



## *Tulare County Senior Guide*

Serving California's Central Valley



1-800-541-8614      (559) 224-9154

E-mail: [info@valleycrc.org](mailto:info@valleycrc.org)      Web Site: [www.valleycrc.org](http://www.valleycrc.org)

### Adult Day Care

Valley Adult Day Services.....(559) 783-9815  
227 E Oak Avenue, Porterville, CA 93257

### Advocacy

AARP.....1(800) 523-5800  
HICAP (Health Insurance Counseling & Advocacy Program).....1(800) 434-0222 or 713-2875  
Seasset Senior Services.....1(800) 321-2462  
LTC Ombudsman Program.....1(800) 293-9714 or 852-2828

### Alzheimer's Services

Alzheimer's Association.....1(800) 272-3900 or 753-8200  
Medic Alert.....1(888) 572-8566  
UCSF Alzheimer's & Memory Center.....(559) 227-4810  
Valley Caregiver Resource Center.....1(800) 541-8614 or 224-9154

### Case Management Program

MSSP (65+).....1(800) 434-0222 or 623-0199

## Counseling

Alternative Service (Visalia).....	(559) 651-8090
Central California Family Crisis Center.....	(559) 784-0192
Central Valley Regional Center.....	(559) 738-2200
Family Service of Tulare County.....	(559) 741-7310
Visalia Adult Integrated Clinic.....	(559) 623-0900
Valley Caregiver Resource Center.....	1(800) 541-8614 or 224-9154
District Attorney's Office.....	(559) 782-9617
Visalia Parenting Nework.....	(559) 625-0384

## Disability Programs & Services

Deaf & Hard of Hearing Service Center.....	(559) 225-3323
Valley Center for the Blind.....	(559) 222-4447

## Emergency Hotlines (24 hour)

Adult Protective Services.....	(877) 657-3092 or 623-0651
Law Enforcement .....	911
National Domestic Violence Hotline.....	1(800) 799-7233
Tulare County Crisis & Information Line.....	1(800) 320-1616

## Equipment and Supplies

California Telephone Access Program.....	1(800) 806-1191
Care Medical (Tulare).....	(559) 685-8281
Shields Healthcare.....	1(800) 675-8842

## Financial Assistance

Social Security Administration.....	1(800) 772-1213
Tulare County Health & Human Services.....	(559) 624-8000
Tulare County Veterans Service Office.....	(559) 713-2880

## Food Programs

Cal Fresh.....	1(800) 540-6880
Food Link for Tulare County.....	(559) 651-3663
Tulare Works, Tulare's District Office.....	(559) 685-2100
Senior Meal /Nutrition Program.....	1(800) 321-2462 or 623-0199
Tulare Senior Community Center .....	(559) 685-2330

## Home Health

Adventist Health Home care & Hospice Services.....	(559) 537-2860
Compassionate Care.....	(559) 432-2003
Healthy Living At Home.....	(559) 369-6473
In Home Healthcare Services.....	1(800) 473-4480
San Lorenzo Home Health (Visalia only).....	(559) 230-0516
Vida Care Home Health.....	(559) 248- 0277

## Hospice

Adventist Health Home Care & Hospice Services.....	(559) 537-2860
Ardent Hospice And Palliative Care.....	(661) 244-8126
AseraCare Hospice.....	(559) 447-2540
Bright Horizons.....	(559) 443-0303
Compassionate Care.....	(559) 432-2003
Kaweah Delta Hospice .....	(559) 733-0642
Kindred Hospice.....	(559) 685-9218
Bristol Hospice (Visalia).....	(559) 741-7220
Bristol Hospice .....	(559) 435-9991
Bristol Hospice.....	(559) 840-2158
Visiting Angels.....	(559) 462-8838

## Housing

Housing Authority of Tulare County.....	(559) 627-3700
Seaset Senior Services .....	1(800) 321-2462 or 623-0199

## In-Home Services

Amdal In-Home Care.....	(559) 686-6611
Auspice In-Home Care and Transportation Services.....	(559) 436-4782
Comfort Keepers.....	(559) 734-1087
Guardian Angels In Home Care.....	(559) 784-6655
In-Home Supportive Services.....	1(800) 571-9555 or 623-0600
Just Like Home.....	(559) 781-4378
Kaweah Delta Private Home Care.....	(559) 624-2854
Fresno/ Madera HICAP Office.....	1(800) 434-0222 or 623-0199
Visiting Angels.....	(559) 562-1161

## Insurance Programs

HICAP (Health Insurance Counseling & Advocacy Program).....	1(800) 434-222 or 623-0199
Medi-Cal.....	1(800) 540-6880
Medicare.....	1(800) 633-4227
Social Security Administration/SSI.....	1(800) 772-1213

## Legal Services

CA Rural Legal Assistance.....	(559) 441-8721
Central California Legal Services.....	1(800) 350-3654 or 559-733-8770
Tulare County District Attorney.....	(559) 636-5494
Family Services Tulare County.....	(559) 741-7318
Legal Aid of Tulare County.....	(559) 733-8770
Tulare County Family Court.....	(559) 730-5000
Seaset Senior Services.....	1(800) 321-2462
Public Guardian (Conservatorship).....	(559) 733-6585
Valley Caregiver Resource Center.....	1(800) 541-8614 or 224-9154

## Respite Care

In-Home Supportive Services.....	1(800) 571-9555 or 623-0600
Love INC.....	(559) 733-8870
MSSP (65+) / Linkages (18+).....	1(800) 434-0222 or 623-0199
Valley Caregiver Resource Center.....	1(800) 541-8614 or 224-9154
Veterans Respite Care.....	(559) 225-6100 ext. 5240

## Senior Centers

Dinuba Senior Center.....	(559) 591-2450
Exeter Senior Center.....	(559) 592-5960
Farmersville Senior Center.....	(559) 594-4300
Goshen Senior Center.....	1(800) 321-2462 or 684-2673
Seaset Senior Services.....	(559) 562-5859
Cutler-Orosi Senior Center.....	(559) 528-6108
Seaset Senior Services.....	(559) 782-4725
Tulare Senior Center.....	(559) 685-2330
Visalia Parks and Recreation Senior Center.....	(559) 713-4481

## Suicide Hotlines

National Suicide Prevention Lifeline.....	1(800) 273-8255
En Español.....	1(800) 628-9454
Tulare County Crisis & Information Line.....	1(800) 320-1616

## Specialized Transportation

Tri County Medical Transportation.....1(800) 996-2990 or 637-1851  
Valley Medical Transportation.....1(888) 994-4868 or 734-8743

## Transportation

Abbey Medical Transportation.....(559) 594-4716  
All Family Transport (non-emergency).....(559) 836-0682  
Dial-a-Ride:  
    Dinuba.....(559) 595-8800  
    Porterville .....(559) 781-8104  
    Tulare.....(559) 688-5706  
    Visalia.....(559) 713-4750  
    Woodlake.....(559) 280-2736  
Kings County Government Center.....(559) 582-3211 Ext. 2828  
Tulare County Area Transit (TCAT).....1(800) 431-9711  
Tulare Intermodal Express.....(559) 688-5706

## Utilities Assistance

Southern California Edison Energy Efficiency Department .....1(800) 736-4777  
Home Weatherization (CSET).....(559) 741-4658  
Southern California Edison.....1(800) 447-6620  
Southern California Gas Company.....1(800) 427-2200  
Universal Lifeline Telephone Services (AT&T).....1(800) 288-2020

## Veterans Services

Tulare County Veterans Services Office.....(559) 684-4960

## Miscellaneous

California Department of Aging.....1(800) 321-2462  
Eldercare Locator.....1(800) 677-1116  
Medical Alert.....1(800) 432-5378  
Tulare County Veterans Services.....(559) 713-2889

## Web Sites

Administration on Aging.....www.aoa.gov  
California Department of Aging.....www.aging.ca.gov  
California Department of Services and Development.....www.csd.ca.gov/Programs  
Department of Veteran's Affairs.....www.va.gov  
First Gov for Seniors.....www.seniors.org  
H.E.L.P. for Seniors.....www.help4srs.org  
Kings Community Action Organization.....www.kcao.org

Kings/Tulare Area Agency on Aging.....www.ktaaa.org  
Valley Caregiver Resource Center.....www.valleycrc.org

VCRC serves you in the following counties by way of offices in Fresno and Tehachapi:  
Fresno • Kern • Kings • Madera • Mariposa • Merced • Stanislaus • Tuolumne • Tulare

### Important Phone Numbers

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Notes:

VCRC presents this as a sample listing of various private, public, and non-profit agencies for resource purposes. Inclusion of an agency on this listing does not imply a recommendation or endorsement by VCRC. VCRC accepts no liability for the competence or quality of service provided by the agencies on this list. All information is correct at the time of printing, but is subject to change.

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