

# YOLO COUNTY SENIOR RESOURCES

## ADULT DAY CENTERS

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### YoloCares – Adult Day Program

“Galileo Place is a Platinum-Standard adult day program housed in a beautiful and thoughtfully appointed 6,000-square-foot facility with an accompanying therapy garden. It is a valued resource for caregivers and those they love. Participants receive physical and cognitive exercise through group workouts and mind-sharpening games, and most importantly, social interaction and a sense of purpose and community.”

**Location:** 1909 Galileo Court, Ste. C  
Davis, CA 95616

**Cost:** See website for fee

**Contact:** (530) 758-5566

**Website:** <https://yolocares.org/our-services/adult-day-program/>

Last Verified On: 06/24/2025

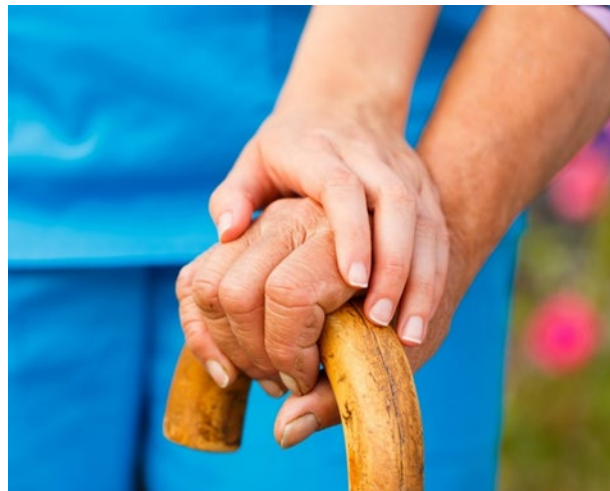
### Golden Days Adult Day Health

“Golden Days Adult Day Health is a state licensed day program for people who have medical and social needs. Their program runs from 8:30 to 2:00, Monday through Friday. Most participants are on Medi-Cal which funds the program. There is no out of pocket cost for Medi-Cal beneficiaries. Care staff are bi-lingual in English and Russian.”

**Location:** 1215 Merkley Avenue  
West Sacramento, CA 95691

**Contact:** (916) 371-6011

Last Verified On: 06/24/2025



### Yolo Adult Day Health Center

“Offers a diverse range of services for individuals and families facing the challenges of serious health problems such as dementia, chronic medical diagnoses, mental illness or brain injury. Our goal is to maximize independence, improve management of chronic symptoms, prevent hospitalization and/or premature nursing home placement and provide support and relief to caregivers.”

**Location:** 20 North Cottonwood Street  
Woodland, CA 95695

**Contact:** (530) 666-8828

**Website:**

<https://www.dignityhealth.org/sacramento/services/yolo-adult-day-health-services/yolo-adult-day-health-center>

Last Verified On: 06/24/2025

# YOLO COUNTY SENIOR RESOURCES

## ADULT PROTECTIVE SERVICES

### Yolo County Adult Protective Services – Woodland

“Adult Protective Services (APS) is a state-mandated program that provides limited intervention in the form of information and referral, assessment, and case management services to elderly (65 and older) and dependent adults (18-64) who are at suffering from or at risk of abuse, exploitation, or neglect, including self-neglect.”

**Location:** 137 North Cottonwood Street  
Woodland, CA 95695

**24-Hour Hotline:** (530) 661-2727

**Toll Free Abuse Reporting:** (888) 675-1115

**Website:**

<https://www.yolocounty.org/government/general-government-departments/health-human-services/adults/adult-protective-services>

Last Verified On: 06/24/2025

### Yolo County Adult Protective Services – West Sacramento

“Adult Protective Services (APS) is a state-mandated program that provides limited intervention in the form of information and referral, assessment, and case management services to elderly (65 and older) and dependent adults (18-64) who are at suffering from or at risk of abuse, exploitation, or neglect, including self-neglect.”

**Location:** 500 A Jefferson Boulevard, Suite 100

West Sacramento, CA 95605

**24-Hour Hotline:** (530) 661-2727

**Toll Free Abuse Reporting:** (888) 675-1115

**Website:**

<https://www.yolocounty.org/government/general-government-departments/health-human-services/adults/adult-protective-services>

Last Verified On: 06/24/2025

### Yolo County Public Guardian

“The office of the Public Guardian is committed to treating every conservatee with dignity, compassion and understanding. In carrying out our statutory role, we will act in the best interest of each conservatee and execute sound fiscal management of client estates.”

**Location:** 25 North Cottonwood Street  
Woodland, CA

**Contact:** (530) 666-8100

**Website:**

<https://www.yolocounty.org/government/general-government-departments/health-human-services/adults/public-guardian>

Last Verified On: 06/24/2025

### Agency on Aging Elder Abuse Prevention Ombudsman Program

“The primary responsibility of the Long-Term Care Ombudsman program is to investigate and endeavor to resolve complaints made by, or on behalf of, individual residents in long-term care facilities. These facilities include nursing homes, residential care facilities for the elderly, and assisted living facilities.”

**Location:** 1401 El Camino Avenue, 4<sup>th</sup> Floor  
Sacramento, CA 95815

**Contact:** (916) 376-8914

**Crisis Line:** (800) 231-4024

**Website:**

[https://aging.ca.gov/Programs\\_and\\_Services/Long-Term\\_Care\\_Ombudsman/](https://aging.ca.gov/Programs_and_Services/Long-Term_Care_Ombudsman/)

Last Verified On: 06/24/2025



# YOLO COUNTY SENIOR RESOURCES

## ADVANCE CARE PLANNING

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### YoloCares – Advance Care Planning

“YoloCares is proud to offer workshops on Advance Care Planning so that you can have all your questions answered and feel confident in your healthcare and lifestyle decisions.”

**Location:** 1909 Galileo Court, Ste. A  
Davis, CA 95616

**Contact:** (530) 758-5566

**Website:** <https://yolocares.org/our-services/advanced-care-planning/>

Last Verified On: 06/24/2025

## CAREGIVER SUPPORT GROUPS

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### Del Oro Caregiver Resource Center

“Del Oro Caregiver Resource Center is dedicated to serving families and people who are providing care for brain impaired adults and the frail elderly. Our mission is to improve the well-being of caregivers and provide support throughout the caregiving process. Services include: Information & Referral, Family Consultation, Family Counseling, Respite Care, Legal/Financial Consultation, Education & Training, and Support Groups.”

**Location:** 8421 Auburn Boulevard, Suite 265  
Citrus Heights, CA 95610

**Contact:** (916) 728-9333

**Website:** <http://www.deloro.org/support-groups/>

Last Verified On: 06/24/2025

### Dementia Caregivers Support Group

**Location:** 646 A Street  
Davis, CA 95616

**Contact:** (530) 757-5696

**Email:** [seniorservices@cityofdavis.org](mailto:seniorservices@cityofdavis.org)

**Website:** <https://www.cityofdavis.org/city-hall/parks-and-community-services/senior-services>

Last Verified On: 06/24/2025

### YoloCares – Center for Caregiver Support

“The Center for Caregiver Support provides four programmatic areas to address the medical, emotional, and practical needs of your family.

**Location:** 1909 Galileo Court, Suite A  
Davis, CA 95618

**Contact:** (530) 758-5566

**Website:** <https://yolocares.org/our-services/the-center-for-caregiver-support/>

Last Verified On: 06/24/2025

### Yolo Healthy Aging Alliance

“Yolo Healthy Aging Alliance (YHAA) was created to promote the well-being of older adults through education, collaboration, and advocacy, and to serve as The Unified Voice for Older Adults in Yolo County.”

**Location:** 600 A Street, Suite C  
Davis, CA 95616

**Contact:** (530) 757-5583

**Website:**

<https://yolohealthyaging.org/resources/support-groups/>

Last Verified On: 06/24/2025



# YOLO COUNTY SENIOR RESOURCES

## IN-HOME SUPPORTIVE SERVICES, YOLO COUNTY

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“In-Home Supportive Services (IHSS) is a federal, state and locally funded program...a wide range of services to meet individual needs, including: accompaniment to medical appointments, ambulation, cooking, dressing, feeding, grooming, bathing, bowel and bladder care, housecleaning, laundry, monitoring behavior of non-self-directing or mentally-impaired people in order to safeguard against injury, paramedical services with specific limitations, shopping/errands, and transferring.”

### Woodland Office

**Location:** 25 North Cottonwood Street  
Woodland, CA 95695

**Contact:** (530) 661-2955

**Website:** <https://www.yolocounty.org/health-human-services/adults/in-home-supportive-services>

Last Verified On: 06/24/2025

### West Sacramento Office

**Location:** 500 A Jefferson Boulevard, Suite 100  
West Sacramento, CA 95605

**Contact:** (916) 375-6200 ext. 2955

**Website:** <https://www.yolocounty.org/health-human-services/adults/in-home-supportive-services>

Last Verified On: 06/24/2025

## LEGAL SERVICES

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### California Charities of Yolo-Solano

“Catholic Charities of Yolo-Solano advances Christ's mission by collaborating with diverse communities, providing services to the poor and vulnerable, promoting human dignity and advancing for social justice.”

**Location:** 620 Main Street  
Woodland, CA 95695

**Contact:** (530) 214-4081

**Website:** <http://www.ccsolano.org/>

Last Verified On: 06/24/2025

### Disability Rights of California

“We work with people with disabilities. We want to advance their legal rights. We help them live integrated lives. We help them live meaningful, self-directed lives. We want them to have the supports they need. We work for equal opportunity.”

**Location:** 1831 K Street  
Sacramento, CA 95811

**Contact:** (916) 504-5800

**Website:** <https://www.disabilityrightsca.org>

Last Verified On: 06/24/2025

### Legal Services of Northern California

“Cases we handle: housing, public benefits, health, education, consumer, guardianship clinics, small claims, small estates, elder abuse restraining orders, unemployment insurance, Social Security, Veterans' benefits, powers of attorney, advance health care directives, and simple statutory wills.”

**Location:** 619 North Street  
Woodland, CA 95695

**Contact:** (530) 662-1065

**Contact:** (916) 447-5798

**SeniorLink Line:** (530) 207-4250

**Website:** <https://lsnc.net/office/woodland>

Last Verified On: 06/24/2025



# YOLO COUNTY SENIOR RESOURCES

## LEGAL SERVICES, Continued

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### Yolo County Courts, Self-Help Center

“The Office of the Family Law Facilitator located in every county provides self-represented parties with information, forms, and procedures related to child support, spousal support, and health insurance issues.”

**Location:** 1000 Main Street, 2<sup>nd</sup> Floor  
Woodland, CA 95695

**Contact:** (530) 406-6794

**Website:** <https://www.yolo.courts.ca.gov/self-help>

Last Verified On: 06/24/2025

## PALLIATIVE & HOSPICE CARE

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### YoloCares - Hospice

“We invest heavily in bedside care, psychosocial support, and alternative therapies. Our own specially trained physicians, nurses, nursing aides, pharmacists, social workers, spiritual care companions, work together as an interdisciplinary team to give you your best possible day today..”

**Location:** 1909 Galileo Court, Suite A  
Davis, CA 95618

**Contact:** (530) 758-5566

**Website:** <https://yolocares.org/our-services/hospice/>

Last Verified On: 06/24/2025

### YoloCares – Palliative Medicine and Supportive Care

“Palliative care is specialized and highly coordinated care that improves your quality of life while your physicians work to cure or manage your condition. We collaborate with your doctors on a treatment plan that supports you and your goals. And we administer care wherever you are, whether at home or in a hospital.”

**Location:** 1909 Galileo Court, Suite A  
Davis, CA 95618

**Contact:** (530) 758-5566

**Website:** <https://yolocares.org/our-services/palliative-medicine-supportive-care/>

Last Verified On: 06/24/2025

## PET RESOURCES

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### Caring.com

#### Assisted Living for Seniors with Pets

“Caring.com exists to help family caregivers like you make better decisions, save time and money and feel less alone.”

Contact: (800) 973-1540

Website: <https://www.caring.com/senior-living/assisted-living/benefits-of-elderly-owning-pets/>

Last Verified On: 06/24/2025



# YOLO COUNTY SENIOR RESOURCES

## SENIOR ACTIVITIES

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### **RISE, Inc. – Senior Citizen Program**

“If you are a senior citizen in the Esparto Community and are interested in having fun, learning and socializing, please join us at the Esparto RISE office.”

**Location:** 17317 Fremont Street  
Esparto, CA 95627

**Contact:** (530) 787-4110

**Website:** <https://www.riseinc.org/senior-citizen-programs>

Last Verified On: 06/24/2025

## SENIOR CENTERS

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### **Davis Senior Center**

“Davis Senior Center is a community focal point for recreational, social, and supportive services for mature adults and their family members. Free medical equipment lending closet. Our goal is to link visitors with a wide array of services essential for maintaining and improving overall health, independence, and quality of life. Also provide AARP tax assistance, drivers education programs, and assistance connecting to services.”

**Location:** 646 A Street  
Davis, CA 95616

**Contact:** (530) 757-5696

**Website:** <https://cityofdavis.org/city-hall/parks-and-community-services/senior-services>

Last Verified On: 06/24/2025

### **West Sacramento, Active Aging**

“Offers a variety of activities, events and services for residents who are 50+ such as: Information and Assistance, Tai Chi, Low Impact Exercise, Ceramics, Wii Gaming, Bingo, Bunko, Scrapbooking, Socialization, A Senior Lounge, Book Exchange.”

**Location:** 1075 West Capitol Avenue  
West Sacramento, CA 95691

**Contact:** (916) 617-4500

**Website:**

<https://www.cityofwestsacramento.org/government/departments/parks-recreation/adults/active-aging>

Last Verified On: 06/24/2025

### **Woodland Senior Center**

“Woodland Senior Center is an access point for programs that encourage healthy aging, provide basic social services, information and referral and socialization opportunities for older adults.”

**Location:** 2001 East Street  
Woodland, CA 95776

**Contact:** (530) 661-2001

**TDD:** (530) 757-5666

**Website:**

<http://www.cityofwoodland.org/351/Seniors>

Last Verified On: 06/24/2025



# YOLO COUNTY SENIOR RESOURCES

## SENIOR MEALS

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### Cal Fresh, Woodland

“The CalFresh program provides monthly benefits to help low-income individuals or families purchase healthy and nutritious food.”

**Location:** 25 North Cottonwood Street  
Woodland, CA 95695

**Contact:** (855) 278-1594

**Website:** <https://www.yolocounty.org/health-human-services/welfare/calfresh-formerly-food-stamps>

Last Verified On: 06/24/2025

### Cal Fresh, West Sacramento

“The CalFresh program provides monthly benefits to help low-income individuals or families purchase healthy and nutritious food.”

**Location:** 500-A Jefferson Boulevard, Suite 100

West Sacramento, CA 95605

**Contact:** (855) 278-1594

**Website:** <https://www.yolocounty.org/health-human-services/welfare/calfresh-formerly-food-stamps>

Last Verified On: 06/24/2025

### Meals on Wheels Yolo County

“Meals on Wheels Yolo County has been providing a daily hot meal to seniors in our region for over 40 years. The freshly prepared hot food is delivered to sites in Woodland, West Sacramento, Winters and Davis”

**Location:** 40 North East Street, Suite C  
Woodland, CA 95776

**Contact:** (530) 662-7035

**Website:** <https://www.mowyolo.org>

Last Verified On: 06/24/2025

### Short Term Emergency Aid Committee (STEAC)

“STEAC's purpose is to provide immediate, short-term emergency aid to families and individuals with incomes at or below the federal poverty level who live in Yolo County.

Assistance includes providing help with food, rental, utility and job readiness.”

**Location:** 1712 Picasso Avenue, Suite D  
Davis, CA 95618

**Contact:** (530) 758-8521

**Website:** <http://steac.org/>

Last Verified On: 06/24/2025

### Yolo Food Bank Senior Home Food Delivery

“We provide this food to 55,000 people in 19,000 households each month, distributing more than 4 million pounds of food annually.”

**Location:** 233 Harter Avenue  
Woodland, CA 95776

**Contact:** (530) 668-0690

**Website:** <https://yolofoodbank.org/#>

Last Verified On: 06/24/2025



# YOLO COUNTY SENIOR RESOURCES

## SUPPORT HOTLINES

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### **Eskaton Telephone Reassurance**

“Socializing, security and the comfort of hearing a friendly voice are all part of Eskaton’s Telephone Reassurance Program, where trained volunteers make phone calls to isolated and homebound seniors. The calls serve to keep older adults engaged with the community while providing an opportunity to socialize with someone who cares.”

**Location:** 5105 Manzanita Avenue  
Carmichael, CA 95608

**Contact:** (916) 334-1072

**Website:**

<https://www.eskaton.org/post/telephone-reassurance>

Last Verified On: 06/24/2025

### **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: 06/24/2025

### **Institute on Aging Friendship Lines**

“Institute on Aging’s 24-hour toll-free Friendship Line is the only accredited crisis line in the country for people aged 60 years and older, and adults living with disabilities. We also make on-going outreach calls to lonely older adults.”

**Location:** 3575 Geary Boulevard  
San Francisco, CA 94118

**Contact:** (800) 971-0016

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

Last Verified On: 06/24/2025



# YOLO COUNTY SENIOR RESOURCES

## SUPPORT SERVICES

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### 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: 06/24/2025

## TRANSPORTATION SERVICES

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### Woodland Community Care Car, INC.

“Woodland Community Care Car, Inc. provides transportation within Woodland city limits to ambulatory older adults age 55 years and older. It is an all-volunteer organization. For reservations or to volunteer call hours 8-3:30 M-F.”

**Location:** 233 Harter Avenue  
Woodland, CA 95776

**Contact:** (530) 662-7800

Last Verified On: 06/24/2025

### American Cancer Society Road to Recovery

“The American Cancer Society Road to Recovery program provides transportation to and from treatment for people with cancer who do not have a ride or are unable to drive themselves.”

**Contact:** (800) 227-2345

**Website:**

<https://www.cancer.org/treatment/support-programs-and-services/road-to-recovery.html>

Last Verified On: 06/24/2025

### Community Care Car, Woodland

“Volunteer transporting Woodland's seniors 55+ within Woodland city limits.”

**Location:** 2001 East Street  
Woodland, CA 95776

**Contact:** (530) 662-7800

**Website:** <http://www.communitycarecar.org/>

Last Verified On: 06/24/2025

### Davis Community Transit

“Davis Community Transit is an advance reservation, origin-to-destination paratransit service, provided that both origin and destination are within ¾ mile of the fixed route services of Unitrans and Yolobus within Davis.”

**Location:** 1818 Fifth Street  
Davis, CA 95616

**Contact:** (530) 747-8240

**Website:** <http://www.communitycarecar.org/>

Last Verified On: 06/24/2025



# YOLO COUNTY SENIOR RESOURCES

## **TRANSPORTATION SERVICES, Continued**

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### **Veterans Van**

“Provides volunteer transportation for seniors and disabled veterans in Yolo County for VA medical visits only. If client resides in Davis, Woodland or West Sacramento they will pick up and drop off at place of residence. If live in outer areas of Yolo County, client must get to office in Woodland in order to obtain a ride.”

**Location:** 120 West Main Street, A  
Woodland, CA 95695  
Davis, CA 95616

**Contact:** (530) 747-8240

**Website:** <https://www.yolocounty.org/health-human-services/adults/veterans-service-office>

Last Verified On: 06/24/2025

### **Winters Medical Appointments Car**

“Volunteer driver will drive to medical appointments in Winters area; no longer have use of van so rider must be mobile. Appointments must be made at least a week in advance.”

**Location:** 120 West Main Street, A  
Woodland, CA 95695  
Davis, CA 95616

**Contact:** (530) 795-4910

**Website:**

Last Verified On: 06/24/2025