

# Council On Aging - Southern California

Helping Seniors Remain Healthy, Connected & Protected



## Who We Are

The Council on Aging - Southern California has been a trusted nonprofit organization since 1973. We provide unbiased information, programs and services to more than 290,000 adults and families annually.

We promote the independence, health and dignity of adults through compassion, education and advocacy.

## Aging Impacts Us All

Whether you are in need of assistance navigating the aging experience or facing a crisis with a parent or loved one, the Council on Aging is here to help. We offer a range of no-cost services and programs.

### CALL US — WE CAN HELP

Our offices are open Monday through Friday from 8am to 5pm.  
Our programs are offered in multiple languages  
to support our multicultural communities.



(714) 479-0107 |



[www.coasc.org](http://www.coasc.org)

## What We Do

Our programs and services provide adults and their families:

- ▶ Empowerment to tackle life's aging challenges
- ▶ Knowledge and support to navigate the complexities of Medicare
- ▶ Advocacy for residents in long-term care facilities
- ▶ Education and protection from financial predators
- ▶ Resources on aging and caregiving
- ▶ Friendship to combat isolation and loneliness
- ▶ Integration into community activities to support mental health



**Council on Aging**  
Southern California

# Council on Aging Programs

Direct Services for Adults and Their Families



- ▶ **Answers Guide** – Yearly publication filled with information on healthcare, caregiving, finance, legal and Medicare comparison charts for Orange County.
- ▶ **Education** – Seminars on topics such as Medicare, long-term care and safety.
- ▶ **Friendly Visitor Program** – Provides companionship and social support to isolated, frail adults in Orange County.
- ▶ **Health Insurance Counseling and Advocacy Program (HICAP)** – Provides free, unbiased, individual Medicare counseling and seminars.
- ▶ **Long-Term Care Ombudsman Program** – Advocates for the rights of Orange County's older and disabled adults living in skilled nursing and residential care facilities.
- ▶ **ReConnect Program** – Assists Orange County's adults age 60+ to manage and improve their emotional health and overall well-being.
- ▶ **Senior Protection Program & FAST** – Educational seminars to help you avoid financial predators and limited consultation on matters of abuse.
- ▶ **SmileMakers Guild** – Mobilizes community support and provides holiday gifts to over 5,000 residents in long-term care facilities in Orange County.
- ▶ **Volunteer Opportunities** – Learn about volunteering during our General Volunteer Tour offered the third Wednesday of every odd month.

88%

**OF EVERY DOLLAR SPENT  
DIRECTLY SUPPORTS OUR  
PROGRAMS & SERVICES**

We are funded by individuals, businesses, grants, and government programs.  
**VOLUNTEER AND LEARN MORE AT  
[WWW.COASC.ORG](http://WWW.COASC.ORG)**



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on Aging**  
Southern California

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