

What is the K/T AAA and how can it help me?

Pronounced "K T Triple-A," the Kings/Tulare Area Agency on Aging was created in 1965 to be the leading local authority and advocate for the issues and concerns facing adults as they age. Intended to serve the most economically and socially needy, K/T AAA coordinates a wide range of community-based services to address the variety of needs that develop with age, whether it be Medicare counseling or home-delivered meals, writing a will or finding a caregiver, finding employment or fighting off depression. Through its comprehensive database of community resources, the K/T AAA is able to connect the aging population to a vast array of programs and services, tailored to their specific needs.

Literally a "one-stop shop" for satisfying the needs of seniors, the K/T AAA also focuses on their families and loved ones, including connecting families with adult day care agencies, providing occasional respite from the caregiving task, and helping to arrange a power of attorney for a frail parent. Information on these and numerous other issues is always available, either from the K/T AAA website (www.ktaaa.org) or via the toll-free line: 1-800-321-2462.



Preserving independence.....promoting well-being.

Senior Resource Directory

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Advocacy / Consumer Protection Agencies

AARP.....	www.aarp.org	800-523-5800
California Advocates for Nursing Home Reform		800-474-1116
California Department of Consumer Affairs		916-445-1254
Disability Rights California		476-2000
Elder & Dependent Adult Family Advocate		624-8086
Hands in the Community		625-3822
HICAP (Health Insurance Counseling & Advocacy Program)		
	www.ktaaa.org	800-434-0222 or 623-0199
Kings/Tulare Area Agency on Aging		800-321-2462
	www.ktaaa.org	
MSSP (Independent Living / Senior Case Management)		
		800-434-0222 or 623-0199
Ombudsman (Long-term Care)		800-293-9714 or 852-2828
Resources for Independence – Central Valley		622-9276
SSI Advocacy Unit		800-269-8910

The Area Agency on Aging (K/T AAA) is your one-stop shop for learning about programs and services available to seniors and their caregivers. Whether you need to find a caregiver for your relative, have a question about Medicare or creating a will, need a grab bar installed in your elderly parents' bathroom, or are not sure where to find the services you need, call the K/T AAA at 1-800-321-2462 to get assistance and answers.

Alzheimer's Disease / Adult Day Services

Alzheimer's Association		800-660-1993
Alzheimer's Education & Support Services	www.alz.org	
Alzheimer's Help Line 24/7		800-272-3900

Senior Resource Directory

Alzheimer's Foundation of Central California	222-2444
Porterville Adult Day Services (PADS) www.padsinfo.com	783-9815
UCSF Fresno Alzheimer's & Memory Center	227-4810
Visalia Alzheimer's Support Group	624-3500

Behavioral Health / Mental Health Services

Adult Mental Health Services	800-320-1616
Senior Counseling	623-0900

(Also see **Health Clinics & Hospitals**)

Taking care of your elderly or disabled family member can be a challenge. It's important to reach out for help when you need to talk with someone about your concerns or when you need a break.

Caregiver Services

Porterville Adult Day Services (PADS).....	783-9815
Valley Caregiver Resource Center (VCRC)	224-9154

Cooling Centers

Dial 2-1-1 for the most recent information

Counseling

Alternative Services (Porterville)	783-2402 or 783-2320
Alternative Services (Visalia).....	651-8090
Central California Family Crisis Center.....	784-0192
Central Valley Regional Center	738-2200
Family Services of Tulare County	741-7310
Senior Counseling	623-0900
Tulare County Mental Health	800-834-7121

Tulare County Warm Line 877-306-2413
Victim/Witness Assistance 782-9617
Visalia Family Resource Center..... 625-0384

Also see **Caregiver Services** and **Support Groups**.

Drug & Alcohol Abuse Treatment

Alcohol & Other Drug Treatment Services..... 636-4000

Education

AARP Driver Safety Program..... 685-2330
College of Sequoias 730-3700
Visalia Adult School 730-7646

Elder Abuse Reporting

Adult Protective Services..... 623-0651
Ombudsman (for Nursing Home issues) 800-293-9714 or 852-2828

Emergency Services

In an Emergency, dial 911

Adult Protective Services..... 623-0651
Police Departments:
 Dinuba 591-5911
 Exeter 592-3103
 Farmersville 747-0321
 Lindsay..... 562-2511
 Porterville 782-7400
 Tulare 686-3454
 Visalia 734-8116
 Woodlake..... 564-3346
Public Guardian..... 623-0650
Sheriff’s Department, Tulare County 733-6218

Senior Resource Directory

Tulare County Crisis & Information Line 800-320-1616
Veterans Services Office..... 684-4960

Employment

AARP - Senior Community Services Employment Program (SCSEP)
www.aarp.org 625-8088
CA State Employment Development Department (EDD) 713-5150
..... or 800-300-5616
Proteus, Inc.....www.proteusinc.org 627-0100
Senior Employment & Training Program (CSET):
Porterville Employment Connection 788-1400
Tulare Employment Connection 684-1987
Visalia Employment Connection 713-5000
www.employmentconnect.org

Health Clinics & Hospitals

Dental Services 800-322-6384
Health Clinics & Urgent Care Centers:
Family HealthCare Network 877-960-3426
Farmersville Health Care Center 713-2890
Kaweah Delta Urgent Care 624-6090
Lindsay Urgent Care 562-9395
Orosi Urgent Care 528-6966
The Samaritan Center 733-7331
Visalia Health Care Center..... 623-0700
Visalia Medical Clinic 738-7500
Hospitals:
Kaweah Delta Hospital...www.kaweahdelta.org 624-2000
Sierra View District Hospital...www.sierra-view.com 784-1110

Tulare Regional Medical Center	688-0821
Kings/Tulare Dental Society.....	625-9333
Mental Health Clinics (Adults):	
North Tulare County Mobile Unit	596-0200
Porterville	788-1200
South Tulare County Mobile Unit.....	687-0929
Visalia	623-0900
Psychiatric Emergency Team	800-320-1616

Health Resources, Misc.

Alert1..... www.alert1.com	800-693-5433
American Cancer Society.....	734-1392
American Red Cross	732-6436
Blind Persons Assistance	661-395-2525
Deaf and Hard of Hearing Service Center	334-0134
Dispensary of Hope	888-428-4673
Health & Human Services Agency... www.tularehhsa.org	624-8000
Hearing Aid Center (Porterville)	800-655-1755
Lifeline... www.lifelinesys.com	800-543-3546
Medic-Alert... www.medicalert.org	800-432-5378
NeedyMeds.....	800-503-6897

Do you have a loved one with a tendency to wander? Caretakers of individuals with Alzheimer's disease, Down syndrome, autism, and similar disorders might want to take advantage of Locator Bracelets offered by Project Lifesaver.

Project Lifesaver	733-6218
RX Outreach.....	800-769-3880
Samaritan Center	733-7331

Senior Resource Directory

United Way of Tulare County...www.unitedwaytc.org..... 685-1766

Heating & Utility Assistance

2-1-1 Resource Directory....www.211tularecounty.org..... Dial 211

CSET Utility Assistance Programs 741-4607

 Cutler-Orosi 528-6108

 Earlimart 661-849-2232

 Pixley 757-1601

 Visalia 741-4658

Lindsay-Strathmore Coordinating Council 562-4434

Open Gate Ministries (Dinuba) 591-1241

PG&E...www.pge.com 800-989-9744

Salvation Army (Porterville)..... 784-7872

Southern CA Edison...www.sce.com 800-736-4777

Weatherization Program..... 741-4649

Hospice Care

Adventist Health home Care & Hospice Services..... 537-2860

Kaweah Delta Hospice 733-0642

Optimal Hospice Care 741-7220

Housing

Housing Authority of Tulare County.....www.hatc.net 627-3700

Mobile Home Owners (for Title Transfers)..... 800-952-8356

www.hcd.ca.gov

Residential Care Facilities, Nursing Facilities 800-321-2462

www.calqualitycare.org or 800-293-9714

Self-Help Enterprises 651-1000

Senior Home Repair Hotline..... 741-4650

Senior Assisted Living & Retirement Housing:

Casa Grande Senior Care Home	733-0233
Magnolia Park Assisted Living	625-6001
Oak Meadows	732-4152
Prestige Assisted Living	735-0828
Quail Park Retirement Village	624-3500
Sierra Hills – Porterville Senior Living	788-0311
Sierra Meadows	623-9212
Sun Villa Nursing & Rehab, Porterville	784-6644
The Meadows	734-3275
TLC Assisted Living	627-5683
Town Meadows	627-2220

Temporary:

Battered Women’s Shelter (Tulare)	685-9515
Battered Women’s Shelter (Visalia)	732-5941
Bethlehem Center	734-1572
Hands in the Community	625-3822
Light House Rescue (Tulare).....	687-8317
Love Inc. (Porterville).....	793-0213
Open Gate Ministries	591-1241
Porterville Rescue Mission	789-9580
Shelter (Victims of domestic violence only)	784-0192
Visalia Rescue Mission	733-2231
Visalia Shelter (Women & Children domestic violence) ..	732-5941

Senior Resource Directory

It's the Information Age! Get connected to the resources that provide the help you need. The K/T AAA staff are trained to help you find answers and solutions to your questions and problems.

Information & Assistance/Referrals

2-1-1 Resource Directory...www.211tularecounty.org..... Dial 211
Information & Assistance...www.ktaaa.org 800-321-2462

In-Home Services could make the difference between remaining in your own home and moving to a nursing home. Help with daily tasks like bathing, cooking, cleaning, or getting to the doctor may be all it takes.

In-Home Services

Amdal 686-6611
Homebound Senior Social Network 800-541-8614
In-Home Supportive Services 800-571-9555 or 623-0600
Just Like Home 781-4378
Multipurpose Senior Services (MSSP) 800-434-0222 or 623-0199
Valley Caregiver Resource Center 800-541-8614

Need help filing an SSI benefits claim? Want to designate someone to speak to doctors on your behalf? Want to help your ailing, elderly parents set up a Power of Attorney? These are some of the questions that the K/T AAA legal services program can assist you with.

Legal Assistance

- CA Rural Legal Assistance.... www.crla.org..... 661-725-4350
- Central California Legal Services 800-350-3654 or 733-8770
- Domestic Violence Legal Assistance 741-7318
- Legal Aid of Tulare County 733-8770
- O.L.A. Raza (immigration) 784-1121
- Senior Legal Hotline..... www.seniorlegalhotline.org
- Social Security Administration..... 866-344-8475 or 800-772-1213
www.ssa.gov
- Tulare County Family Court 733-6052

Meals / Food Pantries / Home-Delivered Meals

- CalFresh....www.mybenefitscalwin.org..... 800-540-6880
- K/T AAA Senior Nutrition Program 800-321-2462

CalFresh is another name for the Food Stamps program in California. CalFresh can make it easier for you to buy healthy foods for yourself and your family. CalFresh is easy to use and special rules make it easier for older adults (60+) to get CalFresh benefits. If you have a limited income, you may be eligible.

Senior Nutrition Centers (Communal Senior Dining Program):

- Cutler-Orosi Senior Center 528-6108
- Earlimart Senior Center 661-849-2232
- Exeter Senior Center 592-5960
- Farmersville Senior Center 594-4300
- Goshen Senior Center..... 800-321-2462
- Lindsay Community Center 562-5859

Senior Resource Directory

Porterville Community Center	782-4725
Tulare Senior Center	685-2330
Visalia Senior Center	713-4381
Woodlake Senior Center	564-3251

Food Pantries:

Earlimart – Rural Foundation for Community	661-849-3950
Exeter – First Presbyterian Church – Food Closet	802-7883
Exeter – New Life Assembly of God	592-6924
Dinuba – First Assembly of God	591-1016

Nutritionally balanced meals are served at senior/community centers, where the opportunity to socialize with peers is as important as the meal itself. Special programs, classes, games, or time to just chat are available at the senior centers in addition to the nutritious meals.

Dinuba – Open Gate Ministries.....	591-1241
Farmersville – Bethel Assembly of God Spanish	747-3708
Goshen – Mt. Zion Church VEAC	732-0101
Ivanhoe – Community Church of Christ	732-4777
Lindsay – New Life Church Assembly of God.....	562-3840
Lindsay - Strathmore Coordinating Council	562-4434
Pixley – Pixley Foundation Church of Nazarene	757-3541
Plainview – El Granito Worship Center	784-2788
Poplar– Acts 2 Christian Fellowship	827-3915
Porterville – El Granito Foundation	784-2788
Porterville - Gleaning Seniors	784-1196
Porterville – Helping Hands (Fairgrounds 11:30 – 1pm)	788-0812
Porterville – La Mission de Jesus	788-9899

Porterville - Love Inc.	793-0213
Porterville - Porterville Rescue Mission	789-9580
Porterville - Salvation Army	784-7872
Porterville – St. Anne’s Catholic Church	784-2800
Terra Bella – Church of the Nazarene	535-4478
Tulare – College of the Sequoias	688-5017
Tulare – First Lutheran Church	686-0619
Tulare - LOVE, Inc.	688-8870
Tulare – Salvation Army	687-2520
Tulare – St. John’s Missionary Baptist.....	686-8620
Tulare - Tulare Emergency Aid.....	686-3693
Visalia – Bethlehem Center	734-1572
Visalia – Emergency Aid Council	732-0101
Visalia - FoodLink.... www.foodlinktc.org	651-3663
Visalia - Gleaning Seniors	733-5352
Visalia – Parenting Network - FRC.....	625-1533
Visalia - Proteus	627-0100
Visalia – Rescue Mission	697-7855
Visalia – Salvation Army	733-2786
Visalia – Visalia Community Church of Christ.....	734-4833
Visalia - Visalia Family Resource Center	625-0384

Medicare & Medi-Cal

HICAP (Health Insurance Counseling)	800-434-0222 or 623-0199
Medi-Cal Information..... www.dhcs.ca.gov	800-540-6880
Dinuba	595-7100
Lindsay.....	562-7400
Porterville	788-1500

Senior Resource Directory

Tulare	685-2100
Visalia	624-8100

The K/T AAA's HICAP counselors can help you understand the Medicare options available to you and help you sign up. They can also answer your questions regarding prescription drug coverage, long-term care insurance, and many related topics. Best of all, these services are free!

Medicare..... www.medicare.gov	800-633-4227
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Recreation (See also **Senior Centers**)

American Association of Retired Persons (AARP)	800-523-5800
www.aarp.org	
Animal Adoption..... www.lostpets.tularehhsa.org	636-4050
CA Dept. of Parks & Recreation... www.parks.ca.gov	800-777-0369
Club 50	735-0780
Gadabouts.....	734-7216
Libraries: www.tularecountylibrary.org	
Alpaugh	949-8355
Dinuba	591-5829
Earlimart	661-849-2525
Exeter	592-5361
Ivanhoe	798-1264
Lindsay.....	562-3021
Orosi	591-5830
Pixley	757-3880
Springville.....	539-2624
Strathmore	568-1087

Terra Bella	535-5583
Three Rivers.....	561-4564
Tipton	752-4236
Tulare	685-4500
Visalia	713-2700
Woodlake.....	564-8424

Senior Citizen Clubs:

California Hot Springs Capineros.....	661-548-6042
Dinuba Senior Citizens, Inc.	591-2450
Exeter Senior Citizens, Inc.	592-5960
Farmersville Seniors, Inc.	594-4300
Tulare Senior Services, Inc.	685-2330
Three Rivers Senior League, Inc.	651-3577

Senior Softball League 685-2330 or 684-4310

Senior Centers

Cutler/Orosi Senior Center	528-6108
Earlimart Senior Center.....	661-849-2232
Exeter Senior Center	592-5960
Farmersville Senior Center	594-4300
Goshen Senior Center.....	800-321-2462
Lindsay Community Center.....	562-5859
Porterville Community Center	782-4725
Tulare Senior Center.....	685-2330
Visalia Senior Center	713-4381
Woodlake Senior Center	564-3251

Suicide Hotlines

National Suicide Prevention Lifeline	800-273-8255
En Espanol	800-628-9454

Senior Resource Directory

Tulare County Crisis & Information Line 800-320-1616

Support Groups

2-1-1 Resource Directory....www.211tularecounty.org..... Dial 211

Alcoholics Anonymous, Tulare County 592-6999

American Cancer Society 734-1391

Arthritis Support Group 624-3700

Breast Cancer Support Group 624-6009

Cancer Patient & Family Support Group..... 624-3295

Deaf & Hard of Hearing Service Center 225-3323

Depression–Bipolar Support Alliance 733-7362

Diabetes Support Groups

 Visalia and Orosi..... 624-2518

 Woodlake..... 624-2415

Friends & Family of the Military 625-3071 or 635-9535

Healthy Hearts Support Group 685-3404

Kidney Support Group 635-0884

Mended Hearts Support Group 584-7107

National Alliance on Mental Illness (NAMI) 625-1875 or 732-6264

NDMDA Depression Hotline 800-826-3632

Parkinson’s Support Group...www.CVPSG.net 732-1056

PFLAG (Parents, Families, & Friends of Lesbians & Gays)..... 579-1101

Quail Park Caregivers Support Group 624-3500

Survivors of Suicide Loss..... 786-1525

Valley Caregiver Resource Center..... 800-541-8614

(See also **Caregiver Services**)

Transportation

Abbey Medical Transportation..... 594-4716

All Family Transport (non-emergency).....	836-0682
Bus Service..... www.orangebelt.com	733-4408
Dial-a-Ride:	
Dinuba	595-8800
Exeter	592-8100
Porterville	781-8104
Tulare	688-5706
Visalia	713-4750
Woodlake	280-2736
Green Line	877-404-6473
Greyhound Bus Lines.... www.greyhound.com	734-3507
Kings Area Rural Transit (KART).....	582-3211 ext. 2828
Porterville Transit.... www.portervilletransit.org	791-7800
Train..... www.amtrak.com	582-5236 or 800-872-7245
Tri County Medical Transportation (Reedley).....	637-1851
Tulare County Area Transit (TCAT)	800-431-9711
Tulare Intermodal Express.....	688-5706
Visalia City Coach.... www.visaliatransit.com	713-4950
Visalia Towne Trolley	713-4950

Veterans Services

Tulare County Veterans Services Office	684-4960
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Why volunteer? Numerous studies have consistently shown a significant relationship between volunteering and good health; when you volunteer you not only help others, research shows you will experience better health in later years, whether in terms of a longer life, better functioning, or lower rates of depression.

Volunteering Opportunities

HandsOn Central California	237-3101
Kings/Tulare Area Agency on Aging	800-434-0222 or 623-0199
HICAP Medicare Counseling Program	
Long-Term Care Ombudsman Program (LTC)	852-2828
Optimal Hospice Care	741-7200
Porterville Adult Day Services (PADS)....	www.padsinfo.com 783-9815

Frequently Used or Important Phone Numbers

Name	Number	Relationship
		Doctor
		Hospital
		Ambulance

Senior Resource Directory

Current Medications

Name of Medication	Who is Taking	When Taken	Dose

Senior Resource Directory

This directory is designed to assist seniors, as well as their families, friends, and those who provide services to seniors in Tulare County. Although this directory is not a comprehensive listing of all resources, it is our hope that it will be a useful, convenient tool for finding out about and getting connected to many of the services available to older adults in our community.

The information in this directory was current in January 2015 and may not be current after its initial printing. All telephone numbers are area code 559 unless otherwise noted. To report updates to the listings, please contact:

K/T AAA

1-800-321-2462 or e-mail: ktaaa@tularehhsa.org

www.ktaaa.org

Brought to you by the Kings/Tulare Area Agency on Aging

Preserving independence.....promoting well-being.

