

ADVOCACY AND INFORMATION

"Everyone needs help from everyone."
-Bertolt Brecht

Advocacy

The following programs and services advocate for seniors, caregivers and adults with disabilities.

Americans with Disabilities Act (ADA)

(800) 514-0301

www.ada.gov

Information and education about the rights of people with disabilities.

Area 1 Agency on Aging

434 7th Street, Eureka, CA 95501

(707) 442-3763

E-Mail: administrator@a1aa.org

Web Site: www.a1aa.org

Plans, coordinates, and advocates for the development of local programs to meet the needs of older persons in Humboldt and Del Norte Counties. Provides funding for senior programs, and directly administers the following programs:

- Volunteer Center of the Redwoods
- RSVP
- Senior Information and Assistance (I & A)
- Health Insurance Counseling and Advocacy Program (HICAP)
- Caregiver Services

Area I Developmental Disabilities Board

505 South State Street, Ukiah, CA 95482

(707) 463-4700

E-Mail: areaone@pacific.net

Provides advocacy services for clients with federally defined developmental disabilities.

California Disability Access

(916) 263-8674

(916) 263-8672 TTY

Web Site: www.disabilityaccessinfo.ca.gov

Provides public information, training, and technical assistance related disability laws. One-stop service delivery systems serving persons with disabilities and employers.

California Senior Legislature

1230 N Street #201, Sacramento, CA 95814

(800) 543-3352

E-Mail: info@seniors.org

Web Site: www.seniors.org

Senior citizen advocacy; addresses senior concerns and ideas about state law and public policy. Local election held every other year.

Del Norte Family Resource Center

464 Pacific Avenue, Crescent City, CA 95531

(707) 464-5500

Web Site: www.delnortekids.org

Several organizations work together to provide classes, programs, resources, health and human service related information for children and adults. Community meeting rooms, child development room, reading area with computers, Parent and Family Resource Library, Oral health program.

Department of Aging

(916) 419-7500

(800) 735-2929 (TDD)

E-Mail: webmaster@aging.ca.gov

Web Site: www.aging.com

The California Department of Aging manages statewide services for seniors and adults with disabilities. It serves as a focal point for federal, state and local agencies which serve the elderly and adults with disabilities in California.

To Remove Yourself from Mailing or Telephone Lists

(888) 382-1222

Web Site: www.donotcall.gov

Telephone Preference Service

The Direct Marketing Association

P.O. Box 3079

Grand Central Station, NY 10163

Mail Preference Service

The Direct Marketing Association

P.O. Box 9008

Farmingdale, NY 11735-9008

Advocacy and Information

Health Insurance Counseling and Advocacy Program (HICAP)

434 7th Street, Eureka CA 95501
(707) 444-3000 Humboldt
(800) 434-0222 Toll Free
E-Mail: hicap@a1aa.org
Web Site: www.a1aa.org

550 E. Washington Blvd. Suite 200
Crescent City, CA 95531
(707) 464-7876 Del Norte
E-Mail: dnhicap@a1aa.org

Information and help regarding Medicare, Medicare drug plans, Medicare supplements and long term care insurance. Advocacy and assistance with insurance billing issues.

Long Term Care Ombudsman

1910 California Street, Eureka, CA 95501
(707) 443-9747
E-Mail: ombud@humsenior.org
Web Site: www.humsenior.org

Advocates for residents in skilled nursing facilities and residential care. Investigates reports of abuse/neglect of elders and dependent adults; maintains records of complaints and licensing reports.

Lighthouse of the North Coast

2830 G Street, Ste B-1, Eureka, CA 95501
(707) 268-5646
Web Site: www.lighthouse-sf.org/north-coast

Services for blind or low vision individuals include: information and referral, support services, vision loss workshops, orientation and mobility instruction, computer access and technology training.

Tri-County Independent Living Center

2822 Harris Ave, Eureka, CA 95503
(707) 445-8404
(707) 445-8405 TTY
Web Site: www.tilinet.org

Information and referral, assistive technology, housing assistance, individual and systems advocacy, independent living skills training, benefits counseling, peer counseling, youth services, and community outreach.

Senior Legal Services

1910 California St., Eureka, CA 95501
(707) 443-9747 Humboldt
(800) 972-0002 ext 309 Del Norte
E-Mail: eureka_office@lsnc.net
Web Site: www.lsnc.net

Senior legal services regarding entitlement program assistance, Medi-Cal, Social Security income, In Home Support Services, supplemental security income, County Medical Services Program or MediCal. Assistance with wills and healthcare directives. Confidential information and assistance in person or by telephone regarding civil matters.

Veteran's Affairs

(800) 952-5626
Web Site: www.cdva.ca.gov

Consumer Action

This is a partial listing of agencies that handle consumer questions and complaints.

Better Business Bureau

(510) 238-1000
Web Site: www.oaklandbbb.org
Provides reports on businesses, investigates complaints.

California Department of Consumer Affairs

400 R Street, Sacramento, CA 95814
(800) 952-5210
E-Mail: dca@dca.c.gov
Web Site: www.dca.ca.gov

Licenses and regulates many professions including doctors, dentists, contractors and auto-repair technicians.

Consumer Product Safety Commission

(800) 638-2772
Investigates injuries associated with consumer products; establishes safety standards; and conducts consumer education programs.

**Department of Corporations
Seniors Against Investment Fraud
(SAIF)
(866) 275-2677**

Information and education about mail and telephone fraud and how to protect yourself.

**Department of Justice, Bureau of
Medi-Cal Fraud and Elder Abuse
(800) 722-0432
www.ag.ca.gov/bmfea**

Hotline to report Medi-Cal and Elder Abuse and investigates and prosecutes elder abuse, neglect and poor quality of care concerning long-term care facilities.

**Department of Managed Health Care
-HMO Help Center
980 Ninth Street, Suite 500
Sacramento, CA 95814
(888) 466-2219
Web Site: www.dmhc.ca.gov**

Helps with information and problem resolution regarding HMO, and works to improve the managed health care system.

**Mail Fraud/Complaints
Office of the Attorney General
(800) 952-5225
(800) 952-5548 TTD**

Takes complaints of mail fraud. Consumer complaints.

Don't Be Taken

Remember that the most dangerous con artists are often the most convincing, most charming and hardest to spot! There are a few simple rules you can follow to protect yourself from fraud.

- **Take Your Time.** Never let anyone push you into acting quickly. Research any offers before you make a decision.
- **Never give out personal information** such as credit card numbers or your Social Security number to someone over the phone. Only give out your credit card number over the phone to a reputable business you have called before.
- **Never send money** to someone who claims you have won a prize.
- **Be skeptical about charitable solicitations** even if the name of the cause is familiar. Set a budget for your donations and give only to charities you know well.
- **If you have any doubts, get a second opinion.** If you suspect a scam, call your local law enforcement immediately.



www.tash.org

An international membership association leading the way to inclusive communities through research, education, and advocacy.

www.scdd.ca.gov

The State Council on Developmental Disabilities (SCDD) is an independent state agency to ensure that people with developmental disabilities and their families receive the services and supports they need.

www.bazelon.org

For three decades, the Judge David L. Bazelon Center for Mental Health Law has been the nation's leading legal advocate for people with mental disabilities.

S.A.F.E. PLANNERS, INC.

Senior Advocates, Fiduciaries, Educators

We help people create a
"What If Plan"
for their elder years.

**CA Registered Conservators, Trustees &
Income Tax Service - Money Management**

707-445-1144

350 E Street - Suite 307, Eureka, CA 95501

Information and Assistance

Community Resource Centers

111 Greenwood Dr., Blue Lake, CA 95524
(707) 668-5239 **Blue Lake**
E-Mail: mlawlor@sje.stjoe.org

212 G Street, Eureka, CA 95501
(707) 442-5239 **Eureka**
E-Mail: whubbard@sjc.stjoe.org

95 Center St., Rio Dell, CA 95562
(707) 764-5239 **Rio Dell**
E-Mail: jpieratt@sje.stjoe.org

38883 Hwy 299, Willow Creek, CA 95573
(530) 629-3141 **Willow Creek**
E-Mail: tjenkins@sje.stjoe.org

Community-based resource information and referral services, resource library.

Del Norte InfoCenter

550 E. Washington Blvd., Suite 200
Crescent City, CA 95531
(707) 464-7876

E-Mail: dnseniorinfo@a1aa.org
Web Site: www.dninfocenter.org

Comprehensive information and referral services for resources both within the community and elsewhere.

Eldercare Locator

(800) 677-1116
E-Mail: eldercare_locator@aoa.gov
Web Site: www.eldercare.gov

Nationwide directory assistance service helping older people and their caregivers locate local support and resources for older Americans.

Humboldt Community Switchboard

(707) 441-1001
Web Site: www.theswitchboard.org

Humboldt County information and referral services for resources for all ages.

Linkages

Humboldt Senior Resource Center
1910 California Street, Eureka, CA 95501
(707) 443-9747
E-Mail: ltccoor@humsenior.org
Web Site: www.humsenior.org

(Linkages cont'd)

Short term program for persons 18 or older who, due to illness, injury or disability, need assistance in locating services so that they may live independently. Consultations regarding long-term care placement options and resources.

Mary Bendle Health Resource Center & Southern Humboldt Information and Referral

470 Maple Street, Garberville, CA 95542
(707) 923-2275

Local information and assistance. Brochures on disabilities, cancer, financial assistance, support groups. Rooney Resource Library from Humboldt Area Foundation.

Senior Information and Assistance

550 E. Washington Blvd., Suite 200
Crescent City, CA 95531
(707) 464-7876 **Del Norte**

434 7th Street, Eureka, CA 95501
(707) 442-9591 **Humboldt**
(800) 408-4636 **Toll Free**

E-Mail: seniorinfo@a1aa.org
Web Site: www.a1aa.org

Information, referral and advocacy for seniors and their caregivers. Also administers Family Caregiver Support services.

Tri-County Independent Living Center

2822 Harris Street, Eureka, CA 95503
(707) 445-8404
(707) 445-8405 **TTY**

Web Site: www.tilinet.org

Information and referral, assistive technology, housing assistance, individual and systems advocacy, independent living skills training, benefits counseling, peer counseling, youth services, and community outreach.

Village Keepers

P.O. Box 792 Trinidad, CA 95570
(707) 677-3984 or (707) 677-9010

Community group helps keep seniors in their own homes. Services include access to local resources, medical equipment loan, and advocacy for individuals. Limited to Trinidad residents.

Protect Your Checks from Identity Theft !

When ordering checks:

- Have your initials, and NOT your first name, and last name printed on your checks. If someone takes your check book, they will not know if you sign your checks with just your initials or your first name but your bank will know how you sign your checks.
- Put your work phone number instead of your home phone.
- Put your PO Box number or work address instead of your home address.
- NEVER have your SSN printed on your checks. Write it on if it is necessary.

When writing checks:

- When you are writing checks to pay on your credit card account, DO NOT put the complete account number on the "For" line. Just put the last four numbers. The credit card company knows the rest of the number.
- Never put an account number on the "For" line of the check. Your bill stub contains the account number.

More safety tips:

- Photocopy the front and back of all licenses, credit cards, etc. This creates a record of all of the account numbers and phone numbers to call if your wallet or purse gets stolen.
- Keep the photocopy in a safe place when traveling.

If your cards get stolen:

- **IMMEDIATELY file a police report** in the jurisdiction where it was stolen. This is a first step toward an investigation, and proves to credit providers that you are diligent.
- **IMMEDIATELY cancel your credit cards.** Have the toll free numbers and your card numbers handy so you know whom to call. Keep them where you can find them easily.
- **IMMEDIATELY call the three national credit reporting organizations and Social Security Office** to place a fraud alert on your name and Social Security number. Any company that checks your credit will then know that your information was stolen, and they have to contact you by phone to authorize new credit. The numbers are:

Equifax: (800) 525-6285

**Experian (formerly TRW):
(888) 397-3742**

Trans Union: (800) 680-7289

**Social Security Administration
fraud line: (800) 269-0271**



**www.privacyrights.org
www.idtheft.gov**

**Act quickly. Identity thieves can do a lot of damage
in just a few days!**