

IN-HOME CARE RESOURCES

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LA County

1) SRO Housing Corporation

Introduction

SRO Housing Corporation is a community-based non-profit dedicated to building vibrant communities for homeless and low-income individuals in Los Angeles.

Demographics

SRO Housing has transformed the lives of men and women in the Skid Row community of downtown Los Angeles.

What SRO Housing Corporation provides

- 1) SRO Housing is the only organization in Los Angeles that provides the full continuum of housing: Emergency, Transitional, and Permanent Supportive Housing (PSH) in private units.
- 2) SRO Social Services: They also provide a wide array of supportive services including food services, case management, information and referrals, transportation, community events, and more.

Requirements

- Population served are homeless individuals.
- As for the Social Services, they offer shorter-term, permanent, and speciality programs that have their own specialized eligibility requirements.

Need Basis

First come, first served.

Limitations (if any)

Some programs that are under social services are too specialized and/or individualized that some people do not meet the requirements and are excluded.

Website link

<https://www.srohousing.org/>

2) USC Family Caregiver Support Center

Introduction

The USC Family Caregiver Support Center (FCSC) is a center at the USC Leonard Davis School of Gerontology. It provides support for caregivers, including services for the care recipient and the caregivers own well-being.

Demographics

The USC Family Caregiver Support Center provides resources to all people living in Los Angeles county, with no specific demographics.

What the USC FCSC provides

- 1) Specialized information/education: diagnosis/prognosis services, advice/assistance on caregiving issues and stress, and workshops on different topics.
- 2) Family consultation and care planning: individual sessions and telephone consultations with trained staff to assess needs of individuals who are incapacitated and their families.
- 3) Respite care: financial assistance for in-home support, adult day care services, short-term or weekend care, and transportation.
- 4) Short-term counseling: family, individual, and group sessions with licensed counselors.
- 5) Support groups: monthly meetings to share experiences as caregivers
- 6) Professional training: workshops on long-term care, patient management, public policy issues, and legal/financial consultations.
- 7) LACRC Care Journey, a confidential online program.
 - a) Provides personalized information and resources for the family caregivers of adults with chronic physical or cognitive conditions.
 - b) Includes fact/tip sheets, videos, online classes, resources nationally and by state, support, etc.

Requirements

The LACRC Care Journey online program is only for family caregivers of adults with chronic physical or cognitive conditions, such as Alzheimer's, stroke, Parkinson's, TB, etc.

Need Basis

First come, first served.

Limitations (if any)

Those that do not meet the caregiver requirements are excluded.

Website link

<https://www.fcsc.usc.edu/pilotIntegration/indexPersistent.html?uri=%2F>

3) Nightingale Health Foundation

Introduction

The Nightingale Health Foundation is a non-profit foundation that provides exceptional healthcare services to the homeless men, women and children in Los Angeles.

Demographics

The Nightingale Health Foundation is offered to the homeless population of Los Angeles.

What the Nightingale Health Foundation provides

1) Treatments:

- Mental health services
- Drug and alcohol counseling
- Medication reconciliation
- Minor ambulatory services
- Wound care

2) General Health Screenings:

- Diabetes
- Heart Health
- Lung Health
- Hypertension
- Cancer
- Cholesterol

Referrals: refer patients out to trusted healthcare partners for further treatment, if a more comprehensive exam or specialist is needed.

Requirements

Population served are homeless individuals.

Need Basis

First come, first served.

Limitations (if any)

Must meet requirements.

Website link

<https://www.mynhf.com/>

4) PATH Ventures

Introduction

PATH provides a variety of services for those experiencing homelessness, by building affordable housing and providing supportive services throughout California.

Demographics

Provides resources in several regions; Los Angeles, Santa Barbara/Central Coast, San Diego, San Jose/Bay Area, and Orange County.

What PATH Ventures provides

- Employment
- Outreach
- Homelessness prevention
- Housing navigation
- Interim housing
- Rapid rehousing
- Permanent supportive housing

Requirements

Population served are homeless individuals.

Need Basis

First come, first served.

Limitations (if any)

Must meet requirements.

Website link

<https://www.epath.org/>

5) Door of Hope

Introduction

Door of Hope equips families experiencing homelessness by providing transitional housing while keeping the family unit together.

Demographics

Door of Hope provides services for families and for single mothers/fathers in Los Angeles county. It has 3 locations, one being specifically for domestic violence victims that is undisclosed to protect those who have escaped domestic violence.

What Door of Hope provides

- Transitional Housing Program
 - Employment: collaborate with community partners to provide job training, resume building, interview preparation, and coaching.
 - Finances: provide financial literacy training and budgeting skills.
 - Emotional Health & Well-being: weekly individual counseling and marriage counseling, two life skills classes a week that focus on parenting and stress management, and individual counseling for alumni for one year after they leave Door of Hope.
 - Childhood Development: an onsite children's program that offers educational assistance, enrichment curriculum, structure, tutoring/homework assistance, outdoor play, field trips, visits to local colleges, reading, arts and crafts, computer use, and more.
 - Housing & Follow-up Care: a housing coordinator connects the family with housing opportunities that are in line with the family's needs and budget; after the family has found housing, a case manager provides follow-up care, checking on the progress of money management, housing maintenance, and the family's emotional health.
- Homelessness Prevention Program: works to help families before they become homeless, by addressing their immediate financial crisis, preventing eviction, and planning for the future through case management and budgeting skills. Door of Hope partners with churches, which can help by providing the one-time financial assistance and referrals.

Requirements

All families are required to obtain full-time employment that will provide for their family. They are also required to save money to pay debts, pay a rental deposit, and establish an emergency fund.

Need Basis

First come, first served.

Limitations (if any)

Must meet requirements.

Website link

<https://doorofhope.us/>

Orange County

1) Caregiver Resource Center of Orange

Introduction

Caregiver Resource Center of Orange is a resource center that provides services to family caregivers, to help them cope with the responsibilities of caregiving. It is not-for-profit and funded by St. Jude Medical Center, therefore it is free to family caregivers.

Demographics

Caregiver Resource Center of Orange provides services to all family caregivers in Orange County. Their office is based in Fullerton.

What the Caregiver Resource Center of Orange provides

- 1) Information center: care coordinators provide specialized referrals to other community resources and fact sheets.
- 2) Family consultation: personalized needs assessments with care recommendations that help create a road map for the family's caregiving journey. Family meetings are available to meet in the family's home.
- 3) Support groups: Thrive, Not Survive groups and disease specific support groups. Offered in English, Spanish, and Vietnamese.
- 4) Respite assistance: assist caregivers to plan for time away, as well as community resource referrals for alternate care in order to take breaks. Funds may also be available for emergency situations for caregivers to step away.
- 5) Education: seminars, workshops, conferences regarding caregivers health, emotional needs, legal advice, etc. Offered in English and Spanish.
- 6) Counseling: ongoing support counseling and referrals to professionals
- 7) Legal issues: workshops by elder law attorneys to educate caregivers.
- 8) Caregiver Advocacy Network (CAN): the opportunity for caregivers to volunteer as advocates at state or federal levels to influence public policy in favor of family caregivers.

Requirements

Services for registered clients in OC, free of charge.

Need Basis

First come, first served.

Limitations (if any)

None.

Website link

<http://www.caregiveroc.org/>

2) Casa Teresa

Introduction

Casa Teresa provides pregnant women in crisis, who are alone and have no support, a loving home to begin their healing journey. They help transform women and help families thrive through effective individually tailored residential programs.

Demographics

Casa Teresa provides services to pregnant women in Orange county.

What Casa Teresa provides

6 residential programs, a giving shelter and other basic needs, case management, classes, and supportive services.

- Emergency Maternity Shelter (EMS): a 90 day program that serves as a home for the most vulnerable women in the community (often chronically homeless, struggling with addiction, and/or having mental health challenges).
 - Serves up to 13 pregnant women.
- Parenting Program: provide resources including a room and bed, case management, goal setting, prenatal care, classes on healthy relationships and nutrition, and enrolling them to complete their High School Equivalency.
 - Serves up to 14 pregnant women and babies.
 - This is the foundational/entry program, unless a mother comes in through EMS.
- Transformation 1 Program (T1): a 4 month program offering opportunities to learn more independence/responsibility and establishing healthy living routines, as well as continuing resources from the Parenting Program.
 - Serves up to 4 women with babies.
 - Mothers can move from Parenting to the T1 program after going through a panel interview (after two month post-delivery) to determine if a mother is ready to take the next step.
- Transformation 2 Program (T2): continue building family stability and personal accountability for the mother to be successful when she graduates the program; for mothers with any children previously placed in the care of others, there is an opportunity for reunification.
 - Serves up to five women with babies.
 - The final program offered for a mother coming from the T1 program.

- Hannah's House: Supports women who choose to relinquish their baby for adoption; provides a safe space to meet the needs of women as they select an adoptive family and women can stay up to two month post-delivery.
- Alumni Services: ensures a smooth transition into society; services available are case management, classes, and encouragement.

Requirements

Services are for pregnant women only.

There are some requirements specific to each program:

1. EMS: Pregnant and at least 18 years old.
2. Parenting Program: 6 months of sobriety, pregnant, and at least 18 years old; can enter at any time of pregnancy and stay until two month post-delivery.
3. T1: Requires full-time work or school and enrolling the baby in daycare.
4. T2: Must be a mother coming from the T1 program.
5. Alumni Services: must be an alumni.

Need Basis

First come, first served.

Limitations (if any)

Must meet requirements.

Website link

<https://casateresa.org/>

3) Women's Transitional Living Center, Inc

Introduction

Women's Transitional Living Center, Inc (WTLC) is a non-profit organization dedicated to helping individuals and families escape domestic violence and exploitation, including women struggling with substance abuse or mental illness and survivors with older male children.

Demographics

Provides women and their families in Orange county.

What WTLC provides

- 1) Bridge Housing: emergency motel stays, short-term shelter, long-term housing placements, food, clothing, toiletries, and other basic needs; survivor's pets may join the shelter. Advocates/case managers support survivors through a trauma-informed model of care, clinical advocates support residents and their children through group, individual, and family therapeutic services, and legal advocates support residents as they navigate the court system.
- 2) Clinical services: individual, family, and group counseling for adults and children, therapeutic art programs, peer support groups, substance abuse counseling and group support.
- 3) Therapeutic Children's Program: clinical advocates work with children and their families living on-site in Bridge Housing or out in the community, emphasizing physical, psychological, and emotional safety.
- 4) LGBTQIA Services: a safe shelter that respects each participant's gender identity, connections to safe/non-discriminatory long-term housing opportunities, legal advocacy to support legal name and/or gender changes, referrals to safe medical and mental health services, connections to other LGBTQIA community resources.
- 5) Community Education & Advocacy: have educational courses, Domestic Violence State Certificate training, and workshops.

Requirements

Population served are women and their families that are domestic violence victims/survivors.

Need Basis

First come, first served.

Limitations (if any)

None.

Website link

<https://wtlc.org/>

4) Interval House: Crisis Shelters & Centers for Victims of Domestic Violence

Introduction

Interval House provides housing and domestic violence services for survivors and their children, to ensure safety and promote awareness.

Demographics

Provides services to all people in Orange County; programs and services available in over 70 languages, and staff is multilingual and ethnically diverse.

What Interval House provides

- 24-Hour Crisis Hotlines
- Emergency Shelters
- Transitional & Permanent Housing
- Community Service Centers
- Counseling
- Emergency Response Team
- Teen Dating Violence and Elder Abuse services
- Substance Abuse Recovery
- LGBTQ services
- Human Trafficking
- Leadership Development
- Economic Self-Sufficiency
- Community Education and Volunteer & University Internships

Requirements

Population served are domestic violence victims/survivors and their families.

Need Basis

Those who need immediate meals and assistance are prioritized.

Limitations (if any)

Must meet requirements.

Website link

<http://www.intervalhouse.org/index.asp>

5) Irvine Adult Day Health Services

Introduction

Irvine Adult Day Health Services Inc. provides Adult Day Health Care and Adult Day Programs, which offer support and resources to enhance the quality of life of caregivers and care recipients. The center is licensed by the California Department of Public Health.

Demographics

Provides services to all caregivers, care recipients, and their families in Orange county.

What the Irvine Adult Day Health Services provides

- 1) Social Day Services Program: offered to adults that may be experiencing memory loss and decreased socialization
 - a) Recreational activities: trivia groups, bingo, board games, Wii sports games, sing-a-longs, live entertainment, cooking classes, outdoor gardening groups, etc.
 - b) Therapeutic activities: pet therapy, chair yoga, memories in the making art therapy program, etc.
 - c) Social Services: the center's social worker is specially trained to provide the necessary guidance and support to help meet the individual needs of seniors and their caregivers.
 - i) Community information/referrals, case management, short/long term healthcare planning, psychological assessments, caregiver support groups and counseling, participant support groups and counseling, community awareness and outreach, etc.
 - d) Well-balanced meals: provides a well-balanced breakfast, lunch and snacks daily.
- 2) Health Care Day Services Program: provides health monitoring and protective supervision, personal care assistance and specialized therapeutic services to help seniors manage and overcome the effects of a Stroke, Parkinson's disease, Arthritis, Diabetes, Alzheimer's disease and other chronic health conditions.
 - a) Health Monitoring and Supervision
 - b) Rehabilitation program (physical, occupational, and speech therapy)
 - c) Nutrition Services
 - d) Accessible Door-to-Door Transportation
 - e) Title VI Limited English Proficiency Program

- 3) Support for Caregivers: have an evaluation process and provide support to relieve caregivers and families relief from their emotional and physical fatigue. Offer a variety of resources to deal with daily challenges.

Requirements

Only for seniors, caregivers, and their families.

Need Basis

First come, first served.

Limitations (if any)

The Center charges a daily fee for service for both the social day program and the health care program. Prices vary according to each program.

The social day program fee structure includes private pay and long term care insurance as available (scholarship assistance may be available following an application and review process).

The health care program fee structure includes Private Pay, Medi-Cal, and long term care insurance as available.

Website link

<http://www.irvineadhs.org/>

San Bernardino County

1) Inland Caregiver Resource Center

Introduction

The Inland Caregiver Resource Center (ICRC) is a non-profit organization that provides services at no cost for families, friends, and the community to help cope with and manage the challenges of caregiving. This center offers both direct information and resources, as well as referrals to other local resources.

Demographics

The Inland Caregiver Resource Center provides services to all people in the counties of San Bernardino, Riverside, Inyo, and Mono.

What the ICRC provides

- 1) Family Caregiver Services
 - a) Referrals to other local resources.
 - b) Family Consultation: meetings in person or over the phone with a family consultant (trained and experienced professionals), to receive any advice or guidance regarding their situation.
 - c) Short-term counseling: offer brief problem-solving therapy for a maximum of 6 one-hour sessions; appropriate referrals are made if additional counseling is needed after the 6 sessions, due to limited funding and staff.
 - d) Caregiver Support Groups: meetings led by trained staff or volunteers, to facilitate family caregiver support groups throughout Riverside and San Bernardino Counties; groups meet once a month at a convenient time and location.
 - e) Respite care: short term, substitute care for loved ones who are being cared for at home. Gives family caregivers a break from the stress of constant care and reduces the likelihood of early out-of-home placement. Finds the best respite service for each family, and ICRC helps pay for it. Several different ways respite is provided:
 - i) In Home Care: a certified nurse's aide or other health care worker comes to your home.
 - ii) Adult Day Care: the care receiver is sent to an adult day care center, with activities that encourage socialization.
 - iii) Overnight Placement: care receiver is placed in an assisted living facility overnight.
 - f) Educational workshops: offer a wide range of educational workshops to help family caregivers cope with their caregiving

situations (ex. Powerful Tools for Caregivers, It Takes Two, Controlling the Frustrations of Caregiving, and To Place or Not to Place).

2) Senior Support Services

- a) Referrals to other local resources.
- b) Homemaker Services: assistance with meal preparation, light housework, and errands. This service is available in Riverside County and the Victor Valley and Mountain areas of San Bernardino County.
- c) Personal Care: consists of assistance with hands on activities of daily living, including bathing, eating, dressing, toileting, transferring, and companionship. This service is available in Riverside County and the Morongo Valley in San Bernardino County.
- d) Adult Day Care: supervised recreational activities, social interaction, and nutritious meals and snacks. This service is available in Riverside County, Victor Valley, and Valley areas in San Bernardino County.
- e) Chore: consists of assistance with heavy housework, yard work and other home maintenance. This service is only available in the Valley and Mountain areas of San Bernardino County.
- f) Minor Home Repairs: consists of the installation of grab bars, replacement of door handles, etc. This service is available in Morongo Valley, and Valley areas of San Bernardino County.
- g) Senior Companion Program: connects older adults with Senior Companions that assist with grocery shopping, transportation to medical appointments, meal preparation, respite care, and companionship. This program is available in San Bernardino, Fontana, Highland, Rialto, and surrounding cities.

Requirements

Eligible care recipients for all Senior Support Services

- Seniors 60 years of age or older that need help with at least 2 activities of daily living

Need Basis

First come, first served. Priority is given to those that are socially isolated and financially disadvantaged.

Limitations (if any)

Some services have certain limitations and depend on available funds. Some are available only in certain areas, as noted above.

Website link

<https://www.inlandcaregivers.com/>

2) Beloved Housing

Introduction

Beloved Housing provides safe, sober and Christ-centered housing and utilizes the 12 step Christian program, Celebrate Recovery; focuses not only on your sobriety, but also on your spiritual health.

Demographics

Provides services to those in San Bernardino County. They have sober housing in several cities, including Rialto and Apple Valley.

What Beloved Housing provides

- Provides women a 1-2 year residential program specifically designed to fit her individual needs and help her further her education, break her addictions, become a better mother, obtain a job and gain independence and self-sufficiency.
- Safe, sober, and Christ-centered housing environment for women with children in recovery.
- Celebrate Recovery® program: a Christian 12-step program, which is designed to help people struggling with addiction or codependency. It is very similar to Alcoholics Anonymous steps, but based on the actual words of Jesus rather than psychological theory.

Requirements

Certain requirements upon arrival of facility/sites:

- Have a form of identification
- Must be able to pass a drug test upon arrival
- 3-5 bags per family; items in those bags include: business casual clothes, gym clothes, church clothes, important documents (such as a driver's license, social security cards, and birth certificates), toiletries, towels, and washcloths.
- Provide your own twin size bedding
- Children under the age of 15 to live at Beloved with their mother to recover together as a family; must enroll within 1 week at the local elementary school or daycare during the school year

Need Basis

First come, first served.

Limitations (if any)

Must meet requirements.

Website link

<https://belovedhousing.com/>

3) Time for Change Foundation for Homeless Women and Children

Introduction

Time for Change Foundation offers a number of programs to help clients transition into permanent housing and to prepare them for obstacles they may face when they reach the ability to live on their own. They help clients achieve self-sufficiency and recover from homelessness, substance abuse, incarceration, etc.

Demographics

Time for Change Foundation is meant for women and children in San Bernardino county.

What the Time for Change Foundation provides

- Evidence Based Trainings:
 - a) Motivational Interviewing
 - b) Strength Based Case Management
 - c) Gender Responsive Strategies
 - d) Seeking Safety
 - e) Non-Profit Capacity Building
 - f) Grant Writing
 - g) Taking the Fear out of Finance
 - h) Gallup Strength Based Staff Development
- Emergency, Permanent-Supportive, and Affordable Housing which are available in San Bernardino and Hayward, have intake screening forms for both on their website.
- Supportive services/workshops: Strength Based Case Management, Re-Entry Program, Independent Living Skills, Financial Education and Money Management, Mommy and Me, Parenting Education, Work to Win, Emergency Solutions (W.I.S.H. Program), etc.
- Consulting/Webinars
- Supplemental Training Resources

Requirements

Population served are women and children.

Need Basis

First come, first served.

Limitations (if any)

Must meet requirements.

Website link

<https://www.timeforchangefoundation.org/>

4) Mercy House - Ontario Access Center

Introduction

The Ontario Access Center is an access point to vital services, resources and emergency needs for homeless individuals in Ontario.

Demographics

This center is for the homeless population of Ontario, which includes families, adult men and women, mothers and their children, persons living with HIV/AIDS, individuals overcoming substance addictions, and some who are physically and mentally disabled.

What the Ontario Access Center provides

- Laundry Services and Facilities
- Access to showers
- Locker Storage
- Daily Meal Program
- Emergency Case Management
- Bus Passes
- ID Assistance
- Food, transportation and motel vouchers
- Hygiene Donations
- Resource and housing referrals
- Temporary shelters that offer housing navigation, warm meals, showers, and resource referrals
- Permanent housing

Requirements

None.

Need Basis

First come, first served.

Limitations (if any)

None.

Website link

<https://mercyhouse.net/portfolios/ontario-access-center/>

5) Corona/Norco Settlement House

Introduction

The Corona/Norco Settlement House is a non-profit charitable organization that provides for the temporary emergency needs of low-income families and individuals in the communities of Corona and Norco.

Demographics

Helps all low-income families and individuals of Corona and Norco.

What the Corona/Norco Settlement House provides

- 1) Food Pantry: bagged donated groceries are distributed to low-income families and individuals who have cooking facilities; all clients are screened for eligibility.
- 2) Thrift Store: provides clients with minimally-priced clothing and household items; if the client has an emergency need for clothing and no source of income, the client may be able to obtain clothing at no charge after screening.
- 3) Holiday Food Baskets: each year at Christmas, approximately 700 food baskets are provided to low-income families and individuals and senior citizens in our community; all clients are screened for eligibility.
- 4) Holiday Toy Program: each year at Christmas, thousands of new toys are sorted, gift-wrapped, and provided to about 3,000 children from low-income families.
- 5) Rental Assistance: when funding is available, rental assistance is provided to clients facing eviction.
- 6) Utility Assistance: provided to clients facing a discontinuance of services like electricity and gas.
- 7) Back-to-School Program: when a child is recognized by the school as being in need of clothing and shoes, that child's parents are contacted and given a voucher to the Settlement House for that child to receive three outfits of clothing from our Thrift Store, new underwear, new socks, and a voucher for new shoes from a local shoe store, plus a new backpack filled with school supplies
- 8) Childspree: an annual Childspree is held at a local department store, where children, accompanied by a volunteer shopper, are able to select clothing and shoes with which to start school and receive a new backpack filled with school supplies
- 9) Emergency Shelter: emergency shelter vouchers to a local motel may be provided for women with or without children after screening.

- 10) Homeless Outreach: the homeless may come to the Thrift Store once a week for a change of clothing (like jackets, blankets, backpacks, shoes, and hygiene kits are given as needed); bagged lunches are given Monday through Friday from Noon until 1:30 PM.
- 11) Financial Aid: primarily for the homeless, for emergency medical prescriptions, emergency dental extractions, and emergency eyeglasses.

Requirements

Population served are low-income families and individuals in the communities of Corona and Norco.

- All clients are screened for eligibility for certain services.
- Rental assistance requires an eviction notice and a pending source of income for next month's rent to be eligible.
- Utility assistance requires a discontinuance of service notice and a pending source of income for next month's bill to be eligible.

Need Basis

First come, first served.

Limitations (if any)

None.

Website link

<http://settlementhouse.net/>

Riverside County

1) Step Up on Second

Introduction

Step Up offers support to people experiencing serious mental health issues, and persons who are experiencing chronic homelessness, to help them recover, stabilize, and integrate into the community.

Demographics

Step up serves Adults, Transitional Age Youth (TAY) between the ages of 16-28 and Veterans at multiple scattered sites across Los Angeles, Orange, Riverside, and San Bernardino Counties.

What Step Up on Second provides

- Permanent Supportive Housing: a Housing First provider
 - Housing First advocates client-preferred services based on the basis that individuals know what is best for themselves, and services are to be directed by an individual's self-determined goals
- Workforce Development: Pre-vocational training, resume building, employment prep, community job seeking, job placement, in-the-field job coaching, work experience, training, and peer support training.
- Member-Driven Supportive Services: have peer advocates, psychiatrists, transportation, weekly support groups, money management, creative activities, and a computer learning center.
 - Client Run Center: a way to engage members who are withdrawn and/or struggling with symptoms preventing them from actively seeking support; peer support and Member Advisory Council.
- Programs for TAY: Daniel's Places program, with services including street outreach/engagement, a drop-in center, supportive housing, workforce development, mental health care, service coordination, healthcare, education, and linkages to other services.
- Veterans Affairs Supportive Housing: permanent supportive housing, vocational opportunities, and supportive services.

Requirements

None.

Need Basis

First come, first served.

Limitations (if any)

None.

Website link

<https://www.stepuponsecond.org/>

2) Care Connexus

Introduction

Care Connexus provides an array of adult day services for older adults who are mentally, physically, or socially impaired. They specialize in the care of older adults with Alzheimer's disease or other forms of memory impairment who need assistance with the tasks of daily living, but do not require full-time nursing care.

Demographics

Care Connexus has two licensed Adult Day Service Centers, in the city of Riverside, serving the communities of Riverside, Jurupa, Moreno Valley and the surrounding areas. They closed a center they had in Menifee Valley, but offer transportation from the Sun City-Menifee area to the Riverside centers.

What Care Connexus provides

- 1) Adult Day Services:
 - a) Assists the care recipient to maintain the highest possible level of functioning.
 - b) Prevent or delay further deterioration.
 - c) Provide support, respite, and education for families/caregivers.
 - d) Improve community understanding of Alzheimer's and related disorders.
- 2) Family and Caregiver Support Services
 - a) Support groups/counseling
 - b) Education/information/workshops
 - c) Referral services
- 3) Alzheimer's Day Care Resource Center: this state-designated program provides enhanced services for persons who are moderately to severely impaired from Alzheimer's disease or related disorders.
- 4) Adult Day Health Care: a licensed medical model program for adults who have physical or mental impairments which limit activities of daily living.
- 5) Adult Day Program: a licensed non-medical program for older adults who have disabling conditions, and/or who cannot be left alone or are socially isolated.
- 6) Caregiver Support Services
 - a) Monthly support group meetings
 - b) Training on proper lifting and nutrition
 - c) Referrals to needed services
 - d) Counseling, guidance, and emotional support
 - e) Respite care

Requirements

Services only for those in Riverside county.

Need Basis

First come, first served.

Limitations (if any)

None.

Website link

<http://www.careconnexus.org/>

3) Project T.O.U.C.H.

Introduction

Project T.O.U.C.H. is a year round self-sustaining transitional housing program, which serves children, single mothers, men & women, emancipated foster youth, domestic violence victims, seniors, mentally and physically disabled, veterans and entire families.

Demographics

Helps all people in Riverside county.

What Project T.O.U.C.H. provides

- 1) Transitional Housing: 185 beds available.
- 2) Local Winter Emergency Shelter: overnight shelter (December to April) that serves dinner and breakfast 7 days per week.
- 3) Police Response Program: 24/7 calls from local police departments to assist in homeless/abuse situations.
- 4) Direct Emergency Assistance: motel stays, food, gasoline, clothing, bus tickets, etc.
- 5) Community Food Program: feed clients in transitional housing and other local non-profit partners and churches that assist the community.
- 6) Resource Referral Center: provide appropriate resources; partner with Social Services, Drug and Alcohol Rehab programs, Mental Health Service, Homeless Prevention Programs, and other community outreach programs.
- 7) Divine Discount and Thrift Store: trains clients for future work in retail.
- 8) Referrals for Emergency Services: provide referrals/a list of organizations that provide emergency help and food assistance.
- 9) Financial Support: sponsorships for single moms and seniors.

Requirements

None.

Need Basis

First come, first served.

Limitations (if any)

None.

Website link

<https://projecttouchonline.com/>

4) A Peace of Mind Sober Living

Introduction

A Peace of Mind Sober Living is a non-profit low income housing that has two separate independent living homes, a women's sober living home and a men's sober living home. Their homes are a place to continue sobriety while our patients learn how to transition back into society and offer a structured environment for alcoholics and addicts. Offer meetings for alcoholics anonymous, narcotics anonymous, and cocaine anonymous programs.

Demographics

Services are provided to men and women who are looking to start a path to recovery from addiction.

What A Peace of Mind Sober Living provides

- Women's Sober Living
 - 6 beds, 4 bathrooms
 - Bible studies every other Monday
 - Certified recovery coach as needed
 - Food and toiletries provided for those in need (case by case)
 - 5 meetings a week if not working or going to school, 3 if working or going to school
 - Probation and parole accepted (contracted with parole)
 - Mental health issues welcome (case by case)
 - Weekly drug tests and random testing
- Men's Sober Living
 - 10 beds, 5 bathrooms
 - Certified recovery coach as needed
 - 5 meetings a week if not working or going to school, 3 if working or going to school
 - Bus passes provided (must qualify)
 - Job placement
 - Mental health issues welcome (case by case)
 - Probation and parole accepted (contracted with parole)
 - Weekly drug tests and random testing

Requirements

Population served are recovering addicts looking to continue sobriety.

Need Basis

First come, first served.

Limitations (if any)

None.

Website link

<http://www.apeaceofmindsobberliving.com/index.html>

5) Operation SafeHouse

Introduction

Operation SafeHouse is a 21-day Emergency Shelter, that helps teens in crisis and are well equipped to handle runaway, homeless, and other youth in crisis. Early interventions are offered, and parents can set up a screening for their child before the situation escalates.

Demographics

Focuses on teens ages 11-17 in crisis in Riverside county.

What Operation SafeHouse provides

- 1) Emergency Shelter: 3 weeks of emergency shelter, nutritious meals, counseling, attempts at family reunification, on-site education program, aftercare and a 24 hour toll-free crisis line.
- 2) Cup of Happy and Depression Treatment: a prevention and early intervention program focused on destigmatizing mental health issues for youth 16-25 years of age; offer creative writing courses, open mic nights, youth leadership classes and LGBTQ support groups.
- 3) Safe Place Program: any child in crisis or is in need of help can access our shelter by going into any location displaying the Safe Place sign.
- 4) Street Outreach Program: their team goes out into areas runaway/homeless youth are known to congregate, and give out referrals, hygiene products, gift cards, and transportation to our shelters or transitional living programs.

Requirements

Population served are teens ages 11-17.

Need Basis

First come, first served.

Limitations (if any)

None.

Website link

<https://operationsafehouse.org/>