

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 888-687-2277
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 713-2877
Hands in the Community 625-3822
HICAP (Health Insurance Counseling & Advocacy Program)
www.ktaaa.org/medicare 800-434-0222 or 713-2875
Kings County Commission on Aging..... 852-2828
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

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.

- Resources for Independence – Central Valley 221-2330
SSI Advocacy Unit..... 800-269-8910

Alzheimer's Disease / Adult Day Services

- Alzheimer's Association 800-660-1993
Alzheimer's Education & Support Services www.alz.org 559-753-8200

Senior Resource Directory

Alzheimer's Help Line 24/7	800-272-3900
Alzheimer's Foundation of Central California	222-2444
C.A.R.E. Foundation (Alzheimer's Information/Support)	429-4828
Porterville Adult Day Services (PADS) www.padsinfo.com	783-9815
UCSF Fresno Alzheimer's & Memory Center	227-4810

Behavioral Health / Mental Health Services

Adult Mental Health Services Crisis Line	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
OASIS Adult Day Program	224-9121
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
After Hours Emergencies	800-320-1616

Tulare County Mental Health.....	800-834-7121
Tulare County Warm Line (24 hrs.).....	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
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Education

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
Porterville College	792-2200

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

Senior Resource Directory

Public Guardian	877-657-3092 or 623-0650
Sheriff's Department, Tulare County	733-6218
Tulare County Crisis & Information Line	800-320-1616
Veterans Services Office.....	713-2880

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:

- Adventist Health Hospital.....688-0821
- Kaweah Delta Hospital...www.kaweahdelta.org.....624-2000
- Sierra View District Hospital...www.sierra-view.com.....784-1110.
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Kings/Tulare Dental Society..... 625-9333

Mental Health Clinics (Adults):

- North Tulare County Mobile Unit 627-2046
- 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..... 800-227-2345
- Discovery Shop (Visalia –wigs, rides) 627-1955
- American Red Cross 732-6436
- Blind Persons Assistance (State Dept. of Rehab.) 661-395-2525
- Deaf and Hard of Hearing Service Center 225-3323

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.

- 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

Senior Resource Directory

Medic-Alert... www.medicalert.org	800-432-5378
NeedyMeds.....	800-503-6897
Project Lifesaver	733-6218
RX Outreach.....	800-769-3880
Samaritan Center	733-7331
United Way of Tulare County... www.unitedwaytc.org	685-1766
Valley Center for the Blind	222-4447

Heating & Utility Assistance

2-1-1 Resource Directory.... www.211tularecounty.org	Dial 211
CSET Utility Assistance & Weatherization Programs	844-224-1316
Lindsay-Strathmore Coordinating Council	562-4434
Open Gate Ministries (Dinuba)	591-1241
PG&E... www.pge.com	800-743-5000
Salvation Army (Porterville).....	784-7872
Southern CA Edison... www.sce.com	800-736-4777

Hospice Care

Adventist Health Home Care & Hospice Services	537-2860
Bristol Hospice, LLC.....	741-7222
Gentiva Hospice.....	685-9218
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	852-2828 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
Rosewood Assisted Living, Visalia	372-8847
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 (Visalia)	732-5941
Bethlehem Center	734-1572
Hands in the Community	625-3822
Lighthouse Rescue Mission (Tulare).....	687-8317
Love Inc. (Tulare County)	733-8870
Open Gate Ministries	591-1241
Porterville Rescue Mission (Men’s Shelter).....	782-6379
Shelter (Victims of domestic violence only)	784-0192
Visalia Rescue Mission	733-2231
Visalia Shelter (Women & Children domestic violence).....	732-5941
Women’s Shelter Program (Porterville)	781-7468

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

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.

Information & Assistance...www.ktaaa.org 800-321-2462

In-Home Services

Amdal 686-6611
Comfort Keepers (Visalia)..... 734-1087
Comforting Assistance (3 Rivers).....936-3054
Guardian Angels in Home Care (Porterville) 784-6655
Homebound Senior Social Network 800-541-8614 or 224-9154
In-Home Supportive Services 800-571-9555 or 733-6111
Just Like Home 781-4378
Multipurpose Senior Services (MSSP)..... 800-434-0222 or 623-0199
Peaceful Valley Home Care.....608-5711
Valley Caregiver Resource Center 800-541-8614
Visiting Angels of Lindsay..... 853-4420

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 Services800-675-8001 or 802-1130
- Domestic Violence Legal Assistance741-7318
- Legal Aid of Tulare County733-8770
- O.L.A. Raza (immigration).....784-1121
- Senior Legal Hotline..... www.seniorlegalhotline.org
- Social Security Administration..... 800-772-1213
 - Deaf or Hard of Hearing 800-325-0778
 - www.ssa.gov
- Tulare County Family Court733-6052

Meals / Food Pantries / Home-Delivered Meals

- CalFresh....www.mybenefitscalwin.org..... 800-540-6880
- KTAAA Senior Nutrition Program.....800-321-2462
- Senior Nutrition Centers (Communal Senior Dining Program):
 - Cutler-Orosi Senior Center528-6108
 - Earlimart Senior Center 661-849-2232
 - Exeter Senior Center..... ..592-5960
 - Farmersville Senior Center594-4300
 - Farmersville Senior Center (Avery Street)667-2702
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Senior Resource Directory

.....	Goshen Senior Center	
.....		800-321-2462
Lindsay Community Center		562-5859
Porterville Community Center		782-4725

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.

Tulare Senior Center		685-2330
Visalia Senior Center		713-4381
Woodlake Senior Center		564-3251

Food Pantries:

Dinuba – Open Gate Ministries.....		591-1241
Earlimart – Rural Foundation for Community		661-849-3950
Exeter – First Presbyterian Church – Food Closet		802-7883
Exeter – New Life Assembly of God		592-2609
Farmersville – Bethel Assembly of God Spanish		747-3708
Goshen Family Services		625-4894
Ivanhoe – Community Church of Christ		732-4777
Lindsay LSCC.....		651-3663
Lindsay – New Life Church Assembly of God.....		239-9244
Orosi Opengate Ministries.....		591-1241
Pixley – Pixley Foundation Church of Nazarene		757-3541
Poplar– Church of God.....		827-3915
Porterville - Gleaning Seniors		784-1196
Porterville – Helping Hands (Fairgrounds 11:30-1pm)		788-0812

Porterville - Salvation Army	784-7872
Porterville – St. Anne’s Food Pantry	783-8018
Three Rivers Food Pantry	651-3663
Tulare – First Lutheran Church	686-0619
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	625-0384
Visalia - Proteus	627-0100
Visalia – Rescue Mission	740-4178
Visalia – Salvation Army	733-2786
Visalia – Visalia Community Church of Christ.....	734-4833
Visalia - Visalia Family Resource Center.....	625-0384
Woodlake Food Pantry.....	564-2944

Medicare & Medi-Cal

HICAP (Health Insurance Counseling)	800-434-0222 or 713-2875
Medi-Cal Information..... www.dhcs.ca.gov	800-540-6880
Dinuba	595-7100
Lindsay.....	562-7400
Porterville	788-1500
Tulare	685-2100
Visalia	624-8100
Medicare..... www.medicare.gov	800-633-4227
RetireGuide..... www.retireguide.com	

Senior Resource Directory

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!

Recreation (See also **Senior Centers**)

American Association of Retired Persons (AARP)	888-687-2277
www.aarp.org	
Animal Adoption..... www.lostpets.tularehhsa.org	636-4050
CA Dept. of Parks & Recreation... www.parks.ca.gov	800-777-0369
Kawea Delta's Club 50	735-0780
Libraries: www.tularecountylibrary.org	
Alpaugh	949-8355
Dinuba	591-5829
Earlimart	661-849-2525
Exeter	592-5361
Farmersville.....	592-0001
Ivanhoe.....	798-1264
Lindsay	562-3021
London.....	591-1017
Orosi	591-5830
Pixley	757-1010
Springville.....	539-2624
Strathmore	568-1087
Tipton	752-4236
Tulare	685-4500
Visalia	713-2700
Woodlake.....	564-8424

Senior Citizen Clubs:

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 - CSET (Avery Street).....	667-2702
Farmersville Senior Center (Gene Ave)	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... www.SPTF.org	800-273-8255
En Espanol	800-628-9454
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.....	800-227-2345 or 734-1391

Senior Resource Directory

Breast Cancer Support Group	877-465-6636
Cancer Patient & Family Support Group.....	624-3225
Deaf & Hard of Hearing Service Center	225-3323 or 697-0321 VP
National Alliance on Mental Illness (NAMI)	967-6168 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
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
Modivcare Medical Transport.....	866-527-9934
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.....	713-2880
Fresno Veterans Hospital Shuttle.....	225-6100

Senior Resource Directory

Volunteer Opportunities

Community, Service, Employment & Training (CSET)..... 800-321-2462

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 741-7220

Porterville Adult Day Services (PADS)...www.padsinfo.com 783-9815

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.

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 N 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.

