

*Wilshire Vermont*  
**Apartments**



**COMMUNITY SERVICES  
RESOURCE GUIDE**



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## ALCOHOL / DRUG ABUSE

### HOTLINES

#### *Alcohol*

Be Sober .....	800-237-6237
Alcoholics Anonymous .....	800-923-8722
AL-ANON (Families of Alcoholics) .....	888-425-2666
Adult Children of Alcoholics .....	310-281-9740
NCADD Treatment Hotline.....	800-564-6600

#### *Drugs*

Drug Abuse Hotline .....	800-237-6237
I-ADARP (Adults and Teen) .....	800-559-9503
Narcotics Anonymous Hotline .....	800-863-2962
Nar-Anon Drug Prevention.....	888-297-9560
NCADD Treatment Hotline.....	800-564-6600

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**ALCOHOLICS ANONYMOUS – LOS ANGELES CENTRAL OFFICE** .....323-735-2089  
4311 Wilshire Blvd., Suite 104, Los Angeles, CA 90010  
<http://www.lacoaa.org>

Provides assistance to alcoholics seeking sobriety.

**CIRCLE OF HELP FOUNDATION** .....213-365-9047  
2120 W. 8<sup>th</sup> Street, Suite 330, Los Angeles, CA 90057  
<http://www.circleofhelp.com>

Substance abuse treatment services offered through its outpatient treatment program for adults, adolescents, and pregnant/postpartum women. Bi-lingual counselors available.

**NEW BEGINNINGS RECOVERY TREATMENT CENTER** .....213-250-1005  
1137 W. 6<sup>th</sup> Street, Los Angeles, CA 90017  
<http://www.nbrecovery.net/index.php>

Alcohol and drug prevention treatment and recovery services. Intensive outpatient care.

**PEOPLE IN PROGRESS** .....213-388-0818  
Multi-Service Center  
1636 W. 8<sup>th</sup> Street, Suite 103, Los Angeles, CA 90017  
<http://www.peopleinprogress.org>

Outpatient treatment services, referrals and counseling.

# CHILD ABUSE

## HOTLINES

Child Abuse Hotline.....	800-540-4000
Child Help USA (24 Hours) .....	800-422-4453
LA County Child Abuse Hotline.....	800-540-4000
Rape, Abuse, Incest National Network .....	800-656-HOPE (4673)

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**CHILDREN’S BUREAU OF SOUTHERN CALIFORNIA**.....323-953-7356  
3910 Oakwood Avenue, Los Angeles, CA 90004  
<http://www.all4kids.org>

Offers an array of child abuse prevention and treatment services aimed at strengthening families and communities throughout Southern California.

**DEPARTMENT OF CHILDREN AND FAMILY SERVICES** .....213-351-5602  
Child Protective Services  
425 Shatto Place, Suite 600, Los Angeles, CA 90020  
<http://dcfs.co.la.ca.us/>

Provides help to abused, neglected, and abandoned children.

# CHILD, YOUTH AND FAMILY SERVICES

## HOTLINES

California Youth Crisis Line (24 hours) .....800-843-5200  
Foster Youth Information Line.....888-811-1121  
National Child – At Risk Hotline .....800-792-5200

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## CHILD CARE SERVICES

**THE CALIFORNIA CHILD CARE RESOURCE & REFERRAL AGENCY** .....800-543-7793  
<http://www.rnnetwork.org/welcome/index.html>

Helps families locate child care services. Also provides information on financial assistance eligibility.

**CHILD AND FAMILY SERVICES** .....213-427-2700  
*Child Care Resource and Referral*  
155 N. Occidental Blvd., Los Angeles, CA 90026

Child care resources and free referrals to all types of child care.

**CHILDREN’S HOME SOCIETY OF CALIFORNIA** .....213-240-5900  
*Childcare Resource and Referral Program*  
1300 West Fourth Street, Los Angeles, CA 90017  
<http://www.chs-ca.org>

Offers wide range of services to parents, including child care referrals and child care assistance programs that provide subsidized child care services to eligible families.

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## KID’S ORGANIZATIONS

**BIG BROTHERS AND BIG SISTERS OF GREATER LOS ANGELES**.....213-481-3611  
800 S. Figueroa Street, Suite 620, Los Angeles, CA 90017  
<http://www.bbbslaie.org>

Helping children in need reach their potential through professionally supported, one-to-one mentoring relationships.

**GIRLS INCORPORATED OF GREATER LOS ANGELES** .....213-251-7626  
3600 Wilshire Blvd., Suite 1500, Los Angeles, CA 90010  
[http://www.voala.org/girls\\_inc/about\\_girls.html](http://www.voala.org/girls_inc/about_girls.html)

Girls Incorporated® of Greater Los Angeles is a program of Volunteers of America of Greater Los Angeles, provides girls with tools to make the best choices in life, assert their rights, and become empowered around academic, economic, and social issues.

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## SOCIAL SERVICES

**CHILDREN'S BUREAU OF SOUTHERN CALIFORNIA**.....323-953-7356  
3910 Oakwood Avenue, Los Angeles, CA 90004  
<http://www.all4kids.org/>

Non-profit multi-service child welfare agency, providing foster care, child abuse crisis intervention and treatment, in-home and office-based counseling, parent education, foster parent certification.

**CENTRO DE NINOS** .....213-484-1515  
379 S. Loma Drive, Los Angeles, CA 90017

Provides child care and development services for the working poor, child abuse prevention programs, parent education.

**DEPARTMENT OF CHILDREN AND FAMILY SERVICES** .....213-351-5602  
425 Shatto Place, Suite 600, Los Angeles, CA 90020  
<http://dcfs.co.la.ca.us/>

Provides a comprehensive child protection system of prevention, preservation, and permanency to ensure that children grow up safe, physically and emotionally healthy, educated and in permanent homes.

**LOS ANGELES COUNTY PUBLIC SOCIAL SERVICES**.....213-744-4344  
Toy Loan Program  
2615 S. Grand Avenue, 2<sup>nd</sup> Floor, Los Angeles, CA 90007  
<http://dpss.lacounty.gov/dpss/toyloan/tlcenters.cfm>

The Toy Loan Program is designed to build character, integrity and a sense of responsibility in children. Toys are loaned freely; neither fees nor membership dues required.

**PARA LOS NINOS** .....213-250-4800  
500 Lucas Avenue, Los Angeles, CA 90017  
<http://www.paralosninos.org/>

Provides a comprehensive array of social and mental health services that help families create safe, nurturing, and healthy homes in which their children can thrive and build toward a brighter future.

**PATHWAYS**.....213-427-2700  
3550 West Sixth Street, Suite 500, Los Angeles, CA 90020  
<http://www.pathwaysla.org>

From specialized child care referrals, training and resources, to hands-on educational and developmental services, Pathways responds to the needs of children and the needs of those who love and care for children.

# CRIME REPORTING

## HOTLINES

Anonymous Crime Reporting ..... 800-78-CRIME (800-782-7463)  
Anonymous Tip Line .....877-LAWFULL (877-529-3855)  
Crime Victims Hotline..... 866-689-HELP (4357)  
Victims of Crime Resource Center.....800-842-8467

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## INFOLINES

**VINE: VICTIM INFORMATION & NOTIFICATION EVERYDAY**.....877-846-3452

VINE is a free, anonymous, telephone service for victims of violent crimes in Los Angeles County. By calling the VINE number, a victim can determine the custody status of the offender and register to be notified of the release or transfer of the specific inmate.

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**CALIFORNIA VICTIM COMPENSATION AND GOVERNMENT CLAIMS BOARD**.....800-777-9229  
400 R Street, Suite 500, Sacramento, CA 95814  
<http://www.victimcompensation.ca.gov>

Assists victims with losses related to crime injuries. Costs are paid entirely by fines and penalties from offenders, not by California's tax dollars.

**LA COUNTY DISTRICT ATTORNEY VICTIM-WITNESS ASSISTANCE PROGRAM** ....213-974-7499  
210 W. Temple Street, 18-607, Los Angeles, CA 90012  
<http://da.co.la.ca.us/vwap/default.htm>

Victims are assisted by victim advocates who guide victims through the court process, help victims receive restitution, provide crisis intervention, and provide referrals to counseling and community services.

**VICTIMS OF CRIME RESOURCE CENTER**.....916-739-7061  
3200 Fifth Avenue, Sacramento, CA 95817-2799 .....800-842-8467  
<http://www.1800victims.org>

Information and referrals provided statewide to victims and their families.

# DISABLED PERSONS SERVICES

## HOTLINES

Crisis Line for the Handicapped .....800-426-4263

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## INFOLINES / WEBSITES

**DISABILITY BENEFITS 101** ..... (web-site only info)  
<http://www.db101.org>

Helps workers, job seekers, and service providers understand the connections between work and benefits. The website explains the variety of work incentive programs and the rules for health coverage, benefit, and employment programs that people with disabilities use.

**DISABILITYINFO.GOV** ..... (web-site only info)  
<http://www.disabilityinfo.gov>

Online resource that provides information on education, employment, housing, transportation, health, benefits, technology, and civil rights.

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## SUPPORT SERVICES

**IN-HOME SUPPORTIVE SERVICES (IHSS)** .....213-744-4477  
2707 S. Grand Avenue, Los Angeles, CA 90007  
[http://www.ladpss.org/dpss/ihss/ihss\\_title\\_page.cfm](http://www.ladpss.org/dpss/ihss/ihss_title_page.cfm)

This is a division of the L A County Department of Public Social Services - Bureau of Health, Nutrition & Specialized Services. It provides in-home supportive services for the disabled and elderly people in Los Angeles County.

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## WORK-RELATED RESOURCES

**CALIFORNIA DEPARTMENT OF REHABILITATION (DOR)** .....213-736-3904  
3251 West 6<sup>th</sup> Street, Suite 300, Los Angeles, CA 90020-5017  
<http://www.dor.ca.gov/>

DOR provides Vocational Rehabilitation Services to Californians with disabilities who want to work. Services include employment counseling training and education, mobility and transportation aids, job search and placement assistance.

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**EMPLOYMENT DEVELOPMENT DEPARTMENT (EDD)**.....213-833-7900  
315 W. 9<sup>th</sup> Street, Suite 200, Los Angeles, CA 90015  
<http://www.edd.ca.gov/eddpwd.asp>

The EDD is committed to enhanced employment opportunities for people with disabilities.  
Services include job and training referrals, counseling, and job search assistance and workshops.

# DOMESTIC VIOLENCE

## HOTLINES

Domestic Violence Hotline .....	800-978-3600
24-Hour Domestic Violence Response Team .....	323-226-6806
Emergency Services Hotline .....	213-626-3393
National Domestic Violence Hotline .....	800-799-SAFE (7299)
Safe Horizons Domestic Violence Hotline.....	800-621-HOPE (4673)
Victims Information & Notification Hotline .....	877-846-3452

## INFOLINES

**VINE: VICTIM INFORMATION & NOTIFICATION EVERYDAY**.....877-846-3452

VINE is a free, anonymous, telephone service for victims of violent crimes in Los Angeles County. By calling the VINE number, a victim can determine the custody status of the offender and register to be notified of the release or transfer of the specific inmate.

## SHELTERS

1736 Family Crisis Center.....	213-745-6434
Asian Pacific Women's Center.....	213-250-2977
Battered Service Action Center.....	800-548-2722
Bilingual Shelter (Spanish Speakers).....	213-629-5800
Free Spirit Shelter .....	800-548-2722

**ABOUT FACE: DOMESTIC VIOLENCE INTERVENTION PROJECT**.....213-384-7084  
3407 W. 6<sup>th</sup> Street, Suite 700, Los Angeles, CA 90020

Domestic violence services for people who live in Los Angeles County.

**PEACE OVER VIOLENCE**.....213-955-9090  
605 West Olympic Blvd., Suite 400, Los Angeles, CA 90015  
<http://www.peaceoverviolence.org>

Provides information, referrals, and support to victims of violence.

**COMMUNITY MENTAL HEALTH CENTER (CMHC)** .....323-221-4134  
**Violence Intervention Program (VIP)**  
1721 Griffin Avenue, Los Angeles, CA 90031  
<http://www.violenceinterventionprogram.org>

Provides comprehensive mental health services for victims of family violence and sexual assault.

## ENGLISH AS A SECOND LANGUAGE (ESL)

**ABRAM FRIEDMAN OCCUPATIONAL CENTER**.....213-745-2013  
1646 South Olive Street, Los Angeles, CA 90015  
<http://afoc.adultinstruction.org>

Offers all levels of ESL classes. Lessons focus on daily living skills and effective communication in an English-speaking environment. Placement tests are given to students before enrollment.

**ALPINE RECREATION CENTER**.....213-485-5448  
817 Yale Street, Los Angeles, CA 90012

Offers ESL classes, adult education, after school program, and many other enriching programs.

**CENTRAL ADULT SCHOOL** .....213-745-6079  
211 West 17<sup>th</sup> Street, Los Angeles, CA 90015

Offers ESL and citizenship classes.

**CENTRO LATINO DE EDUCACION POPULAR** .....213-483-7753  
1709 W. 8<sup>th</sup> Street, Suite A, Los Angeles, CA 90017  
<http://www.centrolatinoliteracy.org>

Offers ESL classes and basic literacy in Spanish through its ¡LEAMOS! Program.

**LOS ANGELES TRADE TECHNICAL COLLEGE** .....213-763-7000  
400 West Washington Blvd., Los Angeles, CA 90015  
<http://www.lattc.edu/>

Basic listening, reading, speaking, writing skills for ESL learners with zero to minimum English language skills.

## FAMILY PLANNING

### HOTLINES

California Office of Family Planning Information & Referral Service .....	800-942-1054
Pregnancy Hotline.....	800-848-5683
National Abortion Federation Hotline ( <a href="http://www.prochoice.org">www.prochoice.org</a> ) .....	800-772-9100
National Life Center ( <a href="http://www.nationallifecenter.com">www.nationallifecenter.com</a> ) .....	800-848-5683
Teen Pregnancy Referral Hotline.....	800-522-5006

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**CHINATOWN SERVICE CENTER – FAMILY HEALTH CLINIC** .....213-808-1718  
Alpine Tower, 767 North Hill Street, Suite 200, Los Angeles 90012  
<http://www.cscla.org/clinic.html>

Offers low-cost health care services, including family planning services, family planning education, pregnancy tests, prenatal and postpartum care, pap tests, screenings for sexually-transmitted diseases.

**LOS ANGELES PREGNANCY SERVICES** .....213-382-5643  
2524 West 7<sup>th</sup> Street, Los Angeles, CA 90057  
<http://www.lapsforlife.org>

Pregnancy counseling and referral services.

## FINANCIAL ASSISTANCE PROGRAMS

**CALWORKS**.....213-639-5455

2601 Wilshire Blvd., Los Angeles, CA 90057

<http://www.ladpss.org/dpss/calworks/default.cfm>

The *CaIWORKs* program provides temporary financial assistance and employment focused services to families with minor children who have income and property below State maximum limits for their family size.

**DEPARTMENT OF PUBLIC SOCIAL SERVICES**.....800-339-6993

2855 E. Olympic Blvd., Los Angeles, CA 90023 .....323-260-3718

<http://www.ladpss.org/>

Food stamps, financial and employment assistance.

## FOOD PROGRAMS & RESOURCES

**DEPARTMENT OF PUBLIC SOCIAL SERVICES**.....800-339-6993  
2855 E. Olympic Blvd., Los Angeles, CA 90023 .....323-260-3718  
<http://www.ladpss.org/>

Food stamps, financial and employment assistance.

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### **EMERGENCY FOOD RESOURCES**

**PEOPLE IN PROGRESS** .....213-388-0818  
Multi-Service Center  
1636 W. 8<sup>th</sup> Street, Suite 103, Los Angeles, CA 90017  
<http://www.peopleinprogress.org>

Provides emergency food, clothing, substance abuse and counseling services.

**LOS ANGELES REGIONAL FOODBANK** .....323-234-3030  
1734 E. 41<sup>st</sup> Street, Los Angeles, CA 90058  
<http://www.lafightshunger.org>

Making every effort to get more food out to low-income residents who are facing hunger.

**OUR LADY QUEEN OF ANGELS**.....213-629-3101  
535 N. Main Street, Los Angeles, CA 90012

Provides emergency food, clothing, and holiday assistance.

# HEALTH CENTERS

## HOTLINES

Center for Health Care Rights.....	800-824-0780
Child Health & Disability Prevention Program (CHDP) .....	800-993-2437
Healthy Families – Medi-Cal for Children.....	888-747-1222
LA County Health & Nutrition Hotline .....	877-597-4777

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**California Managed Risk Medical Insurance Board**.....916-324-4695  
<http://www.mrmib.ca.gov>

Lists detailed information on a number of different health care programs available to families and people who are uninsured, including Health Families Program, the Access for Infants and Mothers program, and the Major Risk Medical Insurance Program (for Californians unable to obtain individual health insurance coverage because of pre-existing conditions).

**PUBLIC-PRIVATE PARTNERSHIP (PPP) & HEALTH CENTER REFERRALS** ..... 800-257-2342

Refers primary care services to uninsured patients.

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## INDIVIDUAL / FAMILY HEALTH CENTERS

**CENTRAL HEALTH CENTER** .....213-240-8203  
241 North Figueroa Street, Los Angeles, CA 90012  
<http://lapublichealth.org/spa4/clinics/central.htm>

Free public health services to Los Angeles residents. Services include immunizations, sexually transmitted diseases, and tuberculosis.

**CHINATOWN SERVICE CENTER – FAMILY HEALTH CLINIC** .....213-808-1718  
Alpine Tower, 767 North Hill Street, Suite 200, Los Angeles 90012  
<http://www.cscla.org/clinic.html>

Offers low-cost health care services, including physical examinations, immunizations diagnosis and treatment for common illnesses, family planning services and education, osteoporosis screenings.

# HOUSING

## HOTLINES

LA County Housing Authority – Section 8 Rent Subsidy Application .....800-731-4663  
Housing Grants & Loan Programs ..... 323-890-7244 & 7239

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**FAIR HOUSING FOUNDATION** .....323-295-3302  
4401 Crenshaw Blvd., #317, Los Angeles, CA 90043  
<http://www.fhfla.com/>

Supports and promote freedom of residence through education, advocacy, and litigation, to ensure that all persons have the opportunity to secure safe and decent housing.

**HOUSING RIGHTS CENTER** .....800-477-5977  
520 S. Virgil Avenue, Suite 400, LA, CA 90020  
<http://www.hrc-la.org/>

Supports and promotes fair housing through education and advocacy to the end that all persons have the opportunity to secure the housing they desire and can afford.

## JOB INFORMATION / TRAINING

### INFOLINES

Job Corps (ages 16 to 24).....213-741-5376  
Job Info County of Los Angeles 24-Hour Hotline .....213-351-LIST (5478)  
<http://www.co.la.ca.us/hr/main.html-ssi>

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### ADULT SCHOOLS

Adult schools offer job preparation and readiness, computer instruction, literacy and ESL programs. For information:

LA Unified School District..... 213-62-LEARN (625-3276)  
LA County Office of Education .....562-922-6111

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**CALWORKS (DEPARTMENT OF PUBLIC SOCIAL SERVICES)** .....213-744-4862  
2615 S. Grand Avenue, Los Angeles, CA 90007  
<http://www.ladpss.org/>

Provides job search and job readiness assistance, vocational education and training, education directly related to employment, adult basic education, and post-employment services.

**CHINATOWN WORKSOURCE CENTER** .....213-808-1700  
767 N. Hill Street, Suite 400, Los Angeles, CA 90012  
<http://www.cscla.org>

Career resource center provides access to computers and Internet, phone and fax machines, printer and copier. Center has resource library and job bulletin.

**GAIN (GREATER AVENUES FOR INDEPENDENCE)** .....323-730-6301  
3833 S. Vermont Avenue, 3<sup>rd</sup> Floor, Los Angeles, CA 90037

The GAIN program provides employment-related services to CalWORKs participants to help them find employment, stay employed, and move on to higher paying jobs, which will ultimately lead to self-sufficiency and independence.

**WESTLAKE WORKSOURCE CENTER** .....213-352-1677  
1055 Wilshire Blvd., Suite 900A, Los Angeles, CA 90017  
<http://www.westlake-worksource.org>

Job search and placement services, interview/resume writing assistance, work-based training.

## LEGAL SERVICES

**CALIFORNIA WOMEN'S LAW CENTER** .....323-951-1041  
6300 Wilshire Blvd., Suite 980, Los Angeles, CA 90048  
<http://www.cwlc.org>

Provides programs that enable individuals to use the law that governs their rights and to assist them in addressing the legal issues that perpetuate women's growing poverty.

**LAWHELPCALIFORNIA.ORG** .....(website only)  
<http://www.lawhelpcalifornia.org>

Helping Californians find legal aid referrals & self-help resources.

**LEGAL AID FOUNDATION OF LA** .....800-399-4LAW (4529)  
<http://www.lafla.org/>

Provides civil legal services to low income people in Los Angeles.

**VICTIM LAW** .....(website only)  
<http://www.victimlaw.info/victimlaw/>

Comprehensive and searchable database of crime victims' rights and protection laws.

## LITERACY SERVICES

### INFOLINES

Literacy Network of Greater Los Angeles ..... 800-707-READ (7323)  
<http://www.literacynetwork.org>

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**LOS ANGELES PUBLIC LIBRARY – SINGLETON LITERACY CENTER** .....213-228-7037  
630 W. 5<sup>th</sup> Street, Los Angeles, CA 90071  
<http://www.lapl.org>

Tutored and self-guided programs offered to improve basic reading and literacy skills.

**LOS ANGELES UNIFIED SCHOOL DISTRICT – BEYOND THE BELL BRANCH** .....213-241-7900  
333 S. Beaudry Avenue, Los Angeles, CA 90017  
<http://www.btb.lausd.net>

The *Families Make the Difference* is a Reading Is Fundamental<sup>®</sup> family reading program helps parents develop their skills and self-assurance to support their children's reading and learning.

**READING TO KIDS – MONTHLY READING CLUB** .....310-479-7455  
<http://www.readingtokids.org>

*Esperanza Elementary School* .....213-484-0326  
680 Little Street, Los Angeles, CA 90017

*Gratts Elementary School* .....213-250-2932  
309 S. Lucas Avenue, Los Angeles, CA 90017

Monthly reading clubs improve reading and learning skills in elementary school children. Kids and parents receive book donations at the end of the Reading Club.

# MENTAL HEALTH

## HOTLINES

24/7 Crisis Counseling (Department of Mental Health).....800-854-7771  
Suicide Prevention Hotline Center (24 Hours) .....310-391-1253  
LA County ONLY .....877-727-4747

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**AMANCER COMMUNITY COUNSELING SERVICES** .....213-481-1347  
1200 Wilshire Blvd., Suite 210, Los Angeles, CA 90017

Adult and child mental health clinic. Outpatient, case management, and counseling services provided.

**ASIAN PACIFIC COUNSELING & TREATMENT CENTERS** .....213-483-3000  
1310 Wilshire Blvd., Los Angeles, CA 90017

<http://www.apctc.org>

Children and family mental health services. Outpatient, case management, vocational rehabilitation services.

**DEPARTMENT OF MENTAL HEALTH** ..... 213-738-4601 or 213-738-4957  
*Information and Referral* .....800-854-7771  
550 South Vermont Avenue, 12<sup>th</sup> Floor, Los Angeles, CA 90020

Provides a full range of mental health services, including acute inpatient care, day treatment services, activity centers, outpatient programs, rehabilitation services, prevention and community education efforts, and 24-hour psychiatric emergency services.

# RAPE & DATING VIOLENCE

## HOTLINES

Crisis Helpline .....800-235-1191  
Rape & Abuse & Incest National Network..... 800-656-HOPE (4673)  
Victim-Witness Assistance .....818-756-8488

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## INFOLINES

911RAPE.ORG ..... (website only)  
<http://www.911rape.org>

Informational on-line service provided by the UCLA Medical Center Rape Treatment Center. Provides information on what rape is and how to get help.

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**BREAK THE CYCLE** .....310-286-3366  
5200 W. Century Blvd., Suite 300, Los Angeles, CA 90045  
<http://www.breakthecycle.org>

Break the Cycle engages, educates, and empower youth to build lives and communities free from domestic and dating violence.

**VIOLENCE INTERVENTION PROGRAM (VIP)** .....323-221-4134  
**Community Mental Health Center (CMHC)**  
1721 Griffin Avenue, Los Angeles, CA 90031  
<http://www.violenceinterventionprogram.org>

Provides comprehensive mental health services for victims of family violence and sexual assault.

**VIOLENCE INTERVENTION PROGRAM (VIP)** .....323-226-3961  
**Forensic Medical Clinic**  
1240 North Mission Road, Trailer-11, Los Angeles, CA 90033  
<http://www.violenceinterventionprogram.org/>

24-hour crisis intervention, medical evaluation and treatment, forensic evaluation and evidence collection, case management and advocacy.

# SENIOR SERVICES

## HOTLINES

Adult Protective Services .....	213-351-5401
Department of Aging Information and Assistance .....	800-510-2020
Elder Abuse 24-Hour Hotline .....	800-992-1660
Elder Abuse Community Education .....	310-394-9871
Senior Citizens Information and Assistance.....	213-738-4004

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## MEDICARE

**CALMEDICARE.ORG** (*free Medicare help*)..... 800-434-0222  
<http://www.calmedicare.org>

Provides free information about Medicare eligibility, coverage, benefits, claims and appeals for people who live in California.

**HEALTH INSURANCE COUNSELING AND ADVOCACY PROGRAM (HICAP)** ..... 800-824-0780  
520 S. Lafayette Park Place, Suite 214, Los Angeles, CA 90057  
<http://www.healthcarerights.org>

HICAP counselors provide assistance with Medicare claims, appeals, denials, or delays of service or treatment.

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## SOCIAL SECURITY

**UNITED STATES GOVERNMENT SOCIAL SECURITY ADMINISTRATION** ..... 818-837-9536  
456 San Fernando Mission Blvd., San Fernando, CA 91340

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## SENIOR CENTERS

**ST. BARNABAS SENIOR CENTER** ..... 213-388-4444  
675 S. Carondelet Street, Los Angeles, CA 90057  
<http://www.sbssla.org/>

Provides adult learning and recreation, nutrition programs, adult day health care, social work and case management.

**KOREAN TOWN MULTIPURPOSE SENIOR CENTER** ..... 213-739-7888  
978 S. Hoover Street, Los Angeles, CA 90006

Provides a variety of senior services and activities.

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## SUPPORT SERVICES

**IN-HOME SUPPORTIVE SERVICES (IHSS)**.....213-744-4477  
2707 S. Grand Avenue, Los Angeles, CA 90007  
[http://www.ladpss.org/dpss/ihss/ihss\\_title\\_page.cfm](http://www.ladpss.org/dpss/ihss/ihss_title_page.cfm)

This is a division of the L A County Department of Public Social Services - Bureau of Health, Nutrition & Specialized Services. It provides in-home supportive services for the disabled and elderly people in Los Angeles County.

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## TRANSPORTATION

**ACCESS SERVICES INC.** .....800-827-0829  
Reservations .....800-883-1295  
PO Box 71684, Los Angeles, CA 90071  
<http://www.asila.org/>

Transportation for severely disabled persons and senior citizens of Los Angeles County.

**CITYRIDE** .....818-808-RIDE (7433)  
<http://www.ladottransit.com/other/cityride/>

Transportation subsidy program benefiting seniors 65 years or older and disabled persons of any age.

# TRANSPORTATION

## INFOLINES

Personalized Bus Routes/Schedules, Rail, Ride-Share Information..... 800-COMMUTE

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**ACCESS SERVICES INC.** .....800-827-0829  
Reservations .....800-883-1295

PO Box 71684, Los Angeles, CA 90071

<http://www.asila.org/>

Provides transportation for severely disabled persons and senior citizens of Los Angeles County.

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<http://www.ladottransit.com/other/cityride/>

Transportation subsidy program benefiting seniors 65 years or older and disabled persons of any age.

**METROPOLITAN TRANSPORTATION AUTHORITY (MTA)** .....213-922-6000

1 Gateway Plaza, Los Angeles, CA 90012

<http://www.mta.net/>

Bus schedules and information.

**SOUTHERN CALIFORNIA REGIONAL RAIL AUTHORITY (SCRRA)** ..... 800-371-LINK (5465)

<http://www.metroinktrains.com>

Metrolink stations and schedules.