

**RESOURCES FOR SENIORS AND OTHER VULNERABLE ANGELENOS
DURING THE CORONAVIRUS (COVID-19) CRISIS
MARCH-APRIL 2020**

Our older adult Angelenos are particularly vulnerable during the COVID-19 crisis - as are our neighbors with disabilities. One important way you can provide assistance to such folks is by checking in with them and sharing information. Don't assume that all of those in need are aware of resources that are available - particularly technological resources like restaurant meal delivery or shared ride/food delivery services. You can provide a great service to your neighbors in need by reaching out to help them access existing resources. Sometimes their struggles are not about a lack of money, but a lack of awareness and understanding or a need of a helping hand to navigate and complete transactions. Here (below) are some of the existing resources available to help. Please reach out and share them.

FOOD

If you or a senior or other vulnerable Angeleno that you know requires assistance to access food, you may order meal delivery for free from the following:

- [Meals on Wheels](#) - Meals are delivered to prevent senior hunger and isolation. Call 213-484-7775 between hours of 8 AM and 4 PM or email ifyouneedmeals@stvincentmow.org.
- [Project Angel Food](#) - Meals are delivered to each client one day per week, Monday through Friday. Call 323-845-1800 / info@angelfood.org
- [Urban Partners LA](#) - Provides food delivery for at-risk seniors. Call 213-401-1191 or email urbanpartnersla@gmail.com
- Inner City Visions - Offers free groceries for seniors in Florence-Firestone. Call 323-749-7246 or check [Inner City Visions Senior Help](#)
- [Food Banks](#) - This is where you can find your local food bank.
- [Jewish Family Services](#) (JFS) - JFS offers a home-delivered meal program for home-bound seniors and adults with disabilities. Meals, which are prepared at the JFS Hirsh Kosher Kitchen, are microwaveable and easy to prepare. Special services are available for Holocaust survivors. For the Senior Nutrition Program, contact Erwin Estrada at 323-937-5852.
- [Feeding America](#) - runs a food bank network. Find your local food bank [here](#).
- [Serving Seniors](#) - provides meals to low-income seniors.
- [Supplemental Nutrition Assistance Program \(SNAP\)](#) - This is a federally-funded program you may access by calling the State Hotline at 877-847-FOOD (3663). SNAP helps California seniors 60+ buy healthy food at the grocery store. You can get help from SNAP if you have limited income and resources or high medical and living expenses.

GROCERIES / MEDICATIONS

If you or a senior or other vulnerable Angeleno that you know requires assistance to access groceries or medications, you may order deliveries from the following:

- [LA Helping Hands](#) - Get matched with a neighbor who will virtually connect with you and help pick up prescriptions and groceries using a no-contact health policy. Call 424-279-8544 or email lahelpinghands2020@gmail.com to make a request.
- People4People LA - Food, medicine and household supplies delivery for elderly Angelenos and vulnerable people who cannot leave their homes. Call 707-390-0269 or email people4peopleLA@gmail.com
- [COVID-19 Mutual Aid](#) - Identify neighbors close by that can provide you with transportation and grocery delivery help.
- [FDA Guidance](#) - This website provides guidance on how to buy medicines safely from an online pharmacy.
- [Shop4Seniors](#) - This is a non-profit organization pairing seniors with a volunteer shopper/delivery service. Email maryjerejian2@gmail.com to submit a shopping list or volunteer to shop and deliver.
- [WebMD Guidance](#) - Online and Mail-Order Medicine: How to Buy Safely
- [National Association of Boards of Pharmacy](#)- find an accredited digital pharmacy online

There are a variety of organizations that run smart phone apps to order meals from restaurants that you choose at a cost...

- [Grub Hub](#)
- [Door Dash](#)
- [Uber Eats](#)
- [Mom's Meals](#)
- [Meal Pro](#)
- [Freshly](#)
- [Resy](#)- City Guides to Takeout and Delivery Options
- [Postmates](#)

...or to order the delivery of groceries at a cost...

- [Postmates](#)
- [InstaCart](#)
- [Amazon](#)
- [Target Shipt](#)
- [Walmart Grocery](#)

...or to order medications at a cost.

- [Walgreens](#)
- [CVS Pharmacy](#)

TRANSPORTATION

- [Go Go Grandparent](#) - 24/7 service that allows seniors to use services like Lyft and Uber without a smart phone.
- [Access Services](#)- delivers riders “curb-to-curb” service, and some service beyond the curb (non-medical). Requires application. Call 1-800-883-1295.
- DoorDash -
- [LyftUp](#) - Lyft is providing grocery delivery free of charge in some communities.

IN-HOME CARE

- [Comfort Keepers](#) - caregivers are specially trained to provide care, picking up prescriptions and grocery shopping to providing companionship and personal care

MENTAL HEALTH CARE

- [Friendship Line \(Institute on Aging\)](#) - 24 hour toll-free crisis line for people who are aged 60+ (or adults with disabilities); they can also make ongoing outreach calls to lonely older adults (800-971-0016)
- [GENESIS](#) - Program offered through LA County Department of Mental Health (LADMH) that offers specialized services to meet the mental health needs of older adults (60+). Services can be provided in home or the community. 213-351-7284
- [LA Warmline](#)- Confidential overnight telephone support service for those experiencing loneliness, confusion, substance abuse complications and other mental health concerns (855-952-9276)
- [National Suicide Prevention Lifeline](#) - Provides 24/7 free and confidential support for people in distress (800-273-8255)
- [Jewish Family Services](#)- provides in-home and community based mental health services including psychotherapy, medication prescription/monitoring and case management for adults aged 18+. Individuals with MediCal, Medicare/MediCal and who are low-income with no insurance are eligible. Services are nonsectarian and available in English, Spanish, Russian, Farsi, and Hebrew. For more information or to make a referral, please call 818-432-5025.
- [JFS LIFE@Home](#)- This is a program that connects Holocaust Survivors who are most at risk for isolation and loneliness to life-improving services, to the community, and to each other.
- The I Did Something Good Today Foundation Presents GoldenTALK, a senior chat and crisis line for adults 60 years of age and older. The chat line helps older people facing social isolation through warm conversations and providing referrals in case of crisis. Concerned family members may also request wellness calls to their beloved older adults. The GoldenTALK chat line phone number is (888) 604-6533 (888-60-Golden). This is a volunteer-based organization also in need of more volunteers who speak multiple languages. Call (888) 60-GOLDEN - (888) 604-6533 or go to <http://www.ididsomethinggoodtoday.org/>

[Findhelp.org](#) is an online service that allows you to search a location to see a variety of resources available in your area. It is designed to help you find food assistance, help paying bills, and other free or reduced cost programs, including new programs for the COVID-19 pandemic.

[Link to City of Los Angeles Department of Aging](#)

[Link to City Department on Disability](#)

[Link to resources for Veteran Seniors](#)

[Link to Los Angeles Mayor Eric Garcetti's Coronavirus Reponse](#)