

Monterey Bay Psychological Association Geropsychology Resources

Del Mar Caregiver Resource Center

1-800-624-8304

<https://www.delmarcaregiver.org/>

Alzheimer's Association

www.alz.org/norcal

1-800-272-3900

Foster Grandparent Program of Monterey, San Benito, Santa Cruz, and Santa Clara

<https://www.seniorscouncil.org/programs/fostergrandparent/>

Monterey County

Alliance on Aging

www.allianceonaging.org

Salinas: 831-758-4011

Monterey: 831-655-1334

Legal Services for Seniors

www.legalservicesforseniors.org

Salinas: 831-442-7700

Seaside: 831-899-0492

La Casa Adult Day Health Center

www.lacasacenter.com

831-998-8130

Hospice Giving Foundation

www.hospicegiving.org

831-333-9023

Monterey County Central Coast Center for Independent Living

www.cccil.org

831-757-2968

Monterey County Department of Social Services

www.mcdss.co.monterey.ca.us

Medi-Cal - 1-866-323-1953

In-Home Supportive Services - 831-510-2020

Santa Cruz County

Community Bridges

<https://communitybridges.org/>

831-688-8840

- Senior Center Without Limits
<https://communitybridges.org/scwol/>
Clara Munoz at (831) 458-3481
- Senior Lift Line (Free transportation to medical appointments)
- Meals on Wheels
- Elderday Adult Day Health Care

Senior Network Services

www.seniornetworkservices.org/

831-462-1433

- Family Caregiver Support Program
- Care Management
- Home Help and Respite Care Registry
- Senior Housing
- Money Management

Senior's Council

www.seniorscouncil.org

831-688-0400

Elderday Adult Day Health Care Center

www.communitybridges.org/elderday/

831-458-3481

Santa Cruz County Central Coast Center for Independent Living

www.cccil.org

831-462-8720

Santa Cruz County Human Services Department

www.santacruzhumanservices.org

Medi-Cal - 1-888-421-8080

In-Home Supportive Services - 831-454-4101

Advocacy Inc.

www.advocacy-inc.org

831-429-1913

Senior Citizens Legal Services

www.seniorlegal.org

831-426-8824

San Benito County

Jovenes de Antano

www.jdasbcseniors.org

831-637-6700

Senior Network Services

www.seniornetworkservices.org/
831-462-1433

Senior's Council
www.seniorscouncil.org
831-688-0400

Central Coast Center for Independent Living
www.cccil.org
831-462-8720, TTY 831-757-3949

Advocacy Inc.
www.advocacy-inc.org
831-429-1913

Senior Citizens Legal Services
www.seniorlegal.org
831-426-8824