

# Caregiver Resource Guide

2024-2025 Lompoc Valley



# Emergency Services

<b>Police, Fire, Ambulance</b> .....	911
<b>Adult Protective Services</b> .....	844-751-6729
<a href="http://www.countyofsb.org">www.countyofsb.org</a>	After Hours 805- 692-5744
<b>California Poison Control System Hotline (24/7)</b> .....	800-222-1222
<a href="http://www.aapcc.org">www.aapcc.org</a>	
<b>CARES Mental Health Crisis Team</b> .....	888-868-1649
<b>Domestic Violence Solutions (24/7)</b> .....	805-736-0965
<a href="http://www.dvsolutions.org">www.dvsolutions.org</a>	
<b>Long Term Care Ombudsman</b> .....	805-922-1236
<a href="http://www.FSAcares.org">www.FSAcares.org</a>	
<b>National Suicide Prevention Lifeline</b> .....	988
<a href="http://www.SuicidePreventionLifeline.org">www.SuicidePreventionLifeline.org</a>	
<b>North County Rape Crisis Center</b> .....	805-736-7273
<a href="http://www.sbcountyrapecrisis.org">www.sbcountyrapecrisis.org</a>	

## Adult Day Care

**Wisdom Center** ..... 805-354-5320

### Santa Maria

[www.LifeStepsFoundation.org](http://www.LifeStepsFoundation.org)

A Community Based Adult Services day program that provides a variety of health and social services as well as planned therapeutic and rehabilitative activities to benefit the needs of adults with physical and/or mental challenges who are at risk of long-term care placement. Program includes an Alzheimer's day care resource which serves those with Alzheimer's and related dementia disorders by providing a safe, structured, stimulating environment meeting the individual's physical and mental health needs.

**Friendship House** ..... 805-688-8748

### Solvang

[www.solvangfriendshiphouse.com](http://www.solvangfriendshiphouse.com)

The Life Enrichment Day Program offers a place where the person with Alzheimer's or Dementia can be with others in a safe environment. Staff lead planned activities for their guests. Transportation, meals, bathing and other amenities offered for an additional fee. Ask about special rates for Medi-Cal.

**Lompoc Valley Haven** ..... 805-733-9459

[www.lompocvalleyhaven.org](http://www.lompocvalleyhaven.org)

Lompoc Valley Haven is an adult day program for those 55 and older that is specifically designed for people who prefer to remain in their own homes or with relatives. Our program provides an affordable option in a social setting for those who enjoy getting together with other seniors. Our clients may spend as little as a half day to as many as five days per week with us.

## Care Management

**CenCal Health** .....800-421-2560 ext. 1641

[www.CenCalHeath.org](http://www.CenCalHeath.org)

Social work services for CenCal members who have complex medical or behavioral health conditions, high psychosocial risk factors or need assistance navigating through the health care system. Services are free of charge.

### Alzheimer's Navigator

[www.alzheimersnavigator.org](http://www.alzheimersnavigator.org)

Alzheimer's Association Alzheimer's Navigator® is an innovative online tool to help caregivers and people living with dementia evaluate their needs, create a customized action plan and link to information, support and local resources.

**Partners in Care Foundation** 805-280-4490

**Multipurpose Senior Service Program**

[www.picf.org](http://www.picf.org)

Provides social work services to limited number of Medicare/Medi-Cal eligible persons who, with these services, will be able to remain at home and not be institutionalized. Services are free of charge.

**Family Caregiver Support Program**

..... 805-332-8590

A Licensed Medical Social Worker provides in-depth support to Caregivers who care for medically fragile adults. The support includes an initial assessment and ongoing case management. The Social Worker links Caregivers to community resources such as counseling, respite, Caregiver support groups, education, transportation, meals and home safety.

**Coast Caregiver Resource Center**

888-488-6555 or 805-569-8950

[www.coastcrc.org](http://www.coastcrc.org)

Provides family consultation services, including long term care planning and placement information, to nonpaid family members (caregivers) ages 18 and older caring for adults with adult-onset brain impairments and older adults with disabling conditions.

## Counseling

**Family Service Agency** ..... 805-735-4376

..... ext. 3801 English

..... ext. 3802 Spanish

[www.fsacares.org/caregiver-support](http://www.fsacares.org/caregiver-support)

Program is designed to help caregivers recognize, embrace, and manage their role as a caregiver. Services provided include individual and family counseling and group support for family caregivers. Services are FREE and CONFIDENTIAL. Learn ways to reduce stress, adjust to role changes and create ways to care for yourself.

**Coast Caregiver Resource Center**

888-488-6555 or 805-569-8950

[www.coastcrc.org](http://www.coastcrc.org)

Provides short-term counseling services and support groups to nonpaid family members (caregivers) ages 18 and older caring for adults with adult-onset brain impairments and older adults with disabling conditions.

**Transitions Mental Health Association**

..... 805-865-1940

[www.t-mha.org](http://www.t-mha.org)

Provides a combination of wellness & recovery oriented services. Open throughout the week.

**Friendship Line** ..... 800-971-0016

[www.ioaging.org](http://www.ioaging.org)

A toll free 24/7 service that listens and refers as appropriate. Program includes a 'Warm Line' which calls out to lonely or depressed older adults and a 'Check In' for older adults living alone or concerned about their safety.

## Education/Training

**Alzheimer's Association** .... 805-342-0956

24/7 Helpline 800-272-3900

[www.alz.org/cacentral](http://www.alz.org/cacentral)

Provides information & referrals to relevant agencies and resources, dementia caregiver education classes and caregiver support groups. Additional resources available to connect families with caregiving strategies, navigation of the disease process, identifying support networks and funding and immediate professional counselling through the 24/7 Helpline care consultations available in over 20 languages.

**Lompoc Health** ..... 805-737-8700

[www.LompocHealth.com](http://www.LompocHealth.com)

The programs are designed and conducted by Lompoc Health board-certified physicians, registered dietitian nutritionists, registered nurses, certified diabetes educators, physical therapists and other specialized professionals.

## Elder Abuse Prevention

**Adult Protective Services** .... 844-751-6729

**County Department of Social Services**

[www.countyofsb.org](http://www.countyofsb.org)

Investigates allegations of suspected abuse of elders and dependent adults who reside in the community. Provides resource information and makes referrals to community resources.

**Long Term Care** ..... 805-965-1001 ext. 244

**Ombudsman Service**

[www.ombudsmansb.com](http://www.ombudsmansb.com)

Investigates allegations of suspected abuse of residents of long term care facilities, such as assisted living and skilled nursing.

**Medicare Fraud** ..... 1-800-MEDICARE

..... 1-800-633-4227

**HICAP** ..... 1-800-434-0222

[www.Medicare.gov](http://www.Medicare.gov)

Protect your Medicare Number. Do not give it out, except to your MD or other health care providers. Never give your Medicare Number in exchange for a specific offer. Never let someone use your Medicare card and never use another person's card.

## Elder Abuse Prevention Continued

**District Attorney's Office** 805-568-2442

[www.countyofsb.org/da](http://www.countyofsb.org/da)

Social work services for CenCal members who have complex medical or behavioral health conditions, high psychosocial risk factors or need assistance

## End of Life

### Hospice services

Medicare covers hospice care services at home when your doctor includes them in a plan for palliative care (comfort care) for a terminal illness. If you have Medicare Part A and meet all the following conditions, you can get Medicare-funded hospice care:

1. Your doctor certifies that you're terminally ill
2. You accept palliative care instead of care to cure your illness
3. You sign a statement choosing hospice care instead of other Medicare-covered benefits to treat your terminal illness and related conditions.

**Assisted Hospice Care**..... 805-722-1181

**Central Coast Hospice**..... 805-543-2244

**Dignity Health Hospice** ..... 805-739-3830

**VNA Health**..... 805-693-5555

**Wilshire Hospice**..... 805-782-8608

**Superior Hospice**..... 805-742-4514

**Starbuck - Lind Mortuary** ... 805-735-3773

[www.starbucklind.com](http://www.starbucklind.com)

In addition to funeral planning, provides grief counseling and outlines decision options.

### VNA Health-Serenity House

**(inpatient Hospice Care)** .... 805-617-7777

[www.vna.health/serenityhouse](http://www.vna.health/serenityhouse)

When hospice care at home becomes too difficult or stressful, VNA Health can provide an alternative at our Serenity House with round-the-clock medical care. Serenity House offers private rooms in a home like setting, with plenty of space for family and friends to visit.

## Equipment

**Braille Institute** ..... 805-682-6222

[www.brailleinstitute.org/santabarbara](http://www.brailleinstitute.org/santabarbara)

Provides free visual consultations for magnification and special lighting as well as low vision aids at cost.

## CA Telephone Access Program

..... 800-806-1191

[www.ddtp.cpuc.ca.gov](http://www.ddtp.cpuc.ca.gov)

Special telephones and telephone devices are available for deaf and deafened, vision, speech, cognitive, and motion-mobility impaired persons.

**Superior Home Health** ..... 805-742-4514

Superior Home Health and Hospice: Operation M.E.D.I.C – Medical Equipment Donation In the Community. We collect lightly used items such as wheelchairs, bedside commodes, walkers, canes, and shower chairs, then redistribute them to those who need them in the community. Our list is not exhaustive so submit your request and we will see if we can accommodate you!

**VNA Health-Loan Closet**..... 805-690-6235

[www.vna.health/loancloset](http://www.vna.health/loancloset)

The Loan Closet is a free community resource. You may borrow basic medical equipment such as wheelchairs, walkers, crutches, canes and bathroom safety items to help you recover and regain your independence. Open Monday-Friday, 8 AM to 4:30 PM, except holidays.

**Vial of Life program** ..... 805-925-9554

[www.CentralCoastSeniors.org](http://www.CentralCoastSeniors.org)

Provides a medical information card in a container that is placed on the front of the home's refrigerator for emergency responders to locate.

## Food & Nutrition

**CalFresh/Food Stamps, DSS** 805-346-7315

[www.countyofsb.org/dss](http://www.countyofsb.org/dss)

Program that helps low income individuals and families buy the food they need.

### Central Coast Rescue Mission

..... 805-614-0220

[www.centralcoastrescuemission.org](http://www.centralcoastrescuemission.org)

Offers a variety of programs for those in need. This includes a hot meal and a food pantry.

**Brown Bag Program,** ..... 805-937-3422

### Food Bank of Santa Barbara County

[www.foodbanksbc.org](http://www.foodbanksbc.org)

Provides free groceries to low income seniors twice a month at several locales.

**Central Coast Commission for Senior Citizens**  
805-925-9554 - Option 1  
[www.centralcoastseniors.org](http://www.centralcoastseniors.org)

## Health Services

**County Department of Behavioral Wellness** ..... 805-934-6380  
[www.countyofsb.org/behavioral-wellness/adult-home.sbc](http://www.countyofsb.org/behavioral-wellness/adult-home.sbc)

Serves adults who are Medi-Cal beneficiaries with severe mental illness and/or substance abuse disorders. Clinic located in Santa Maria. 24/7 Access Line is 1-888-868-1649.

**Community Health Centers** 805-737-1169  
[www.communityhealthcenters.org](http://www.communityhealthcenters.org)

Provides primary health care to underserved and low income residents. Also has specialty clinics. Walk-in immediate care available Tuesday - Friday, 3- 8 p.m.

**Savie Health** ..... 805-743-4776  
[www.saviehealth.org](http://www.saviehealth.org)

Provides medical care for uninsured adults at no cost. The clinic is designed to meet the essential needs in our community. It provides medical services including primary medical care, disease prevention, and chronic condition management.

**Lompoc Health** ..... 805-737-8700  
[www.lompochealth.org](http://www.lompochealth.org)

Offering patients an outstanding team of primary care, specialty care, urgent care and more to provide exceptional health care to the Lompoc Valley.

**County Health Clinic**..... 805-346-8410  
[www.countyofsb.org/PHD](http://www.countyofsb.org/PHD)

**VA Outpatient Clinic** ..... 805-354-6000  
[www.losangeles.va.gov](http://www.losangeles.va.gov)

Outpatient clinic provides medical and/or mental health services for veterans.

**Philips LifeLine** ..... 800-451-0525  
Lifeline provides quick access to help, 24 hours a day.

## Home Care Services

**Assisted Home Care** ..... 805-569-2008  
(Private Pay)

**Superior Home Care** ..... 805-742-4514  
(Private Pay)

**Community Partners in Caring** 805-737-1976  
[www.partnersincaring.org](http://www.partnersincaring.org)

Provides household help and personal care to enable low income elderly or disabled persons to remain safely in their own homes. Eligible with SSI/ Medi-Cal only..

**Life Steps Foundation** ..... 805-762-4500  
[www.lifestepsfoundation.org](http://www.lifestepsfoundation.org)

Provide homemaking and personal care services in Lompoc Valley for persons aged 60 and older who are not eligible for In Home Supportive Services. Donations are requested.

**VA Aid & Assistance** ..... 805-737-7900  
[www.benefits.va.gov](http://www.benefits.va.gov)

Provides benefits that reduce cost of care for veterans and surviving spouses who require assistance. Can be used for in home care, board and care, assisted living, community and private pay nursing homes. Must meet qualifications.

### In-Home Supportive Services (IHSS)

Lompoc office-805-737-6020  
Provides personal care and domestic services in your home. This program serves persons receiving Medi-Cal benefits. Please call to apply by phone.

## Home Health Services

Home health care is a wide range of health care services that can be given in your home for an illness or injury. Home health care is usually less expensive, more convenient, and just as effective as care you get in a hospital or skilled nursing facility (SNF). Examples of skilled home health services include: wound care for pressure sores or a surgical wound; patient and caregiver education; intravenous or nutrition therapy; injections; and monitoring serious illness and unstable health status. The goal of home health care is to treat an illness or injury.

Agencies providing Medicare Home Health services in Lompoc include:

**Assisted Healthcare Services** ..... 805-569-2000

**Central Coast Home Health** ..... 805-543-2244

**Dignity Health Home Health** ..... 805-739-3830

**Superior Home Health** ..... 805-742-4515

**VNA Health** ..... 805-965-5555

**Wilshire Home Health** ..... 805-782-8600

# Human Services

**American Red Cross** ..... 805-687-1331

[www.redcross.org](http://www.redcross.org)

Seeks to help people prevent, prepare for, and respond to natural and human-caused disasters through the immediate mobilization of people and resources and the provision of community, workplace, and school-based training. Also provides first aid training.

**Catholic Charities** ..... 805-736-6226

[www.catholiccharitiesla.org](http://www.catholiccharitiesla.org)

Provides help to individuals and families in need. Has a food pantry, provides emergency financial assistance, medical treatment referrals, case management, thrift store client vouchers, and pet services.

**Bridge House** ..... 805-735-4390

[www.goodsamshelter.org/bridge-house](http://www.goodsamshelter.org/bridge-house)

The Bridge House, under the management of Good Samaritan Shelter in partnership with the County of Santa Barbara, is a place where homeless families and individuals can find emergency shelter. The Bridge House provides case management to each individual client and referrals for clients to seek necessary financial, medical and other supportive services on an as-needed basis.

**Salvation Army** ..... 805-349-2421

[www.salvationarmyusa.org](http://www.salvationarmyusa.org)

Provides short and long term assistance to address the community needs. This includes meal assistance, bill pay assistance and case management.

**Dorothy Jackson Family Resource Center**

805-743-4146 ext. 262

646 N. H. St. Lompoc, CA 93436

Offering family support services including parenting classes, relationship education and case management.

**United Way** ..... 805-450-3558

**Northern Santa Barbara County**

Home for Good SBC, supports a Coordinated Entry System, a no-wrong door, county-wide, that engages and connects individuals and families experiencing homelessness to needed resources. We believe everyone deserves a place to call home for good. Contact the Santa Barbara Resource Connect Hotline to connect with the Housing Navigator.

**Housing Authority** ..... 805-736-3423

**of Santa Barbara County**

[www.hasbarco.org](http://www.hasbarco.org)

Lompoc Housing Office-805-735-8351

817 W. Ocean Ave.

Lompoc, CA 93436

# Legal

**Lawyer Referral Service** ..... 805-569-9400

[www.sblaw.org/lawyer-referral-service](http://www.sblaw.org/lawyer-referral-service)

Provides referrals to attorneys who have signed up to be on their panel.

**Legal Aid Foundation** ..... 805-736-6582

[www.LAFSBC.org](http://www.LAFSBC.org)

Provides legal services in civil cases, with emphasis on Social Security, landlord/tenant and family law.

**Legal Resource Center Law Library**

[www.CountyLawLibrary.org/SantaMaria](http://www.CountyLawLibrary.org/SantaMaria)

Local self-help legal resource center which is staffed by a California licensed attorney. Assistance is offered in the completion of legal and court documents for various civil matters and infractions.

# Long Term Care Facility Placement

**Long Term Care Ombudsman** 805-922-1236

[www.FSAcares.org](http://www.FSAcares.org)

Provides information about long term care facilities.

**CA Community Care Licensing**

..... 805-562-0400

[www.cclid.ca.gov](http://www.cclid.ca.gov)

Licenses and inspects residential care facilities for the elderly and investigates complaints.

**California Department of Public Health**

..... 805-604-2926

[www.cdph.ca.gov](http://www.cdph.ca.gov)

Licenses and inspects skilled nursing facilities, home health agencies, hospitals, hospices and most types of nursing facilities.

**Elder Placement Professionals**

..... 805-546-8777

**Comprehensive Care Center**

..... 805-736-3466

[www.lompocvmc.com/cc](http://www.lompocvmc.com/cc)

We offer personalized plans of care for complex skilled nursing and dynamic rehabilitation programs.

## Respite Care

### Lompoc Valley Medical Center – Comprehensive Care Center

[www.lompocvmc.com](http://www.lompocvmc.com) 805-736-3466, ext. 7916  
Offering peace of mind for families that have a need of someone taking care of your loved one while you have surgery or take a vacation.

### Coast Caregiver Resource Center

888-488-6555 or 805-569-8950  
[www.coastcrc.org](http://www.coastcrc.org)

Provides short-term financial assistance for in-home support, adult day care services, and/or out-of-home care to nonpaid family members (caregivers) ages 18 and older caring for adults with adult-onset brain impairments and older adults with disabling conditions.

### Santa Maria Wisdom Center 805-354-5320

<https://smwisdomcenter.org/>  
[info@smwisdomcenter.org](mailto:info@smwisdomcenter.org)

Provides adult day health care services which can provide respite for the caregiver.

### Friendship House.....805-688-8748

[www.solvangfriendshiphouse.com](http://www.solvangfriendshiphouse.com)

Overnight care allows caregivers to take an extended break or vacation while the person with dementia stays in a supervised, safe environment. All services and amenities offered to permanent residents are also offered to respite residents.

### Lompoc Valley Haven ..... 805-733-9459

[www.lompocvalleyhaven.org](http://www.lompocvalleyhaven.org)

An adult day program for those 55 and older. Our program provides an affordable option in a social setting for those who enjoy getting together with other seniors. Our clients may spend as little as a half day to as many as five days per week with us.

## Support Groups

### Alzheimer's Association .... 805-342-0956

[www.alz.org/cacentral](http://www.alz.org/cacentral) ..... 800-272-3900

Provides regularly scheduled family support groups at the following location:

Lompoc Skilled and Rehab 1428 W. North Ave.,  
Lompoc

### Family Service Agency

805-735-4376 ext. 3801 Eng, 3802 Sp

[www.fsacares.org/caregiver-support](http://www.fsacares.org/caregiver-support)

Program is designed to help caregivers recognize, embrace and manage their caregiver role. Services are free, confidential and offered in English & Spanish

## Transportation

### American Cancer Society ..... 800-227-2345

[www.cancer.org](http://www.cancer.org)

Road to Recovery program provides transportation to and from treatment for people with cancer who do not have a ride or are unable to drive themselves.

### Community Partners in Caring ..805-737-1976

[www.PartnersInCaring.org](http://www.PartnersInCaring.org)

Volunteers drive clients to medical, social or service appointments by picking them up from where they live, escort them into the appointment location, and return them home.

### COLT City of Lompoc Transit. 805-736-7666

[www.cityoflompoc.com/transit](http://www.cityoflompoc.com/transit)

Submit a Paratransit Application/ADA Certification form, found online, to begin services. Transportation schedules available online and in person at the transit office.

### SMOOTH ..... 805-922-8476

[www.smoothinc.org](http://www.smoothinc.org)

Door-to-door service to medical appointments in Santa Barbara city on Mondays, Tuesdays and Thursdays. \$4 round trip.

## Veteran Services

### Veterans Services Office, ..... 805-737-7900

#### County of Santa Barbara

[www.countyofsb.org](http://www.countyofsb.org)

Information about benefits and services available and assists in application process.

### Caregiver Support Line ..... 855-260-3274

[www.caregiver.va.gov](http://www.caregiver.va.gov)

Provides supportive counseling, education on topics related to caregiving and help to connect caregivers to local supports and services.

### VNA Health ..... 805-690-6247

[www.vna.health/wehonorveterans](http://www.vna.health/wehonorveterans)

Vet-to-Vet volunteer program where trained hospice volunteers, who are also Veterans, are matched with Veteran patients.

# Information

**2-1-1 to find additional health and human services** ..... 211  
[www.211sbco.org](http://www.211sbco.org)

**Alzheimer’s Association** ..... 805-342-0956  
 24/7 Help Line ..... 1-800-272-3900  
[www.alz.org/cacentral](http://www.alz.org/cacentral)

Helpline is available 24/7 to provide information & referrals and care consultations about Alzheimer’s disease and other dementia.

## Caring Together Santa Barbara County

[www.caringtogetherSBC.com](http://www.caringtogetherSBC.com)

Caring Together Santa Barbara County is a public awareness campaign aimed at increasing the ability of caregivers to self-identify as a “caregiver.”

## Community Resource Finder

[www.communityresourcefinder.org](http://www.communityresourcefinder.org)

Alzheimer’s Association Community Resource Finder®, powered by CareLike, is an online search engine that offers a person living with dementia and their caregivers a way to search a vast database to easily locate dementia specific community programs, services and resources.

**Coast Caregiver Resource Center / Care Navigator** ..... 888-488-6555  
[www.coastcrc.org](http://www.coastcrc.org)

Begin your supported caregiving journey by joining CareNav, a secure online portal to accessing education, guidance, and resources. A Family Consultant will contact you once you are registered.

**Health Insurance Counseling & Advocacy Program (HICAP)** ..... 805-928-5663  
 ..... 1-800-434-0222  
[www.CentralCoastSeniors.org/hicap](http://www.CentralCoastSeniors.org/hicap)

Provides free, unbiased information and one-on-one counseling regarding Medicare and related services/products. Appointments available in Lompoc.

**Senior Connection** ..... 805-928-2552  
[www.CentralCoastSeniors.org](http://www.CentralCoastSeniors.org)

Specialized information and referral service for senior citizens and family caregivers. Links with other senior citizens services throughout the county.

**Senior Resource Directory** ..... 805-925-9554  
[www.CentralCoastSeniors.org](http://www.CentralCoastSeniors.org)

Free publication available at many locations such as senior centers, libraries and the Area Agency on Aging office.

**Alliance for Pharmaceutical Access (APA)** ..... 805-614-2040  
[Located in Lompoc Valley Medical Center front lobby](#)  
[Tuesdays and Thursdays 3pm - 6pm](#)

