

Why Volunteer with Us?

- Gain a sense of purpose
- Build a sense of community and connection with others
- Boost self-esteem and confidence
- Learn new skills
- Stay motivated and inspired
- Enhance happiness
- Improve overall health
- Make a meaningful impact by providing essential services
- Enjoy flexible commitments that fit your lifestyle



The North Coast Aging and Disability Resource Connection (ADRC) follows a national “No Wrong Door” system of seamlessly connecting older adults and people with disabilities to available Long-Term Services and Supports (LTSS) and providing equitable access to information, assistance, and support needed to live independently. Core Partners are A1AA, Tri-County Independent Living, and North Coast Health Information and Improvement Network (NCHIIN). www.northcoastadrc.org

OUR VISION

Area 1 Agency on Aging envisions a community where older people and those with disabilities have access to resources that promote quality of life.

OUR MISSION

Area 1 Agency on Aging provides leadership and services that support and promote healthy aging.

**333 J Street
Eureka, CA 95501
(707) 442-3763**

**Toll-Free:
(800) 408-4636
Office Hours: 9-4
Monday - Friday**

**Visit our website for more information:
www.a1aa.org**



The information provided here was a result of and funded by a contract with the California Department of Aging.



Services Guide

***Serving Humboldt and Del Norte
Counties since 1980***



Information & Assistance

Provides access to community services & supports.

Aging-in-Place Supports

Phone and in-home assessments identifying supports to help eligible clients remain in the home, including light housekeeping, minor home modifications and emergency planning.

Northcoast Homeshare

Service matching compatible home owners/renters and home seekers in exchange for rent, services, or both.



Volunteer Driver Program

Volunteers provide non-emergency medical and grocery shopping transportation to eligible clients (50+).

Stay Active and Independent for Life (SAIL)

Evidence-based strength and balance exercise classes.

CalFresh Healthy Living Nutrition & Fall Prevention

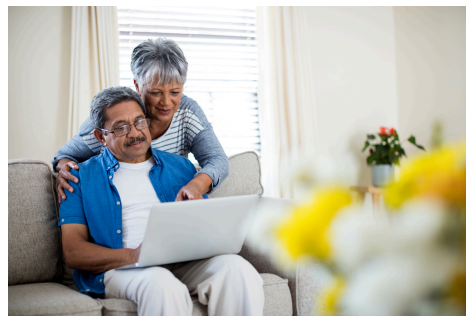
Fall prevention (Matter of Balance, Tai Chi, Bingocize) & nutrition education classes.

CalFresh Application Support

Help to apply for CalFresh benefits.

Senior Planet Technology

Digital literacy classes for all levels. Provides an iPad to eligible clients.



In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident. Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the State or local Agency that administers the program or contact USDA through the Telecommunications Relay Service at 711 (voice and TTY). Additionally, program information may be made available in languages other than English. To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at [How to File a Program Discrimination Complaint](#) and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Mail Stop 9410, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov. USDA is an equal opportunity provider, employer, and lender.

Long-Term Care Ombudsman

Advocates for residents of long-term care facilities to address concerns and support resolution of problems.

Confidential line: (707) 269-1330

Health Insurance Counseling & Advocacy Program (HICAP)

Nonbiased, individual Medicare counseling. Assistance with Medicare fraud, Medicare enrollment, prescription plans, supplements, Medicare Savings Programs, billing issues & fraud.

HICAP offers free educational presentations to groups of Medicare beneficiaries, their families and/or caregivers on a variety of Medicare and other health insurance related topics.

To schedule an appointment or presentation call (707) 444-3000 or (800) 434-0222, or email hicap@a1aa.org.



"This publication is supported by the Administration for Community Living (ACL), US Department of Health and Human Services (HHS) as part of financial assistance award totaling \$318,488 with 100 percent funding by ACL/HHS. The contents are those of the author and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the US Government."