



EDUCATING SENIORS PROJECT

WHO TO CONTACT

To report **ELDER ABUSE:**

Local Adult Protective Services

www.cdss.ca.gov/agedblinddisabled/PG2300.htm

1-800-510-2020

Long Term Care Ombudsman

1-800-231-4024 (licensed facilities)

If you are in immediate danger:

Emergency 911

For information about **SENIOR SERVICES:**

California Senior Gateway

www.seniors.ca.gov

California Department of Aging

1-800-510-2020 / www.aging.ca.gov

National Eldercare Locator Service

1-800-677-1116 / www.eldercare.gov/Eldercare.NET/Public/Index.aspx

For **LEGAL ASSISTANCE:**

State Bar of California

<http://www.calbar.ca.gov/Public.aspx>

1-866-442-2529 (local referrals)

Senior Legal Hotline

1-800-222-1753

Attorney Complaints

1-800-843-9053

For help dealing with **DOMESTIC VIOLENCE:**

www.courts.ca.gov/selfhelp-domesticviolence.htm

National Domestic Violence Hotline

1-800-799-7233 (local referrals)

California's "Safe at Home" Program

1-877-322-5227

To check **CONTRACTORS' LICENSE:**

Contractors State License Board

1-800-321-2752

For assistance with **SOCIAL SECURITY:**

1-800-772-1213 / www.socialsecurity.gov



For information on **HEALTH INSURANCE OPTIONS:**

California Department of Insurance
1-800-927-HELP (4357) / www.insurance.ca.gov/0150-seniors/0300healthplans/
www.cahealthadvocates.org/HICAP/index.html
1-800-434-0222 (HICAP-free Medicare help)
1-800-633-4227 (Medicare)
1-888-466-2219 (HMOs)

For Information on **CARE FACILITIES:**

California Advocates for Nursing Home Reform (CANHR)
www.canhr.org / 1-800-474-1116 (nursing homes, residential care facilities)
California Registry
www.calregistry.com / 1-800-777-7575 (various living arrangements)

For **VETERANS' SERVICES:**

CA Department of Veterans' Affairs
www.cdva.ca.gov/Default.aspx
U.S. Department of Veterans Affairs
1-800-827-1000 / www.va.gov

To investigate before you **INVEST:**

California Department of Corporations
Seniors Against Investment Fraud (SAIF)
www.corp.ca.gov/Consumer/SAIF/Default.asp
1-866-ASK-CORP (275-2677)
California Department of Consumer Affairs
www.dca.ca.gov/consumer/seniors/index.shtml
1-800-952-5210 (info, complaints, license checks)

To stop **MARKETING CALLS, MAIL AND E-MAIL:**

www.donotcall.gov
1-888-382-1222 ("do not call" registry)

To order **FREE CREDIT REPORTS** (annually):

1-877-322-8228 / www.annualcreditreport.com

To order **EDUCATING SENIORS PAMPHLETS:**

1-888-460-SENIORS / www.calbar.org/educating-seniors

THE STATE BAR OF CALIFORNIA
180 Howard Street, San Francisco, CA 94105-1639
Publications: 1-888-875-LAWS (5297)
www.calbar.ca.gov

This resource card was created by the Educating Seniors Project, a program of the State Bar of California, Trusts and Estates Section, with funding from the California Bar Foundation.