These programs offer free or low-cost services to help elderly and disabled Californians function as independently as possible and live at home rather than in a facility. Services offer help with personal care, meals and nutrition, medical care, psychosocial support, transportation, and more. Check each program for any participation restrictions.

Alzheimer's Day Care Resource Centers

What it is: State-run centers provide services to meet the physical and psychosocial needs of those with Alzheimer's and dementia to help keep them at the highest possible functioning levels, along with support and respite for their caregivers at home.

Who qualifies: Anyone diagnosed with Alzheimer's or other dementia requiring moderate to severe levels of care; no age or income limits.

Contact: California Department of Aging's Alzheimer Day Care Resource Center Program

Brown Bag Program

What it is: State-funded program distributing surplus and donated food from local farmers, manufacturers, grocery stores, and food banks.

Who qualifies: Those 60 and older with low incomes as defined by local requirements.

Contact: California Department of Aging's Brown Bag Program (800-510-2020)

Health Insurance Counseling and Advocacy Program (HICAP)

What it is: Free counseling, planning services, and legal help to those who have Medicare and other health insurance.

Who qualifies: Medicare enrollees and people planning for future long term care needs.

Contact: California Department of Aging's HICAP Program Contact Listing (800-434-0222)

Home and Community-Based Services Waiver Programs

What it is: Coordinated home and community-based services for clients striving to live at home or in the community rather than in a facility.

Who qualifies: People of all ages with developmental disabilities such as mental retardation, cerebral palsy, autism or a related condition who are clients of a Regional Center.

Contact: California Department of Developmental Services or Regional Centers

Independent Living Centers

What it is: Nonprofit organizations, run by and for people with disabilities, provide housing referrals, counseling, assistive technology, skills training, and advocacy at a number of nonresidential centers throughout the state.

Who qualifies: People of all ages who have a disability.

Contact: California Department of Rehabilitation's Independent Living Centers by County or California Foundation for Independent Living Centers

In-Home Supportive Services Program (IHSS)

What it is: A state-funded program focused on helping people remain and live safely at home. It provides help with personal care such as eating, dressing, and grooming as well as services such as transportation, shopping, and household help.

Who qualifies: Californians who:

- Are 65 years or older, blind or disabled;
- Live in a private home;
- Require help with personal care; and
- Are eligible for Supplemental Security Income, State Supplementary Payments or Medi-Cal.

Contact: California Department of Social Services' In-Home Supportive Services (916-651-8848 or TDD 916-651-8349)

Linkages Program

What it is: 36 sites throughout the state provide case management and connect clients to local services providing transportation, meals, in-home care, housing assistance, and adult day care.

Who qualifies: Those over 18 years with disabilities and frail elderly adults.

Contact: California Department of Aging's Linkages Program (800-510-2020)

Multipurpose Senior Services Program (MSSP)

What it is: Social support and health care management for a variety of needs, including day care, housing assistance, personal care, transportation, meals, respite care, and counseling.

Who qualifies: To be eligible, a client must be:

- 65 years old or older;
- A resident living within the site's services area;

- Eligible to receive Medi-Cal; and
- Certifiable to be placed in a nursing facility.

Contact: California Department of Aging's Multipurpose Senior Services Program (800-510-2020)

Program of All-Inclusive Care for the Elderly (PACE)

What it is: Social and supportive services as well as medical care and medications.

Who qualifies: People who:

- Are age 55 and older;
- Live in a PACE service area: Alameda, Contra Costa, Los Angeles, Sacramento, San Diego, San Francisco, and Santa Clara Counties;
- Qualify for nursing home level of care according to the Department of Health Care Services; and
- Are able to live safely in their home or community.

Contact: There are five PACE programs in California.

- Los Angeles: 323-728-0411
- Oakland and Berkeley: 510-433-1150
- Sacramento: 916-466-3100
- San Diego: 619-239-6900
- San Francisco and San Jose: 415-292-8888

Nutrition Services

What it is: Home meal delivery service or group meal service at designated spots; some social visiting services and nutrition counseling.

Who qualifies: Californians 60 years and olded or disabled; some local programs impose guidelines on income limits and social need**.**

Contact: California Department of Aging's Nutrition Services (800-510-2020)

Senior Companion Program

What it is: Volunteers age 60 and older help with household chores and provide companionship and monitoring for those at home or in care centers, as well as respite for caregivers.

Who qualifies: Frail older adults and those with disabilities or terminal illnesses.

Contact: California Department of Aging's Senior Companion Program