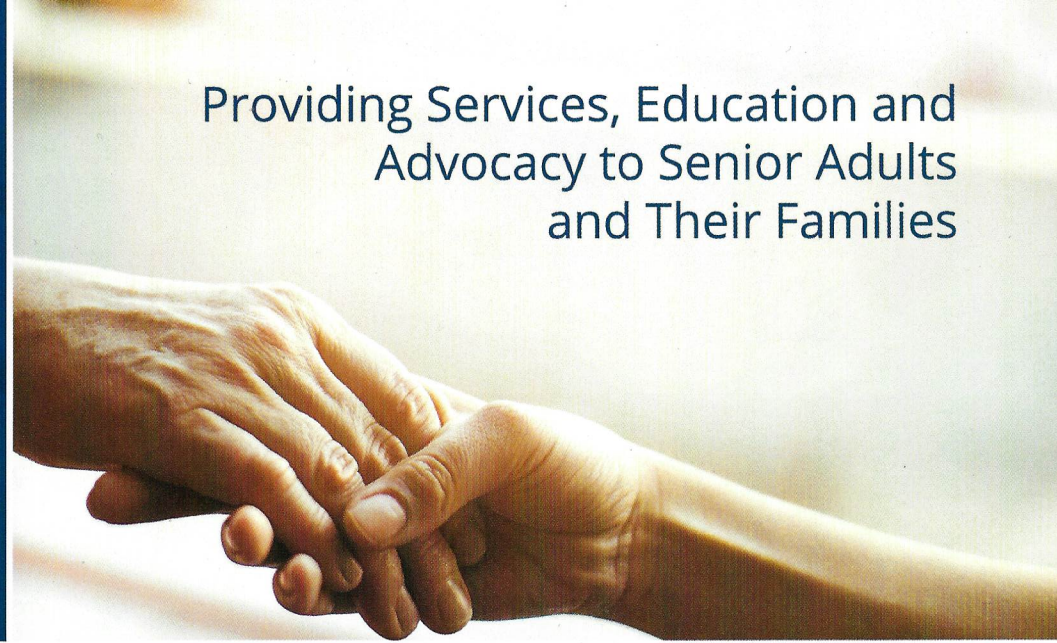


# ACES

Alliance for California Elder Services  
Courtesy of Heartland Home Health, Inc.

[www.HeartlandHealthy.com](http://www.HeartlandHealthy.com)  
(805) 306-0021

Providing Services, Education and  
Advocacy to Senior Adults  
and Their Families



**Ventura County Senior Services Guide**



**ADULT DAY CARE**

Advance Adult Day Healthcare - Simi Valley	(805) 526-7629
Camarillo Health Care District	(805) 388-1952
Conejo Valley Adult Day Care Center	(805) 497-0159
Millennium Care - Simi Valley	(805) 583-0859

**ADVOCATES**

Adult Protective Services	(805) 654-3200
Area Agency On Aging	(800) 510-2020
Consumer Mediation Unit	(800) 660-5474
California Department of Aging	(800) 231-4024
Ventura County Ombudsmen	(805) 656-1986

**PUBLIC SERVICES**

Area Agency on Aging - Ventura County	(800) 510-2020
Crime Stoppers	(800) 245-0009
County Medical Association- Ventura	(805) 484-6822
Health Ins. Counseling & Advocacy	(800) 434-0222
Scan Senior Resource Center/Health Plan	(805) 658-0365
State Licensing Office Adult Care- CA	(916) 324-3755
Ventura County General Information	(800) 660-5474

**CAREGIVING "IN HOME"**

Heartland Home Health Inc.	(805) 306-0021
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**EMERGENCY NUMBERS**

American Red Cross - Local	(805) 339-2234
FEMA	(800) 621-3362

**GENERAL TAX INFORMATION**

Franchise Tax Board	(800) 852-5711
Internal Revenue Service	(805) 445-4771
Ventura County Tax Assessor	(805) 654-2181

**HOME MEDICAL EQUIPMENT & SUPPLY**

Easy Life Medical Supplies	(805) 526-1200
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**MEALS**

Meals on Wheels - Conejo Valley	(805) 496-2009
Senior Nutrition Program - Thousand Oaks	(805) 381-2746
Senior Nutrition Program - Simi Valley	(805) 583-6363
Senior Nutrition Program - Moorpark	(805) 517-6261

**REAL ESTATE: LOANS AND REAL ESTATE SALES**

Elder Estate Advocates	(805) 306-0937
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**SENIOR CENTERS, SOCIAL, EDUCATION & RECREATIONAL**

Moorpark Active Adult Center	(805) 517-6261
Pleasant Valley Senior Center - Camarillo	(805) 482-4881
Rancho Simi Recreation	(805) 584-4400
Goebel Senior Center - Thousand Oaks	(805) 381-2744
Senior Center - Simi Valley	(805) 583-6700
Senior Concerns	(805) 497-0189

**LIFELINE MONITORING SERVICES**

ADT Lifeline	(805) 553-2172
Mobile Help	(800) 992-0616
Philips Lifeline	(800) 242-1306
Life Alert	(800) 360-0329

**HEALTH CARE**

Kaiser - Camarillo	(888) 515-3500
Kaiser - Simi Valley	(805) 582-0100
Kaiser - Thousand Oaks	(888) 515-3500
Kaiser - Woodland Hills	(818) 719-2000
Los Robles Regional Medical Center	(805) 497-2727
Simi Valley Hospital	(805) 955-6000
Urgent Care - Newbury Park	(805) 499-0308
- Simi Valley	(805) 522-3782
- Thousand Oaks	(805) 495-6866
- Westlake Village	(805) 379-9125

**SPECIALTY SERVICES**

Alzheimer's Association Helpline	(800) 272-3900
Alzheimer's Association Thousand Oaks	(805) 494-5200
American Cancer Society	(805) 644-4248
American Diabetes Association	(800) 342-2383
American Heart & Stroke Associations	(805) 445-7050
American Red Cross	(805) 987-1514
Arthritis Foundation	(805) 563-4685
Crohn's & Colitis Foundation	(866) 831-9157
Cystic Fibrosis Foundation	(323) 939-0758
Disability Rights & Resources	(800) 776-5746
Deaf & Hearing National Association	(301) 587-1788
Leukemia and Lymphoma Society	(310) 342-5800
Mental Health Association	(805) 884-8440
National Kidney Foundation	(800) 747-5527
National Multiple Sclerosis Society	(310) 479-4456
Parkinson's Foundation	(800) 327-4545
VA Aid and Attendance, Pension	(877) 294-6380
Veteran's Services -Ventura County	(805) 477-5155

**INSURANCE SERVICES**

Genworth (Long term care Ins.)	(818) 489-6383
Insurance Consumer Protection	(800) 952-5225
McCaffrey & Associates	(805) 520-4182

**HOSPICES**

Assisted Home Health and Hospice	(805) 495-2145
Hospice of the Conejo Valley	(805) 583-3565
Silverado Hospice	(888) 252-3143
TLC Home Hospice	(805) 517-1620

**LIVING TRUSTS/POWER OF ATTORNEY**

Dean Julian - Estate Planning Consultant	(805)-501-0723
Elder Estate Advocates	(805)-306-0937

**MOBILITY AND FALL PREVENTION**

Senior Safety Solutions	(805) 871-6050
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**VOLUNTEERING**

Volunteers Assisting the Elderly	(805) 658-8530
United Way	(805) 485-6288

**TRANSPORTATION**

Camarillo Dial-a-Ride	(805) 988-4228
Senior Concerns Shuttle	(805) 341-8004
Simi Valley Dial-a-Ride	(805) 583-5464
Thousand Oaks Dial-a-Ride	(805) 375-5467



- Grab Bars
- Safety Inspections
- Specialty Equipment
- Stair Lifts
- Ramps

**(800) 871-6050**  
www.SeniorSafetyPros.com



Call For A Free Assessment

**Trusted In-Home  
Non-Medical Care**

**805-306-0021**  
www.HeartlandHealthy.com  
DSS #564700040



SPECIALIZING IN  
SENIOR LENDING

- Mortgages
- Reverse Mortgages
- Home Equity Lines
- FHA and VA Loans

**805-306-0937**  
www.ElderEstateAdvocates.com  
BRE #01264968 NMLS #350541



## Senior Services Organizations

AARP	(888) 687-2277
Alzheimer's Association Helpline	(800) 272-3900
American Cancer Society Hotline	(800) 227-2345
American Diabetes Association	(800) 342-2383
American Foundation for the Blind	(800) 232-5463
American Lung Association	(800) 586-4872
American Parkinson Disease Assoc.	(800) 223-2732
Auto Safety - complaints/information	(800) 424-9393
Behavioral Health Ventura County	(866) 998-2243
Better Hearing Institute	(800) 327-9355
California Poison Control	(800) 222-1222
CDC Prevention Hotline	(800) 232-4636
Consumer Product Safety Commission	(800) 638-2772
Dept. of Housing CA - Ombudsmen	(800) 952-5275
Directory of Toll Free Numbers	(800) 555-1212
Easter Seals, State Office CA	(800) 221-6827
Eye Care America	(800) 222-3937
Home Energy Assistance Program	(866) 675-6623
Insurance Consumer Protection- CA	(800) 952-5225
International Hearing Society	(800) 521-5247
Life-Line	(800) 543-3546
Lung Cancer Alliance Line National	(800) 298-2436
Medicare	(800) 633-4227
National Health Info Center	(800) 336-4797
National Parkinson Foundation	(800) 327-4545
National Stroke Association	(800) 787-6537
Nursing Home Complaint Unit	(800) 474-1116
Senior Health Insurance Dept. CA	(800) 927-4357

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Social Security	(800) 772-1213
Toll-Free Directory Assistance	(800) 555-1212
Veteran's Benefits	(800) 827-1000



*We help you stay home  
and stay independent.*

**(805) 306-0021**  
[www.HeartlandHealthy.com](http://www.HeartlandHealthy.com)

Our mission is to help seniors live safely and comfortably in their own homes for as long as possible. Our caring service allows our clients to maintain as much independence as possible by providing the appropriate in-home assistance and companionship.

The following is a partial list of service that caregivers may perform. We will do our best to accommodate any reasonable assistance request from our clients. All of our services are Non-Medical in nature. Services apply to Non-Medical hourly assistance and Live-in care.

### PERSONAL CARE

Bathing and Showering  
Restroom Assistance  
Incontinence Assistance  
Dressing Assistance  
Oral Hygiene  
Shaving and Grooming

### MEDICATION REMINDERS

Monitor Medication Requirements  
Medication Reminders

### EXERCISE ASSISTANCE

General Exercise  
Physical Therapy Assistance  
Occupational Therapy Assistance

### TRANSFER ASSISTANCE

Assist/Monitor for Safety  
Vehicle/Wheelchair/Bath/Bed/Etc.

### ERRANDS/TRANSPORTATION

Transport Client Using Caregiver Vehicle  
Client Transfer Assistance  
Take to Medical Appointments  
Prescription Pick Up  
Grocery and Other Shopping  
Attend Social Events  
Handle Dry Cleaning

### NUTRITION

Meal Planning  
Meal Preparation  
Monitor Diet/Nutrition Needs  
Monitor Hydration

### COMPANIONSHIP

Monitor for Safety  
Friendship  
Arts and Crafts  
Reminiscing



5775 E. Los Angeles Ave., Ste. 232, Simi Valley, CA 93063  
[www.HeartlandHealthy.com](http://www.HeartlandHealthy.com)

State of California Department of Social Services  
Home Care Organization #564700040