

## PAB HAUV TSEV

- 211 Sacramento  
211; 916-498-1000 or 800-500-4931
- The Senior Connection - Eskaton  
916-334-1072
- www.Healthfinder.gov

**Rau hau tsev thiab/los yog tus kheej xav tau kev pab rau cov laus los yog lws tus laus nyob rau hauv lub tsev:**

- Area 4 Agency on Aging  
916-486-1876  
www.a4aa.com
- In-Home Supportive Svcs., IHSS  
916-874-9471
- Sutter SeniorCare PACE  
916-424-8412

## KHO TSEV

**Kev pab kho tsev rau cov laus thiab cov muaj mob:**

- Contractors State Licensing Board  
(license verification/problems with contractors) 1-800-321-2752
- Home Assistance/Repair for Seniors  
(and disabled) 916-264-1506 or tsater@shra.org
- Rebuilding Together  
916-455-1880
- Sacramento Housing & Redevelopment Agency  
916-264-1500

**Rau teeb meem nrog cua kub thiab cua txias hau tsev:**

- Sacramento Municipal Utility District, SMUD  
1-888-742-7683
- SMUD Energy Assistance Team  
916-874-0979 or seat@sacounty.net
- Pacific Gas & Electric, PG&E  
1-800-743-5002

## LWM YAM KEV PAB...

**Kev pab nrhiav tsev muaj neeg pab zev tsev los yog pab yav tom ntej:**

- Community Care Licensing  
916-263-4700

**Rau cov laus muaj 59 xyoo rov sauv ua xav tau zau mov xa tuaj rau tom tsev:**

- Senior Nutrition Services  
916-444-9533

**Rau xov tooj tshwj xeeb dawb rau txhua tus neeg muaj mob:**

- California Phones  
1-800-806-1191 - Call Center  
1-800-806-4474 – TTY  
www.dntp.org

**Yog paub thiab pom cov laus raug cem thaib raug ntaus hu rau:**

- Adult Protective Services  
916-874-9377
- Sacramento County Sheriff's Dept.  
916-874-5306
- Sacramento Police Department  
916-808-0650

**Yog pom los xav tias muaj tug laus raug ces los raug ntaus tom tsev lau:**

- Ombudsman Services of Northern CA  
916-376-8910 LOS 1-800-231-4024  
www.osnc.net

**Lus nug txog neeg pab saib ub no:**

- Court Investigators Office  
916-875-3400

**Yog xav tau kev pab thauj mus ub no:**

- Regional Transit  
916-321-2877 LOS 916-483-4327 TDD

- Paratransit  
916-429-2744

- South County Transit  
1-800-338-8676

- California Dept. of Developmental Svcs. (for eligible consumers)  
916-654-2054 TTY or 916-654-1690

**Yog xav tau kev pab nrhiav hauj lwm:**

- Sacramento Employment and Training Agency (SETA)  
916-263-3700 LOS 1-800-735-2929 TTY  
www.seta.net

**Iv sas las tsheb pheej yig rau neeg pluag tsav tsheb zoo:**

- 1-866-602-8861

**Nrhiav seb qhov chaw pab muaj tseeb:**

- California Attorney General's Office  
(916) 322-3360  
www.ag.ca.gov/charities/

**Nrhiav seb tus neeg los luv lub lag luam muaj tseeb tiag hu rau:**

- Department of Corporations  
1-866-275-2677  
www.corp.ca.gov

**Sacramento County  
District Attorney's Office &  
Department of Health & Human Services**



# Nyob Ib Leeg: Kev Pab

**Cov Kev Pab:**

- **Kev Kho Mob**
- **Kev Lij Choj**
- **Kho Mob Hlwb**
- **Pab Hauv Tsev**
- **Nyaj Txiag**
- **Kho Tsev**
- **Kev So**
- **Lwm Yam**

**YOG MUAJ TEEV MEEM CEEV HU:  
911**

**Pab los ntawm:**

The Sacramento County  
Elder Death Review Team  
EDRTCordinator@SacCounty.net

## **KEV KHO MOB**

### **Rau neeg tsis muaj iv sis las:**

- County Medically Indigent Services  
9616 Micron Ave, Suite 64  
Sacramento, CA 95827  
916-875-9843  
[www.sacdhhs.com](http://www.sacdhhs.com)
  - Mercy Clinic Folsom  
105 Dean Way  
Folsom, CA 95630  
916-983-3658  
[www.mercyfolsom.org](http://www.mercyfolsom.org)
  - Mercy Clinic White Rock  
10487 White Rock Road  
Rancho Cordova, CA 95670  
916-364-0724  
[www.mercyfolsom.org](http://www.mercyfolsom.org)
  - Sutter SeniorCare PACE  
(comprehensive medical care program)  
916-424-8412
  - Health Insurance Counseling and Advocacy Program  
1-800-434-0222  
[www.cahealthadvocates.org/HICAP](http://www.cahealthadvocates.org/HICAP)
  - Department of Health Care Licensing  
<http://www.dhcs.ca.gov/services/medi-cal>
  - Medicare Assistance  
1-800-MEDICARE  
[www.medicare.gov](http://www.medicare.gov)
- Lus nug txog ntaub ntawv neeg sia tu:**
- California Medical Association  
916-444-5532  
[www.cmanet.org](http://www.cmanet.org)

### **Lus nug txog kev siv tshuaj:**

- [www.drugdigest.org/DD/Home](http://www.drugdigest.org/DD/Home) LOS
- [www.drugs.com/drug\\_interactions.html](http://www.drugs.com/drug_interactions.html)
- <http://networkofcare.org/home.cfm>

### **Kev pab yuav tshuaj noj:**

- 1-877-777-7815  
[www.rxhelpforca.org](http://www.rxhelpforca.org)

### **Tu Siab? Thaum muaj tu hlub xiam xav tau neeg nrog tham:**

- Bereavement Network Resources of Sacramento, Inc.  
916-557-5882

## **KHO MOB HLWB**

### **Rau cov laus muaj teeb meem mob hlwb:**

- UCDMC – Geriatric Clinic  
916-734-3574 Appointments  
[www.ucdmc.ucdavis.edu](http://www.ucdmc.ucdavis.edu)
  - Kaiser Alzheimer / Dementia Program  
916-973-6165
  - DHHS Division of Mental Health Adult Access Team  
875-1055 or  
875-1000 (for an emergency)
- Kev pab rau cov neeg laus pab los ntawm Tshab Cai Kho Mob Hlwb hau Sacramento:**
- Mental Health America Northern California  
916-855-5444

- El Hogar Community Services Inc.: Senior Link  
916-369-7872

## **NYIAJ TXIAG**

### **Kev pab nrog Medicare:**

- Medicare  
1-800-MEDICARE  
[www.medicare.gov](http://www.medicare.gov)
- Health Insurance Counseling Advocacy Program (HICAP)  
1-800-434-0222  
[www.hicapservices.net](http://www.hicapservices.net)
- CalMedicare.org  
916-376-8915  
[www.calmedicare.org](http://www.calmedicare.org)

### **Thov ua ntawv MediCal:**

- Department of Human Assistance  
916-874-2215  
[www.dhaweb.saccounty.net](http://www.dhaweb.saccounty.net)

### **Thov ntawv ua nyiaj xiam oob qhab:**

- U.S. Social Security  
916-381-9410 **LOS** 1-800-772-1213  
[www.ssa.gov](http://www.ssa.gov)

### **Kev pab ua nyiaj se thiab nug txog nyiaj se rau cov laus:**

- Tax Counseling for the Elderly (TCE)  
916-974-5303  
[www.irs.gov](http://www.irs.gov)

### **Lus nug txog nyiaj txais them tsev:**

- U.S. HUD Sacramento Office  
916-498-5220 Ext. 221

### **Yog paub txog txais nyiaj them tsev dag hu rau:**

- 1-888-827-5605  
[www.hud.gov](http://www.hud.gov)

## **KEV PAB RAU TUS NEEG**

- IHSS Public Authority  
916-874-4411

### **Kev pab rau neeg laus so:**

- Cordova Senior Center  
916-366-3133
- Hart Senior Center  
916-808-5462
- Del Oro  
916-971-0893 or  
<http://www.deloro.org>

## **KEV LIJ CHOJ**

### **Kev lij choj kev pab:**

- Legal Services of Northern California  
916-551-2150  
[www.lsnr.net](http://www.lsnr.net)
- Superior California Legal Clinics, Inc.  
916-972-1188
- Voluntary Legal Services Program  
916-551-2102  
[www.vlsp.org](http://www.vlsp.org)
- Superior Court Self Help Center  
916-875-3400
- McGeorge Community Legal Clinic  
916-340-6080