



Resources for Seniors and Other Vulnerable Angelenos during the Coronavirus (COVID-19) Crisis

April 2020

Our older adult Angelenos are particularly vulnerable during the COVID-19 crisis — as are our neighbors with disabilities. One important way you can provide assistance to such folks is by checking in with them and sharing information. Don't assume that all of those in need are aware of resources that are available - particularly technological resources like restaurant meal delivery or shared ride/food delivery services. You can provide a great service to your neighbors in need by reaching out to help them access existing resources. Sometimes their struggles are not about a lack of money, but a lack of awareness and understanding or a need of a helping hand to navigate and complete transactions. Here (below) are some of the existing resources available to help. Please reach out and share them.

[Findhelp.org](https://findhelp.org) is an online service that allows you to search a location to see a variety of resources available in your area. It is designed to help you find food assistance, help paying bills, and other free or reduced cost programs, including new programs for the COVID-19 pandemic.



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Food

If you or a senior or other vulnerable Angeleno that you know requires assistance to access food, you may order meal delivery for free from the following organizations:

[Meals on Wheels](#)

Meals are delivered to prevent senior hunger and isolation. Contact **(213) 484-7775** between 8 AM and 4 PM or email ifyouneedmeals@stvincentmow.org.

[Project Angel Food](#)

Meals are delivered to each client one day per week, Monday through Friday. Contact **(323) 845-1800** / info@angelfood.org

[Urban Partners LA](#)

Provides food delivery for at-risk seniors.
Call **(213) 401-1191** or email urbanpartnersla@gmail.com

[Inner City Visions](#)

Offers free groceries for seniors in Florence-Firestone. Call **(323) 749-7246** or check **Inner City Visions Senior Help**

[Jewish Family Services \(JFS\)](#)

JFS offers a home-delivered meal program for home-bound seniors and adults with disabilities. Meals, which are prepared at the JFS Hirsh Kosher Kitchen, are microwaveable and easy to prepare. Special services are available for Holocaust survivors. For the Senior Nutrition Program, contact Erwin Estrada at **323-937-5852**.

[Feeding America](#)

Runs a food bank network. Find your local food bank here.

[Serving Seniors](#)

Provides meals to low-income seniors.



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Food

[Supplemental Nutrition Assistance Program \(SNAP\)](#)

This is a federally-funded program you may access by calling the State Hotline at **877-847-FOOD (3663)**. SNAP helps California seniors 60+ buy healthy food at the grocery store. You can get help from SNAP if you have limited income and resources or high medical and living expenses.

Groceries / Medications

If you or a senior or other vulnerable Angeleno that you know requires assistance to access groceries or medications, you may order deliveries from the following organizations:

[LA Helping Hands](#)

Get matched with a neighbor who will virtually connect with you and help pick up prescriptions and groceries using our no-contact health policy.

[COVID-19 Mutual Aid](#)

Identify neighbors close by that can provide you with transportation and grocery delivery help.

[FDA Guidance](#)

This website provides guidance on how to buy medicines safely from an online pharmacy.

[Shop4Seniors](#)

This is a non-profit organization pairing seniors with volunteer shopper/delivery service. Email maryjerejian2@gmail.com to submit a shopping list or volunteer to shop & deliver.

[WebMD Guidance](#)

Online and Mail-Order Medicine: How to Buy Safely

[National Association of Boards of Pharmacy](#)

Find an accredited digital pharmacy online.



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Meal Delivery using Smart Phone Apps

There are a variety of organizations that run smart phone apps to order meals from restaurants that you choose at a cost...

[Grub Hub](#)

[Door Dash](#)

[Uber Eats](#)

[Mom's Meals](#)

[Meal Pro](#)

[Freshly](#)

[Resy](#) - City Guides to Takeout and Delivery Options

[Postmates](#)

[InstaCart](#)

[Amazon](#)

[Target Shipt](#)

[Walmart Grocery](#)

Medication Delivery using Smart Phone Apps

To order medication delivery at a cost...

[Walgreens](#)

[CVS Pharmacy](#)



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Transportation Services

[Go Go Grandparent](#)

24/7 service that allows seniors to use services like Lyft and Uber without a smart phone.

[Access Services](#)

Delivers riders “curb-to-curb” service, and some service beyond the curb (non-medical). Requires application. Call: **1 (800) 883-1295**

[LyftUp](#)

Lyft is providing grocery delivery free of charge in some communities.

[CityRide](#)

Cityride is a transportation assistance program for individuals age 65 or older and qualified persons with disabilities residing in the City of Los Angeles and select areas of Los Angeles County.

[LyftWav \(Wheelchair-accessible vehicle\)](#)

Passengers may request a vehicle that is specially outfitted to accommodate wheelchairs.

In-Home Care

[Comfort Keepers](#)

Caregivers are specially trained to provide care, pick up prescriptions and grocery shopping, as well as providing companionship and personal care.

[Caregiver Resource Center](#)

The centers listed provide core services to families and caregivers ranging from counseling and care planning, to legal/financial consulting and respite, at low or no cost.

[Alzheimer’s Los Angeles](#)

Provides free care and support in Los Angeles County & the Inland Empire.



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In-Home Care

[Alzheimer's Association](#)

The Alzheimer's Association 24/7 Helpline (800.272.3900) is available around the clock, 365 days a year. Through this free service, specialists and master's-level clinicians offer confidential support and information to people living with the disease, caregivers, families and the public.

[Visiting Angels](#)

Locally-owned and operated senior home care agency provides at home care services for a fee. Professional caregivers make it possible for seniors and the disabled to continue living safely at home. Compassionate care includes private duty care, companion care, Alzheimers care, Palliative care, and other senior home care services.

[Right at Home](#)

Right at Home's trained caregivers provide in-home care for a fee for seniors and disabled adults who need some assistance to maintain their independence. It is an in-home care company that operates through independently owned and operated home care franchisees.

Mental Health Care

[Friendship Line \(Institute on Aging\)](#)

24 hour toll-free crisis line for people who are aged 60+ (or adults with disabilities). They can also make ongoing outreach calls to lonely older adults. Call **(800) 971-0016**

[GENESIS](#)

Program offered through LA County Department of Mental Health (LADMH) that offers specialized services to meet the mental health needs of older adults (60+). Services can be provided in home or the community. Call **(213) 351-7284**



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Mental Health Care

LA Warmline

Confidential overnight telephone support service for loneliness, confusion, substance abuse complications and other mental health concerns. Call **(855)-952-9276**

National Suicide Prevention Lifeline

Provides 24/7 free and confidential support for people in distress. Call **(800) 273-8255**

I Did Something Good Today Foundation

The **I Did Something Good Today** Foundation Presents GoldenTALK, a senior chat and crisis line for adults aged 60+. The chat line helps older people facing social isolation through warm conversations and providing referrals in case of crisis. Concerned family members may also request wellness calls to their beloved older adults. The GoldenTALK chat line phone number is **(888) 604-6533 (888-60-Golden)**. This is a volunteer-based organization also in need of more volunteers who speak multiple languages. Call **(888) 60-GOLDEN - (888) 604-6533** or go to <http://www.ididsomethinggoodtoday.org/>

Five Acres Deaf Services

Five Acres provides mental health services tailored to the culture and language of Deaf children and adults (ages 0–65+) who reside within Los Angeles County.

Jewish Family Services (JFS)

Provides in-home and community based mental health services including psychotherapy, medication prescription/monitoring and case management for adults aged 18+. Individuals with MediCal, Medicare/MediCal and low income with no insurance are eligible. Services are nonsectarian and available in English, Spanish, Russian, Farsi, and Hebrew. For more information or to make a referral, please call **(818) 432-5025**.

JFS LIFE@Home

This is a program that connects Holocaust Survivors, who are most at risk for isolation and loneliness, to life-improving services, the community, and each other.



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Interpersonal Violence

[Peace Over Violence's Deaf, Disabled & Elder Services](#)

Peace Over Violence's Deaf, Disabled & Elder (DDE) Services Program is committed to extending accessible services for victims of sexual and domestic violence who are deaf, hard of hearing, have a disability and/or elder individuals. We have expanded our Deaf Services program to include victims of crimes such as robbery, false imprisonment, vehicular assault, caregiver and/or hospital abuse, aggravated assault and stalking.

City of Los Angeles Department of Aging:

<https://aging.lacity.org/>

City of Los Angeles Department on Disability:

<https://disability.lacity.org/>

Resources for Veteran Seniors:

<https://www.publichealth.va.gov/n-coronavirus/>

As a covered entity under Title II of the Americans with Disabilities Act, the City of Los Angeles does not discriminate on the basis of disability and upon request, will provide reasonable accommodation to ensure equal access to its programs, services and activities.

This guide is for informational purposes only and inclusion is not indication of endorsement.