

SHASTA COUNTY SENIOR RESOURCES

ADULT PROTECTIVE SERVICES

Shasta County Adult Protective Services

"Is committed to helping seniors (65 and older) and dependent adults (ages 18-64) live in a safe environment free from abuse and exploitation. APS investigates, intervenes and provides services to those who are unable to protect their own interests or to care for themselves. Social workers investigate allegations of abuse, neglect, exploitation and abandonment, and also help provide information and referrals for housing, food, clothing and case management."

Location: 2640 Breslauer Way
Redding, CA 96001

Main office and 24-hour abuse hotline:
(530) 225-5798

Website:

<https://www.shastacounty.gov/health-human-services/page/adult-protective-services>

Last Verified On: 06/25/2026



ADULT DAY PROGRAMS

Connected Living

"Adult Day Program (ADP) is a non-medical adult day service, to provide care to adults with physical and/or cognitive impairments who require personal care services, protective supervision or assistance in activities of daily living on less than a 24-hour basis. Services include therapeutic activities, nutrition services; basic health monitoring; transportation coordination; and respite and support for families."

Location: 100 Mercy Oaks Drive
Redding, CA 96003

Contact: (530) 223-6034

Toll Free: (800) 400-6446

Website: <https://www.dignityhealth.org/north-state/locations/connected-living>

Last Verified On: 06/25/2026



SHASTA COUNTY SENIOR RESOURCES

CAREGIVER SUPPORT SERVICES

Mountain Caregivers Resource Center

“Passages’ Caregiver Support program provides consultation, training, support groups, and respite care for family caregivers who provide in-home care to frail, older adults and to adults with brain or neurological impairment.

Location: 25 Main Street, Suite 202
Chico, CA 95928

Contact: (530) 898-5923

Website: <https://www.passagescenter.org/>

Last Verified On: 06/25/2026

PSA 2 Area Agency on Aging

“A Joint Powers Agency providing aging and adult services in Lassen, Modoc, Shasta, Siskiyou and Trinity Counties.”

Location: 208 West Center Street
Yreka, CA 96097

Contact: (530) 842-1687

Website: <http://www.psa2.org>

Last Verified On: 06/25/2026

IN-HOME SUPPORTIVE SERVICES (IHSS)

Shasta County In-Home Supportive Services

“In-home supportive services are available for people who are aged, blind or disabled, cannot perform activities of daily living and cannot remain safely in their own homes without help. We work with local caregivers to ensure that these people are able to remain in familiar surroundings – safely, comfortably and with as much independence as possible.”

Location: 2615 Breslauer Way, Building 5
Redding, CA 96001

Contact: (530) 225-5507

Website:

<https://www.shastacounty.gov/health-human-services/page/home-care-ihss>

Last Verified On: 06/25/2026

LEGAL SERVICES

Legal Services of Northern California

“Serving low-income clients in the following five counties: Lassen, Modoc, Shasta, Siskiyou, Tehama.”

Location: 1370 West Street
Redding, CA 96001

Contact: (530) 241-3565

Toll Free: (800) 822-9687

Website: <https://lsnc.net/office/redding>

Last Verified On: 06/25/2026

Family Law Facilitators Office/Self-Help

“The Self-Help Center can help you with responding to questions and providing you with information regarding processes and the appropriate forms.”

Location: 1500 Court Street, Room 115
Redding, CA 96001

Contact: (530) 245-6900

Website: <http://www.shastacourts.com/Self-Help/self-help.shtml>

Last Verified On: 06/25/2026



SHASTA COUNTY SENIOR RESOURCES

MEDICARE SERVICES

Shasta County HICAP Office

“HICAP (the Health Insurance Counseling & Advocacy Program) provides free and objective information and counseling about Medicare. Volunteer counselors can help you understand your specific rights and health care options. HICAP also offers free educational presentations to groups of Medicare beneficiaries, their families and/or providers on a variety of Medicare and other health insurance related topics.”

Location: 1647 Hartnell Ave., Suite 8
Redding, CA 96002

Contact: (530) 223-0999

Toll Free: (800) 822-9687

Website:

<https://cahealthadvocates.org/hicap/shasta/>

Last Verified On: 06/25/2026

PALLIATIVE CARE & HOSPICE

Mercy Hospice

“Hospice care focuses on the patient and highlights the quality rather than the length of life. Hospice nurses help their patients to continue an alert, pain-free life and to manage other symptoms so that their last days may be spent with dignity and quality, surrounded by their loved ones.”

Website: <https://www.dignityhealth.org/north-state/locations/mercy-redding/services/hospice>

Mercy Hospice

Location: 1544 Market Street
Redding, CA 96001

Contact: (844) 903-1240

Last Verified On: 06/25/2026

St. Elizabeth Hospice

Location: 1425 Vista Way
Red Bluff, CA 96080

Contact: (877) 447-1625

Last Verified On: 06/25/2026



SHASTA COUNTY SENIOR RESOURCES

PHC MEMBER BENEFITS

Sensitive Services

Sensitive Services includes services for Family Planning, STD testing and treatment, AIDS/HIV testing, and Abortion (ending pregnancy) counseling and services.

You can go to your PCP directly, or any Medi-Cal provider for sensitive services. You do not need Prior Approval.

All members have the right to confidentiality when getting these services.

Website:

<http://www.partnershiphp.org/Members/Medi-Cal/Pages/Benefits.aspx#phpFaqltem28>

Last Verified On: 06/25/2026

SUPPORT HOTLINES

Institute on Aging – Senior Intervention hotline

“Friendship Line California is a free crisis intervention hotline and a warmline for non-emergency emotional support calls.

Contact: 1-888-670-1360

Website: <https://www.ioaging.org/services/all-inclusive-health-care/friendship-line>

Last Verified On: 06/25/2026

Miracle Messages Buddy Program

“Miracle Friends, is a phone and text-based buddy system that matches trained volunteers with individuals experiencing homelessness for weekly phone calls and texts, to provide basic companionship and social support... Miracle Friends supports unhoused neighbors and formerly homeless senior citizens.”

Hotline: 1-800-MISS-YOU

Website: <https://www.miraclemessages.org>

Last Verified On: 06/06/2026



SHASTA COUNTY SENIOR RESOURCES

SUPPORT SERVICES

Miracle Messages Program

"Miracle Messages provides reunion services for individuals experiencing homelessness. A person experiencing homelessness records a message to a loved one (or vice versa). Then, our network of volunteer "digital detectives" attempt to locate the loved one and deliver the message. To date, we've reunited 400+ families (average time separated: 15 years), with 15% of reunions resulting in stable housing and 80% in a positive outcome."

Hotline: 1-800-MISS-YOU

Website: <https://www.miraclemessages.org>

Last Verified On: 06/25/2026

Connected Living – Payee Program

"This program, for a very small fee, can help seniors pay their bills, manage their finances and protect them from financial exploitation creating less stress and improvement in quality of life."

Contact: (530) 223-6034

Website:

<https://www.reddingseniorsource.com/dignity-health-connected-living>

Last Verified On: 06/25/2026

Connected Living – Multipurpose Senior Services Program (MSSP)

"This program helps frail elderly, who are at risk of placement in an institution, stay independent in their home. Each client will have a case manager to arrange assistance and monitor services. Some services arranged would include, meal preparation, transportation, shopping, physical or occupational therapy and much more! Must be 65 years or older and a Medi-Cal recipient. Please call for more information."

Contact: (530) 223-6034

Website:

<https://www.reddingseniorsource.com/dignity-health-connected-living>

Last Verified On: 06/25/2026

SENIOR MEALS

Connected Living - Meals on Wheels

"The program provides nutritious meals served Monday through Friday to seniors aged 60 or older who are homebound due to an illness or physical disability and have no one to prepare a meal for them. Frozen meals are available for those who need weekend meals or live outside the local routing areas."

Contact: (530) 226-3061

Website: <https://www.dignityhealth.org/north-state/locations/connected-living/services/food-assistance-for-seniors-living-in-the-redding-area/nutrition/meals-on-wheels>

Last Verified On: 06/25/2026