



RESOURCE LIST FOR SENIORS

INFORMATION AND REFERRAL

Information and Assistance

Phone: 415-457-4636(INFO)

Web Site: www.marinhhs.org/aging-adult-services

Monday through Friday from 8:30-5:00, your questions about senior services in Marin County can be answered by a trained social worker at the Area Agency on Aging (Marin Health and Human Services) at no charge.

Whistlestop Help Desk

Phone: 415-459-6700

Web Site including an on-line directory: www.whistlestop.org

Telephone assistance and comprehensive directory of programs for seniors in Marin County.

211

Phone: 211

Web Site: 211.org

United Way provides information 24/7 about social services in the Bay Area.

CASE MANAGEMENT AND HOMECARE SERVICES

In Home Supportive Services

Phone: 415-473-7118

Web site: www.marinhhs.org/home-supportive-services-ihss

This program is available for low income seniors and persons with disabilities.

(CASE MANAGEMENT AND HOMECARE SERVICES cont.)

Seniors at Home

Phone: 415-507-0564

Web site: www.seniorsathome.org

Affiliated with Jewish Family Services, open to all. Fee based services include case management, home care services, healthcare advocacy, skilled nursing and more.

FINANCIAL ASSISTANCE/SERVICES

Adult Protective Services (Financial Abuse)

Phone: 415-473-2774 x24

Web site: www.marinhhs.org/adult-protective-services

The County has a multidisciplinary team of public agency representatives and private professionals from the financial services industry that help in cases of financial elder abuse.

Seniors At Home

Phone: 415-507-0564

Web site: www.seniorsathome.org

Non profit organization that offers fee based program that provides assistance with bill paying and medical claims. Staff can act as durable power of attorney, trustees, or conservators of estate.

BELOW MARKET RENTAL HOUSING

Marin Housing

Phone: 415-491-2525

Web site: www.marinhousing.org

Applications for subsidized housing in Marin County.

Rotary Housing in Sausalito

Phone: 415-332-7900 (Paradise Properties, managers)

Applicants must be 62 or older.

(BELOW MARKET RENTAL HOUSING cont.)

Ecumenical Housing Properties

Phone: 415-383-1321

Applications for subsidized apartments in Marin County including Sausalito.

Home Sharing Program/Housing Information

Phone: 415-456-9062 Ext. 132

Web site: www.jtm-esc.org

Funded by Ecumenical Housing and based at Whistlestop in San Rafael. Free match service.

LEGAL/ADVOCACY

Adult Protective Services (Elder Abuse)

Phone: 415-473-2774 x24

Web site: www.marinhhs.org/adult-protective-services

To report suspected elder abuse or neglect of seniors living at home

Long Term Care Facility Ombudsman (Elder Abuse)

Phone: 415- 473-7446

Web site: www.marinhhs.org/adult-protective-services

To report complaints or suspected elder abuse or neglect of seniors living in a Marin County Long Term Care Facility or help for institutionalized adults to sign documents such as advanced directives.

HICAP (Health Insurance Counseling and Advocacy Program)

Phone: 1-800-434-0222

Web site: www.senioradvocacyservices.org

Free individual independent counseling regarding Medicare and Supplement plans.

Legal Aid Society

Phone: 415-492-0230, Ext. 0

Web site: www.legalaidmarin.org

Free legal counseling for older adults including basic trust and estate planning and SSI eligibility.

(LEGAL/ADVOCACY cont.)

MCIL (Marin Center for Independent Living)

Phone: 415-459-6245

Web site: www.marincil.org

Provide free SSI and SSDI eligibility counseling and individual advocacy for access to disability-eligible programs.

MEDICAL EQUIPMENT

Marin Medical Equipment Recyclers

Phone: 415-388-8198 (voice mail)

Web site: www.marinmedicalequipmentrecyclers.org

Open Wednesdays only 11am-2pm. Recycle leftover medical equipment and supplies and gives them away for free. Located at 3100 Kerner Blvd, San Rafael. Volunteers on site to receive/give equipment/supplies on Wednesdays only.

NUTRITION

Marin Meals on Wheels

Phone: 415-457-4636, Press #1 for English and then #3 for Meals on Wheels

Web site: <https://www.marinhhs.org/content/marin-county-meals-wheels-program-faq>

Home delivered meals for homebound seniors.

Congregate Meal Program (Nearest is Marin City)

Phone: (415) 332-9323 (reserve 24 hours in advance)

Web site: www.marinhhs.org/nutrition-services-older-adults

Low cost lunch served noon Wednesdays at the Community Center.

Cal Fresh/SNAP (Supplemental Nutrition Assistance Program)

Phone: 415-473-3400

Web site: <https://www.marinhhs.org/calfresh-snap>

Debit card that can be used to purchase food (replaced the food stamp program throughout the State of California).

SOCIAL ACTIVITIES FOR SAUSALITO SENIORS

Edgewater Senior Club

Phone: 415-289-4152

Meets the first and third Tuesdays of the month in the Edgewater Room located in the Sausalito City Administration Building. Annual fee. Business and social meetings that include bingo, monthly trips.

Sausalito Village

Phone: 415-332-3325

Web site: www.sausalitovillage.org

A non profit organization dedicated to helping residents remain active and engaged in the community as they age. Annual fee. Transportation, social and educational events and trips, preferred provider lists, advocacy, community building.

Sausalito Parks and Recreation Classes

Phone: 415-289-4152

Web site: www.sausalitoparksandrecreation.com

Recreational classes from art to exercise to languages and more.

Senior Access - Club for Adults with Memory Loss

Phone: 415-491-2500

Web site: www.senioraccess.org

Adult day program for seniors with memory loss, respite, support groups and educational workshops for caregivers. Fee based program located in Terra Linda area.

TRANSPORTATION

Marin Access Travel Navigators - One Number Connects you to: Paratransit, Catch a Ride Taxi, Volunteer Driver Service

Web site: www.marinaccess.org OR www.whistlestop.org

Phone: 415-454-0902

CARSS - Catch A Ride for Sausalito Seniors

Web site: www.carss4you.org

Phone: 415-944-5474

CARSS provides FREE transportation around Sausalito, the Floating Homes and Marin City for residents of Sausalito and the Floating Homes up to Gate 6 ½ who are 60 and

older or younger with a disability. Rides are provided by vetted and trained volunteers using their own cars. This is a City of Sausalito Age Friendly Program that is managed by Sausalito Village. Rides are available 10am-2pm Monday through Friday. Phone up to one week ahead or during the daily shift to request 'Same Day' rides.

Sausalito Village

Web Site: www.sausalitovillage.org

Phone: 415-332-3325

Sausalito Village provides rides to its members by vetted and trained volunteers using their own automobiles. Rides must be within Marin County. Rides are predominantly for medical appointments and groceries.

More about Sausalito Village

Sausalito Village has been offering services to Sausalito seniors since October 2010. We are a part of the "Village" movement that has been spreading across the United States for a little more than a decade. The movement is an outgrowth of a simple but revolutionary idea: We can remain living safely and independently in the comfort of our own homes and communities if we join forces with others to create support systems that allow us to meet the challenges age brings.

Learn more by going to our web site (www.sausalitovillage.org) or phoning 415-332-3325.

Sausalito Village is a 501(c)(3) tax exempt organization.