

## ORANGE COUNTY, CALIFORNIA

# A Helpful Guide to Available Resources for Seniors

Transportation • Healthcare • Housing • Legal Aid • Meal Delivery • Government Benefits

If you or a loved one is 60 or older and living in Orange County, you have access to a wide senior support network. But knowing where to start can feel overwhelming. This guide pulls local, state and national resources together in one place so seniors and families can find the right contact faster.

*Program details, eligibility rules, phone numbers and service availability can change, so contact each organization directly before applying or making decisions.*

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## 1. Government Benefits & Financial Assistance

Orange County seniors have access to several state and federal benefit programs that can help with food, healthcare, in-home support and monthly income. Many older adults assume

their income disqualifies them, but eligibility depends on the specific program. When in doubt, apply or contact the agency directly and let the county or program determine eligibility.

### **Medi-Cal for Seniors (Orange County Social Services Agency)**

Medi-Cal is California's version of Medicaid and provides free or low-cost medical services to eligible seniors, including primary care, specialist visits, mental health services, dental benefits through Medi-Cal Dental, vision care, hospitalization and long-term care. The Orange County Social Services Agency handles local enrollment and eligibility.

Effective January 1, 2026, some Medi-Cal members, including adults 65 and older and people with disabilities, are subject to asset requirements. Countable assets may include bank accounts, cash and certain property. If you are unsure whether you qualify, contact Orange County SSA directly, use BenefitsCal or contact CalOptima Health for plan-related guidance.

**Phone:** 1-800-281-9799 (TTY 714-834-8500)

**Online:** [BenefitsCal.com](https://www.benefitscal.com)

**Medi-Cal Changes:** [ssa.ocgov.com/Changes-Medi-cal-Calfresh](https://ssa.ocgov.com/Changes-Medi-cal-Calfresh)

**Website:** [ssa.ocgov.com](https://ssa.ocgov.com)

### **CalFresh (SNAP Food Assistance)**

CalFresh, the California version of the federal SNAP program, helps low-income residents purchase healthy food. Seniors with fixed incomes may qualify even if they receive Social Security. The Orange County Social Services Agency processes CalFresh applications locally.

**Phone:** 1-800-281-9799

**Online:** [BenefitsCal.com](https://www.benefitscal.com)

**Help Line:** 2-1-1 or [211oc.org](https://211oc.org)

**Website:** [ssa.ocgov.com/cash-calfresh/calfresh](https://ssa.ocgov.com/cash-calfresh/calfresh)

### **Orange County Social Services Agency (SSA)**

The Orange County Social Services Agency is the central county agency for many benefit programs, including Medi-Cal, CalFresh, In-Home Supportive Services and Adult Protective Services. If you need help figuring out which programs you may qualify for, this is a strong place to start.

**Phone:** 1-800-281-9799 (TTY 714-834-8500)

**Hours:** Mon–Fri 7:30 a.m.–5 p.m.

**Website:** [ssa.ocgov.com](https://ssa.ocgov.com)

**Office Locations:** [ssa.ocgov.com/about-us/office-locations](https://ssa.ocgov.com/about-us/office-locations)

### **Supplemental Security Income (SSI/SSP)**

SSI, supplemented in California by the State Supplementary Payment, provides monthly cash assistance to eligible seniors 65 and older, blind individuals and people with disabilities who have limited income and resources. People who receive SSI generally receive Medi-Cal and may meet the financial-need requirement for IHSS, though IHSS functional eligibility is still assessed separately.

**Phone:** 1-800-772-1213 (TTY 1-800-325-0778)

**Website:** [ssa.gov/ssi](https://ssa.gov/ssi)

## 2. Healthcare & Medical Services

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Orange County seniors on Medi-Cal, Medicare or both may have access to a wide range of coordinated care options, counseling programs and county-based support services.

### CalOptima Health (Medi-Cal, OneCare & PACE)

CalOptima Health is Orange County's county-organized health system and the single largest health insurer in the county, serving nearly one in three residents. For seniors, CalOptima Health offers Medi-Cal managed care, OneCare and PACE. Medi-Cal covers comprehensive medical services for eligible low-income individuals. OneCare is a Medicare Advantage plan for people who qualify for both Medicare and Medi-Cal. PACE is designed for eligible older adults who need a nursing-home level of care but want to remain in the community.

**Customer Service:** 1-888-587-8088 (TTY 711), Mon–Fri 8 a.m.–5:30 p.m.

**OneCare:** 1-877-412-2734 (TTY 711), 24/7

**PACE Enrollment:** 1-844-999-7223 (TTY 1-714-468-1063), Mon–Fri 8 a.m.–4:30 p.m.

**PACE Customer Service:** 1-714-468-1100

**Customer Service Address:** 500 City Parkway West, Orange, CA 92868

**Corporate Office:** 505 City Parkway West, Orange, CA 92868

**PACE Center:** 13300 Garden Grove Blvd., Garden Grove, CA 92843

**Website:** caloptima.org

### HICAP: Free Medicare Counseling (Council on Aging Southern California)

The Health Insurance Counseling and Advocacy Program offers free, unbiased Medicare counseling to beneficiaries and their families throughout Orange County. Trained counselors help seniors navigate Medicare plan options, Part D prescription coverage, Medigap policies and long-term care insurance. Counseling is available by phone and at selected community sites in multiple languages.

**Phone:** (714) 560-0424 or toll-free 1-800-434-0222

**Hours:** Mon–Fri 9 a.m.–4 p.m. by telephone; Mon–Fri 9 a.m.–3 p.m. in person

**Address:** 2 Executive Circle, Suite 175, Irvine, CA 92614

**Website:** coasc.org/programs/hicap

*HICAP counseling is also available at selected senior centers and community locations across Orange County. See current counseling sites at [coasc.org/hicapcounseling](http://coasc.org/hicapcounseling)*

### Orange County PACE (Program of All-Inclusive Care for the Elderly)

Orange County PACE provides comprehensive medical and social services to eligible adults 55 and older who qualify for a nursing-home level of care but choose to remain at home. Services may include primary care, specialist coordination, dental, vision, hearing, medications, transportation, meals, therapy, personal care, mental health counseling and social activities at the day health center. The program serves North and Central Orange County. Confirm service area, eligibility, cost and enrollment directly with the program before applying.

**Phone:** (714) 798-9044

**TTY:** (714) 798-9046

**Address:** 1125 North Magnolia, Anaheim, CA 92801

**Website:** [ospace.org](http://ospace.org)

### CalOptima Health PACE

CalOptima Health PACE is a Program of All-Inclusive Care for the Elderly for eligible Orange County seniors who need a nursing-home level of care but want to continue living in the community. The program includes coordinated medical care, day-center services, transportation to and from the PACE center and medical appointments and other covered supports.

**PACE Enrollment:** 1-844-999-7223 (TTY 1-714-468-1063), Mon–Fri 8 a.m.–4:30 p.m.

**PACE Customer Service:** 1-714-468-1100

**PACE Center:** 13300 Garden Grove Blvd., Garden Grove, CA 92843

**Website:** [caloptima.org/pace](http://caloptima.org/pace)

### Council on Aging Southern California (COASC)

COASC is a senior-serving nonprofit offering programs such as HICAP Medicare counseling, the Long-Term Care Ombudsman Program, companionship programs for isolated older adults, PEARLS late-life depression support and elder financial abuse prevention education.

**LTC Ombudsman:** 1-800-300-6222 or (714) 479-0107

**24-Hour CA State CRISISline:** 1-800-231-4024

**PEARLS Program:** (714) 492-1874

**Website:** [coasc.org](http://coasc.org)

### OC Office on Aging: Information & Assistance

The OC Office on Aging is the Area Agency on Aging for Orange County and a strong starting point for seniors and caregivers trying to navigate services. Its Information and Assistance Call Center connects callers with programs covering transportation, meals, adult day care, housing, legal aid, caregiver support and more. The office also maintains the Aging and Disability Resource Connection directory.

**Phone:** 1-800-510-2020 or (714) 480-6450

**Hours:** Mon–Fri 8 a.m.–5 p.m.

**Email:** [areaagencyonaging@occr.ocgov.com](mailto:areaagencyonaging@occr.ocgov.com)

**Address:** 1300 S. Grand Ave., Bldg B, Santa Ana, CA 92705

**Website:** [officeonaging.ocgov.com](http://officeonaging.ocgov.com)

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## 3. In-Home Care & Adult Services

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For many seniors, the goal is to stay home as long as safely possible. Orange County offers several programs designed to support that goal, from state-funded in-home care workers to care management and protective services.

## In-Home Supportive Services (IHSS)

IHSS is a statewide program administered locally by the Orange County Social Services Agency. It provides in-home support to eligible older adults and people with disabilities who have limited income and cannot safely remain at home without assistance. Services may include help with cooking, cleaning, personal hygiene and non-medical tasks, as well as transportation to medical appointments. IHSS recipients generally hire and supervise their own providers, and the state pays the provider directly.

**Phone:** (714) 825-3000 (TTY 714-834-4400)

**Email:** IHSSapplications@ssa.ocgov.com

**Fax:** (714) 825-3001

**Hours:** Mon–Fri 8 a.m.–5 p.m.

**Address:** 2020 W. Walnut St., Santa Ana, CA 92703

**Website:** ssa.ocgov.com/IHSS

## OC IHSS Public Authority

The IHSS Public Authority helps IHSS recipients find caregivers from its registry and provides training for consumers and providers. Registry providers must meet program requirements, including a background check.

**Phone:** (714) 825-3174 (TTY 714-834-8800)

**Address:** 2020 W. Walnut St., Santa Ana, CA 92703

**Website:** ocihsspa.com

## Adult Protective Services (APS)

APS helps address abuse, neglect, self-neglect and exploitation of adults 60 and older and dependent adults ages 18 to 59 who are physically or mentally impaired. Reports can be made by anyone who suspects abuse, neglect or financial exploitation of an eligible adult.

**Report Abuse (living independently):** 1-800-451-5155

**In-Care Facility Concerns:** 1-800-300-6222 or (714) 479-0107 (LTC Ombudsman)

**24-Hour CA State CRISISline:** 1-800-231-4024

**Website:** ssa.ocgov.com/APS

## Multipurpose Senior Services Program (MSSP)

MSSP is available through CalOptima Health for eligible CalOptima members 60 and older who are living at home. A registered nurse or social worker provides care management to help coordinate social and health-related services, with the goal of helping seniors maintain independence and avoid or delay nursing facility placement when appropriate.

**MSSP Direct Line:** (714) 347-5780

**CalOptima Customer Service:** 1-888-587-8088 (TTY 711), Mon–Fri 8 a.m.–5:30 p.m.

**Website:** caloptima.org/MSSP

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## 4. Transportation

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Not being able to drive should not mean being cut off from medical care, groceries or community. Orange County has a layered transportation system at both the county and city level.

### **OC Go Senior Non-Emergency Medical Transportation (SNEMT)**

The SNEMT Program is funded through OCTA's Measure M2 and provides low-cost door-to-door transportation for seniors 60 and older who need rides to medical appointments, dental visits, therapy, testing and other health-related trips. Individual cities administer the program locally, so availability, costs and scheduling rules vary by city. Contact the OC Office on Aging or your city directly for local program details.

**OC Office on Aging:** 1-800-510-2020 or (714) 480-6450

**Website:** [octa.net/SNEMT](http://octa.net/SNEMT)

### **OCTA Senior Mobility Program (SMP)**

The Senior Mobility Program helps participating Orange County cities provide local transportation for seniors 60 and older by filling the gap between fixed-route bus service and ADA paratransit. Participating cities design and operate their own local programs, so service details, fares and destinations vary by city.

**Program Contact:** (714) 560-5596

**Website:** [octa.net/SeniorMobility](http://octa.net/SeniorMobility)

### **OC ACCESS (ADA Paratransit)**

OC ACCESS is OCTA's shared-ride paratransit service for pre-approved riders whose physical or cognitive disabilities prevent them from using fixed-route OC Bus service for some or all trips. Eligibility is based on functional ability, not diagnosis. The service operates throughout Orange County during the same days and hours as OC Bus fixed-route service.

**Eligibility Office:** (714) 560-5956

**Eligibility TDD:** (714) 560-5474

**Eligibility Email:** [accesseligibility@octa.net](mailto:accesseligibility@octa.net)

**Reservations and Ride Status:** 1-877-OCTA-ADA (1-877-628-2232)

**Reservations TDD:** 1-800-564-4232

**Website:** [octa.net/OCAccess](http://octa.net/OCAccess)

### **Age Well Senior Services Transportation (South OC)**

Age Well Senior Services provides transportation support for older adults in South Orange County, including rides connected to medical appointments, grocery trips and essential services. Contact Age Well directly to confirm current service area, eligibility and scheduling details.

**Main Line:** (949) 855-8033

**Transportation Line:** (949) 855-9766

**Website:** [agewellseniorservices.org/transportation](http://agewellseniorservices.org/transportation)

### **Meals on Wheels OC Transportation Services**

Meals on Wheels Orange County provides transportation services for older adults, including rides to congregate meal sites, grocery stores, financial institutions and other non-medical destinations. Contact the organization directly to confirm eligibility, current service areas and scheduling.

**Main Phone:** (714) 220-0224

**Meals and Case Management Intake:** (714) 823-3294

**Website:** mealsonwheelsoc.org/services

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## 5. Housing Assistance

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Affordable housing is one of the most significant challenges for seniors in Orange County, where market rents remain high. Several programs and resource lists can help, though waitlists are common and applying early matters.

### Orange County Housing Authority (OCHA): Housing Choice Voucher Program

OCHA administers the federal Housing Choice Voucher Program for participating Orange County jurisdictions. The program helps eligible low-income households, including older adults and people with disabilities, pay a portion of rent to private landlords. Applications are accepted only when the waitlist is open. Eligibility, preferences and availability can change. When the waitlist is closed, no applications are accepted.

**Phone:** (714) 480-2700

**Fax:** (714) 480-2701

**California Relay Service:** 1-800-735-2929

**Email:** [OCHAContact@occr.ocgov.com](mailto:OCHAContact@occr.ocgov.com)

**Address:** 1501 E. St. Andrew Place, Santa Ana, CA 92705

**Website:** [ochousing.org](http://ochousing.org)

### OC Office on Aging: Senior Apartment List

The OC Office on Aging publishes a senior apartment list that includes senior apartment communities throughout Orange County for residents 55 and older and 62 and older, including income-restricted and market-rate options. Contact each property directly for current availability, rent, eligibility and waitlist information. The list was revised in March 2025.

**Phone:** (714) 480-6450

**PDF List:** Download at [officeonaging.ocgov.com](http://officeonaging.ocgov.com) (Senior Apartment List, March 2025)

**Website:** [officeonaging.ocgov.com](http://officeonaging.ocgov.com)

### Affordable Housing Clearinghouse of Orange County

Affordable Housing Clearinghouse provides housing-related resources and links for affordable housing searches in Orange County. Seniors and families can use the site as a starting point for understanding affordable housing options, waitlists and local housing resources, then confirm details directly with each property or program.

**Website:** [affordable-housing.org](http://affordable-housing.org)

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## 6. Meals & Nutrition

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Food insecurity is a real concern for many older adults living on fixed incomes. Orange County meal programs can provide nutrition, wellness checks, social connection and caregiver relief.

### Meals on Wheels Orange County

Meals on Wheels OC, legally incorporated as Community SeniorServ Inc., is the largest nonprofit senior nutrition and supportive services provider in Orange County, serving close to one million meals annually. Programs include home-delivered meals, Lunch Cafés, adult day health care and a friendly visitor program. The home-delivered meal program provides three nutritious meals a day, five days a week, with deliveries that may include a friendly check-in. Contact the organization directly for eligibility, current service area and intake steps.

**Main Phone:** (714) 220-0224

**Meals and Case Management Intake:** (714) 823-3294

**Email:** [info@mealsonwheelsoc.org](mailto:info@mealsonwheelsoc.org)

**Address:** 1200 N. Knollwood Circle, Anaheim, CA 92801

**Website:** [mealsonwheelsoc.org](http://mealsonwheelsoc.org)

### Age Well Senior Services: Meals on Wheels (South OC)

Age Well Senior Services is the official Meals on Wheels provider for South Orange County and also serves Irvine. The program delivers three meals every weekday to eligible homebound seniors who are unable to cook or shop on their own. Deliveries include a wellness check and a friendly visit, and meals are planned with nutrition guidance from a registered dietitian.

**Phone:** (949) 855-8033

**Website:** [agewellseniorservices.org/meals-on-wheels](http://agewellseniorservices.org/meals-on-wheels)

### OC Office on Aging: Home Delivered Meals Program

The OC Office on Aging's Home Delivered Meals Program connects homebound adults 60 and older with meal services through local providers. Services and delivery schedules vary by provider, and voluntary donations may be accepted. Call the Office on Aging to be connected with the appropriate provider for your area.

**Phone:** 1-800-510-2020

**Website:** [officeonaging.ocgov.com/home-delivered-meals](http://officeonaging.ocgov.com/home-delivered-meals)

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## 7. Prescription Assistance & Medication Delivery

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Managing medications is one of the most important and logistically challenging parts of aging in place. The resources below can help reduce costs or simplify delivery, but pricing, eligibility

and coverage vary by medication, pharmacy, health plan and location. Verify current details directly with each pharmacy or program.

### **California Rx Card: Free Statewide Prescription Discount**

The California Rx Card is a free prescription discount card available to any California resident regardless of age or income. It is not insurance, not a Medicare prescription drug plan and not a government program. Discounts vary by medication and pharmacy. The card may be useful for medications not covered by a current plan. There is no enrollment form and no income requirement.

**Website:** [californiarxcard.com](http://californiarxcard.com)

### **CVS Pharmacy: Prescription Delivery**

CVS offers same-day and 1 to 2 day delivery for eligible prescriptions. Fees, delivery availability and eligibility vary by location, prescription type, insurance plan and membership status. ExtraCare Plus members may qualify for free same-day and 1 to 2 day delivery on eligible orders.

**Website:** [cvs.com/delivery](http://cvs.com/delivery)

### **Walgreens: Home Prescription Delivery**

Walgreens offers home delivery for eligible prescriptions, including 90-day supplies for some medications. Auto-refill options may be available. Delivery fees, plan coverage and medication eligibility vary. Verify details directly with Walgreens before relying on delivery.

**Website:** [walgreens.com/home-delivery](http://walgreens.com/home-delivery)

### **Walmart Pharmacy: Home Delivery**

Walmart Pharmacy offers mail-order and home-delivery options for eligible prescriptions. Seniors should verify shipping fees, refill timing, insurance coverage and medication eligibility directly with Walmart Pharmacy.

**Pharmacy Phone:** 1-800-2REFILL (1-800-273-3455)

**Website:** [walmart.com/pharmacy-mail-order](http://walmart.com/pharmacy-mail-order)

### **Medi-Cal Rx and CalOptima OneCare Mail-Order Pharmacy**

Medi-Cal members can search for mail-order pharmacy options through Medi-Cal Rx or call for help locating a mail-order pharmacy. CalOptima OneCare members can use SortPak beginning in 2026 for mail-order pharmacy services and pre-sorted medication packaging. Members should confirm current pharmacy options directly with Medi-Cal Rx or CalOptima Health, as coverage and pharmacy arrangements can change.

**Medi-Cal Rx:** 1-800-977-2273 (TTY 711), 24/7

**SortPak for OneCare Members:** 1-877-570-7787 (TTY 711)

**Website:** [caloptima.org/access-to-care](http://caloptima.org/access-to-care)

## 8. Legal Aid & Senior Advocacy

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Legal issues do not stop being urgent just because someone is on a fixed income. Orange County has senior legal aid programs that provide counseling, advocacy and representation for eligible older adults.

### OC Office on Aging: Senior Citizen Legal Advocacy Program

This program provides seniors throughout Orange County with free counseling, referrals and representation in administrative and civil cases through legal partners. Areas may include government benefits, health coverage disputes, housing issues, consumer problems and elder abuse-related legal concerns. Services and eligibility vary by issue.

**Phone:** 1-800-510-2020 or (714) 480-6450

**Website:** [officeonaging.ocgov.com/legal-advocacy](http://officeonaging.ocgov.com/legal-advocacy)

### Community Legal Aid SoCal: Seniors Unit

Community Legal Aid SoCal is the largest provider of free civil legal services in Orange County. The Seniors Unit provides free legal services for Orange County residents aged 60 and older. Services may cover elder abuse, housing, public benefits, healthcare and related civil legal issues. Call directly to confirm eligibility, intake process and current service availability.

**Phone:** (714) 571-5200

**Toll-Free:** 1-800-834-5001

**Seniors Hotline Hours:** Mon–Thu 9 a.m.–6 p.m.; Fri 9 a.m.–12 p.m.

**Office Hours:** Mon–Fri 9 a.m.–5 p.m.

**Address:** 2101 N. Tustin Ave., Santa Ana, CA 92705

**Website:** [communitylegalsocal.org/seniors](http://communitylegalsocal.org/seniors)

### Public Law Center

The Public Law Center is a nonprofit providing free civil legal services to low-income residents of Orange County, including seniors who meet eligibility requirements. The center handles a wide range of civil legal issues, including housing, consumer matters, domestic violence, immigration and other legal needs. An Elder Law Clinic for Orange County residents 60 and older is held on the first Tuesday of every month at the OC Family Justice Center, 150 W. Vermont Ave., Anaheim, CA 92805, from 10 a.m. to 12 p.m.; call (714) 541-1010 ext. 375 to confirm appointment availability.

**Phone:** (714) 541-1010

**Email:** [info@publiclawcenter.org](mailto:info@publiclawcenter.org)

**Website:** [publiclawcenter.org](http://publiclawcenter.org)

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## 9. Mental Health & Social Services

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Mental health among older adults is often overlooked, but depression, anxiety, grief and isolation are real and treatable. Orange County has resources designed to connect older adults and families with behavioral health services, support programs and crisis help.

### **OC Health Care Agency: Older Adult Behavioral Health**

The OC Health Care Agency's Office of Older Adult Services offers mental health programs for older adults, including the Older Adult Support and Intervention System (OASIS) for seniors who are homeless or at risk of homelessness with a severe mental illness. OC Links provides 24/7 information and connection to behavioral health services countywide by phone or chat.

**OC Links (24/7):** 1-855-OC-LINKS (1-855-625-4657)

**OASIS Program:** (714) 399-3480

**Website:** ochealthinfo.com

### **CalOptima Health: Behavioral Health Services**

CalOptima members experiencing anxiety, depression or other mental health concerns can call the CalOptima Behavioral Health line for referrals and support. Staff are available in multiple languages around the clock. For substance use concerns, CalOptima can connect members with appropriate Orange County behavioral health resources.

**Behavioral Health:** 1-855-877-3885 (TTY 711), 24/7

**Website:** caloptima.org/behavioral-health

### **COASC: PEARLS Late-Life Depression Program**

The Program to Encourage Active, Rewarding Lives for Seniors is a structured, evidence-based program for older adults experiencing late-life depression. COASC administers PEARLS in Orange County and helps seniors manage emotional health and overall well-being through targeted supportive strategies.

**Phone:** (714) 492-1874

**Website:** coasc.org

### **Alzheimer's Orange County (AlzOC)**

Alzheimer's Orange County is a local nonprofit providing dementia education, care consultations, caregiver support groups, adult day health services, community programs and resource connection for families affected by Alzheimer's disease and other dementias. Services are free or low-cost; most are provided free of charge. Programs and services are offered in Spanish and Vietnamese, with additional multilingual support group options available in Chinese, Korean and Farsi.

**Helpline:** 844-373-4400

**Main Phone:** (949) 955-9000

**Email:** info@alzoc.org

**Address:** 2515 McCabe Way, Suite 200, Irvine, CA 92614

**Website:** alzoc.org

### **988 Suicide & Crisis Lifeline**

If you or someone you know is in a mental health crisis or experiencing suicidal thoughts, call or text 988 to reach the Suicide & Crisis Lifeline. The service is available 24/7 and connects people with trained crisis counselors. Online chat is also available.

**Call or Text:** 988

**Chat:** 988lifeline.org/chat

**Website:** 988lifeline.org

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## 10. Caregiver Support

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Caregivers often put themselves last. The resources below are built for people caring for older adults, people with dementia and adults with complex needs.

### Caregiver Resource Center OC

Caregiver Resource Center OC, a program of Providence St. Jude Medical Center, provides free services to family caregivers of adults with chronic illness and brain impairment. Services include family consultation and care planning, personalized needs assessment, caregiver education and seminars, support groups in English, Spanish and Vietnamese, resource referrals and respite planning. All services are free to family caregivers.

**Phone:** 1-800-543-8312 or (714) 446-5030

**Address:** 130 W. Bastanchury Road, Fullerton, CA 92835

**Website:** caregiveroc.org

### Family Caregiver Support Program (OC Office on Aging)

The OC Office on Aging's Family Caregiver Support Program helps caregivers connect with respite resources, support services and counseling. The program is funded through the aging services network and is available to qualifying family caregivers of older adults.

**Phone:** 1-800-510-2020

**Email:** areaagencyonaging@occr.ocgov.com

**Website:** officeonaging.ocgov.com

### Family Caregiver Alliance (National Resource)

Family Caregiver Alliance provides free resources to caregivers nationally through its CareNav platform and educational library. Resources include care planning tools, legal and financial information, wellness support and guidance for caregivers of adults with Alzheimer's disease, Parkinson's disease and other complex conditions.

**Website:** caregiver.org

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## 11. Volunteer Opportunities for Seniors

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Orange County has many volunteer opportunities for older adults who want to stay active, meet people and serve the community. Availability, training requirements and age requirements vary by organization.

### **AmeriCorps Seniors**

AmeriCorps Seniors connects adults 55 and older with volunteer service opportunities in their communities. Programs include RSVP, Foster Grandparents and Senior Companions, with opportunities ranging from child literacy to companionship, disaster response and community support.

**Phone:** 1-800-424-8867

**Website:** [americorps.gov/ameri-corps-seniors](http://americorps.gov/ameri-corps-seniors)

### **OC Office on Aging: Volunteer Directory**

The OC Office on Aging maintains a directory of volunteer opportunities across local organizations that serve older adults and the broader community. Contact each organization directly to confirm open roles, requirements and training.

**Phone:** (714) 480-6450

**Website:** [officeonaging.ocgov.com/volunteer](http://officeonaging.ocgov.com/volunteer)

### **Meals on Wheels OC: Volunteer Opportunities**

Meals on Wheels OC relies on volunteers to support meal delivery, check-ins with homebound seniors and lunch cafe operations. Volunteering here is one direct way to support isolated older adults in Orange County.

**Phone:** (714) 220-0224

**Website:** [mealsonwheelsoc.org/volunteer](http://mealsonwheelsoc.org/volunteer)

### **Alzheimer's Orange County: Volunteer Program**

Alzheimer's Orange County welcomes volunteers for selected programs and community support roles. Opportunities may include support-group facilitation, events, outreach and caregiver support. Contact AlzOC directly to confirm current openings and requirements.

**Helpline:** 844-373-4400

**Main Phone:** (949) 955-9000

**Website:** [alzoc.org/volunteer](http://alzoc.org/volunteer)

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## **12. National Resources Available to OC Seniors**

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In addition to OC-specific programs, several national and federal resources are available to seniors living in Orange County. These can be especially useful for veterans, those with complex coverage questions and families navigating long-term care decisions.

### **VA Benefits for Elderly Veterans (VA.gov)**

The U.S. Department of Veterans Affairs offers programs for elderly veterans, including pension-related benefits such as Aid and Attendance and Housebound benefits for eligible veterans and survivors. VA benefits have specific service, income, asset and medical-need rules, so veterans and families should confirm eligibility directly with the VA or a VA-accredited representative.

**Phone:** 1-800-827-1000

**Website:** [benefits.va.gov/elderly-veterans](https://benefits.va.gov/elderly-veterans)

### **Eldercare Locator (ACL.gov)**

The Eldercare Locator, supported by the U.S. Administration for Community Living, helps older adults and families find local support services such as transportation, housing, legal help, caregiver support and benefits counseling.

**Phone:** 1-800-677-1116

**Website:** [eldercare.acl.gov](https://eldercare.acl.gov)

### **Long-Term Care Choices (Medicare.gov)**

Medicare.gov provides information on long-term care options, including home and community services, assisted living, memory care, nursing homes, hospice care and other care settings. It is a useful starting point for families discussing care options with a social worker, physician or benefits counselor.

**Phone:** 1-800-MEDICARE (1-800-633-4227)

**Website:** [medicare.gov](https://medicare.gov)

### **AgeWell Planner (NCOA.org)**

The National Council on Aging's AgeWell Planner provides tools and resources for older adults, including benefits information and guidance on money, health and aging well. A personalized assessment can help connect seniors with relevant assistance programs.

**Website:** [ncoa.org/age-well-planner](https://ncoa.org/age-well-planner)

### **AARP**

AARP provides resources covering health, wellness, caregiving, financial guidance, tax assistance, legal information and employment for adults 50 and older. AARP is not a government agency, and some services, discounts or benefits may require membership.

**Phone:** 1-888-687-2277

**Website:** [aarp.org](https://aarp.org)

### **Senior Nutrition Program (ACL.gov)**

The Administration for Community Living's Senior Nutrition Program funds community nutrition services nationwide, including home-delivered meals and congregate dining programs that reduce food insecurity and support social connection among older adults.

**Website:** [acl.gov/senior-nutrition](https://acl.gov/senior-nutrition)

### **Alzheimer's Association (ALZ.org)**

The Alzheimer's Association provides Alzheimer's and dementia education, caregiver resources, advocacy, research updates and a 24/7 helpline for individuals living with dementia and their families. The Orange County chapter is available at (949) 426-8544.

**24/7 Helpline:** 1-800-272-3900

**OC Chapter Phone:** (949) 426-8544

**Website:** alz.org/oc

#### DISCLAIMER

*This guide is for informational purposes only and does not determine eligibility for benefits, healthcare coverage, legal services, housing, transportation or meal programs. Program rules, phone numbers, service areas, addresses, fees and availability can change. Contact each agency or organization directly to confirm current information before applying, enrolling or relying on a service. For medical emergencies or immediate danger, call 911. For mental health crisis support, call or text 988.*

See Sources & Additional Resources at <https://rayasparadise.com/orange-county/senior-resources/>



**Assisted Living · Memory Care · Respite Care · Hospice Support**

Raya's Paradise is a licensed senior living community in San Clemente, CA, serving Orange County families with assisted living, memory care, respite care and hospice support. Boutique coastal care with more than 30 years of experience behind it.

**(949) 420-9898 | [info@rayasparadise.com](mailto:info@rayasparadise.com) | <https://rayasparadise.com>**

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