

Resources:

OC Council on Aging: <https://www.coasc.org/> - many varied resources for Aging Individuals - Aging Re-Imagined

1. Answers: Council on Aging's premier publication - Packed with articles and resources to help older adults, families and caregivers successfully navigate the aging experience. <https://www.coasc.org/programs/answers/>
2. Concierge Care Navigators: **You don't have to go it alone.** Concierge Care Navigators (CCN) is here to help. Our skilled team of Registered Nurses are Certified Geriatric Care Managers and are specially trained to evaluate, plan and coordinate your loved one's care with you. <https://www.coasc.org/programs/ccn/>
3. Friendly Visitor: Support and Friendship for Isolated Adults
Isolation is rampant among older adults who lose mobility, lack transportation options, live alone or away from family. The impact is severe. The Friendly Visitor Program prevents and alleviates the physical and mental health risks linked to isolation. This program benefits isolated older and disabled adults by addressing their basic, social, emotional, and environmental needs. <https://www.coasc.org/programs/friendly-visitor/>
4. Health Insurance Counseling and Advocacy Program (HICAP): Medicare is often complex and confusing. HICAP offers one-on-one counseling to assist Medicare beneficiaries, their families, friends and caregivers understand their Medicare benefits and best healthcare options. <https://www.coasc.org/programs/hicap/>
5. Long-Term Care Ombudsman Program: Our Long-Term Care Ombudsmen are advocates for residents of nursing homes, board and care homes, and assisted living facilities in Orange & Riverside counties. We are here to help you or your loved one. <https://www.coasc.org/programs/ombudsman/>
6. ReConnect: ReConnect offers no-cost short-term, and private comprehensive services to Orange County residents ages 60 and above who are experiencing emotional challenges and overall health barriers, particularly those appearing later in life. Staying vital and connected can help you ward off the loneliness that often comes with aging. <https://www.coasc.org/programs/reconnect/>

7. Senior Protection & FAST: Elder financial abuse is the fastest growing crime in the nation. Our Senior Protection Program provides education and empowerment to help you recognize and guard yourself against financial exploitation.

<https://www.coasc.org/programs/senior-protection-program-fast/>

8. SmileMakers: Fulfilling Holiday Wishes for Older and Disabled Adults in Our Community. Our SmileMakers mobilize community support to provide holiday gifts to older and disabled adults in skilled nursing and residential care facilities every year.

<https://www.coasc.org/programs/smilemakers/>

Meals on Wheels: Services listed for Costa Mesa, Newport Beach and Huntington Beach

Costa Mesa: <https://www.costamesaca.gov/community/costa-mesa-senior-center>

Senior Taxi Program: <https://www.costamesaca.gov/community/costa-mesa-senior-center/senior-taxi-program-registration-form>

Food Assistance Resources:

<https://www.costamesaca.gov/home/showdocument?id=53816&t=638149867876282692>

Newport Beach:

Meal Programs: <https://www.newportbeachca.gov/government/departments/recreation-senior-services/senior-services-oasis-senior-center/meal-programs>

Transportation: <https://www.newportbeachca.gov/government/departments/recreation-senior-services/senior-services-oasis-senior-center/transportation-service>

Huntington Beach:

Social Services: <https://hbcoa.org/social-services/> Includes Meals, Care Management and Transportation

Age Well: We exist to provide resources to Orange County's older adults which support their independence and promote their health & wellbeing.

<https://agewellseniorservices.org/>

Meals: <https://agewellseniorservices.org/covid-meal-update/>

Non Emergency Transportation: Rides to and from the doctor: Explore Our non-emergency medical transportation. Due to high volume Age Well requires all rides to be scheduled at least

five (5) business days in advance. Rides to and from the doctor:

<https://agewellseniorservices.org/transportation/>

Care Management: Age Well Senior Services' Case Management program empowers seniors to maintain healthy independence by providing the services outlined below. Our certified case managers assess individual cases and develop care plans that include in-home supportive services, nutrition options, transportation referrals and safety evaluations. <https://agewellseniorservices.org/case-management>

Resources: <https://agewellseniorservices.org/links/>

Caregiver Resource Center
Mental Health – Stigma Free
Senior Mobility Resources
Housing Assistance
Veteran Resources
Heatwave Resources
South County Food Banks

Medicare Information: Provided by Hoag Hospital Group

Please note** Other cities are listed but for simplicity sake only Newport Beach links were selected. You can find the other links in this same place.

All classes are Free!

Upcoming Medicare Classes for Seniors

Are you prepared to navigate the journey into Medicare? Do you want to be equipped with the right knowledge to make informed decisions about your Medicare options?

Join us at our upcoming in-person Medicare Classes, we offer a variety of classes to choose from. We're here to educate and empower you for a seamless transition into Medicare.

Medicare Basics – Newport Beach –

<https://www.hoag.org/community-education-classes/event-details/medicare-basics-newport-beach>

Learn the ABCs of Medicare. We'll cover everything you need to know about this essential program: from eligibility, enrollment periods and coverage options.

Medicare Supplements – Newport Beach -

<https://www.hoag.org/community-education-classes/event-details/medicare-supplement-newport-beach/>

Explore the flexibility of choice with Medicare Supplement plans. We'll take a detailed look at different Medicare Supplement options, allowing you to compare and find a plan

that best fits your needs.

Medicare Benefits – Newport Beach

<https://www.hoag.org/community-education-classes/event-details/medicare-benefits-in-person/>

Discover the Medicare Advantage benefits our health plan partners have to offer. You will be able to conduct a side-by-side analysis of the various Medicare Advantage health plan benefits so you can identify a plan that best aligns to your individual interests.