

**ALZHEIMERS ASSOCIATION** - **(800) 272-3900**

[www.alz.org](http://www.alz.org)

**AMERICAN HEART ASSOCIATION -  (800) 242 8721**

[www.heart.org](http://www.heart.org)

**AMERICAN DIABETES FOUNDATION - (800) 342-2383**

[www.diabetes.org](http://www.diabetes.org)

**AREA OFFICE ON AGING –** **(800) 510-2020 & CA OFFICE ON AGING – (800) 510-2020**

[www.officeonaging.ocgov.com](http://www.officeonaging.ocgov.com) www.aging.ca.gov

**BRAILLE INSTITUTE OF AMERICA FREE SERVICES TO THE BLIND AND VISUALLY IMPAIRED – (800) 272-4553**

www.brailleinstitute.org

**DEAF & DISABLED TELECOMMUNICATIONS ACCESS PROGRAM – (800) 806-1911**

[www.ddtp.org](http://www.ddtp.org)

**MEDI-CAL – (800) 541-5555**

[www.medi-cal.ca.gov](http://www.medi-cal.ca.gov/)

#### **MEDICARE – (800) MEDICARE or (800) 633-4227**

[www.medicare.gov](http://www.medicare.gov)

**PARKINSON’S FOUNDATION – (800) 473-4635**

www.parkinson.org

**SOCIAL SECURITY ADMINISTRATION – (800) 772-1213**

[www.socialsecurity.gov](http://www.socialsecurity.gov)

**UCI MIND INSTITUTE FOR MEMORY IMPAIRMENTS AND NEUROLOGICAL DISORDERS – (949) 824-2382**

Memory Assessment & Alzheimer’s Disease Research Center

www.alz.uci.edu

**VETERANS PENSION ADMINISTRATION - (800) 827-1000**

[www.vba.va.gov/bln/21/pension/vetpen.htm](http://www.vba.va.gov/bln/21/pension/vetpen.htm)

 **If your loved one is struggling at home to care for *her/himself* and you would like to explore senior care and housing options, please give us a call today. We will be happy to create a personalized care plan for your loved one.**

[**www.APlanForSeniorCare.com**](http://www.APlanForSeniorCare.com) **Call Us Today (866) 657-0026 info@aplanforseniorcare.com**