



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

ALZHEIMERS ASSOCIATION - (800) 272-3900

www.alz.org

AMERICAN HEART ASSOCIATION - (800) 242 8721

www.heart.org

AMERICAN DIABETES FOUNDATION - (800) 342-2383

www.diabetes.org

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

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

MEDI-CAL – (800) 541-5555

www.medi-cal.ca.gov

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

www.medicare.gov

PARKINSON'S FOUNDATION – (800) 473-4635

www.parkinson.org

SOCIAL SECURITY ADMINISTRATION – (800) 772-1213

www.socialsecurity.gov

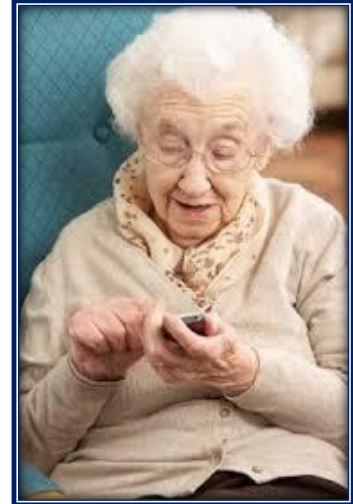
UCI MIND INSTITUTE FOR MEMORY IMPAIRMENTS AND NEUROLOGICAL DISORDERS – (949) 824-2382

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



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

Call Us Today (866) 657-0026

info@aplanforseniorcare.com