



Senior Resource List

Federal Housing Resources

Coordinated Entry System

This provides resources for individuals and families that are either experiencing homelessness or are at risk of experiencing homelessness.

Website: www.lahsa.org/ces

Phone: (800) 548-6047

Social Security Administration

Provides financial protection with retirement, disability, and survivors benefits.

Website: www.ssa.gov

Phone: 1-800-772-1213

Medicare.gov

Offers benefits guidance for Medicare beneficiaries and information about nursing homes.

Website: www.medicare.gov

Phone: 1-800-633-4227

Centers for Medicare & Medicaid Services

Provides benefits guidance for Medicaid and Medicare beneficiaries.

Website: www.cms.gov

Phone: 1-800-633-4227

ElderCare Locator

Connects older adults and their families with local resources and programs.

Website: eldercare.acl.gov

Phone: 1-800-677-1116

U.S. Department of Housing and Urban Development – Affordable Apartment Search

Locator for available affordable housing throughout the United States.

Website: www.hud.gov/apps/section8

Phone: 1-202-708-1112

U.S. Department of Housing and Urban Development – Info for Seniors

Information for seniors on housing and healthcare.

Website: www.hud.gov/program_offices/housing/sfh/hecm/hecmhome

Phone: 1-202-708-1112

U.S. Department of Housing and Urban Development – Info for Persons with Disabilities

Information on housing for individuals with disabilities.

Website: www.hud.gov/program_offices/fair_housing_equal_opp/disabilities

Phone: 1-202-708-1112



Los Angeles County Housing Resources

New Affordable Housing Units:

Senior rental listings in Los Angeles County. List is updated monthly.

Website: <https://www.housingrightscenter.org/rental-listing/>

Los Angeles County Development Authority (LACDA) Project-Based Voucher (PBV) Program

Offers rental housing options at specific housing locations, including senior housing.

Website: www.lacda.org

Phone: 1-626-262-4511

211LA - Seniors and Older Adults

Allows seniors to search for and access needed services with the help of a personal navigator.

Website: www.211la.org

Phone: 2-1-1

City of Los Angeles Department of Aging

Provides community-based services to seniors and their caregivers.

Website: www.aging.lacity.org

Phone: 1-213-482-7252

Los Angeles Homeless Services Authority - Enhanced Bridge Housing

Provides designated beds and supportive services for older adults experiencing homelessness.

Website: www.lahsa.org

Phone: 1-213-683-3333

Center for Health Care Rights

Ensures access to quality health care through education, counseling, and advocacy.

Website: www.healthcarerights.org

Phone: 1-800-824-0780

LACountyHelps!

Free and easy way to find out available resources from various health and human services programs.

Website: www.lacountyhelps.org

Phone: 1-877-597-4777



Additional Housing Resources

AARP – Resources for Caregivers

Offers family caregiving resources for medical, financial, and legal support.

Website: www.aarp.org/caregiving

Phone: 1-888-687-2277

Human Good

Provides affordable housing, healthcare, and supportive services for retired community members.

Website: www.humangood.org

Phone: 1-800-222-4676

Menorah Housing Foundation

Develops and manages affordable apartments for persons ages 62 or older with very low incomes.

Website: www.menorahhousing.org

Phone: 1-310-475-6083

Retirement Housing Foundation

Provides housing and services for seniors, low-income families, and persons with disabilities.

Website: www.rhf.org

Phone: 1-562-257-5100

WISE & Healthy Aging

Provides programs and services to advance the dignity and quality of life of older adults.

Website: www.wiseandhealthyaging.org

Phone: 1-310-394-9871

TELACU

Builds and manages affordable housing for seniors.

Website: www.telacu.com

Phone: 1-323-721-1655



Transportation Resources

Access Services

Provides transportation for individuals with disabilities and seniors.

- [Online Application](#)
- [Ride Reservations](#)

Phone: 1-800-827-0829

Metro Access:

Public transit services across Los Angeles County.

- [Plan Your Trip](#)
- [Free Rides](#)
- Phone: 1-800-883-1295

Senior Dial-A-Ride Programs

Many cities within LA County offer subsidized or free transportation services for seniors.

- [Senior & Disabled Transportation Services](#)

Food Resources

Los Angeles Regional Food Bank

Provides food assistance through various programs and partner agencies.

- [Pantry Locator](#)
- Phone: 323-234-3030

Meals on Wheels

Delivers meals to seniors who are homebound and unable to cook or shop for themselves.

- FAQ: [Meals on Wheels of Los Angeles](#)
- Call 310-208-4028 to apply

CalFresh (SNAP)

Provides monthly food benefits to individuals and families with low income.

- [Apply Here](#)
- Phone: 1-877-847-3663



Jobs Resources

Senior Community Service Employment Program (SCSEP)

Provides job training and placement services for low-income seniors.

- Website: SCSEP

AARP Foundation

Find jobs in Los Angeles County

- Website: AARP Jobs Board

Volunteer Match

Find volunteer opportunities in Los Angeles County

- Website: Volunteer Match

Workforce Development Aging & Community Services

Connects individuals to careers and employers to a skilled workforce.

Website: www.wdacs.lacounty.gov

Phone: 1-888-211-0644

Healthcare Resources

LA County Department of Health Services

Provides health clinics, including senior-specific services.

- Website: LA County DHS
- Phone: 844-804-0055

Medicare Assistance Programs

Provides information and assistance with Medicare enrollment and benefits.

- Website: Medicare.gov
- Phone: 1-800-MEDICARE (1-800-633-4227)

In-Home Supportive Services (IHSS)

Can help pay for supportive services, alternative to nursing homes or board and care facilities

- Learn More and Apply
- Phone: 888-822-9622

Network of Care

Resource for individuals, families, and agencies concerned with behavioral health.

Website: losangeles.networkofcare.org

Phone: 1-833-433-2672