



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.educatingseniors.org

THE STATE BAR OF CALIFORNIA

180 Howard Street, San Francisco, CA 94105-1639

Publications: 1-888-875-LAWS (5297)

www.calbar.ca.gov