

CITY OF LAGUNA NIGUEL

SENIOR RESOURCE GUIDE



HEALTH, GRIEF, & SUPPORT CARE

Sea Country Senior & Community Center
24602 Aliso Creek Rd. | Laguna Niguel | CA | 92677

Health & Grief Support

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Health

Company	Address	Quick Description	Website	Phone Number
Medicare Supplement	Los Angeles Office 300 South Spring Street South Tower Los Angeles, CA 90013	To find information on companies authorized to sell and supplemental insurance.	www.insurance.ca.gov	1-800-927-4357 (HELP)
HICAP	2 Executive Circle, Suite 175 Irvine, CA 92614	Free one-on-one Medicare counseling.	www.coasc.org/hicap	714-56-0424

Primary Healthcare Systems

Company	Address	Quick Description	Website	Phone Number
Medicare	Medicare Contact Center Operations PO Box 1270 Lawrence, KS 66044	Official site for Medicare Advantage Plans	www.medicare.gov	1-800-633-4227
MemorialCare Saddleback Medical Center	24451 Health Center Dr, Laguna Hills, CA 92653		www.memorialcare.org	949-837-4500
Mission Hospital (St. Joseph Health) Saddleback	27700 Medical Center Rd, Mission Viejo, CA 92691		www.mission4health.com	949-364-1400

Specialized Health Services

Company	Address	Quick Description	Website	Phone Number
Alzheimer's Association	2515 McCabe Way, Suite 200 Irvine, CA 92614	Since 1982, Alzheimer's Orange County (formerly known as Alzheimer's Association, Orange County Chapter), has been Orange County's center for Alzheimer's resources.	www.alzoc.org	949-955-9000
Rehabilitation Institute of Orange	1800 E. La Veta Ave. Orange, CA 92866	to improve the quality of life of disabled persons by providing comprehensive, coordinated programs which increase the ability of disabled individuals to function at home and at school, on the job, and in the community.	riorehab.org	714-633-7400
St. Jude Brain Injury Network	130 W. Bastanchury Rd. Fullerton, CA 92835	To coordinate services and help improve the quality of life for adult survivors of traumatic brain injury (TBI) and to promote awareness in the Orange County community of TBI issues.	www.tbloc.org	714-446-5626
South Coast Hearing Specialists	30030 Town Center Dr, Laguna Niguel, CA 92677	South Coast Hearing Specialists Laguna Niguel, CA specializes in hearing loss treatments, hearing protection, custom ear molds, and hearing aid fitting.	https://www.southcoasthearing.com/	949-558-8035

<p>Parkinson's Foundation</p>		<p>The Parkinson's Foundation makes life better for people with Parkinson's disease by improving care and advancing research toward a cure. In everything we do, we build on the energy, experience and passion of our global Parkinson's community.</p>	<p>https://parkinson.org</p>	<p>1-800-4PD-INFO (473-4636)</p>
<p>American Cancer Society</p>	<p>1940 E Deere Ave #100, Santa Ana, CA 92705</p>	<p>The American Cancer Society has programs and services to help you manage cancer treatment and recovery and find the emotional support you need.</p>	<p>https://www.cancer.org/</p>	<p>949-477-0340</p>
<p>Arthritis Foundation</p>	<p>9 Technology Dr, Irvine, CA 92618</p>	<p>The Arthritis Foundation is the Champion of Yes. We lead the fight for the arthritis community through life-changing information and resources, access to optimal care, advancements in science and community connections.</p>	<p>https://www.arthritis.org/</p>	<p>949-585-0201</p>

Braille Institute of Orange County	527 N Dale Ave, Anaheim, CA 92801	Braille Institute is a nonprofit organization whose mission is to eliminate barriers to a fulfilling life caused by blindness and severe sight loss. Each year, Braille Institute serves more than 37,000 people through a variety of free programs, classes and services at seven centers and 220 community outreach locations throughout Southern California.	https://www.brailleinstitute.org/	714-821-5000
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Care Management

Company	Address	Quick Description	Website	Phone Number
Caring.com	2600 South El Camino Real, Suite 300 San Mateo, CA 94403	Caring.com's carefully researched and expert-reviewed content includes advice from a team of more than 50 trusted leaders in geriatric medicine, law, finance, housing, and other key areas of healthcare and eldercare.	Caring.com	650-312-7100
Caregiver's Direct		CaregiversDirect is a management service dedicated to careseekers and professional caregivers who prefer to set up and manage their own direct employment arrangements, rather than rely on an agency or other third-party services and resources.	caregiversdirect.com	1-800-370-3377

Orange County Health Care Agency	405 W. 5th St. Santa Ana, CA 92701		Ohealthinfo.com	
American Board of Home Care	32565B Golden Lantern #134 Dana Point, CA 92629 Dana Point CA 92629		americanboardofhomecare.org	1-877-436-5259
California Assoc for Health Services at Home (CAHSAH) Elder Care CA	3780 Rosin Court, Suite 190 Sacramento, CA 95834	The California Association for Health Services at Home (CAHSAH) is a nonprofit association representing California's home care providers.	Cahsah.org	916-641-5795
CA Hospice and Palliative Care (CHAPCA)	PO BOX 340698 Sacramento, CA 95834		Calhospice.org	916-925-3770

Caregiver Support

Company	Address	Quick Description	Website	Phone Number
Caregiver Resource Center	130 W Bastanchury Rd, Fullerton, CA 92835	Helps Orange County families cope with the physical, emotional, and financial responsibilities of caregiving.	http://www.caregiveroc.org/	1-800-543-8312

Loneliness Support

Company	Address	Quick Description	Website	Phone Number
Senior Serv	1200 N. Knollwood Circle Anaheim, CA 92801	SeniorServ nourishes the well-being of older adults through nutrition, social connections, and supportive services.	Seniorserv.org	714-220-0224

Grief Support

Company	Address	Quick Description	Website	Phone Number
Mariposa South County Women and Family Center	29222 Rancho Viejo Rd. San Juan Capistrano, CA 92675	Mariposa Women & Family Center is a not-for-profit organization that specializes in women's health issues. These include counseling, mental health, drug and alcohol support, domestic violence, community workshops, and professional training.	https://www.mariposacenter.org/	714-547-6494
CareCHOICES	20 Corporate Park #300, Irvine, CA 92606		https://carechoices.net/	949-777-8600