



Informational Websites for our Members

End of Life: Palliative Care, Hospice care, Advance Directives, Home Care, and Aging.

Websites for Hospice and Palliative Care Information.

National Institute on Aging.

<https://www.nia.nih.gov/health/end-of-life>

HELPGUIDEORG International

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

(Per the All Plan Letter (APL) 18-020 we are to provide Hospice and or palliative care information to our members pursuant to Senate Bill (SB) 1008 and under Early Periodic Screening, Diagnostic and Treatment (EPSDT) services.)

Advance Directives

Information on Advance Health Care Directives

1-800-952-5225 (Spanish)

1-800-735-2929 (TTY)

<https://www.oag.ca.gov/consumers/general/care> (many languages)

National Institute on Aging

Information for seniors about aging, staying healthy, and getting health care

1-800-222-2225 (Spanish)

1-800-222-4225 (TTY)

www.nia.nih.gov (Spanish)

Justice in Aging

Advocacy for the independence and well-being of seniors with low incomes

1-213-639-0930 (Los Angeles)

1-510-663-1055 (Oakland)

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

Senior Information and Referral

Information about local services for seniors, including health care, legal aid, housing, employment, home health care, and companionship

1-916-419-7500

1-800-735-2929 (TDD)

www.aging.ca.gov

Family Caregiver Alliance

Information and help for family caregivers

1-800-445-8106 (Spanish)

www.caregiver.org (Spanish, Chinese)

***You can also check your Health Plan resources by visiting their website or contacting them.
Contact information of health plan can be locate behind your Health Plan ID Card.***