



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. The State of California has a hotline staffed with trained call specialists who can determine and provide for unmet needs, call **1-833-544-2374**. Dialing **2-1-1** also connects people to services.

MAPS Charities has now implemented an Emergency Assistance Program. Unlike their regular assistance, this assistance will be for seniors (60+) in LA County who need emergency funds, food, shelter payments, etc. in order to get through the COVID-19 pandemic. Turn around in most cases will be completed with in 48-72 hours with little or no "red tape." Email: info@MAPSCharities.org or call **(818) 208-0323**.

[Findhelp.org](https://www.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

Prior to the COVID-19 crisis, the Department of Aging provided meals to 5,000 low-income seniors across the City -- often in dining halls at senior centers, which are now closed. To help bridge the gap for seniors in need, Mayor Garcetti has launched the Emergency Senior Meals Response. Through a partnership with Everytable and Access Services, the Department of Aging and the Mayor's Office will provide 10 meals a week to 7,280 new seniors. The City will also double the number of meals received by 5,000 seniors already enrolled in the Department of Aging's meal delivery program.

To qualify for the program, you need to be 60 years or older, live in the City of Los Angeles, and not currently be enrolled in other meal programs (e.g., Meals on Wheels, CalFresh, etc.). Seniors or their caregivers can sign up for the meal program by calling the Emergency Senior Meals Response Hotline at (213) 263-5226, Monday - Sunday from 9 a.m. - 5 p.m. You can also apply [here](#).

If the senior does not live in the City of Los Angeles, you may call 2-1-1 to find out if the senior is eligible for the Los Angeles County Meal Program. Alternatively, seniors or caregivers may order free meal delivery 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**



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Food

[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 microwavable 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.

[Everytable](#)

Everytable is offering meals to all Angelenos in need, including food distribution for seniors who need food brought to their homes, food for students and food for groups. Call their helpline at **323-458-6487** or email hi@everytable.com.

[Free Meal Program in CD 1](#)

Councilmember Gil Cedillo has organized a free meal program for 2,000 families that are residents of district 1 (Eastside) with help from local non profits and restaurants. The program is scheduled to last until at least the end of May. Email: Gilbert.Cedillo@lacity.org if interested in receiving free meal delivery.



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Food

Meal Delivery CD 8

Councilmember Marqueece Harris Dawson has partnered with Lyft to provide meal delivery to thousands of seniors in CD 8 (south LA). Call **213-462-7150** for more information.

Meal Delivery CD 10

Councilmember Herb Wesson is coordinating with community partners to deliver groceries and masks to seniors and vulnerable residents of CD 10 (South LA, K-Town), three days per week. Call **323-733-8233** or **213-473-7010**.

Meal Delivery CD 15

Councilman Joe Buscaino has started a Senior Meal Program for residents of CD 15 (Watts/San Pedro). Sign up using this form <https://forms.gle/CbmdmeZSoBuMHwQK9> or call **310-732-4515**.

[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

Grocery stores are now required to have a **senior and vulnerable population hour provided every day**. Most grocery stores provide this time at 7:00 or 7:30 AM. Call your local grocery store to find out exact hours. In addition, most council districts are hosting walk and drive through food pantries, find your council office at neighborhoodinfo.lacity.org.

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:



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Groceries / Medications

[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. Call: **424-279-8544**. Email: **lahelpinghands2020@gmail.com**.

[COVID-19 Mutual Aid](#)

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

[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.

[Shopping Helpers LA](#)

The program pairs a college-aged volunteer with a senior or someone who is immunocompromised to take care of their grocery shopping needs — at no charge. Call **323-628-7071** or email **shoppinghelpersla@gmail.com** to request help.

[Southeast Asian Community Alliance \(SEACA\)](#)

SEACA is providing care packages to low-income seniors in the Chinatown area. For more information email **info@seaca-la.org** or call **213-628-8667**.



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Groceries / Medications

People4PeopleLA is shopping for and delivering food, medicine and household supplies to elderly Angelenos and others who cannot leave their home during the pandemic. Call 707-390-0269 or email **People4PeopleLA@gmail.com** to make a request.

[4th Council District Senior Outreach Program](#)

Councilman David Ryu's office runs a Senior Outreach Program to connect volunteers with homebound older residents in the 4th Council District (Hollywood/SFV). Volunteers will call seniors to pick up prescriptions, buy groceries or just check in and talk using the **Mon Ami** app.

The Central Hollywood Neighborhood Council is delivering groceries and essential items to Hollywood seniors in need, with the assistance of the offices of Councilmembers O'Farrell and Ryu, through May 15th. Call their hotline at **818-738-9935**.

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](#)

[Meal Pro](#)

[Amazon](#)

[Door Dash](#)

[Freshly](#)

[Target Shipt](#)

[Uber Eats](#)

[Postmates](#)

[Walmart Grocery](#)

[Mom's Meals](#)

[InstaCart](#)

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



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Medication Delivery using Smart Phone Apps

CVS Pharmacy and Walgreens are waiving fees for home delivery of prescription medication.

[Walgreens](#)

[CVS Pharmacy](#)

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.



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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.

[Home Instead](#)

Home Instead Senior Care offers many different types of in-home senior care that can be individualized to meet the needs of family members, for a fee. **Call 323-285-9988**

[Dynamic Nursing, Inc.](#)

Dynamic Nursing, Inc. has provided nursing and in-home care services for seniors for more than 30 years from their Sherman Oaks office. Call **888-436-8773** today!

[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.



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In-Home Care

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**

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>



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Mental Health Care

[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.

[National Suicide Prevention Lifeline](#)

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

[Laughter on Call](#)

Laughter on Call brings laughter to Alzheimer's patients, their families and caregivers. Daily lunchtime laughter Zoom stream during the COVID-19 crisis. Email info@laughteroncall.com

[LA Warmline](#)

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



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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.