COUNTY OF MARIN

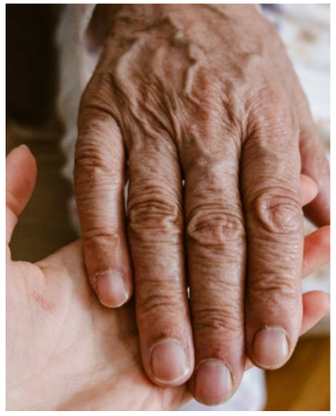
COMMUNITY RESOURCE GUIDE

For Older Adults & Caregivers



Your Trusted Source for Living Well.















All County publications are available in alternative formats (braille, large print, or CD), upon request. Requests for accommodations may be made by calling 415-473-4381 (voice), 711 (TTY) or e-mailing disabilityaccess@marincounty.gov.

Welcome

Dear Marin County Friends, Neighbors and Colleagues,

Welcome to the Marin County Resource Guide for Older Adults, brought to you by the Marin County Health and Human Services Department's Office of Aging and Adult Services.

Produced by Vivalon and informed by local subject matter experts, this guide offers clear, reliable information for older adults, people with disabilities, and family caregivers. It is designed to be a practical reference whenever you are seeking support for yourself or someone you care about.

Inside, you will find programs, services, and resources offered by government agencies, community-based organizations, and licensed businesses serving Marin County. Topics include housing, transportation, nutrition, financial education, Medicare, caregiver support, disaster preparedness, social connection, and more, all focused on healthy aging and independent living.

The guide is designed to be easy to use, with a How to Use This Guide section, Table of Contents, Key Resources page, and a comprehensive Index. Brief descriptions throughout help explain available services and levels of support.

This guide would not be possible without the contributions of dozens of local experts. We thank members of the guide's advisory group, participating organizations, and Vivalon for producing the guide. A full list of contributors can be found on page 141.

A digital version of this guide will be available on the County of Marin website with translations in Spanish, Vietnamese, and other languages. At the time of printing this guide, the online version was anticipated for Summer 2026. Additional details appear throughout the guide and on page 141.

The County of Marin is committed to fostering a community where everyone can age with dignity, purpose, and connection. We hope this guide supports that vision and serves as a trusted resource.

With warm regards,

Jenay Cottrell

Jenay Cottrell
Director, Aging and Adult Services
Marin County Health and Human Services Department

How To Use This Guide

This Resource Guide is designed to be easy to navigate, whether you know exactly what you're looking for or you're just starting to explore available services.

BROWSE BY MAIN CATEGORY: If you're looking for something that falls under one of the main categories, such as *Caregiving* or *Healthcare*, check the table of contents for the start page of each main category. Each main category section is also color-coded.

BROWSE BY SUBCATEGORIES: To browse for something a little more specific, turn to the subcategory index located at the back of the guide.

USE THE GENERAL INDEX: If you already know the name of the organization or business you're looking for, head to the **index at the back** of the guide. Listings are organized alphabetically to help you locate them easily.

NOT SURE WHERE TO START? You're not alone. At the beginning of each section, we've included helpful tips and guidance developed in consultation with our trusted community organizations. These suggestions are designed to help you get oriented and figure out which resources might be most relevant to you or your loved one.

NEED HELP? **Marin One Door** – a partnership between Marin County's Area Agency on Aging and the Marin Center for Independent Living – is here to provide personal help navigating resources and getting connected to services. Call **415-473-INFO** (4636) or complete an email form at **OneDoorMarin.org/Get-Started**.

We hope this guide makes it easier to find the support, services, and connections you need. You don't have to do it alone – we're here to help.

A Note on Listing Criteria

The organizations and services featured in this Guide were selected based on their physical presence in Marin County – specifically, businesses and service providers with a valid Marin business license or an office located within the county. Where a Marin-based equivalent was not found, we have included select resources based outside Marin that serve Marin residents. This approach ensures we highlight local options first while filling essential gaps. If you meet these criteria and would like to be considered for inclusion in the next edition of the Guide, please send an email to **473info@marincounty.gov**.

Disclaimer: The resources listed in this Guide are provided for informational purposes only. Inclusion does not imply endorsement or favoritism by the County of Marin. Readers are encouraged to do their own research and due diligence, including seeking references as appropriate.

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Key Resources

Aging & Adult Services' Information & Assistance Unit

415-473-INFO (4636)

473Info@MarinCounty.Gov

Unidad de Información y Servicios para Personas Mayores de Edad

24-Hour Power Outage Information (PG&E)
1-800-743-5002
Up-to-date information about electrical outages, downed power lines, and other safety concerns.

ACCESS (Mental Health & Substance Abuse Hotline)
1-888-818-1115
Free, confidential, 24/7 phone line for information, referrals, and support for yourself or a loved one with mental health or substance use concerns. Available in multiple languages.

Adult Protective Services (APS)
415-473-2774 (24/7 Hotline)
Confidentially report suspected abuse, including financial exploitation, neglect and self-neglect involving older adults age 65+ and disabled, dependent adults age 18+.

California Advocates for Nursing Home Reform (CANHR)
415-974-5171
Direct advocacy, community education, legislation and litigation to support the rights of residents living in assisted living and skilled nursing facilities.

Emergency Services Office
415-499-6584
Get help planning for disasters, stay informed during emergencies, and recover safely afterward.

General Transit Info (5-1-1)
Public transit information, schedules, and trip planning.

Health Insurance Counseling & Advocacy Program (HICAP)
1-707-526-4108
Free, unbiased individual counseling and group education about Medicare.

Congregate & Home-Delivered Meals
415-473-INFO (4636)
Meals and nutrition education to support older adults in group settings and frail older adults at home.

In-Home Supportive Services (IHSS)
415-473-INFO (4636)
In-home care for Medi-Cal eligible older adults and individuals with disabilities.

Kaiser Permanente
415-444-2000

Long-Term Care Ombudsman
415-473-7446
Information, advocacy and assistance resolving problems for residents living in assisted living, skilled nursing facilities, and continuing care retirement communities.

Marin Center for Independent Living (Marin CIL) Benefits Navigation
415-459-6245
Help navigating Social Security, Medi-Cal, Medicare, and other public benefits.

Marin County Fire Hotline
415-473-7191
Recorded updates during major incidents in the county, including fires and other natural disasters.

Marin County Homeless Coordinated Entry
415-473-HOME (4663)
Serves individuals and families in Marin County who are experiencing homelessness.

Marin County Sheriff
415-473-7250
TTY **415-473-1601**

MarinHealth Medical Center
(formerly known as Marin General)
415-925-7000

Novato Community Hospital
415-209-1300

Ready Marin
ReadyMarin.org
Marin County's hub for emergency preparedness information, alerts, and evacuation planning.

IN CASE OF EMERGENCY: 9-1-1

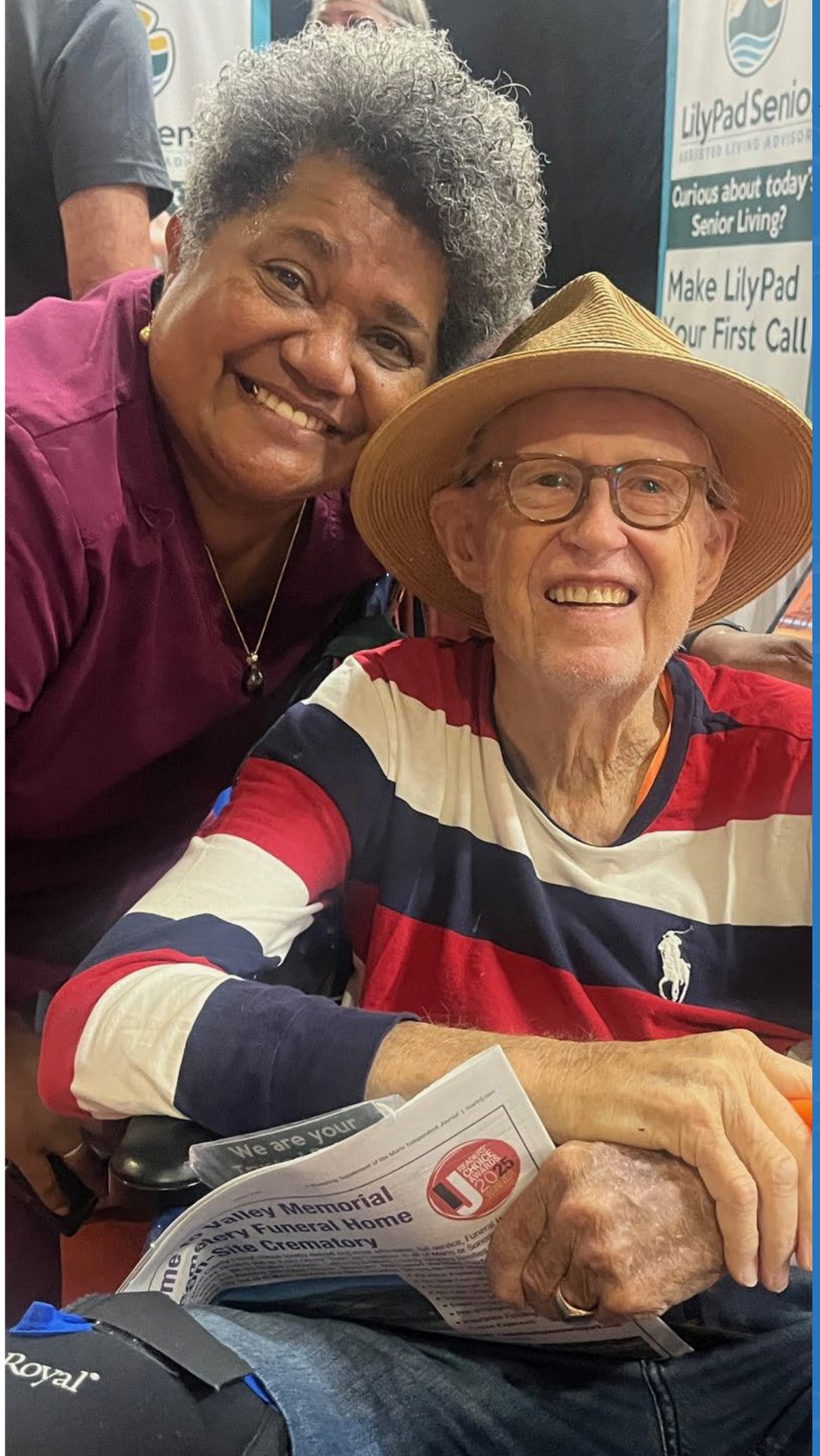
Scan Here
for the digital version of this community resource guide.
www.MarinHHS.org/Aging-Resource-Guide

CAREGIVING

Where can I find resources for caregivers?

Where can I find someone to help Mom with her daily routine?

How do I know if I need a Home Health or Home Care agency?



CAREGIVING

Caring for yourself or a loved one can feel overwhelming, especially if you're unsure where to begin. This section is designed to help you navigate the wide range of support services available in Marin County. Whether you need help at home, support during the day, resources for caregivers, or guidance on finding the right care setting, you'll find a variety of options here.

Looking for end-of-life support such as hospice or funeral arrangements? Please visit the **End of Life** section. For medical services like therapy, assistive technology, or cognitive health, see the **Healthcare** section.

This section provides resources for care **in your home**. If you're looking for care in a facility or outside your home, please refer to the **Long-Term Care** section.

Care Management

Aging Solutions, Inc.	415-324-5088	AgingSolutions.com
Institute on Aging	415-750-4111	IOAging.org
Kiju Care Management	510-333-0186	KijuCare.com
Seniors At Home	415-449-3700	SeniorsAtHome.JFCS.org
West Marin Senior Services (WMSS)	415-663-8148 x101	WMSS.org

End of Life Care (Hospice & Palliative)

Anchor Health Hospice & Palliative Care	415-598-0944	AnchorHPC.com
Angel Palliative Care and Hospice	650-590-2530	APCHBayArea.com
By the Bay Health (Formerly Hospice by the Bay)	415-927-2273	ByTheBayHealth.org
Continuum Hospice & Palliative Care	707-540-9838	ContinuumHospice.com

End of Life Care Listings Continued on Page 12 >

Choosing the Right In-Home Help

Not sure of what kind of help is needed – or where to start? Fortunately, there are many ways to approach finding the right support.

Please note: *All of these agencies accept Long Term Care insurance.*



Home Care Agencies

Home Care Agencies offer non-medical or custodial, companion and personal care that ranges from shopping and transportation to assistance with all activities of daily living (ADLs), such as bathing, dressing, grooming toileting, mobility, nutrition and light housekeeping. Caregivers may be companions, certified home health aides (HHA) or certified nursing assistants (CNA).

Home Care Agencies collaborate with the client to develop a plan of care and supervise the caregiver. Home Care Agencies are the employer of record and pay worker's compensation and liability insurance as well as the employer portion of the payroll taxes. Clients should confirm caregiver's bonding and liability insurance.



Home Care Referral Agencies

Home Care Referral Businesses place or refer caregivers who provide non-medical or custodial, companion and personal care that ranges from shopping and transportation to assistance with all activities of daily living (ADLs) including bathing, dressing, grooming toileting, mobility, nutrition and light housekeeping. Caregivers may be companions, certified home health aides (HHA) or certified nursing assistants (CNA).

Home Care Referral Agencies collaborate with the client to develop a plan of care. Caregivers are independent contractors, not agency employees. Clients should confirm caregiver's bonding and liability insurance, and determine who is responsible for payroll taxes and workers' compensation insurance.

Marin CIL QuickMatch

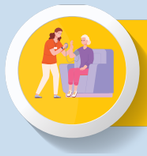
Marin CIL provides a free caregiver registry that connects older adults and people with disabilities with pre-screened independent caregivers. Clients hire, schedule, and supervise caregivers directly, which often is less expensive than going through homecare agencies. **QuickMatch.org • 415-459-6245 x18**



Private Pay Home Care Providers and Registries

Private independent providers of care or registries which offer clients a list of caregivers who provide non-medical or custodial, companion and personal care that ranges from shopping and transportation to assistance with activities of daily living (ADLs) including bathing, dressing, grooming toileting, mobility, preparing meals and light housekeeping. Caregivers may be companions, certified home health aides (HHA) or certified nursing assistants (CNA).

Clients hire and supervise caregivers directly. As the employer of record, clients are responsible for arranging workers' compensation, bonding and liability insurance, and payroll taxes.



Home Health Care and Medicare Certified Agencies

Licensed and/or Medicare-certified agencies that provide medical care at home under a doctor's order for service. Services may include nursing care, physical/occupational therapy, wound care, and medication management. Services are administered by licensed professionals such as RNs, physical therapists, occupational therapists, social workers, and speech therapists in the home.

For MEDI-CAL Recipients

The following public programs provide in-home support, paid for eligible residents by the state of California.

IHSS (In-Home Supportive Services): Public program that pays for in-home help for eligible older adults and disabled individuals of any age on Medi-Cal. Caregivers can be family members. **(Listings on page 7 & 12)**

MSSP (Multipurpose Senior Services Program): This care management program for people on Medi-Cal aged 60 and older enables frail older adults who otherwise would have difficulty living independently to remain in their own homes. In Marin County, MSSP is locally administered by Seniors at Home as part of Jewish Family and Children's Services: **415-449-3700 SeniorsAtHome.JFCS.org**.

STILL NOT SURE WHERE TO START?

Call Marin County's Aging & Adult Services' Information & Assistance Unit at 415 473-INFO (4636) for help.

> *End of Life Care Listings Continued from Page 9*

MarinHealth – & Palliative Care	1-888-627-4642	MyMarinHealth.org
Sutter Care at Home Hospice	415-209-7700	SutterHealth.org/Services

Home Care (Non-Medical)

Acclaim Home Care	415-479-5125	AcclaimHomeCare.com
Alegre Home Care	415-578-7471	AlegreCare.com
Arcadia Home Care & Staffing	415-499-1220 415-499-1406	ArcadiaHomeCare.com
At Home Caregivers	415-898-4663	AtHomeCaregivers.com
BrightStar Care	415-332-3300	BrightStarCare.com
FirstLight Home Care	415-521-5860	MarinCounty.FirstLightHomeCare.com
From The Heart Home Care	1-866-245-5980	FromTheHeartHomeCare.com
Gentle Care Agency	415-479-7141	GentleCareAgency.com
Hired Hands Homecare	415-884-4343	HiredHandsHomecare.com
Home Helpers	415-980-4932	HomeHelpersHomecare.com
Home Instead Senior Care	415-578-6309	HomeInstead.com
Homewell Care Services	415-599-1029	HomewellCares.com
Marin IHSS Public Authority	415-499-1024	PAMarin.gov
Institute on Aging	415-750-4111	IOAging.org
J & M Homecare (Formerly Visiting Angels)	415-233-9564	JMHomecare.com
Little Bit of Help	415-687-4008	LittleBitOfHelp.care
Marin CIL Quick Match	415-459-6245 x18	QuickMatch.org

Marin Home Care	415-712-1917	MarinHomeCare.com
Marin Independent Caregivers Network	415-382-9203	MarinCaregivers.com
Public Authority of Marin Provider Registry	415-499-1024	PAMarin.org/Registry
Right at Home Marin	415-233-7855	RightAtHome.net/Marin
Sage Eldercare – San Francisco Office (Closest office)	415-775-5642	SageEldercare.com
Seniors At Home	415-449-3700	SeniorsAtHome.JFCS.org
Senior Helpers	415-528-6864	SeniorHelpers.com
Tender Rose	415-340-3990	TenderRose.com
The Key	415-903-4335 510-406-0281	TheKey.com

Home Health Care (Medical)

Active In-Home Therapy	650-530-2072	ActiveInHomeTherapy.com
BrightStar Care	415-332-3300	BrightStarCare.com
By the Bay Health	1-888-431-0858	ByTheBayHealth.org
Gateway Home Health	925-322-4455	GatewayHomeHealth.com
Heart of Humanity	415-898-4278	HeartOfHumanity.com
Interim HealthCare of San Rafael	415-521-6847	InterimHealthCare.com/SanRafaelca
Kaiser Home Health	415-893-4132	KaiserPermanente.org
Marin Home Care	415-712-1917	MarinHomeCare.com

Home Health Care (Medical) Listings Continued >

Strive Home Health	510-645-1167	StriveHH.com
Sutter Care at Home	415-209-7700	SutterHealth.org

Pet Care & Support Animals

Marin Humane Pet Care Assistance	415-883-4621	MarinHumane.org
Transitions Pet Care	415-279-4014	TransitionsPetCare.com

Resources for Caregivers

Alzheimer's Association 24/7 Helpline	1-800-272-3900	ALZ.org/NorCal
CalGrows Free Caregiver Courses	cagrows@aging.ca.gov	Aging.CA.gov
Family Caregiver Alliance	415-434-3388	CareGiver.org
FirstLight Home Care Respite Care Services	415-521-5860	FirstLightHomeCare.com
IHSS Public Authority of Marin Caregiver Trainings	415-499-1024	PAMarin.gov
Institute on Aging Enrichment Center (Caregiver Relief)	415-750-4111	IOAging.org/Enrichment-Center
Seniors At Home Family Caregiver Support	415-449-3700	SeniorsAtHome.JFCS.org
West Marin Senior Services Family Respite Care	415-663-8148	WMSS.org ◆

In-Home Care

Home care is an umbrella term that includes companion services, personal or non-medical care, homemaker services, and medical or skilled care provided by licensed health professionals.

Non-medical care assists individuals who need help with Activities of Daily Living (ADLs) and Instrumental Activities of Daily Living (IADLs). ADLs are basic routine daily tasks including bathing, dressing, eating, managing continence, toileting, and transferring from one position to another (such as getting in and out of bed). IADLs include such things as shopping, cooking, cleaning and doing laundry. Homemaker services also help with IADLs.

Quality in-home care can be expensive but, depending on the amount and type of care, can be less costly than residing in an assisted living or skilled nursing facility. With thoughtful planning, Marin families can find safe and supportive options that fit both care needs and budgets. Following are some tips to help you plan for your care needs.

- Start by **clarifying needs**. Is support needed for personal care, household tasks, or companionship? Is medical care needed?
- It's helpful to **compare providers**. Hiring a private caregiver may cost less but means managing payroll and insurance yourself, while agencies are more expensive but handle training, oversight, and liability.
- Always **ask about payment options**, as some providers accept Medicare, Medi-Cal, long-term care insurance, or offer sliding-scale fees.
- **Explore respite and volunteer programs** which can provide temporary or reduced-cost relief.
- Be sure to **check licensing**. California requires home care agencies to be licensed for consumer protection.
- **Request written estimates** to understand rates, schedules, and what services are included.
- **Review your contract carefully**. Is there a deposit required? How much? What is the cancellation period and fees, if any?
- **Ask** each Home Care Agency the following questions:
  - Are you licensed by the state as a Home Care Organization?
  - If not, how are you licensed?
  - Who owns this company?
  - Do you answer your phone 24/7/365?
  - Are your caregivers paid employees, i.e., does the company pay the payroll taxes, insure the caregivers and provide liability insurance?
  - If not, what do I have to do?
  - Whose insurance pays if the caregiver is hurt on the job or steals from my home?
  - Can I deduct your bill on my taxes?
  - What happens if a caregiver does not show up or is sick?
  - What happens if I don't like the caregiver?

EMERGENCY SERVICES



How do I sign up for emergency alerts?

What do I do if there's an earthquake or fire?

I smell gas in my house. Who do I call to check it?

EMERGENCY SERVICES

Emergency situations can happen at any time, but being prepared can help you stay safe and take appropriate steps with confidence. This section provides information on emergency alerts, disaster preparedness, crisis support, and recovery resources available throughout Marin County. Whether you're preparing for wildfires, earthquakes, extreme weather, or need help during a personal or mental health crisis, these resources can help you plan ahead, stay informed, and know where to turn when you need assistance.

On page 21 there is a pull-out sheet of essential emergency numbers. On page 19 there is a pull-out sheet that contains the Ready Seniors disaster emergency preparedness list.

Emergency Alerts & Updates

AlertMarin Emergency Notification System
415-473-6584 ▪ TTY: 711 ▪ Emergency.Marin.gov
Sign up for Marin County's official emergency notification system that sends time-sensitive public safety alerts and instructions (including evacuation orders) by phone call, text, and/or email. To hear active alerts call 877 627-1411.

Cooling & Warming Center Info/Emergency Alerts & Shelter Info
2-1-1 ▪ Emergency.MarinCounty.gov
For emergency information and resources including open cooling and warming centers during extreme weather, evacuation orders and shelter locations.

Emergency Preparedness & Recovery

American Red Cross – Bay Area Chapter
415-472-8000 ▪ RedCross.org
The American Red Cross provides disaster preparedness workshops, shelter services, emergency assistance and more. Call or visit the American Red Cross – Bay Area Chapter website for emergency information, preparedness guidance, training opportunities, and additional disaster resources.

California "Let's Get Prepared" Toolkit
415-473-6530 ▪ PublicWorks.MarinCounty.org
State-developed emergency planning guide with worksheets and checklists for older adults and people with disabilities.

Emergency Preparedness Listings Continued >

Federal Emergency Management Agency (FEMA)
FEMA Helpline: 1-800-621-3362 ▪ TTY: 1-800-462-7585
Ready.gov/Older-Adults
National emergency preparedness resources and planning tools for older adults and caregivers. Includes printable checklists and guides.

Fire Safe Marin
FireSafeMarin.org
Educational resources about reducing wildfire risk through evacuation planning, defensible space guidance and home hardening.

Marin Center for Independent Living (Marin CIL)
415-459-6245 ▪ MarinCIL.org
Emergency preparedness and disaster recovery support for older adults and people with disabilities, including personalized emergency planning, PG&E backup power enrollment assistance, and community resilience workshops.

Marin Community Emergency Response Team (CERT)
415-473-6584 ▪ ReadyMarin.org
CERT provides free disaster preparedness and emergency response training for community members. Call the Office of Emergency Management to learn about upcoming CERT classes, registration, and volunteer opportunities, or visit ReadyMarin.org for additional information.

Marin County OEM / Sheriff's Office Emergency Services
MarinSheriff.gov/Services
Local hazard awareness, disaster prep brochures, and community CERT training.

Marin County Public Health Preparedness Program
415-473-7858 ▪ MarinHHS.org
Leads public health emergency planning and response for disasters.

Marin Medical Reserve Corps (MMRC)
415-473-3643
HHS.MarinCounty.gov/Services
Emergency preparedness training and volunteer opportunities for community members. Licensed healthcare providers, retirees, and others interested in supporting Marin County Public Health can join the MMRC to build preparedness skills and help the community before, during, and after an emergency.

ReadyMarin (Marin County Office of Emergency Management)
415 473 6584 ▪ ReadyMarin.org
The County's official emergency preparedness website. Find emergency preparedness training opportunities, go-bag and evacuation checklists, Ready Seniors resources and information to help you stay informed before, during, and after disasters.

Volunteer Organizations Active in Disasters (Marin VOAD)
415-295-5660 ▪ MarinVoad.org
Disaster response and recovery coordination through local nonprofits, faith-based groups, and government agencies, with support for older adults. ◆

Cut this page out to stick on your fridge or in your go bag, wallet, and car glovebox. Make extra copies for caregivers or family.

EMERGENCY SERVICES

Ready Seniors Emergency Preparedness Checklist for Older Adults & Caregivers

This list was compiled with information from the Ready Marin website.

MAKE A PLAN

- **Keep ready somewhere accessible: door, wallet, fridge, or go-bag.**
- Build a support network of at least two to three trusted people (family, neighbors, caregivers).
- Practice your evacuation plan with mobility aid or pet transport scenarios.
- Complete a Family Emergency Plan, including out-of-area contacts and reunification spots.
- Share your plan and key info with your support team.

GET PREPARED & PRACTICE

- Use **ReadyMarin** checklists (go-bag, evacuation, personal documents): **ReadyMarin.org**
- Attend Get Ready Seniors workshops hosted by Marin County. **ReadyMarin.org**
- Join CERT (Community Emergency Response Team) training for basic emergency skills. **ReadyMarin.org**

STAY INFORMED

- Sign up for AlertMarin emergency notifications via text, phone, or email: **AlertMarin.org**
- For real-time updates and shelter info, **call 211** or visit **Emergency.MarinCounty.org**
- Keep a battery-powered or crank radio tuned to **KCBS (740 AM)** or **KQED (88.5 FM).**

CONSIDER POWER BACKUP NEEDS

- Enroll in PG&E's Medical Baseline Program for priority notifications and backup options: **PGE.com**
- **Marin Center for Independent Living (Marin CIL) offers:** backup battery program, emergency preparedness training, assistance preparing an emergency plan, and hotel stays if activated during Public Safety Power Shutoff (PSPS) events and winter storms.MarinCIL.org/Powered-Prepared

BUILD A GO-BAG

- Seven-day supply of medications (with dosage list).
- Copies of ID, insurance cards, prescription.
- Flashlight and batteries, extra glasses and hearing aid.
- Water and non-perishable food.
- Mask, sanitizer, hygiene items.
- Emergency contact list, allergies, medical info.
- First-aid kit.

For more information, visit **ReadyMarin.org** or scan this QR code.

Servicios de emergencia en Español en la página siguiente >

Lista de Verificación: Preparación para Emergencias para Adultos Mayores y sus Cuidadores

Esta lista fue compilada con información del sitio web Ready Marin.

HAGA UN PLAN

- Forme una red de apoyo con al menos 2 o 3 personas de confianza (familiares, vecinos, cuidadores).
- Practique su plan de evacuación, incluyendo el uso de dispositivos de movilidad o transporte de mascotas.
- Complete un Plan Familiar de Emergencia, incluyendo contactos fuera del área y puntos de reunión.
- Comparta su plan y la información clave con su equipo de apoyo.

PREPÁRESE Y PRACTIQUE

- Utilice las listas de verificación de ReadyMarin (bolsa de emergencia, evacuación, documentos personales): **ReadyMarin.org**
- Asista a talleres de **Get Ready Seniors** organizados por el Condado de Marin. **ReadyMarin.org**
- Participe en entrenamientos de CERT (Equipo Comunitario de Respuesta a Emergencias) para aprender habilidades básicas ante emergencias. **ReadyMarin.org**

MANTÉNGASE INFORMADO

- Regístrese en **AlertMarin** para recibir alertas de emergencia por mensaje de texto, llamada o correo electrónico: **AlertMarin.org**.
- Llame al **211** o visite **Emergency.MarinCounty.org** para actualizaciones en tiempo real y ubicación de refugios.
- Mantenga una radio a baterías o de manivela sintonizada en **KCBS (740 AM) o KQED (88.5 FM)**.

CONSIDERE NECESIDADES DE ENERGÍA DE RESPALDO

- Inscríbase en el Programa de Línea Base Médica de PG&E para recibir notificaciones prioritarias y opciones de respaldo. **PGE.com**
- **El Centro para la Vida Independiente de Marin (Marin CIL) ofrece:** programa de baterías de respaldo, capacitación en preparación para emergencias, asistencia para elaborar un plan de emergencia y alojamiento en hoteles si se activa durante eventos de cortes de energía por seguridad pública (PSPS) y tormentas invernales. **MarinCIL.org/Powered-Prepared**

PREPARE UNA BOLSA DE EMERGENCIA (GO-BAG)

- Suministro de medicamentos para seven días (con lista de dosis).
- Copias de identificación, tarjetas de seguro, recetas médicas.
- Linterna y baterías, lentes adicionales o audífonos.
- Agua y alimentos no perecederos
- Mascarilla, desinfectante, artículos de higiene personal.
- Lista de contactos de emergencia, alergias, información médica.
- Mantenga la bolsa en un lugar accesible: junto a la puerta, en la cartera o el refrigerador.

Para más información, visite **ReadyMarin.org** o escanee este código QR.

Arranque esta hoja para colocarla en su refrigerador o incluirla en su kit de emergencia, cartera o guantera del auto. Haga copias adicionales para cuidadores o familiares.

Essential Emergency Numbers

Medical / Fire / Police **9-1-1** Immediate emergency response.

Marin Mental Health Crisis Line **1-888-818-1115** (24/7) Local mental health support for any age.

Suicide & Crisis Lifeline **9-8-8** (*call or text*) 24/7 national support for people in emotional distress.

North Bay Suicide Prevention Line (Buckelew) **1-855-587-6373** Local 24/7 crisis line serving Marin and nearby counties.

Crisis Text Line Text MARIN to 741741 Free, confidential mental health support by text.

Friendship Line (seniors & disabled adults) **1-888-670-1360** 24/7 warmline for emotional support and check-ins.

PG&E Outage / Downed Line Reporting **1-800-743-5000** Report power outages or electrical hazards.

SAFE Team (Mental Health Co-Responder) **415-458-7233** Police + mental health response for urgent behavioral crises.

Mobile Crisis Response Team (Marin HHS) **415-473-6392** In-person support for urgent mental health situations.

Crisis Stabilization Unit **415-473-6666** 24/7 facility-based emergency psychiatric care.

Disaster Distress Helpline **1-800-985-5990** Emotional support for disaster-related stress and trauma.

Sheriff (Non-Emergency) **415-479-2311** For non-urgent law enforcement needs in unincorporated Marin.

MY EMERGENCY INFO

Doctor's Name & Phone _____

Pharmacy Name & Phone _____

Caregiver / Family's Name & Phone _____

Neighbor / Emergency Contact _____

Medication Notes / Allergies _____

Cut this page out to stick on your fridge or in your go bag, wallet, and car glovebox. Make extra copies for caregivers or family.

Números de Emergencia Esenciales en Español en la Página Siguiente >

Números de Emergencia Esenciales

Médico / Bomberos / Policía 9-1-1 Respuesta inmediata ante emergencias

Sheriff (No Emergencias) 415-479-2311 Asistencia policial no urgente en áreas no incorporadas de Marin

Línea de Crisis de Salud Mental de Marin 1-888-818-1115 (24/7) Apoyo local de salud mental para todas las edades

Línea Nacional de Prevención del Suicidio y Crisis 9-8-8 Apoyo emocional nacional disponible las 24 horas

Línea de Prevención del Suicidio del North Bay (Buckelew) 1-855-587-6373 Línea local de crisis disponible las 24 horas

Línea de Texto en Crisis Envíe MARIN al 741741 Apoyo confidencial de salud mental por mensaje de texto

Friendship Line 1-888-670-1360 Línea de apoyo para adultos mayores y personas con discapacidades

Equipo SAFE 415-458-7233 Respuesta conjunta de policía y salud mental para crisis urgentes

Equipo de Respuesta de Crisis Móvil (Marin HHS) 415-473-6392 Apoyo en persona para crisis de salud mental

Unidad de Estabilización de Crisis 415-473-6666 Atención psiquiátrica de emergencia 24/7

Línea de Ayuda para Desastres 1-800-985-5990 Apoyo emocional por estrés relacionado con desastres

PG&E 1-800-743-5000 Reportar cortes de energía o cables eléctricos caídos

MI INFORMACIÓN DE EMERGENCIA

Doctor/a _____

Farmacia _____

Cuidador/a o Familiar _____

Vecino/a o Contacto de Emergencia _____

Notas sobre Medicamentos / Alergias _____

_____

Arranque esta hoja para colocarla en su refrigerador o incluirla en su kit de emergencia, cartera o guantera del auto. Haga copias adicionales para cuidadores o familiares.

Fire Safety

Fire safety is an essential concern for older adults, particularly in Marin County, where wildfire risk, power outages, and evacuations are part of the local reality. Older adults are more vulnerable to fire-related injuries due to mobility challenges, chronic health conditions, slower reaction times, and reliance on medical equipment or power-dependent systems. Practical steps taken in advance can dramatically reduce risk and increase safety during an emergency.

FIRE SAFETY STARTS AT HOME

Working smoke alarms are critical.
Install smoke alarms inside and outside sleeping areas and on every level of your home. Test them monthly and replace batteries at least once a year, or immediately if an alarm chirps. If possible, use interconnected alarms so when one sounds, they all do.

Keep exits clear and accessible.
Make sure hallways, doorways, and stairways are free of clutter. Know at least two ways out of every room, and confirm that doors and windows open easily. If you use a walker, cane, or wheelchair, factor that into your exit planning.

Pay special attention to kitchens and heaters.
Cooking is the leading cause of home fires. Stay in the kitchen when cooking, keep flammable items away from the stove, and turn pot handles inward. Keep space heaters at least three feet from furniture, curtains, and bedding, and turn them off when leaving the room.

Have fire extinguishers, and know how to use them.
Place a multipurpose fire extinguisher in the kitchen and near heating equipment. Make sure it's charged and that you understand how to operate it safely.

PLAN FOR POWER OUTAGES AND EVACUATIONS

In Marin County, fires and Public Safety Power Shutoffs (PSPS) can lead to sudden power outages. One important tip shared by local firefighters is to install a battery backup for your garage door opener. A functioning battery backup can ensure you can exit quickly when the power is out.

Every household should have a written evacuation plan, including:

- Primary and secondary exit routes
- A meeting place outside the home
- A plan for pets, medications, mobility aids, and medical devices
- A go-bag

For more details about preparing a go-bag and preparing for emergencies, see page 19 (English), and page 20 (Spanish) of this Resource Guide.

STAY INFORMED: SIGN UP FOR ALERTS

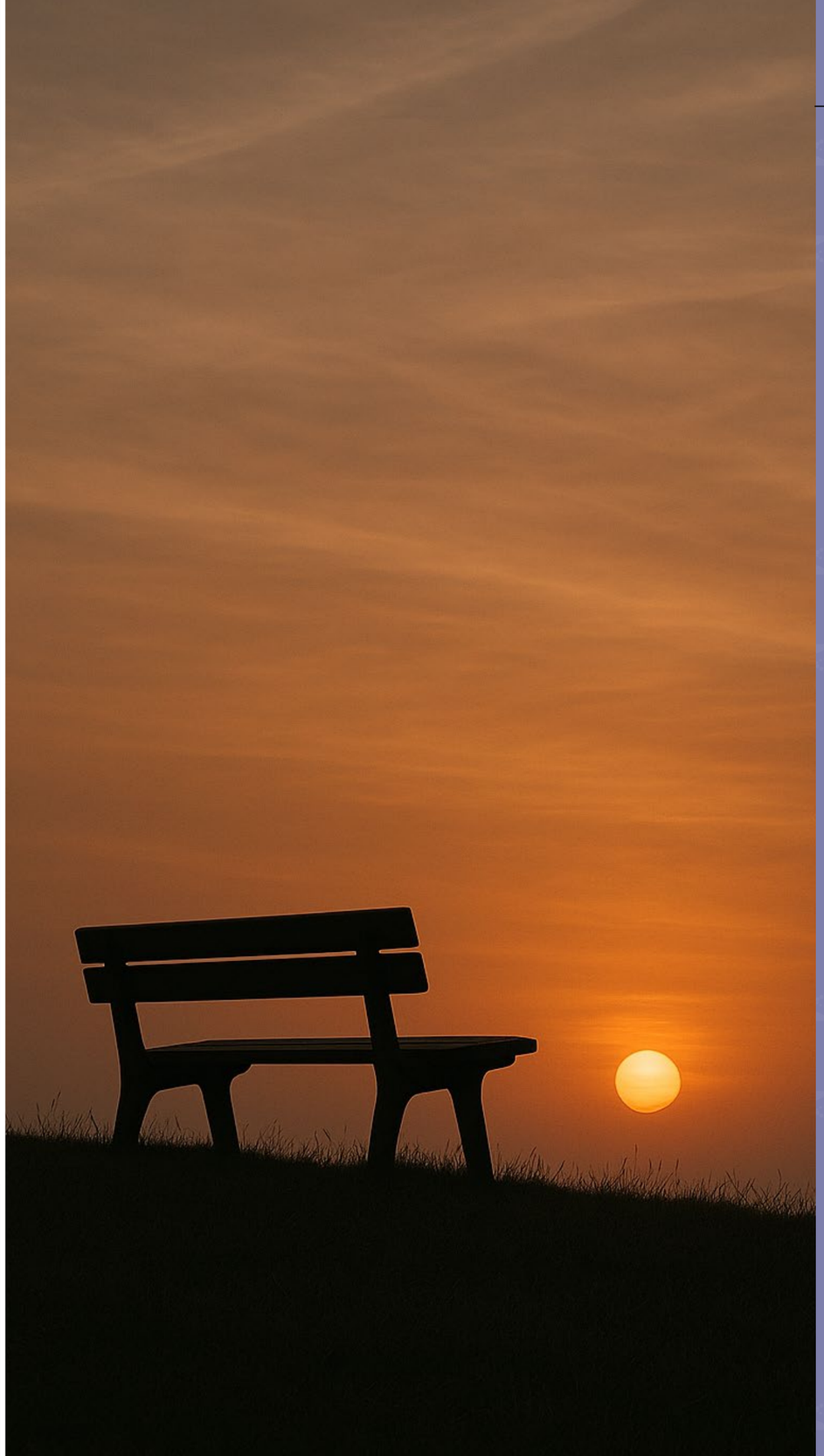
Sign up for AlertMarin at **Emergency.MarinCounty.gov**, the county's primary emergency notification system. Receive critical, life-saving alerts for flooding, wildfires, or evacuations via phone call, text, or email when action is needed at your location.

END OF LIFE

How can I support my loved one who is nearing end of life?

Where can I turn for support after losing someone I love?

How do I start planning for the future legally and financially?



END OF LIFE

Facing the end of life, whether for yourself or a loved one, can be overwhelming. In this category, you'll find information about hospice and palliative care, documents for peace of mind, resources for emotional support and final arrangements.

By asking questions and comparing prices and services early, you can make informed decisions that are meaningful to you and the individual needs of your loved ones.

Advanced Planning & Documents

By the Bay Health Advance Care Planning
415-927-2273 ▪ ByTheBayHealth.org
Advance care planning education plus a California advance care plan form with instructions.

County of Marin Public Administrator
415-473-6151 ▪ MarinCounty.gov/Departments/Finance/Public-Administrator
Manages estates and makes final arrangements for Marin County residents who die without a will or any known relatives able or willing to act on the decedent's behalf to manage and resolve the estate.

JFCS Fiduciary Services
415-449-3700 ▪ JFCS.org
Professional fiduciary and conservatorship services to help older adults manage finances and healthcare decisions – such as bill paying, budgeting, and serving as trustee or power of attorney.

Kaiser Permanente Life Care Planning
415-444-4440 ▪ Healthy.KaiserPermanente.org/Health-Wellness/Life-Care-Plan
Advance care planning education and documents.

Marin County Bar Association Lawyer Referral Service
415-989-1616 ▪ MarinBar.org
Low-cost initial consult referral pathway for people who want to hire an estate planning attorney for an advance directive/health care directive and related documents.

Advanced Planning & Documents Listings Continued on Page 27 >

11 Documents & Records to Have on Hand

Planning ahead can make a difficult time a little easier for the people you love. One day, your family may need important information quickly, about your medical wishes, finances, insurance, accounts, and key contacts. Having a few essential documents organized and easy to find can help ensure your preferences are honored and reduce stress during a crisis or after a death.

These documents can also help protect your assets and clarify who is authorized to make decisions on your behalf. Without a will, trust, or other legal plan, your money and property are generally distributed according to California law, which may not match your wishes.

If you're considering setting up a trust or estate plan, choose a reputable professional and be cautious of anyone pressuring you to sign quickly or pay large upfront fees. The California Department of Justice offers consumer guidance to help you avoid fraud.

POLST Form
Communicates your choices for life-sustaining treatment (used in California)

Advance Health Care Directive/Proxy
States your medical preferences and names a health care agent

Funeral & Burial Instructions
Helps loved ones know your wishes and any pre-arrangements

Durable Power of Attorney Finances
Appoints someone to manage your money matters if you're unable.

Health Care
Appoints someone to manage your health care, funeral and cemetery decisions if you're unable

Vital Records
Birth certificate, marriage license or divorce decree, Social Security card, Veterans DD 214 or DD214-2 forms

Will
Specifies who receives your assets after your death

Revocable Living Trust
Avoids probate and allows smoother transfer of assets

Insurance Information
Includes Medicare, Medi-Cal, life, long-term care, homeowner's/renter's, umbrella, and car

List of Financial Accounts & Assets
Includes bank accounts, investments, real estate, and valuables

Contact List
Includes family, healthcare proxies, attorney, and anyone helping manage your affairs

HIPAA Release Form
Allows trusted people to access your medical records

> Advanced Planning & Documents Continued from Page 25

MarinHealth Supportive Care – Advance Care Planning
415-925-7000 ▪ MyMarinHealth.org
Education and guidance on End of Life Planning Documents, including an online Advance Health Care Directive and discussing care preferences with loved ones.

Vivalon Estate Planning Workshops
415-456-9062 ▪ Vivalon.org/EPW
Free estate planning workshops.

Institute on Aging – End-of-Life Planning
415-750-4111 ▪ IOAging.org/End-Of-Life
Helps older adults plan for end-of-life care, including advance directives, healthcare proxy documents, and values clarification.

Seniors At Home (JFCS)
415-449-3700 ▪ SeniorsAtHome.JFCS.org
Advance care planning support to help individuals and families create or update advance directives and document end-of-life health care wishes.

End of Life Care

Anchor Health Hospice & Palliative Care
415-598-0944 ▪ AnchorHPC.com

Angel Palliative Care & Hospice
650-590-2530 ▪ APCHBayArea.com

Anthea Grimason – Life Death Breath
INELDA.org
End-of-life doula blending yoga, Reiki, spiritual processing, and legacy support.

Awakened Endings Death Doula
AwakenendEndings.com
Hospice nurse turned doula offering compassionate support, mindfulness-based dying companionship, and gentle legacy projects for individuals and families.

By the Bay Health Hospice & Palliative Care
General information and hospice:
415-927-2273
Palliative care: **415-444-9210**
ByTheBayHealth.org

Compassionate Walk
End of Life Doula Services
415-849-0502 ▪ CompassionateWalk.com
Emotional, spiritual, and practical support including life review, vigil planning, advance directives, bedside companionship, grief support, and post-death rituals.

Continuum Hospice & Palliative Care
707-540-9838 ▪ ContinuumHospice.com

Death Cafes
DeathCafe.com
Open, group-directed conversation (often over tea and cake) about death. Participants share questions, stories, beliefs, fears, and reflections on mortality and end-of-life topics, with no set agenda or theme. Visit the website for current Marin locations and dates.

End of Life Care Listings Continued >

Understanding Hospice Care

Hospice care provides medical comfort care support for individuals with a life-limiting illness whose lifespan is judged by a doctor to be six months or less. Focus is on symptom management and emotional and spiritual support for the patient and their families through long-term care insurance.

When is it time to consider hospice?
The hospice conversation is typically precipitated by a terminal diagnosis or debility resulting from a chronic condition, illness or aging. Unplanned weight loss, deterioration of mental capacity, increased time sleeping, or the inability to perform Activities of Daily Living (ADLs) are often early signs that hospice is appropriate.

Who pays for hospice?
Hospice is usually paid for by Medicare Part A and Medi-Cal (Medicaid). Hospice is rarely paid for out of pocket.

Services Include:
- Pain and symptom management
- Emotional and spiritual support
- Family support
- Durable medical equipment

How do hospice & home care differ?
Hospice services are provided by Medicare on a per visit basis. Home care provides continuous care paid for out of pocket or through long-term care insurance.

Doorways Death Doula
DoorwaysDeathDoula.com
Non-medical, individualized support throughout the end-of-life journey, providing emotional presence, Death Café facilitation, informed planning, and continuity at the bedside.

End of Life Doula Alliance (ELDA)
415-488-3272 ▪ EndOfLifeDoulaAlliance.com
Bay Area-wide network providing guidance for legacy planning, vigil design, death activism, and bereavement support. Referrals available in Marin.

Kaiser Palliative Care
415-446-2510
KaiserPermanente.org/Northern-California

Katie Louise Cooper, MA –
Death Doula & Impermanence Coach
415-969-1930 ▪ KatieLouiseCooper.com
Blend of therapy, ritual, and coaching to guide clients through acceptance, legacy creation, grief processing, and finding meaning in impermanence.

Kristen Levine Wellness
KristenLevineWellness.com
End-of-life companion using trauma-informed support: advance healthcare planning, family communication, legacy work, and mindfulness facilitation.

Hospice vs. Palliative Care: What is the Difference?

Hospice and palliative care both focus on comfort and support, but they differ in timing, treatment approach, and coverage. Hospice is for those nearing the end of life, while palliative care can begin at any stage of a serious illness. Both may be covered by Medicare, Medi-Cal (Medicaid), and private insurance, but certain palliative services – especially in-home care – may require private payment.

	HOSPICE CARE	PALLIATIVE CARE
GOAL	Comfort care at end of life	Symptom relief at any illness stage
ELIGIBILITY	Terminal (≤6 months)	Any serious illness
TREATMENT FOCUS	No curative treatment	May include curative care
WHERE PROVIDED	Hospital, hospice, home, clinic, Skilled Nursing Facility	Hospital, home, clinic, Skilled Nursing Facility
PAYMENT		*

**Coverage for in-home palliative care may vary by provider or plan*

Living/Dying Project
415-456-3915 ▪ LivingDying.org
Spiritual and emotional support to those facing life-threatening illness, as well as grief support for families and caregivers, including mentorship, guided conversation, and planning tools.

MarinHealth Supportive & Palliative Care
1-888-627-4642 ▪ MyMarinHealth.org
Inpatient and outpatient care for individuals with serious illness. Services include pain management, care planning, and hospice referral.

Sutter Care at Home Hospice
415-209-7700 ▪ SutterHealth.org/Services

Threshold Choir
415-342-1044 ▪ ThresholdChoir.org/Marin

Wild & Precious End of Life Services
415-508-6277 ▪ WildAndPrecious.org
Holistic death doula care. Services include advance planning, vigil design, bedside presence, spiritual support, legacy memory work, and grief accompaniment.

End of Life Listings Continued on Page 30 >

End of Life Final Arrangements

When planning a funeral or memorial service, start by deciding whether you want a religious or secular service, burial or cremation, and where the service will be held. If you are part of a faith community, your pastor, rabbi, priest, or other religious leader can guide you through traditions and readings and help coordinate logistics with a funeral home or cemetery.



Mount Tamalpais Mortuary
415-459-2500 ▪ Mt-Tam.com
Funeral home providing onsite cremation and funeral services.

Pacific Interment Funeral Home & Crematory
415-431-9940 ▪ Interment.com
Affordable funeral and cremation provider offering direct cremation and simple burial options.

Sinai Memorial Chapel
415-921-3636 ▪ SinaiChapel.org
Jewish funeral home, providing guidance with Jewish burial and funeral arrangements, advance planning, and grief support services for Jewish Bay Area families.

Adobe Creek Funeral Home
707-789-1000
AdobeCreekFuneralHome.com
Independent funeral home offering cremation, burial, and memorial services.

Fernwood Cemetery & Funeral Home
415-383-7100 ▪ Fernwood.com
Full-service funeral home and cemetery offering traditional, cremation, and natural burial services, including Jewish and green burials.

Valley Memorial Park Cemetery & Funeral Home
415-897-9609
Family-owned full-service funeral home and cemetery offering cremation, aquamation, traditional and natural, green burial services, scattering and fountain gardens.

Monte's Chapel of the Hills
415-453-8440
MontesChapelOfTheHills.com
Family-owned funeral home offering cremation, burial, and memorial services.

End of Life Listings Continued on Page 33 >

How to Talk with Your Adult Children About End of Life Plans

Talking about end-of-life wishes isn't easy, but it can be one of the most meaningful gifts you give your family. By sharing your values and preferences now, you help ease the burden on your loved ones later. In Marin, where many families juggle caregiving and planning across generations, these conversations can bring clarity and peace of mind.

Choose the right moment. Pick a calm, unhurried time when you and your children can talk openly without distractions. A family meal, a walk, or a quiet evening at home can set the stage.

Start with your values. Instead of jumping straight to medical details, talk about what matters most to you such as comfort, independence, spiritual traditions, or time at home. This provides a foundation for specific decisions.

Be honest and clear. Share your wishes about medical care, living arrangements, and memorial preferences in straightforward language. Written documents, such as advance directives, can back up your words.

Invite questions. Encourage your children to share their feelings and ask what role they might play. Listening is just as important as speaking.

Keep the conversation ongoing. Plans and health needs change. Revisiting the topic over time shows your children that it's a process, not a one-time talk.

Clear the air. Talking about end-of-life wishes may feel difficult, but these conversations often bring families closer and prevent confusion in times of crisis and regret for not sharing love, appreciation and forgiveness or other important thoughts at the appropriate time.

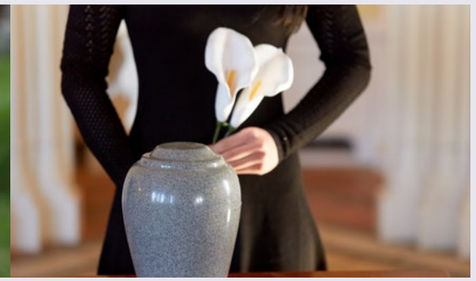
Cover the important topics. It is important to discuss topics such as hospice versus palliative care, funeral service, traditional or green burial, cremation or hydrolysis and placement of your remains, celebration of life, legal documents you have in place, etc.

With compassion and preparation, you ensure everyone's voice will be heard and respected while giving you and your loved ones peace of mind when the time comes.

Burial, Cremation, and Other Options

In California, options include burial, cremation, or aquamation (alkaline hydrolysis).





Costs to be aware of

Cemetery and provider costs vary widely. In addition to a plot or niche, fees may include:

- Opening and closing of the grave, perpetual care, administrative or grounds fees, and sometimes an outer burial container.
- Always ask for an itemized General Price List (GPL) to understand what is required versus optional. Caskets or containers may be purchased from another provider.

Cremation and aquamation

Not all providers offer aquamation, and some use outside facilities. You may wish to ask where services are performed, how remains are tracked, and whether family members may be present.

Planning and decision-making

- Ask what documents to bring, including identification, veteran paperwork, or pre-planning documents. Some medical devices, such as pacemakers, must be removed before cremation.
- California law sets the order for who may make burial or disposition decisions. An overview is available through the California Cemetery & Funeral Bureau at **cfb.CA.gov**.

Placement and cemetery requirements

- Most options require a cemetery plot, grave space, or niche. Exceptions may apply for those eligible for burial in a veterans cemetery.
- Placement options vary by cemetery and may include mausoleum crypts, columbariums or niches for cremated remains, cremation plots or graves, scattering gardens, or green burial if offered.

California Cemetery & Funeral Bureau: Consumer Guide

A plain-language guide to cemetery and funeral home purchases in California, including pre-planning, who has legal authority to make arrangements, and options such as cremation and aquamation (hydrolysis).
cfb.CA.gov/consumer/consumer_guide.pdf

End of Life Grief Support

By The Bay Grief Counseling & Support
415-526-5699
ByTheBayHealth.org/Grief-Support
Free, drop-in grief support groups, structured eight-week grief groups (fee may be waived), individual grief counseling, and workshops including expressive arts and counselor-led hikes.

Buckelew Grief Counseling Hotline
415-499-1195 ▪ Buckelew.org
Free, confidential grief counseling.

Buckelew Survivors of Suicide Bereavement Support Group (SOS)
415-444-6000 ▪ Buckelew.org
Free peer support bereavement groups provide a safe space to share and heal after losing a loved one to suicide.

Compassionate Friends — Marin County Chapter
415-457-3123
Peer support group offering comfort and hope to families who have lost a child, sibling, or grandchild; meets monthly.

Institute on Aging (IOA) **Grief & Loss Group**
415-750-4111
Weekly virtual drop-in grief group for adults of any age, plus 24/7 access to the Friendship Line for emotional support.

JFCS Grief & Bereavement Counseling
415-449-1212 ▪ JFCS.org
Professional grief counseling and an eight-week "Grieving the Loss of a Loved One" bereavement support group for individuals and families of all faiths and backgrounds.

GriefShare Support Group at Trinity Community Church
415-456-1795 ▪ GriefShare.org
Structured 13-week grief recovery support group for people grieving the death of a loved one.

Lost and Found Grief Coaching — Monica Fleury
monica@lafgrief.com ▪ LAFGrief.com
Supportive partnership for those going through grief, helping them process loss in a safe, compassionate environment so they can regain their strength and move forward at their own pace to create a life of meaning and hope.

End of Life Grief Support Listings Continued on Page 35 >

Funeral Services

When someone dies, decisions often need to be made quickly. This overview highlights what to consider, what information you may need, and where to find trusted guidance in California.

Start with a trusted California resource

The *California Cemetery & Funeral Bureau: Consumer Guide* explains burial, cremation, pre-planning, and consumer rights in clear terms. Reviewing it before meeting with a funeral provider can be helpful. **cfb.CA.gov**

Who can make final decisions?

If no written instructions were left, California law generally follows this order:

- The person named in an Advance Health Care Directive (if applicable)
- Spouse or registered domestic partner
- A majority of adult children

If there is disagreement, a funeral home may delay arrangements until the legal decision-maker is clear.

Before meeting with a funeral home

You may want to think about:

- Viewing or visitation
- Religious or cultural services
- Memorial or celebration of life
- Obituary or notice

How to help ensure your wishes are followed

Putting your preferences in writing can make things easier:

- Be clear and specific
- Share your wishes with those involved
- Consider how costs will be covered

Information you may be asked to provide

- Social Security number
- Mother's maiden name
- Parents' places of birth
- Veteran discharge papers (DD-214), if applicable

Costs and your rights

By law, funeral homes must provide clear pricing:

- Prices may be requested by phone
- A General Price List (GPL) must be provided in person
- You may purchase a casket or cremation container from any provider

> End of Life Grief Support Listings Continued from Page 33

Sinai Memorial Chapel
415-921-3636 ▪ SinaiChapel.org
No-cost, one-on-one bereavement support grounded in Jewish mourning rituals and traditions, offering short-term counseling, grief education, and connections to community resources (by phone and in person).

The Grief Architect — Alison Magallon
1-805-585-8449 ▪ allim65@gmail.com
Trauma-informed grief coach, death doula, and end of life midwife provides emotional, spiritual and practical support for individuals and families at end of life, helping them walk through the transition with grace and dignity. Services include vigil planning, legacy projects, and family support and guidance before, during, and after death. ◆



☞ **THIS GUIDE WILL SOON BE AVAILABLE ONLINE.**
For more information and to access the digital version of this guide, **scan this QR code** or **visit MarinHHS.org/Aging-Resource-Guide**.

SCAN ME!

FINANCIAL SERVICES



Is there free or low-cost help with taxes or estate planning?

Can someone help me understand my financial options or legal documents?

I'm having trouble keeping up with my rent and utilities.Can anyone help?

FINANCIAL SERVICES

Managing money can become more complex as we age, but help is available. Whether you need support with budgeting or bills, or have questions about tax preparation, legal documents, or estate planning, this section connects you to financial counseling, utility and essentials assistance, tax support, and more.

Estate & Legal Planning

Legal Aid of Marin	415-492-0230	LegalAidMarin.org
Marin SF Lawyer Referral Service	415-989-1616	SFBar.org/lris
The State Bar of California	415-538-2000	CalBar.CA.gov

Financial Counseling & Money Management

Community Action Marin (CAM) **Financial Coaching**	415-526-7500	CaMarin.org
Jewish Family & Children's Services (JFCS) Fiduciary Services	415-449-3700	JFCS.org
Seniors At Home (JFCS) 415-419-3600 • JFCS.org	415-419-3600	JFCS.org

Financial Services Listings Continued >

PRO TIP:

Setting up autopay for recurring bills can help prevent missed payments during illness, hospitalization, or after a death. If you can't set this up yourself, ask your Durable Power of Attorney (DPOA), a family member, or someone you trust to help.

Tax Counseling

AARP Foundation Tax-Aide Program
AARP.org/Money/Taxes

Canal Alliance Free Tax Service
415-454-2640 • CanalAlliance.org

Community Action Marin Volunteer Income Tax Assistance Program (VITA)
415-526-7500 • CAMarin.org

Return Preparer Office (RPO) **Preparer Directory**
IRS.Treasury.gov/RPO

Utility & Essential Needs Assistance

CalFresh
1-877-410-8817 • MarinHHS.org/CalFresh-Snap

Community Action Marin (CAM)
415-526-7500 • CAMarin.org

Disability Housing Grants for Veterans
1-800-827-1000 • VA.gov/Housing-Assistance

Low Income Home Energy Assistance Program (LIHEAP)
415-526-7550 • CAMarin.org/Energy-Program

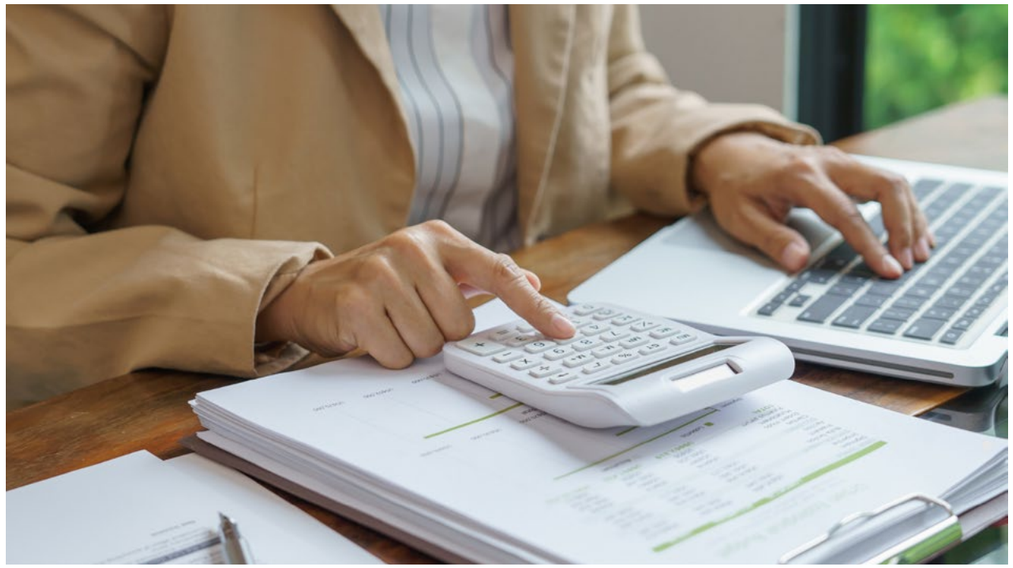
Marin County Housing Help
415-663-8361 • MarinCounty.gov

MHA Choice Voucher Program (Section 8)
415-491-2525 • MarinHousing.org

Mortgage Credit Certificate (MCC) **Program**
415-491-2550 • MarinHousing.org

North Marin Community Services
415-897-4147 • NorthMarinCS.org





PG&E Utility Bill Assistance Programs
1-800-743-5000 • PGE.com/FinancialAssistance
- PG&E Green Saver
- Medical Baseline Program
- Family Electric Rate Assistance (FERA)
- California Alternate Rates for Energy (CARE)
- Relief for Energy Assistance through Community Help (REACH)

Ritter Center
415-457-8182
RitterCenter.org/Housing-Services

Salvation Army Utility Bill Assistance
415-459-4520 • SanRafael.SalvationArmy.org

Season of Sharing Fund
SeasonOfSharing.org

St. Vincent De Paul Society
415-454-3303 • Vinnies.org

Wednesday's Gift
415-506-2222 • WednesdaysGift.org

West Marin Community Services
415-663-8361
WestMarinCommunityServices.org/Financial-Assistance ◆



Can I sign my dad up for Meals on Wheels if I live out of town?

How do I apply for CalFresh or get help with food benefits?

Are there programs that deliver groceries or meals to my home?

FOOD & MEALS

Looking for a welcoming place to share a meal with others? Need help getting groceries or meals delivered to your home? This section has you covered. You'll also find information about enrolling in food assistance programs, community dining, food benefits, local food pantries, and meal delivery and grocery services throughout Marin County.

Community & Congregate Dining

Marin Community Table: An Older Adult Lunch Program (also known as Marin Area Agency on Aging's Congregate Meal Program) provides hot and nutritious meals to older adults and other eligible participants in a community setting. To participate, complete an annual enrollment and make weekly reservations.

Albert J. Boro Community Center Senior Lunch
415-473-INFO (4636)
CityOfSanRafael.org
Weekly lunch, Wednesdays at 11:30 am. Suggested donation: $3. Call to make a reservation.

Corte Madera Community Center Congregate Meals
415-473-INFO (4636)
CorteMadera.gov
Weekly lunch, Thursdays at 12:00 pm. Suggested donation: up to $3. Call to make a reservation.

Goldenaires Senior Lunch
415-473-INFO (4636)
SRGoldenaires.org
Weekly lunch at San Rafael Community Center, Wednesdays at 11:00 am (except third Wednesdays). Suggested donation: $3. Call to make a reservation.

Margaret Todd Senior Center Congregate Meals
415-473-INFO (4636)
NovatoSeniors.org
Weekly lunch, Tuesdays and Thursdays at 12:00 pm. Suggested donation: $3. Call to make a reservation.

San Geronimo Valley Community Center Senior Lunch
415-488-8888 • SGVCC.org
Weekly lunch, Mondays at 12:00 pm. Intake form required before first meal. Suggested donation: $3. Call to make a reservation.

West Marin Senior Services Senior Lunch
415-663-8148 • WMSS.org
Monthly lunch at the Dance Palace, first Thursdays at 12:00 pm. Reservation required; email: david@wmss.org to make a reservation. Suggested donation: $3.

Community & Congregate Dining Listings Continued >

St. Vincent de Paul Dining Room
415-454-3303 ▪ Vinnies.org
Free daily breakfast (7:00–8:00 am) and lunch (11:00 am–1:00 pm).

Ross Valley Seniors Luncheon
415-258-4640 ▪ TownOfFairfaxCa.gov
Monthly lunch, first Thursdays at 12:00 pm. RSVP required. Cost: $8 drop-in or included with annual membership ($40).

Vivalon Café
415-456-9062 ▪ Vivalon.org/Cafe
Daily lunch, Monday–Friday, 11:30 am - 1:30 pm. $10 members, $16 non-members. Monthly themed special luncheons with three-course menu and entertainment. See website for details and schedule.

Food Benefits & Nutrition Education

CalFresh
1-877-410-8817 ▪ MarinHHS.org/CalFresh-Snap
Monthly food benefits for eligible individuals and families. Application assistance available. Free to apply; benefits based on income and household size.

Community Action Marin (CAM)
415-526-7550 ▪ CAMarin.org
Benefits enrollment assistance for adults 50+ and people with disabilities, including eligibility screening and applications for programs such as CalFresh and Medi-Cal. Bilingual support available in person, by phone, or by video.

Ritter Center Benefits Enrollment Assistance
1-877-410-8817 ▪ RitterCenter.org
One-on-one bilingual enrollment assistance for food and health benefits, including CalFresh, Medi-Cal, CMSP, CalWORKs, General Assistance, and Disaster CalFresh.

Vivalon Nutrition Programs
415-456-9062 ▪ Vivalon.org
Ongoing nutrition classes covering healthy eating topics and practical tips.
See website for schedules.

Vivalon Harvest Connections
415-456-9062 ▪ Vivalon.org
Participants receive fresh, seasonal produce and simple recipes with cooking guidance.





Food Pantries & Distribution Sites

***PLEASE NOTE:* Distribution days, times, and eligibility may change. Please check the SF Marin Foodbank website for the most up-to-date information: sfmfoodbank.org.**

Canal Alliance Food Pantry
415-454-2640 ▪ CanalAlliance.org
Weekly grocery bags, Tuesdays 8:00 – 10:00 am, while supplies last. Free.

Community Fridges Marin
MarinCommunityFridges.info
Community refrigerators with free fresh food, available to anyone in need. Check website for location updates.

Marin City Brown Bag Pantry – St. Andrews Church
415-332-1011 ▪ MarinCityCSD.com
Mondays 10:30 am - 12:00 pm.

Marin City Brown Bag Pantry – People's Inner City Church
415-332-5305 ▪ MarinCityCSD.com
Thursdays 1:00 - 3:00 pm and Sundays following service.

Marin City Brown Bag Pantry – Cornerstone Church
415-332-4295 ▪ MarinCityCSD.com
Saturdays 8:30 am - 9:30 am

North Marin Community Services Food Pantry
415-897-4147 ▪ NorthMarinCS.org
Weekly food pantry, Tuesdays 1:00 - 3:00 pm. Advance registration required.

Marin Community Clinics Health Hub
415-755-2556 ▪ MarinClinic.org
Weekly health and resource fair with free groceries, screenings, and community referrals. Food pantry open to all. Free.

Food Pantries & Distribution Sites Listings Continued >

Ritter Center Food Support
415-457-8182 ▪ RitterCenter.org
Emergency food, clothing, hygiene kits, and case management for people experiencing housing instability or poverty. Free.

San Geronimo Valley Community Center Food Pantry and Drive-Through Food Bank
415-488-8888 ▪ SGVCC.org
Weekly drive-through food bank with fresh groceries and staples, Thursdays 11:00 am - 2:00 pm. Weekly Food Pantry Mondays, 9:00 am - 1:00 pm. Free.

Respecting Our Elders Food Programs
RespectingOurElders.org
Groceries delivered at home or available through mobile and neighborhood pantries. Cost: Free. Visit website for details.

Rolling Root Produce Truck
415-472-6100
AgriculturalInstitute.org/Rollin-Root
Mobile farmers market offering locally grown, seasonal produce. Schedule and locations vary – check website for details. CalFresh/EBT accepted.

SF-Marin Food Bank Online Food Locator
415-824-3663 ▪ FoodLocator.SFMFoodBank.org
Online food locator to find nearby food programs you may be eligible for, with site details and sign-up information.

Supplemental Food Program (SFP)
Call 211 or 415-808-4357 ▪ SFMFoodBank.org
Monthly USDA food boxes (30–35 lbs) for eligible older adults. Distribution schedule and eligibility available online. Free.

Marin City Community Services District Marguerita Johnson Senior Center Food Pantry (Marin City)
415-332-9323 ▪ MarinCityCSD.com
Mondays 10:00 am - 12:00 pm. Fruits, vegetables, protein and other grocery items. Delivery available in Marin City for older adults who cannot drive.

Vivalon Brown Bag Pantry
415-456-9062 ▪ Vivalon.org
Fresh produce, protein, and pantry staples on Friday mornings. Open to eligible Marin County residents 60+. Free with minimum income requirements.

Grocery Delivery Services

Safeway Grocery Delivery
415-456-1453 ▪ Safeway.com
Online grocery delivery with fresh produce, pantry items, and household goods. Delivery fees vary.

SF-Marin Food Bank Home-Delivered Groceries
415-824-3663 ▪ SFMFoodBank.org
Weekly grocery delivery for eligible homebound individuals. Space limited; waitlist may apply. Free.

United Markets – United To Go
UnitedMarkets.com
Local grocery delivery and curbside pickup with fresh produce, meat, and staples. Delivery and pickup fees apply.

Meal Delivery Services

Ceres Community Project
707-829-5833 x 201 ▪ CeresProject.org
Weekly delivery of medically tailored meals for people with serious illness. Free; donations encouraged. Meals may be covered by Medi-Cal for eligible individuals.

Dine-In Marin
415-927-9007 ▪ DineInMarin.com
Hot meal delivery from Marin restaurants to homes and offices. Order online or by phone. Fees apply.

Jessie & Laurent
415-485-1122 ▪ JessieAndLaurent.com
Chef-prepared meals delivered weekly or biweekly. Rotating menus with dietary options. Private pay.

Meals on Wheels Marin
415-473-INFO (4636)
Home-delivered meals for frail, homebound older adults. Participants are assessed four times a year. Cost: Free (small contribution encouraged).

Mom's Meals At Home
1-877-508-6667 ▪ MomsMeals.com
Nationwide refrigerated meal delivery designed for specific health needs. Private pay or covered by some Medicare/Medicaid plans.

Nourish by Vivalon
415-456-9062 x176 ▪ Vivalon.org/Nourish
Home-delivered meals for people with chronic or acute limitations. Low-sodium meals available. Suggested contribution: $3.50 per meal.

West Marin Senior Services
415-663-8148 x103 ▪ WMSS.org
Home-delivered meals for frail, homebound older adults. Cost: Free (small contribution encouraged). Participants are assessed four times a year. ◆

☞ **THIS GUIDE WILL SOON BE AVAILABLE ONLINE.**
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SCAN ME!



Is there someone who can help me navigate Medicare?

I'm a veteran, what medical assistance is available to me?

What specialized services are available for hearing or vision loss?

HEALTHCARE

From hearing and vision services to cancer support, dental care, and memory health resources, this section provides a comprehensive range of resources to support the health and well-being of older adults in Marin County. You'll also find information about patient advocacy, medical equipment, assistance with insurance and Medicare navigation, and alert systems, ensuring you have the tools and services to manage your health with confidence.

Alert Systems & Assistive Technology

Bay Alarm Medical
1-877-522-9633 ▪ BayAlarmMedical.com
Medical alert pendants, GPS mobile units, and in-car alert systems.

Life Alert
1-800-360-0329 ▪ LifeAlert.com
Pendant and wristband alert systems with 24/7 monitoring for medical emergencies.

Marin Center for Independent Living (Marin CIL)
415-459-6245 ▪ MariCIL.org
Assistive technology resources and referrals for people with disabilities, including alert devices.

Medical Guardian
1-800-313-1193 ▪ MedicalGuardian.com
Mobile GPS-enabled medical alert systems, smartwatches, and in-home devices.

Philips Lifeline
1-855-681-5351 ▪ Lifeline.com
Wearable medical alert devices with fall detection and 24/7 emergency response.

Vivalon Technology Resources
415-456-9062 ▪ Vivalon.org
Provides guidance on choosing personal alert systems, phones, and technology for older adults.

Healthcare Listings Continued >

Blind & Visually Impaired

Lighthouse for the Blind & Visually Impaired
415-431-1481 ▪ LightHouse-SF.org
Low-vision training, mobility, assistive technology, counseling, and recreational services.

Lions Club Free Vision Screenings
LionsClubs.org
Lions Clubs in Marin sponsor free community vision screenings at local events and schools. Availability varies by location and date.

Marin County Free Library Accessibility Services
415-295-5660 ▪ MarinLibrary.org/Accessibility
Provides large print, braille, audiobooks, eBooks, and delivery via Library Beyond Walls.

Vision Impaired of Marin (VIM)
415-431-1481 ▪ BVIM.org
Support groups, talking book club, and art and social outings to reduce isolation and build community.

Blood, Organ & Tissue Donation

American Red Cross – Marin County
415-721-2365 ▪ RedCross.org
Hosts blood drives throughout Marin via mobile units.

Red Cross & Vitalant Community Blood Drives
RedCrossBlood.org ▪ Vitalant.org/Donate
Community organizations host rotating blood drives with Red Cross and Vitalant.

Vitalant San Rafael Donor Center
1-877-258-4825 ▪ Vitalant.org/Donate
Nonprofit blood provider serving Marin hospitals; accepts whole blood and plasma donations the first four Tuesdays of the month.

Cancer Support

American Cancer Society San Rafael
1-800-227-2345 ▪ Cancer.org
Patient navigation, rides, wigs, support groups, and resources for Marin residents, plus 24/7 helpline.

Cancer Support Community SF Bay Area
925-933-0107 ▪ CancerSupport.net
Free counseling, groups, workshops, and healthy lifestyle classes for patients and caregivers.

MarinHealth Cancer Care
415-925-7000 ▪ MyMarinHealth.org
Comprehensive cancer treatment, screenings, oncology specialists, infusion, and support.

Zero Breast Cancer
415-507-1949 ▪ ZeroBreastCancer.org
Promotes breast cancer prevention, survivor support, and education.

Healthcare Listings Continued on Page 50 >

Health Insurance Counseling & Advocacy Program (HICAP)

The Marin County Area Agency on Aging (AAA), part of Marin County Aging and Adult Services, collaborates with other North Bay AAAs that collectively contract with the nonprofit Senior Advocacy Services to provide free, unbiased information and counseling about **Medicare**.

These services are supported by Federal Older Americans Act funding and are aimed to help older adults navigate the confusing and ever-changing **Medicare** landscape. Senior Advocacy Services offers one-on-one and group education and counseling.

Counseling services cover the following topics:

- Help evaluating and comparing Medicare plans, including prescription drug and Medicare Advantage plans
- Review of cost-saving strategies, including application assistance for Medicare Savings Programs and Low-Income Subsidies
- Advice on Medicare fraud protection, detection and reporting
- Guidance on finding help paying for prescriptions
- Guidance on appealing Medicare and Advantage Plan denials
- Review of options for long-term care insurance coverage

Senior Advocacy HICAP counselors will not:

- Charge for any service
- Sell any product
- Make your decisions for you

To schedule a FREE 1-on-1 counseling session, call **707-526-4108** or book online at **HICAP.SimplyBook.me/v2**.

For more information, attend a group seminar. Visit **SeniorAdvocacyServices.org/Events** or call **707-526-4108**.

For more information, visit The Senior Advocacy Resource Page: **SeniorAdvocacyServices.org/Medicare**

Chronic & Specialized Care/ Targeted Health Support

Brain Injury Association of California (BIACAL)
661-872-4903 ▪ BIACal.org
Statewide information and referral, education, and advocacy, connecting brain injury survivors and their families with support groups, services, and resources across California.

Brain Injury Recovery — Schurig Center
415-461-6771 ▪ SchurigCenter.org
Rehabilitative, educational, and supportive services for survivors of brain injury and families.

Brain Injury Support — Marin CIL
415-459-6245 ▪ MarinCIL.org
Information and referral, peer support, benefits navigation, and advocacy for people with disabilities, including brain injury survivors.

MarinHealth Diabetes Care Center
415-925-7370 ▪ MyMarinHealth.org
Diabetes education, management programs, nutrition counseling, and support groups.

UCSF Memory and Aging Center
415-353-2057 ▪ Memory.UCSF.edu
Diagnosis and treatment of memory and neurodegenerative disorders.

Dental Services

Coastal Health Alliance
415-787-1123 ▪ CoastalHealthAlliance.org
Full service dental offices in West Marin.

Marin Community Clinics — Dental
415-448-1500 ▪ MarinClinic.org
Affordable dental care including exams, cleanings, fillings, and emergency services. Sliding scale for fees.

Marin County Dental Society
415-472-797 ▪ MarinDentalSociety.org
Referral service for local dentists and low-cost care options.

MarinHealth Dental Services
MyMarinHealth.org
Oral health screenings, preventive services, and referrals.

UCSF General Dentistry Resident Clinic
415-476-9656 ▪ DentSchool.UCSF.edu
Comprehensive dental care by resident dentists.

University of the Pacific School of Dentistry
415-929-6501 ▪ SFDental.Pacific.edu
Affordable fees and payment plans for dental services.

Healthcare Listings Continued on Page 53 >

Affording Healthcare

Healthcare costs can be overwhelming, especially if you are managing chronic conditions or living on a fixed income. The good news is that there are programs in Marin designed to help ease the burden. Understanding what's available and knowing where to turn can make a real difference.

Review your coverage. Medicare, Medi-Cal, and supplemental insurance all cover different services. Take time to review your benefits annually and make sure you're enrolled in the plan that best fits your needs.

Look into assistance programs. Programs offered by government agencies and nonprofits can help pay for premiums, prescription drugs, co-pays, medical equipment, dental care, and transportation. If you're unsure where to start, a benefits counselor can help you identify programs and complete applications at no cost.

Ask about sliding-scale services. Many clinics and service providers in Marin offer reduced fees based on income. Don't hesitate to ask — these programs exist to make care accessible.

Consider counseling and advocacy. Trained counselors can help you compare plans, apply for benefits, and navigate confusing medical bills. These services are free and confidential.

Plan for the long term. If you anticipate needing in-home care or long-term support, start exploring financial planning and assistance options early. This reduces stress and opens up more choices later.

Local Resources for Healthcare Financial Assistance in Marin

Community Action Marin Support with benefits enrollment and emergency financial assistance. **415-526-7500**

Health Insurance Counseling & Advocacy Program (HICAP) Free, unbiased counseling on Medicare, Medi-Cal, and health insurance options. **1-800-434-0222** or visit **SeniorAdvocacyServices.org/ MediCare**.

Public Assistance (Marin Health & Human Services) Medi-Cal and other public benefit eligibility and applications. **877-410-8817**

Veterans Services, Marin County Healthcare, benefits counseling, and financial assistance for eligible veterans, including help with medical bills, prescriptions, and long-term care. **415-473-6193** or email **hhsvetservices@marincounty.gov**.

Medicare: Where to Get Trusted Help & Information

Medicare can be confusing, especially when you're enrolling for the first time, comparing plans, or determining what the cost will be. The resources below are reliable places to get answers, check your coverage, apply for financial help, and protect yourself from fraud.

Medicare: Start here for official Medicare information Learn about benefits, enrollment, plan options, and costs. Includes the Plan Finder for Medicare Advantage (Part C) and prescription drug plans (Part D), and lets you view claims and notices when you create an account.
Website: **MediCare.gov**
Phone: **1-800-MEDICARE (1-800-633-4227)**

Apply for Medicare or replace your Medicare card
Apply online at: **SSA.gov/MediCare/Sign-Up**
Phone: (Social Security) **1-800-772-1213**

Medicare Advantage Plans
Search plan options: **MediCare.gov**

Official Guide:
Medicare & You Handbook
Website: **MediCare.gov/MediCare-And-You**

Free, unbiased individual counseling about Medicare
Health Insurance Counseling & Advocacy Program (HICAP) Phone: **707-526-4108**

Senior Medicare Patrol (SMP): Medicare fraud and scam prevention
Free help with fraud prevention, detecting suspicious charges, and reporting concerns. Phone: **1-877-808-2468**

Help paying Medicare costs and prescriptions
If your income is limited, you may qualify for programs that reduce premiums and prescription costs:

- **Medicare Savings Program** (MSP) for help with Part A & B premiums
  Apply online: **BenefitsCal.com**
  More information: **DHCS.CA.gov**
- **Extra Help** for Part D prescription costs
  Apply online: **BenefitsCal.com**
  Or call the Medi-Cal Helpline: **1-800-541-5555**
- **Medi-Cal Rx** Find a participating pharmacy. Use the pharmacy locator or call for help finding a pharmacy in the Medi-Cal Rx network.
  Website: **Medi-CalRx.DHCS.CA.gov**
  Phone: **1-800-977-2273 (24/7)**

More Medicare education & resources

- California Health Advocates: **CaHealthAdvocates.org**
- California Department of Aging: **Aging.CA.gov**
- Center for Medicare Advocacy: **MediCareAdvocacy.org**
- Justice in Aging (formerly NSCLC): **JusticeInAging.org**
- KFF Health News: **KFFHealthNews.org**

HEALTHCARE



Healthcare Centers, Clinics & Hospitals

Coastal Health Alliance
415-663-8666 ▪ CoastalHealthAlliance.org
Community healthcare center providing healthcare services for West Marin.

Kaiser Permanente
San Rafael Medical Center
415-444-2000
Healthy.KaiserPermanente.org
Hospital and outpatient services, emergency, and specialty care.

Marin City Health and Wellness Center
415-339-8813 ▪ MarinCityClinic.org
Medical, dental, behavioral health, and substance use treatment for Marin residents.

Marin Community Clinics
415-448-1500 ▪ MarinClinic.org
Primary care, pediatrics, women's health, behavioral health, and dental care.

MarinHealth Medical Center
415-925-7000 ▪ MyMarinHealth.org
Full-service hospital with geriatric-focused care and fall-prevention resources, plus specialty services and coordinated care for older adults.

Novato Community Hospital
415-209-1300 ▪ SutterHealth.org
Community hospital with a basic emergency department and stroke care (Primary Stroke Center), plus inpatient/outpatient services for North Marin residents.

Healthcare Centers, Clinics & Hospitals Listings Continued >

Petaluma Health Center
707-559-7500 ▪ PHealthCenter.org
Community health center offering primary care, with geriatrics/complex care, plus dental, vision, and behavioral health services; also provides help enrolling in coverage such as Medicare.

Ritter Center Health Clinic
415-457-8182 ▪ RitterCenter.org
Primary care, behavioral health, and support services for low-income and unhoused adults.

RotaCare San Rafael
415-692-0224 ▪ RotaCareBayArea.org
Free, volunteer-run medical clinic offering phone and in-person appointments for uninsured community members.

West Marin Medical Center
415-663-1082 ▪ WestMarinMedical.org
Medical clinic in Point Reyes Station providing acute care, chronic disease management, and preventive services for adult and geriatric patients.

Hearing/Audiology

California Telephone Access Program (CTAP)
1-800-806-1191 ▪ CaliforniaPhones.org
Free specialized phones and communication devices for people with hearing loss.

Hearing and Speech Center of Northern California – Marin
415-921-7658 ▪ HearingSpeech.org
Hearing tests, hearing aids, assistive technology, counseling, and education.

MarinHealth Audiology
415-925-5921 ▪ MyMarinHealth.org
Diagnostic hearing tests, hearing aid fittings, tinnitus evaluations, and balance testing.

Home Health Care

For Home Health Care listings, please visit the Caregiving category on page 12.

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SCAN ME!

Insurance & Medical Navigation

Health Insurance Counseling and Advocacy Program (HICAP)
707-526-4108 ▪ SeniorAdvocacyServices.org
Free, unbiased confidential counseling to help older adults understand Medicare benefits, resolve billing issues, and file claims and appeals.

Medi-Cal
1-800-541-5555 ▪ DHCS.CA.gov
California's Medicaid program providing free or low-cost health coverage.

Medicare Rights Center
1-800-333-4114 ▪ MediCareRights.org
National nonprofit providing education and counseling on Medicare rights and coverage.

Medicare.gov
1-800-633-4227 ▪ MediCare.gov
Official Medicare website for plan comparison, enrollment, and benefits management. Official Medicare helpline offers support with coverage, claims, appeals, and enrollment.

Partnership HealthPlan of California
1-800-863-4155 ▪ PartnershipHP.org
Managed healthcare plan for Medi-Cal recipients in Marin County.

Senior Medicare Patrol (SMP)
1-877-808-2468 ▪ SMPresource.org
Educates Medicare beneficiaries on preventing, detecting, and reporting healthcare fraud.

Social Security Administration – San Rafael
1-800-772-1213 ▪ SSA.gov
Federal office for Social Security benefits, disability, Medicare enrollment, and income support.

Medical Equipment & Supplies

Apria Healthcare
1-800-277-4288 ▪ Apria.com
Supplies home respiratory services, CPAP, oxygen, and durable medical equipment.

Marin Center for Independent Living (Marin CIL) **Assistive Technology**
415-459-6245 ▪ MarinCIL.org
Help accessing powered medical equipment and assistive devices (e.g., scooters, CPAP, walkers, wheelchairs) for people with disabilities.

Marin Medical Equipment Recyclers
415-388-8198 ▪ MarinMER.org
Nonprofit that provides free medical equipment and supplies.

Medical Equipment & Supplies Listings Continued >

Numotion
1-800-500-9150 ▪ Numotion.com
National provider of custom wheelchairs and mobility solutions; serves Marin residents.

Redwood Medical Supply
415-472-1290 ▪ REMSCA.com
Sales and rentals of medical equipment such as wheelchairs, walkers, hospital beds, and oxygen supplies.

Memory & Cognitive Health

Alzheimer's Association
North Bay & Marin
1-800-272-3900 ▪ ALZ.org/NorCal
24/7 helpline, support groups, education, and care navigation for people with Alzheimer's and families.

Institute on Aging Enrichment Center
415-750-4111 ▪ IOAging.org/Enrichment-Center
Structured, supervised enrichment program with social connection and daily cognitive engagement for individuals with memory loss or dementia, providing respite for caregivers.

MarinHealth Memory Care Programs
415-925-7000 ▪ MyMarinHealth.org
Diagnostic services, treatment, and support groups for patients with memory and cognitive conditions.

Seniors At Home Dementia Care Center
415-449-3700 ▪ SeniorsAtHome.JFCS.org
Specialized in-home dementia support, care planning, evaluations, family consultations, and caregiver training.

Patient Advocacy & Navigation

Disability Rights California
1-800-776-5746 ▪ DisabilityRightsCa.org
Provides advocacy and legal services for Californians with disabilities, including healthcare access support.

Health Consumer Alliance
(via Legal Aid of Marin)
415-492-0230 ▪ HealthConsumer.org
Free assistance with Medi-Cal, Covered California, and healthcare access problems.

Marin Ombudsman Program
(Long-Term Care)
415-473-7446 ▪ MarinHHS.org/Ombudsman
Advocacy and support for residents of skilled nursing and residential care facilities in Marin.

Patient Advocate Foundation
1-800-532-5274 ▪ PatientAdvocate.org
National nonprofit providing free case management and advocacy for patients dealing with chronic, life-threatening, and debilitating illnesses.

Prevention & Wellness

Hydrotherapy — Marin JCC
415-444-8002 ▪ MarinJCC.org
Warm-water aquatic therapy in a 90° indoor pool with certified specialists, offering hydrotherapy, arthritis-friendly classes, adaptive swim, and 1:1 sessions to improve mobility, balance, and recovery; accessible via chair lift and stairs with handrails, with year-round programming.

Marin County Public Health — Preventive Services
415-473-4163 ▪ MarinHHS.org/Public-Health
Vaccination clinics, nutrition education, health screenings, and public health initiatives.

MarinHealth Fall Prevention Resources
415-925-7000 ▪ MyMarinHealth.org
Balance training, mobility programs, and fall prevention education for older adults.

MarinHealth Integrative Wellness Center
415-925-7920 ▪ MyMarinHealth.org
Wellness programs including nutrition counseling, stress reduction, fitness classes, and holistic therapies.

Vivalon Fall Prevention Resources
415-456-9062 ▪ Vivalon.org
Fall prevention workshops, exercise classes, and balance improvement programs for older adults.

Vivalon Healthy Aging Center
415-456-9062 ▪ Vivalon.org
Exercise classes, nutrition workshops, and wellness education for older adults.

YMCA Marin — Health & Wellness Programs
415-446-2170 ▪ YMCASF.org
Fitness classes, aquatic exercise, diabetes prevention, and healthy living workshops for older adults.

Rehabilitation Centers

Kaiser Permanente — San Rafael Rehabilitation
415-444-2000
Healthy.KaiserPermanente.org
Comprehensive rehabilitation services including PT, OT, and cardiac rehab for Kaiser members.

MarinHealth Outpatient Rehabilitation
415-925-7920 ▪ MyMarinHealth.org
Physical, occupational, and speech therapy for patients recovering from surgery, injury, or illness.

Rehabilitation Centers Listings Continued on Page 59 >

Fall Prevention

Falls are one of the leading causes of injury among older adults, but many falls can be prevented. In Marin, where many older adults enjoy active lifestyles at home and in the community, taking a few proactive steps can help maintain independence and safety.

Make your home safer. Remove clutter, secure loose rugs, and add grab bars in bathrooms and railings on both sides of stairs. Good lighting, especially at night, reduces risk.

Stay active. Regular exercise, such as walking, tai chi, or gentle strength training, helps improve balance, coordination, and flexibility. Many local programs offer classes designed specifically for older adults.

Wear supportive footwear. Non-slip shoes with good support can make a big difference in stability.

Review your medications. Some prescriptions can cause dizziness or drowsiness. Ask your doctor or pharmacist to check for side effects or interactions that might affect your balance.

Get vision and hearing checked. Regular exams help ensure you can see obstacles and hear warnings, like approaching cars or alarms.

Know your risk. Talk with your healthcare provider if you've fallen before or feel unsteady. Early intervention can help prevent more serious incidents.

By addressing risks and staying proactive, older adults can reduce falls and continue to enjoy active, independent lives.

Local Resources for Fall Prevention in Marin

Aging & Adult Services' Information & Assistance Unit Information about and referrals to services and resources.
415- 473-INFO (4636)

Age Friendly Sausalito Tai Chi for Arthritis and Fall Prevention
415-331-1393

Vivalon Offers exercise and balance classes tailored to older adults.
415- 456-9062 or Vivalon.org

MarinHealth Fall prevention screenings and rehabilitation programs. **415-925-7000**

Seniors At Home (JFCS) Home safety assessments and caregiving support.
415-449-3700

Marin Center for Independent Living RAMP (Residential Access Modification Program) Home modifications for older adults and people with disabilities who qualify. **415-459-6245**

> Rehabilitation Centers Listings Continued from Page 57

Novato Community Hospital Rehabilitation Services (Sutter Health)
415-209-1300 ▪ SutterHealth.org/Novato
Inpatient and outpatient rehabilitation, physical therapy, occupational therapy, and speech therapy.

Schurig Center for Brain Injury Recovery
415-461-6771 ▪ SchurigCenter.org
Community-based rehabilitation programs focused on brain injury recovery and support.

Veterans Health Services



Marin Center for Independent Living (Marin CIL) Veteran-Directed Care (VDC)
415-459-6245 x25 ▪ MarinCIL.org/Veterans
Supports eligible veterans in establishing and maintaining independent living through Veteran-Directed Care, a partnership between the Veterans Health Administration and the U.S. Department of Health and Human Services.

Marin County Veterans Service Office (VSO)
415-473-6193
MarinHHS.org/Veterans-Services
Assists veterans with benefits, housing, and medical support, including VA claims assistance.

VA San Francisco Health Care System – Marin Clinics
415-221-4810 ▪ VA.gov
Primary care and specialty referrals for veterans in Marin via San Rafael and Novato clinics.

Veterans Crisis Line
9-8-8, then press 1 ▪ VeteransCrisisLine.net
24/7 confidential crisis support for veterans and their families. ◆

HOUSING

How can I downsize inexpensively?

How do I find a handyman?

Are there services to help me afford my rent?



HOUSING

Finding the right place to live – or making your current home work better for you – can be a significant decision. Housing needs vary widely and often change over time. This section includes information on everything from transitional and low-income housing to home repairs, moving and downsizing, as well as a range of independent living communities.

If you're considering a change, it's helpful to clarify the lifestyle and location you want, your current health and level of independence, and your financial situation. Because waitlists are common for many types of housing in Marin, it's a good idea to join them early when applications are open.

If you are looking for Home Care or Home Health Care in your current home, please visit the **Caregiving** section. If you are looking for Residential Long-Term Care Facilities such as Assisted Living, Memory Care, Skilled Nursing or Continuing Care Retirement Communities, please visit the **Long-Term Care** section.

Home Repair & Maintenance

Age Friendly Sausalito
415-331-1393 ▪ agefriendlysausalito@gmail.com ▪ AgeFriendlySausalito.com
Home Adaptation Building Permit Waiver Program.

Bay Grab Bar
510-714-0800 ▪ BayGrabBar.com
Home safety and accessibility modifications.

Dominican University Occupational Therapy Department
415-457-4440 ▪ Scholar.Dominican.edu
Home modifications for older adults and people with disabilities who qualify.

Habitat for Humanity Home Preservation
415-625-1036 ▪ HabitatGSF.org/Home-Repair-Work
Safety-focused home repairs.

Home Safety Services
888-539-0520 ▪ HomeSafety.net
Home modifications and repairs to prevent falls.

Home Repair & Maintenance Listings Continued >

Rebuilding Together
Safe & Healthy Housing
415-905-1611 ▪ RebuildingTogetherSF.org
Home repair and modifications focused on safety for low-income adults and people with disabilities.

Rotary HOME Team Mission
San Rafael Rotary: **415-517-2742**
Central Marin Rotary Club: **415-259-0426**

Rotary Club of Sausalito
415-740-06651 ▪ RotaryHomeTeam.com
Volunteer home help services.

West Marin Community Services
415-663-8361
WestMarinCommunityServices.org/Financial-Assistance
Home repairs for residents living in West Marin.

Housing Assistance

American Consumer Credit Counseling (ACCC)
1-800-769-3571 ▪ ConsumerCredit.com
HUD-approved housing counseling.

Bay Area Legal Aid
415-354-6360
BayLegal.org/Legal-Areas/Housing
Free tenant legal services.

Canal Alliance
415-454-2640 ▪ CanalAlliance.org
Rental assistance, affordable housing, tenant's rights, home ownership counseling.

Community Action Marin
415-526-7500 ▪ CAMarin.org
Housing case management and aid.

Home Modification Grants for Disabled Veterans
415-473-6193
hhsvetservices@marincounty.gov
For more information, call the Marin County Veterans' Services Office.

EAH Housing
415-258-1800 ▪ EAHHousing.org
Subsidized housing in San Rafael.

Fair Housing Advocates of Northern California (FHANC)
415-457-5025 x101 ▪ FairHousingNorCal.org
Fair housing counseling and mediation.

Front Porch Home Match
415-456-9068 ▪ FrontPorch.net
Free home-share matching.

Legal Aid of Marin — Housing Legal Services
415-492-0230 ▪ LegalAidMarin.org
Tenant legal help and defense.

Low Income Home Energy Assistance (LIHEAP)
415-526-7550 ▪ CaMarin.org/Energy-Program
Provides gently used furniture and household items to those transitioning out of homelessness or crisis. Services are provided through referrals from partner social service agencies or case managers.

Make It Home
415-578-3205 ▪ MakeItHomeBayArea.org
Provides gently used furniture and household items to those transitioning out of homelessness or crisis. Services are provided through referrals from partner social service agencies or case managers.



Marin Housing Authority (MHA)
415-491-2525 ▪ MarinHousing.org
Housing assistance, rentals, subsidies and referrals.

North Marin Community Services
415-897-4147 ▪ NorthMarinCS.org
Housing assistance with case management.

PG&E — Utility Bill Assistance Programs
1-800-743-5000 ▪ PGE.com
Energy cost assistance programs.

Rebuilding Together East Bay Network ADU Placement Program
510-644-8979 ext. 104 ▪ RTEBN.org
Places new, fully-equipped Accessory Dwelling Units (ADUs) on the properties of lower-income homeowners in Marin County to help them afford to remain in their homes. In partnership with Marin Housing Authority. Call to confirm eligibility and for further details.

Relief for Energy Assistance through Community Help (REACH)
415-459-4520
Emergency utility assistance.

Ritter Center
415-457-8182
RitterCenter.org/Housing-Services
Housing help with case management for unhoused people.

Season of Sharing Fund (SOS)
415-526-7500 ▪ CAMarin.org
One-time financial assistance for rent, security deposits or mortgage payments. Subject to funding availability. Administered locally by Community Action Marin (CAM). Call for details.

St. Vincent De Paul Society
415-454-3303
Vinnies.org/Need-Help/Housing-Help
Support for unhoused residents.

Wednesday's Gift
415-506-2222 ▪ WednesdaysGift.org
Emergency essential financial assistance.

West Marin Community Services
415-663-8361 ▪ WestMarinCommunityServices.org/Financial-Assistance
Rental assistance and energy assistance for residents living in West Marin.

Housing Assistance Listings Continued on Page 66 >

Housing Help for Older Adults

There are several programs in Marin County to help older adults afford and maintain rental or homeownership. You'll find additional information about these programs in the Housing Assistance subcategory of this section.

Section 8 Housing*
(Housing Choice Voucher Program)

This subsidized rental program helps very low-income older adults pay fair market rents, with households generally paying about 30% of their income toward rent.

Public Housing*
Affordable rental units managed by Marin Housing Authority (MHA) are available to eligible low- and moderate-income residents, including older adults.

Community Action Marin
Provides housing case management, rental assistance, eviction prevention, and housing navigation services for low-income and at-risk residents, including help with deposits, rent or mortgage payments, and referrals.

West Marin Community Services
Provides rental assistance for older adults living in West Marin to help them remain in their homes and community.

Marin County's Coordinated Entry System 473-HOME (473-4663)
Connects individuals and families sleeping outdoors, in vehicles, or without stable housing to outreach teams, emergency shelters, and housing resources.

Below Market Rate (BMR) **Homeownership Program**
First-time home buyers can purchase specified units in Marin County at prices below market value.

Canal Alliance Provides rental assistance, affordable housing, tenant's rights, and home ownership counseling.

** Section 8 and Public Housing applicants are selected from the waiting list. Please visit www.MarinHousing.org for information on waitlist opportunities.*

Need Help Sorting Through These Options?

Call the Aging & Adult Services' Information & Assistance Unit for free assistance from a real person: 415-473-INFO (4636)

Mortgage Credit Certificate (MCC) **Program**
Offers a federal tax credit to eligible first-time homebuyers, lowering the effective cost of mortgage interest.

Supportive Housing & Recent Developments
Marin Housing Authority has built and tailored housing for older adults and people with disabilities, with over 726 new permanent supportive housing units created since 2017.

Low-Income Senior Rental Properties
Sites like Bradley House, Casa Nova, and Cecilia Place Homes offer rental housing for older adults and people with disabilities with rents set at approximately 30% of income.

St. Vincent De Paul Society
Operates a Housing Help Desk where Marin County residents experiencing homelessness can be assessed for housing options (including shelter referrals). May also provide limited financial assistance, such as bus tickets or gas checks, car registration support, DMV ID vouchers, help returning to a previous residence, and clothing vouchers.

Ritter Center
Offers rental assistance, case management, and supportive services to prevent homelessness and help vulnerable residents maintain housing stability.

North Marin Community Services
Provides emergency rental assistance and supportive services for low-income residents in Novato and North Marin.

Support to Stay Independent at Home

Caregiving is one way to find support to be able to remain safely at home. Please see the Caregiving section for options, including In-Home Supportive Services for Medi-Cal eligible individuals and the **Marin Center for Independent Living's Quick Match** service, a caregiving registry with options that are often less expensive than going through a caregiving agency.

Independent Living

Independent Living Housing complexes often have a maximum or minimum income eligibility requirement. Residents must be 62 years or over and pay either 30% of their adjusted income for rent or an affordable housing rent established by the facility. The availability of units changes monthly.

FAIRFAX

Bennett House
53 Taylor Dr | Fairfax
415-457-7318 • MercyHousing.org

Fairfax Vest Pocket Apartments
84 Park Rd | Fairfax
415-460-1554 • EAHHousing.org

Sherwood Oaks Apartments – MidPen Housing
200 Bolinas Rd | Fairfax
415-456-8696 • MidPen-Housing.org

MARIN CITY

Ponderosa Estates
1001 Drake Ave | Marin City
415-332-8039 • EAHHousing.org

MILL VALLEY

Alto Station Apartments
290 Camino Alto Court | Mill Valley
415-388-2337 • EAHHousing.org

Alto Station Apartments
115 Shoreline Hwy | Mill Valley
415-331-8500 • EAHHousing.org

Homestead Terrace
140 Linden Lane | Mill Valley
415-331-8500 • MarinHHS.org

Kruger Pines Apartments
47 North Knoll Rd | Mill Valley
415-491-2345 • EAHHousing.org

Pickleweed Apartments
651 Miller Ave | Mill Valley
415-388-6829 • EAHHousing.org

The Redwoods
40 Camino Alto | Mill Valley
415-383-2741 • TheRedwoods.org

NOVATO

Bay Vista at Meadow Park
5 Hutchins Way | Novato
415-382-0801
BayVistaAtMeadowParkAvanath.com

Casa Nova
35 Carmel Dr | Novato
415-491-2345 • EAHHousing.org

Deer Park Retirement Community
646 Canyon Rd | Novato
415-897-0054
SunshineRetirementLiving.com/Novato-Retirement-Living

La Casa Novato Apartments
450 Entrada Dr | Novato
415-883-9600

Los Robles Mobile Home Park
100 Roblar Dr | Novato
415-883-6771

Mackey Terrace – Mercy Housing
626 Owens Dr | Novato
415-883-1601
MercyHousing.org/California

Marin Valley Mobile Country Club
100 Marin Valley Dr | Novato
415-883-5911 • MarinValley.net

Meadows Apartments
514 Lark Ct | Novato
415-897-0500 • TheMeadowsNovato.com

Nova-Ro I Apartments
1128 Olive Ave | Novato
415-898-4024 • NovaRo.org

Nova-Ro II Apartments
1130 7th St | Novato
415-898-4024 • NovaRo.org

Nova-Ro III Apartments
31 Pinheiro Circle | Novato
415-898-4024 • NovaRo.org

Villas at Hamilton
410 South Palm Dr | Novato
415-884-2535 • EAHHousing.org

Warner Creek Senior Housing – Eden Housing
806 Diablo Ave | Novato
415-895-5544 • EdenHousing.org

POINT REYES

Point Reyes Affordable Apartments
12 Giacomini Rd | Point Reyes Station
415-663-9026 • EAHHousing.org

SAN ANSELMO

Isabel Cook Apartments
35 Sunnyside Dr | San Anselmo
415-460-1554 • EAHHousing.org

Ross Valley Housing
PO Box 2969 | San Anselmo
415-457-5633 • EAHHousing.org

Tam House
120 Tamalpais Ave | San Anselmo
415-457-5633 • TamHouse.org

SAN RAFAEL

Belvedere Place
162 Belvedere St | San Rafael
415-456-6243
BelvederePlaceApartments.com

Casa Vista
55 Fairfax St | San Rafael
415-453-5531 • EAHHousing.org

Contempo Marin
Mobile Home Park
143 Bryce Canyon Rd | San Rafael
415-479-6816 • ContempoMarin.org

Independent Living Listings Continued >

Drake Terrace (Kisco Senior Living)
275 Los Ranchitos Rd | San Rafael
415-491-1935 • KiscoSeniorLiving.com

Golden Hinde Apartments
5 Golden Hinde Blvd | San Rafael
415-491-2345 • EAHHousing.org

Maria B. Freitas Senior Community
456 Freitas Pkwy | San Rafael
415-479-7581 • MercyHousing.org

Martinelli House — Mercy Housing
1327 Lincoln Ave | San Rafael
415-457-9273 • MercyHousing.org

Parnow House
164 North San Pedro Rd | San Rafael
415-492-9340 • EAHHousing.org

Riviera Apartments
445 Canal St | San Rafael
415-453-4977 • EAHHousing.org

Rotary Manor
1821 Fifth Ave | San Rafael
415-459-6558 • EAHHousing.org

Rotary Valley Housing
10 Jeanette Prandi Way | San Rafael
650-275-6906 • BridgeHousing.com

Smith Ranch Homes
500 L Deer Valley Rd | San Rafael
415-492-4900 • SmithRanchHomes.org

Sundance Apartments
95 Medway Rd | San Rafael
415-453-4977 • EAHHousing.org

Turina House
10 Labrea Way | San Rafael
415-453-4977 • EAHHousing.org

Venetia Oaks Apartments
263 North San Pedro Rd | San Rafael
415-491-2345 • EAHHousing.org

SAUSALITO

Bee Street Housing
408 Bee St | Sausalito
415-383-1321 • EAHHousing.org

Doretha Mitchell Apartments
52 Terrace Dr | Sausalito
415-383-1321 • EAHHousing.org

Rotary Place Senior Housing
415-331-6466 • administrator@kimber.net

Rotary Village Senior Housing
501 Olima St | Sausalito
415-332-7900 • EAHHousing.org

TIBURON/BELVEDERE

Bradley House
101 Esperanza St | Tiburon
415-460-1554 • EAHHousing.org

Cecilia Place
321 Cecilia Place | Tiburon
415-383-1321 • EAHHousing.org

Farley Place
515 San Rafael Ave | Belvedere
415-383-1321 • EAHHousing.org

Supportive & Transitional Housing

HousingBuckelew Programs / Marin Assisted Independent Living (MAIL)
415-457-6966 • Buckelew.org
Mental-health supportive housing.

Catholic Charities — Marin Programs
415-972-1200 • CatholicCharitiesSF.org
Transitional & permanent housing support.

Center for Domestic Peace
24-Hour Hotline (English/Spanish):
415-924-6616 • TTY: 415-457-2421
CenterForDomesticPeace.org
Emergency and transitional Domestic Violence shelter.

Community Institute for Psychotherapy (CIP) **Safe House**
415-459-5999 (CIP main line, call for intake information) **• CPInc.org**
Domestic violence safe house with support services.

HomeRise
415-852-5300 • HomeRiseSF.org
Supportive housing with services.

Jonathan's Place (Formerly Mill Street Center) **— San Rafael**
415-457-9651 or 1-800-428-1488 • HBOfM.org
Emergency shelter & supportive housing.

Marin Coordinated Entry System
(Referral Gateway)
415-473-HOME (4663) **• MarinHousing.org**
Centralized intake and referral system for all supportive and transitional housing programs in Marin, including programs within this subcategory.



Marin Housing Authority — VA Supportive Housing (VASH)
& Project-Based Vouchers for Veterans
415-491-2525 (Marin Housing Authority)
Supportive housing for veterans.

Marin Housing Authority
Affordable Housing and Below Market Rate Housing (BMR)
415-491-2525 • MarinHousing.org
HUD housing for older adults and people with disabilities.

Opportunity for Independence (OFI)
415-721-7772 • OFIInc.org
Supportive housing for people with disabilities. ◆



Where can I take computer classes?

Are there employment resources for people 50+?

Where can I find free workshops and lectures?

LEARNING & EMPLOYMENT

Staying mentally engaged and connected to the community can bring purpose and joy at any age. Whether you're looking for a new job, brushing up on technology skills, or exploring lifelong learning opportunities, there are a range of resources to support your goals. This section includes employment services, library programs, continuing education, and tech classes designed for older adults and people with disabilities.

Job Search & Employment Services

Bloom (Formerly Image for Success)
415-453-6011 (Program) ▪ 415-453-1694 (Store) ▪ BloomMarin.org
Provides free two-week wardrobes and personalized styling for Marin residents in need.

CareerPoint Marin (Marin Employment Connection)
415-473-3300 ▪ MarinEmployment.org
County workforce center offering free job-search help, career coaching, workshops, and training resources for Marin job seekers.

Felton Institute – Senior Community Service Employment Program (SCSEP)
415-982-7007 ext. 334 ▪ scsep@felton.org ▪ Felton.org
Federally funded job-readiness training program helping older adults transition back into the workforce.

YWCA Golden Gate Silicon Valley – Employability Program
408-295-4011 ▪ YourYWCA.org/Employability
Free training and job coaching for women 50+.

Learning & Employment Listings Continued >

Libraries

Belvedere Tiburon Library
415-789-2665 ▪ BelTibLibrary.org

Bolinas Library (Marin County Free Library)
415-868-1171 ▪ MarinLibrary.org/Locations/MB

Bookmobile
415-473-4264 ▪ MarinLibrary.org/Bookmobile

Civic Center Library
(Marin County Free Library)
415-473-6057
MarinLibrary.org/Locations/MC

Corte Madera Library
(Marin County Free Library)
415-924-3515
MarinLibrary.org/Locations/MM

Fairfax Library (Marin County Free Library)
415-453-8151
MarinLibrary.org/Locations/MF

Inverness Library
(Marin County Free Library)
415-669-1288
MarinLibrary.org/Locations/MI

Larkspur Library
415-927-5005 ▪ Larkspur.gov/181/Library

Library Beyond Walls
(Marin County Free Library)
415-473-6826 ▪ MarinLibrary.org/LBW

Mill Valley Public Library
415-389-4292 ▪ MillValleyLibrary.org

Novato Library (Marin County Free Library)
415-473-2050 ▪ MarinLibrary.org/Locations/MN

Point Reyes Library
(Marin County Free Library)
415-663-8375 ▪ MarinLibrary.org/Locations/MP

San Rafael Public Library (Downtown)
415-485-3323 ▪ SanRafael.gov/Downtown-Library

San Rafael Public Library
(Northgate Branch)
5800 Northgate Drive, Suite 083
415-890-5670 ▪ SanRafael.gov/Northgate-Library

San Rafael Public Library
(Pickleweed Branch)
415-485-3483 ▪ SanRafael.gov/Pickleweed-Library

Sausalito Public Library
415-289-4121 ▪ SausalitoLibrary.org

South Novato Library
(Marin County Free Library)
415-506-3165 ▪ MarinLibrary.org/Locations/MH

Stinson Beach Library
(Marin County Free Library)
415-868-0252 ▪ MarinLibrary.org/Locations/MS

Lifelong Learning & Continuing Education

Emeritus Students of the College of Marin (ESCOM)
415-485-9305 ▪ ESCOM.Marin.edu
Free in-person and online educational opportunities and clubs for adults 50+.

Marin Adult Education
Novato: **415-493-4314**
San Rafael: **415-485-2435**
Shoreline (West Marin): **415-663-1849**
Tamalpais (Larkspur): **415-945-3780**
MarinAdultEducation.com
Free classes in ESL, GED prep, high school diploma, career training, and parent-child success classes.

Osher Lifelong Learning Institute (OLLI) **at Dominican**
415-458-3763 ▪ Dominican.edu
Non-credit courses for adults 50+.

Marin JCC – Adult Learning & Living
415-444-8000 ▪ MarinJCC.org
Classes, travel, music, and enrichment for adults.

Vivalon Cowles Active Learning Program
415-456-9062 ▪ Vivalon.org
Activities designed to spark creativity and promote learning and connections, such as immersive travel experiences and hands-on artistic workshops. See website for details.

Technology Training & Support

Vivalon – Technology for Better Living
415-456-9062 ▪ Vivalon.org/Technology
Digital literacy classes, 1:1 tutoring and tech help for older adults.

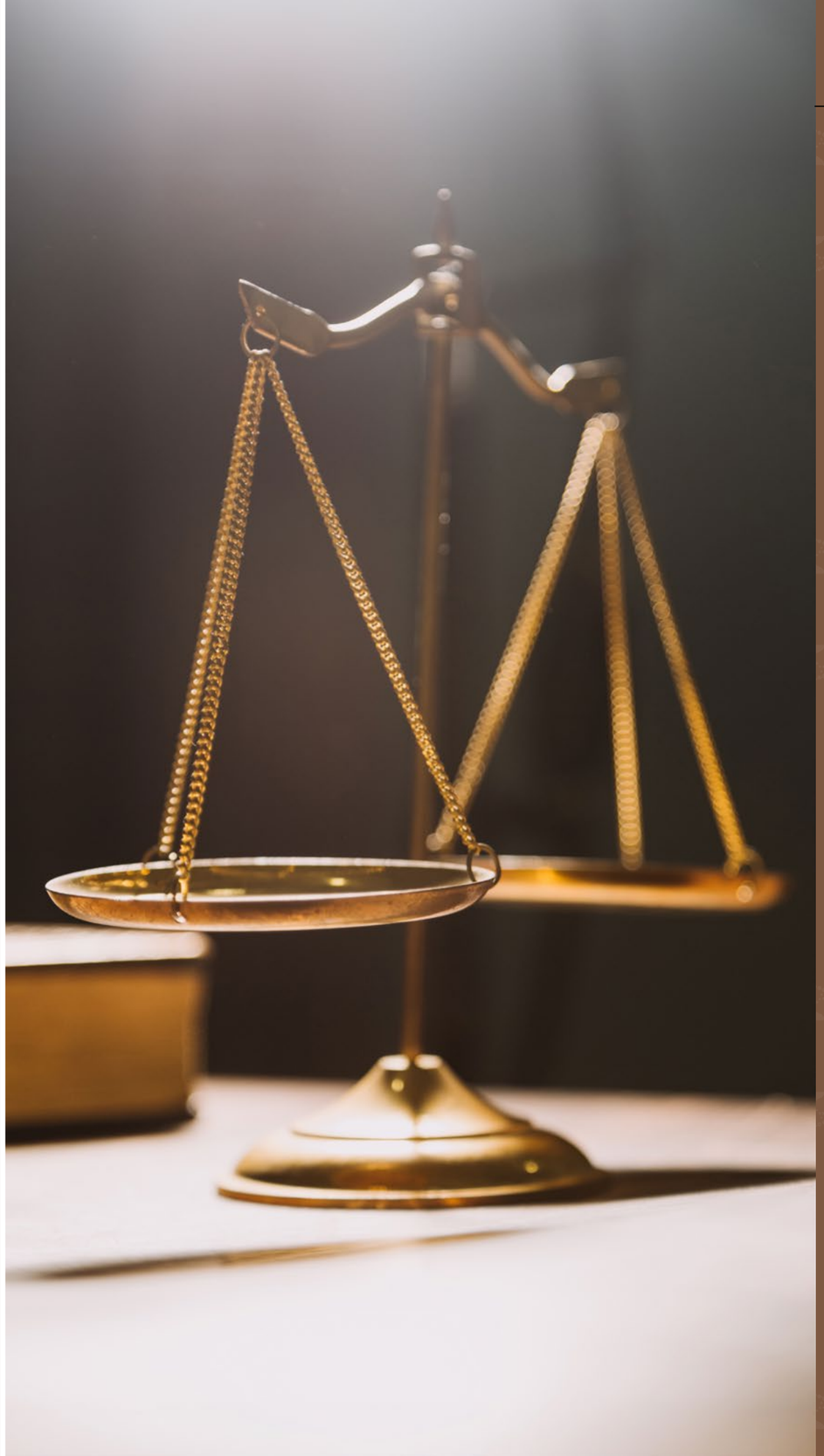
Marin County Free Library – Tech Help & Device Lending
MarinLibrary.org
Free one-on-one tech help at select branches (by appointment or drop-in, depending on location) plus Chromebook and Wi-Fi hotspot checkout with a library card. Check your local branch for details. See the Libraries subcategory in this section for phone numbers. ◆



LEGAL ASSISTANCE

I created my will and other estate documents over 20 years ago. Do I need to revisit them?

What legal steps should I take to protect my loved ones as they age?



LEGAL ASSISTANCE

If you're looking for help with estate planning, need guidance on legal matters, or are facing concerns around elder abuse or consumer protection, this section offers resources to help you understand your rights and access the support you need. From guardianship to fraud prevention, we've compiled valuable tools and services designed to assist you in making informed legal decisions.

If you're looking for End of Life Estate and Legal planning, please also consult the **End of Life** section.

Advocacy, Consumer Protection & Fraud Prevention

AARP Fraud Watch Network
AARP.org/Money/Scams-Fraud
Free service that sends alerts on current scams and provides educational tools.

Bank of Marin Fraud Prevention Resource Center
BankOfMarin.com/PreventFraud
Free online resource center with tip sheets, common fraud-related terms, fraud reporting contact information, and information about financial abuse and common scams targeted at older adults.

California Department of Consumer Affairs
1-866-275-2677 ▪ DCA.CA.gov
Handles complaints and inquiries about a wide range of consumer issues in California.

California Office of Information Security & Privacy
916-431-5390 ▪ CDT.CA.gov
Provides guidance for protecting personal data and responding to breaches.

California Department of Insurance – Consumer Services Division
1-800-927-4357 ▪ Insurance.CA.gov
Helps consumers with insurance issues and complaints, including health and auto.

Advocacy Listings Continued on Page 76 >

Local Resources for Fraud Prevention and Legal Assistance in Marin

Marin County District Attorney Elder Abuse Prevention Program Investigates scams, fraud, and elder abuse. Elder Abuse Prevention Information Line: **415-473-5050**

Vivalon offers frequent classes about fraud prevention for older adults. Visit their website for details at **Vivalon.org.**

California Senior Medicare Patrol (SMP) Helps prevent Medicare fraud and identity theft. **1-877-808-2468**

Legal Aid of Marin Provides free legal services for older adults on housing, employment issues, estate planning and fraud: **628-253-5755**

Adult Protective Services Responds to confidential reports of suspected elder and dependent adult abuse: **415-473-2774**

> Advocacy Listings Continued from Page 75

DMV Toll-Free Fraud Hotline
1-866-658-5758 ▪ DMV.CA.gov
Report fraudulent activity involving DMV documents or processes.

Equifax Credit Freeze Hotline
1-800-525-6285 ▪ Equifax.com
Place or lift a credit freeze with Equifax.

Experian Credit Freeze Hotline
1-888-397-3742 ▪ Experian.com
Place or lift a credit freeze with Experian.

Identity Theft Hotline
1-877-438-4338 ▪ IdentityTheft.gov
Federal hotline for victims of identity theft and fraud.

Long-Term Care Ombudsman
415-473-7446
Advocacy for long-term care facility residents.

Marin County District Attorney – Consumer Protection Unit
415-473-6450 ▪ MarinCountyDA.org
Handles consumer fraud complaints and offers education to protect older adults.

Shared Check Authorization Network (SCAN)
1-800-262-7771
Lost or stolen check reporting and verification network.

Senior Guard Seminars – WestAmerica Bank
1-800-848-1088 ▪ WestAmerica.com
Free community seminar series teaching older adults to recognize and act on warning signs of financial abuse scams.

TransUnion Credit Freeze Hotline
1-800-680-7289 ▪ TransUnion.com
Place or lift a credit freeze with TransUnion.

Senior Medicare Patrol (SMP)
1-877-808-2468 ▪ SMPResource.org
Educates Medicare beneficiaries on preventing, detecting, and reporting healthcare fraud.

Elder Abuse & Protection

Marin County District Attorney Elder Abuse Prevention Information Line
415-473-5050
Provides information and resources to help protect older adults from abuse, neglect, and exploitation. Callers can report concerns, ask questions, and receive guidance on where to turn for help.

Marin County Adult Protective Services
415-473-2774
Investigates abuse of older and disabled adults. Provides resources, assistance, and connection to public benefits.

Marin's Financial Abuse Specialist Team (FAST)
hhsfast@marincounty.gov ▪ MarinHHS.org
Provides education on elder financial abuse, including scams and fraud, to small or large groups upon request.

National Elder Fraud Hotline
1-833-372-8311 ▪ Justice.gov/ElderJustice
Helps older adults report and recover from fraud and scams.

Estate Planning

By the Bay Health Advance Care Planning
415-927-2273 ▪ ByTheBayHealth.org
Advance care planning education plus a California advance care plan form with instructions.

County of Marin Public Administrator
415-473-6151
MarinCounty.gov/Departments/Finance/Public-Administrator
Manages estates and makes final arrangements for Marin County residents who die without a will or any known relatives able or willing to act on the decedent's behalf to manage and resolve the estate.

Estate Planning Listings Continued on Page 79 >



If You Suspect Financial Abuse, ACT IMMEDIATELY!

If you experience, witness, or suspect financial abuse talk to someone you trust. This may be a family member, your doctor, bank employee, or attorney. Next, immediately contact the following organizations:

- **Bank or financial institution(s)**
- **Local Police – if fraud is involved, they should investigate**
- **Adult Protective Services**

These organizations are also here to help:

- **California Senior Medicare Patrol (SMP)** Helps prevent Medicare fraud and identity theft. **877-808-2468**
- **Long-Term Care Ombudsman Program** Confidential reporting of suspected elder financial abuse involving residents in licensed assisted living or skilled nursing facilities. **415-473-7446**
- **Marin County District Attorney** Handles consumer fraud complaints and offers education to protect older adults. **415-473-6450**
- **Local Police departments:**
  - **Marin County Sheriff's Office** (unincorporated areas & West Marin) **415-479-2311**
  - **San Rafael** Police Department **415-485-3000**
  - **Central Marin** Police Authority (Corte Madera, Larkspur, San Anselmo) **415-927-5150**
  - **Mill Valley** Police Department **415-389-4100**
  - **Novato** Police Department **415-897-4361**
  - **Fairfax** Police Department **415-453-5330**
  - **Sausalito** Police Department **415-289-4170**
  - **Ross** Police Department **415-453-1453**
  - **Belvedere** Police Department **415-435-3266**
  - **Tiburon** Police Department **415-789-2801**

JFCS Fiduciary Services
415-449-3700 ▪ JFCS.org
Professional fiduciary and conservatorship services to help older adults manage finances and healthcare decisions – such as bill paying, budgeting, and serving as trustee or power of attorney.

Kaiser Permanente Life Care Planning
415-444-4440 ▪ Healthy.KaiserPermanente.org
Advance care planning education and documents.

MarinHealth Supportive Care – Advance Care Planning
415-925-7000 ▪ MyMarinHealth.org
Education and guidance on End of Life Planning Documents, including an online Advance Health Care Directive and discussing care preferences with loved ones.

Vivalon Estate Planning Workshops
415-456-9062 ▪ Vivalon.org/EPW
Free estate planning workshops.

Legal Aid

Canal Alliance
415-454-2640 ▪ CanalAlliance.org
Free/low-cost immigration-specific legal services.

Legal Aid of Marin
415-492-0230 ▪ LegalAidMarin.org
No-cost civil legal services in the areas of homelessness prevention and eviction defense, workers' rights and employment law, and poverty alleviation of fines and fees through Marin Community Court.

Legal Self-Help Center – Marin Superior Court
415-444-7130
Free help for litigants.

Lawyers in the Library
415-472-3733 ▪ MarinCountyLawLibrary.org
Free, 20-minute one-on-one virtual meetings with a volunteer attorney from the Marin County Bar Association.

Marin County District Attorney – Consumer Mediation (Landlord-Tenant)
415-473-6495 ▪ MarinCountyDA.org
Free, voluntary mediation to help Marin County landlords and tenants resolve disputes such as repairs, security deposits, and evictions, through a facilitated agreement, often avoiding court.

Marin County Office of Equity
415-473-3149 ▪ Equity.MarinCounty.gov
Leads Marin County's immigrant-support efforts by sharing "Know Your Rights" information and connecting residents, regardless of immigration status, to legal assistance and local resources, including the County's Rapid Response Network.

Marin County Public Defender
415-473-7480 ▪ MarinCounty.gov
Provides legal representation to clients who cannot afford a lawyer. ◆

LONG-TERM CARE

Will Medicare cover any of my long-term care costs?

What should I look for when touring a long-term care community?

Who can help me make this decision?



LONG-TERM CARE

Some older adults prefer to stay in their homes as long as possible, with support from Home Care or Home Health Care. Others decide that moving out of the home is more cost effective or offers more safety, social connection, or peace of mind. Long-Term Care provides a variety of options for those who choose to move out of the home to receive care, with varying levels of daily support and medical oversight.

This category includes **Residential Care Communities and Home**s (also known as **Assisted Living**), **Skilled Nursing Facilities** (SNFs), and **Continuing Care Retirement Communities** (CCRCs). CCRCs are included here because they offer a continuum of care that can adjust as needs change, while you'll find **Independent Living Communities** in the **Housing section**, as those communities are primarily designed for older adults who do not require ongoing personal or medical support.

Continuing Care Retirement Communities (CCRCs)

Continuing Care Retirement Communities (CCRCs) are licensed to provide independent living, residential care, and possibly skilled nursing all at the same location. CCRCs typically offer contracts that guarantee a continuum of care when needed without having to move to another community setting. Some CCRCs offer on-site dementia care, while others may require residents to move to a different community or facility if dementia care becomes necessary. The initial and monthly fees charged by CCRCs vary depending on the terms of the agreement.

Aldersly

415-453-7425 ▪ Aldersly.org
326 Mission Ave | San Rafael | Lic# 216801686
Independent living, Residential Care Community, and dementia care unit.
Capacity: 172

The Tamalpais Marin (Sequoia Living)

415-461-2300 ▪ SequoiaLiving.org/marin
501 Via Casitas | Greenbrae | Lic# 210102761
Independent living, Residential Care Community, dementia care unit, and skilled nursing.
Capacity: 341 (26 skilled nursing beds)

CCRC Listings Continued on Page 83 >

Should I Stay or Should I Go?

As we age, one of the biggest questions many of us face is whether to remain in our own homes or to move to a senior living community. There's no one right answer — it's about what works best for you, your health, your safety, your finances, and your peace of mind. Here are some key things to consider:

STAYING AT HOME

For many older adults, home is where they feel most comfortable. With the right support, aging in place can be a safe and fulfilling option.

- **Care Needs:** If you need help with daily activities like bathing, dressing, cooking, or medication, check the Home Care and Home Health subcategories in the Caregiving section for local services.
- **Everyday Support:** Free rides (see the Transportation section), grocery delivery services, and volunteer organizations like Marin Villages can help with errands, shopping, and social connection.
- **Home Safety & Maintenance**: Explore the Housing Assistance section for resources such as home repair programs and accessibility modifications.

MOVING TO A RESIDENTIAL CARE OR CONTINUING CARE RETIREMENT COMMUNITY

Residential Care and Continuing Care Retirement Communities can offer safety, social opportunities, and relief from household chores.

- **Lifestyle:** Enjoy social activities, outings, and a built-in community to ease isolation.
- **Care on Hand:** Residential Care provides daily support, while Independent Living offers amenities and convenience without personal or medical care.
- **Moving Help:** If you decide to move, there are professionals who specialize in downsizing, packing, and relocation for older adults, helping make the transition smoother.

BALANCING YOUR PRIORITIES

Ask yourself:

- **What matters most?** Independence, safety, social life, or affordability?
- **How much support do I need now, and how might that change over time?**
- **What resources** (financial, family, community) **do I have to support my choice?**

Whether you decide to stay at home with added support or move to a community that better fits your needs, the most important thing is to choose the path that supports your well-being and quality of life.

> *CCRCs Listings Continued from Page 81*

Villa Marin
415-499-8711 ▪ Villa-Marin.com
100 Thorndale Dr | San Rafael | Lic# 210108102
Independent living, Residential Care Community, and skilled nursing.
Capacity: 28 assisted living beds; 31 skilled nursing; 220+ independent living condominiums

Residential Care (Assisted Living)

Residential Care Communities, also known as **Assisted Living Facilities** and **Residential Care Homes/Board and Care Homes** (when referring to the smaller 4-6 bed homes), are licensed to provide primarily housekeeping, meals, personal care, supervision, or medication management. Medicare and Medi-Cal do not pay for residential care in Marin County. The monthly fee for residential care can range from $6,500 for a shared room to $10,000 or more for a private room. Some require an entrance or community fee.

A Loving Touch Care Home II
415-891-8083
310 Golden Hind Passage | Corte Madera | Lic# 216803246
Residential Care Home. Inquire about admission with dementia diagnosis. *Capacity: 6*

A&A Haven Home
707-853-9915
73 Golden Hinde Blvd | San Rafael | Lic# 216804225
Residential Care Home. Inquire about admission with dementia diagnosis. *Capacity: 6*

Aegis Living
415-483-1399 ▪ AegisLiving.com
5555 Paradise Dr | Corte Madera | Lic# 216803994
Residential Care Community with secured dementia care unit.
Capacity: 150

Aegis Living
415-529-5200
800 Mission Ave | San Rafael | Lic# 216804321
Residential Care Community with secured dementia care unit.
Capacity: 98

AlmaVia of San Rafael
415-223-9135 ▪ ElderCareAlliance.org
515 Northgate Dr | San Rafael | Lic# 216801868
Residential Care Community with secured dementia care unit.
Capacity: 160

Residential Care Listings Continued >

Anton Pointe
415-897-3081
1470 South Novato Blvd | Novato | Lic# 216803982
Residential Care Home. Accepts residents with dementia diagnosis. ***Capacity: 10***

Atria Tamalpais Creek
415-892-0944 ▪ AtriaSeniorLiving.com
853 Tamalpais Ave | Novato | Lic# 216800331
Residential Care Community with secured dementia care unit. ***Capacity: 180***

Bel Marin Gardens
628-259-2954
119 Montego Key | Novato | Lic# 216803899
Residential Care Home. Inquire about admission with dementia diagnosis. ***Capacity: 6***

Bello Gardens Assisted Living
415-755-0087 ▪ BelloGardens.com
46 Mariposa Ave | San Anselmo | Lic# 216803239
Residential Care Community. Inquire about admission with dementia diagnosis. ***Capacity: 25***

Bluffs at Hamilton Hill
415-889-8026 ▪ MBKSeniorLiving.com
1 Hamilton Hill Dr | Novato | Lic# 216804066
Residential Care Community with secured dementia care unit. ***Capacity: 95***

Cedars Dante House
415-209-0608
1914 Novato Blvd | Novato | Lic# 216800849
Residential Care Home for older adults with intellectual and developmental disabilities; referral required: 6

Cogir of San Rafael
707-334-1620 ▪ CogirSeniorLiving.com
111 Merrydale Rd | San Rafael | Lic# 216804000
Residential Care Community. All dementia care. ***Capacity 70***

Creekwood Senior Home
415-897-2661 ▪ CreekwoodSeniorHome.com
830 Tamalpais Ave | Novato | Lic# 216801691
Residential Care Community. Inquire about admission with dementia diagnosis. ***Capacity: 62***

Daniel Rest Home
415-479-5522
28 Roosevelt Ave | San Rafael | Lic# 210104607
Residential Care Home. Inquire about admission with dementia diagnosis. ***Capacity: 6***

Drake Terrace
415-491-1935 ▪ KiscoSeniorLiving.com
275 Los Ranchitos Rd | San Rafael | Lic# 216801028
Residential Care Community with secured dementia care unit. ***Capacity: 130***

Garden Home
415-306-7786
16 Garden Ave | San Rafael | Lic# 216803663
Residential Care Home for older adults with intellectual and developmental disabilities; referral required. ***Capacity: 4***

Gentle Home Care
415-499-1632
463 Nova Albion Way | San Rafael | Lic# 216803992
Residential Care Home. Inquire about admission with dementia diagnosis. ***Capacity: 6***

Golden Home Extended Care
415-297-4342
1234 Las Gallinas Ave | San Rafael | Lic# 216803145
Residential Care Community. Accepts residents with dementia diagnosis. ***Capacity: 28***

Greenwood Assisted Living
415-933-7595 ▪ GreenwoodAssistedLiving.com
233 West End Ave | San Rafael | Lic# 216803761
Residential Care Community. All dementia care. ***Capacity: 47***

Haven House
415-472-2679 ▪ HavenHouseCa.com
45 Meriam Dr | San Rafael | Lic# 216803931
Residential Care Home. Accepts residents with dementia diagnosis. ***Capacity: 6***

Haven Residence
201-694-4144
70 Meriam Dr | San Rafael | Lic# 216804230
Residential Care Home. Accepts residents with dementia diagnosis. ***Capacity: 6***

Lomas Home
415-234-6378
472 Alameda De La Loma | Novato | Lic# 216803706
Residential Care Home for older adults with intellectual and developmental disabilities; referral required. ***Capacity: 4***

Long Life Living II
415-472-5876 ▪ LongLifeLivingInc.com
15 Pikes Peak Dr | San Rafael | Lic# 216803606
Residential Care Home. Accepts residents with dementia diagnosis. ***Capacity: 6***

Residential Care Listings Continued >

Long Life Living III
415-479-4890 ▪ LongLifeLivingInc.com
36 Mt Foraker Dr | San Rafael | Lic# 216803604
Residential Care Home. Accepts residents with dementia diagnosis. ***Capacity: 6***

Loving Long Life
415-948-9395 ▪ LovingLongLifeHome.com
57 Vallejo Way | San Rafael | Lic# 216803776
Residential Care Home. Accepts residents with dementia diagnosis. ***Capacity: 6***

Luna's Home
650-387-9488
1027 Las Pavadas Ave | San Rafael | Lic# 216803707
Residential Care Home for older adults with intellectual and developmental disabilities; referral required. ***Capacity: 4***

Marin Terrace
415-388-9526 ▪ MarinTerraceCare.com
297 Miller Ave | Mill Valley | Lic# 216803891
Residential Care Community. Accepts residents with dementia diagnosis. ***Capacity: 49***

Meadow Creek
707-799-1557 ▪ Brand.Page/MeadowCreekSeniors
40 Meadow Way | San Geronimo | Lic# 216804183
Residential Care Home. Inquire about admission with dementia diagnosis. ***Capacity: 6***

Oakmont of Novato
628-250-4880 ▪ OakmontSeniorLiving.com
1465 S. Novato Blvd | Novato | Lic# 216804022
Residential Care Community with secured dementia care unit.
Capacity: 118

Pleasant Valley Care Home
415-895-1604
20 McKeon Ct | Novato | Lic# 216804221
Residential Care Home. Inquire about admission with dementia diagnosis. ***Capacity: 6***

The Redwoods
415-383-2741 ▪ TheRedwoods.org
40 Camino Alto | Mill Valley | Lic# 210102866
Residential Care Community with secured dementia care unit.
Capacity: 150

Residential Care Listings Continued on Page 90 >

Residential Facility Check List

Use this checklist when touring a community or facility to help evaluate whether it fits your needs.

General Atmosphere
- Is the facility warm and hospitable?
- Do residents appear active and engaged?

Physical Environment
- Are the exits marked and secure?
- Is the furniture clean and in good repair?
- Is it free of unpleasant odors?

Food Services
- Are menus posted and meals nutritious?
- Are dietary needs accommodated?

Rooms
- Is there adequate lighting and space?
- Is the bathroom accessible and clean?
- Is in-room laundry available?

Social Areas
- Are there common spaces for activities?
- Is private phone use available?

Services
- Are outings and religious services available
- Are Long-Term Care Ombudsman posters displayed?

Staff
- Are staff friendly and trained in First Aid?
- Do staff understand resident needs?

Financial
- What's included in the monthly fee?
- Are personal funds protected?

Safety
- Are fire extinguishers visible?
- Are meds stored safely?
- Is there an alert system in place in case of a resident emergency?
- Is there an evacuation protocol in the event of an emergency, such as a fire or earthquake?

Which Type of Long-Term Care is Right For You?

Q I am living independently and don't need any assistance in my daily living or personal care, but I want to be around others in my age range for social interaction.

A **INDEPENDENT LIVING COMMUNITY** Sometimes referred to as a 55+ community. ***Please see the Housing section to browse Independent Living communities.***

Q I am mostly independent, but I do need non-medical help with some activities of daily living (ADLs) such as bathing, dressing, and medication management.

A **RESIDENTIAL CARE**

Q I am currently active and living independently, but I want the peace of mind to know that I can transition to higher levels of care (such as Residential Care and maybe skilled nursing) if my needs change.

A **CONTINUING CARE RETIREMENT COMMUNITY**

Q My mother needs help with several activities of daily living but she cannot afford assisted living. What other options are there?

A **SKILLED NURSING FACILITY** (If someone is Medi-Cal eligible and needs help with activities of daily living and has the support of a physician for placement in a skilled nursing facility, Medi-Cal may pay for her stay with a share of cost.)

Q My father recently had a fall and needs 24-hour medical care to recover. What type of housing option should I discuss with his doctor?

A **SKILLED NURSING FACILITY**

Q My loved one is living with memory loss or dementia and needs 24/7 care and supervision from providers experienced in dementia care.

A **RESIDENTIAL CARE** Individuals with dementia can be cared for by most residential care communities whether or not they provide a dedicated "Memory Care" area.



Need Further Assistance?

For information about long-term care options, resident rights, or any other questions, please contact the Marin County Long-Term Care Ombudsman: **415-473-7446** or email **ombudsman@marincounty.gov**.

Want to Do Your Own Research?

CA Community Care Licensing
cclwebmaster@dss.CA.gov
CDSS.CA.gov

Cal Long Term Care Compare
CalLongTermCareCompare.org

Medicare Nursing Home Compare (for SNFs) **MediCare.gov/Care-Compare**

Cal Health Find Database (for SNFs)
CDPH.CA.gov/Programs

> *Residential Care Listings Continued from Page 86*

Rose's Rest Home
415-479-5522
One Roosevelt Ave | San Rafael | Lic# 216803624
Residential Care Home. Inquire about admission with dementia diagnosis. ***Capacity: 8***

St Michaels Extended Care
415-453-4600
416 Fourth St | San Rafael | Lic# 216801999
Residential Care Home. Inquire about admission with dementia diagnosis. ***Capacity: 44***

Shalom House Board and Care
415-717-3928 ▪ ShalomHouse566.net
566 Wakerobin Ln | San Rafael | Lic# 216800503
Residential Care Home. All dementia care. ***Capacity: 5***

Stockstill House
415-663-8148 ▪ WMSS.org/Stockstill
12051 State Route One | Point Reyes Station | Lic# 216801977
Residential Care Home. Accepts residents with dementia diagnosis. ***Capacity: 8***

Sundance Villa
415-892-7641
1414 Cambridge St | Novato | Lic# 216803333
Residential Care Home. Inquire about admission with dementia diagnosis. ***Capacity: 4***

Terra Linda Christian Homes #2
415-479-0266
598 Kerberry Dr | San Rafael | Lic# 216803006
Residential Care Home. Inquire about admission with dementia diagnosis. ***Capacity: 6***

Terra Linda Christian Homes #4
415-499-0614
344 Devon Dr | San Rafael | Lic# 216803007
Residential Care Home. Inquire about admission with dementia diagnosis. ***Capacity: 6***

Terra Linda Christian Homes #5
415-479-3556
631 Bamboo Terrace | San Rafael | Lic# 216803008
Residential Care Home. Inquire about admission with dementia diagnosis. ***Capacity: 6***

The Vincent
415-491-1900 ▪ TheVincentSl.com
35 Ignacio Blvd | San Rafael | Lic# 216804010
Residential Care Community with secured dementia care unit. ***Capacity: 126***

Three Home Village
415-492-1213 ▪ ThreeHomeVillage.com
665 Rosal Way | San Rafael | Lic# 216803745
Residential Care Home. Inquire about admission with dementia diagnosis. ***Capacity: 6***

Three Home Village
415-492-1215 ▪ ThreeHomeVillage.com
675 Rosal Way | San Rafael | Lic# 216803746
Residential Care Home. Inquire about admission with dementia diagnosis. ***Capacity: 6***

Three Home Village
415-492-1220 ▪ ThreeHomeVillage.com
679 Rosal Way | San Rafael | Lic# 216803747
Residential Care Home. Inquire about admission with dementia diagnosis. ***Capacity: 6***

Villa Garden
650-722-3521
25 Villa Avenue | San Rafael | Lic# 216804291
Residential Care Home. Inquire about admission with dementia diagnosis. ***Capacity 12***

Wildflowers
415-883-2345
256 Sunset Pkwy | Novato | Lic# 210111734
Residential Care Home. Inquire about admission with dementia diagnosis. ***Capacity: 6***

WindChime of Marin
415-482-4100 ▪ WindChimeOfMarin.com
1111 Sir Francis Drake Blvd | Kentfield | Lic# 216800977
Residential Care Community. All dementia care. ***Capacity: 55***

Long-Term Care Listings Continued >

Skilled Nursing Facilities (SNFs)

Skilled Nursing Facilities (SNFs), also known as nursing homes, convalescent centers, or post-acute centers, are licensed to provide medical care for individuals that qualify for a nursing home-level of care as determined by a physician. Nursing home care includes short-term rehabilitation and long-term care. Short-term nursing home stays are typically paid for by Medicare after a three-night hospital admission. Long-term care stays are typically paid for by Medi-Cal, but private pay is also accepted. Not all nursing homes in Marin County accept Medicare or Medi-Cal and some are part of a Continuing Care Retirement Community.

Marin Post Acute
415-479-3450 ▪ MarinPostAcute.com
239 N San Pedro Rd | San Rafael | Lic# 10000364
Skilled nursing short-term rehabilitation and long-term care.
Medicare and Medi-Cal. ***Capacity: 168***

Northgate Post Acute
415-479-1230 ▪ NorthgatePostAcute.com
40 Professional Center Pkwy | San Rafael | Lic# 10000374
Skilled nursing short-term rehabilitation and long-term care.
Medicare and Medi-Cal. ***Capacity: 54***

Novato Healthcare Center
415-897-6161 ▪ NovatoHC.com
1565 Hill Rd | Novato | Lic# 10000355
Skilled nursing short-term rehabilitation and long-term care.
Medicare and Medi-Cal. ***Capacity: 181***

Pine Ridge Care Center
415-479-3610 ▪ PineridgeCareCenter.com
45 Professional Center Pkwy | San Rafael | Lic# 10000359
Skilled nursing short-term rehabilitation and long-term care.
Medicare and Medi-Cal. ***Capacity: 101***

Professional Post Acute Center
415-479-3450 ▪ ProfessionalPAC.com
234 North San Pedro Rd | San Rafael | Lic# 10000368
Skilled nursing short-term rehabilitation and long-term care.
Medicare and Medi-Cal. ***Capacity: 99***

San Rafael Healthcare & Wellness Center
415-456-7170 ▪ SanRafaelHC.com
1601 Fifth Ave | San Rafael | Lic# 10000353
Skilled nursing short-term rehabilitation and long-term care.
Medicare and Medi-Cal. ***Capacity: 54***

Smith Ranch Skilled Nursing & Rehabilitation Center
415-499-1000 ▪ LifeGen.net
1550 Silveira Pkwy | San Rafael | Lic# 10000411
Skilled nursing short-term rehabilitation and long-term care.
Medicare and Medi-Cal. ***Capacity: 80***

South Marin Health & Wellness Center
415-461-9700 ▪ SouthMarinHealth.com
1220 South Eliseo Dr | Greenbrae | Lic# 10000354
Skilled nursing short-term rehabilitation and long-term care.
Medicare and Medi-Cal. ***Capacity: 72***

The Redwoods
415-383-2741 ▪ TheRedwoods.org
40 Camino Alto | Mill Valley | Lic# 10000390
Skilled nursing short-term rehabilitation and long-term care.
Medicare and Medi-Cal. ***Capacity: 58***

The Tamalpais – Skilled Nursing
415-461-2300 ▪ SequoiaLiving.org/marin
501 Via Casitas | Greenbrae | Lic# 10000376
Skilled nursing short-term rehabilitation. Part of a Continuing Care Retirement Community. Medicare. ***Capacity: 26***

Tiburon Hills Community Skilled Nursing
415-435-4554 ▪ TiburonHills.com
30 Hacienda Dr | Tiburon | Lic# 10000360
Skilled nursing short-term rehabilitation and long-term care.
Private Pay. ***Capacity: 56***

Villa Marin – Skilled Nursing Unit
415-492-2408 ▪ Villa-Marin.com
100 Thorndale Dr | San Rafael | Lic# 10000382
Skilled nursing short-term rehabilitation. Part of a Continuing Care Retirement Community. Medicare. ***Capacity: 31*** ◆

☞ **THIS GUIDE WILL SOON BE AVAILABLE ONLINE.**
For more information and to access the digital version of this guide, **scan this QR code** or **visit MarinHHS.org/Aging-Resource-Guide**.

SCAN ME!

MENTAL & BEHAVIORAL HEALTH



Are there groups where I can connect with others going through something similar?

I need help navigating the loss of a loved one.

Is there a therapist near me?

MENTAL & BEHAVIORAL HEALTH

There is a wide range of behavioral health resources in Marin County to support older adults and their families. Whether you're facing a crisis, seeking support for substance use, looking for counseling or suicide prevention, or grieving the loss of a loved one, help is available. The following services include crisis response, peer and professional support, therapy, recovery programs, and group counseling to help you or someone you care about feel heard, supported, and connected.

Crisis Services

National Suicide & Crisis Lifeline
9-8-8
This is a free confidential support line for people in suicidal crisis and emotional distress. Available 24 hours a day, seven days a week.

Marin County Behavioral Health and Recovery Services (BHRS)
Access Line: 1-888-818-1115 • MarinBHRS.org
Offers 24/7 access to mental health and substance use screenings, referrals, and crisis support.

California Peer Warmline
1-855-845-7415
Peer-based emotional support available 24/7 by phone.

Crisis Stabilization Unit (CSU)
415-473-6666 • MarinBHRS.org
Offers 24/7 psychiatric evaluation and short-term stabilization for severe emotional distress or psychiatric emergencies.

Crisis Text Line
Text HOME to741741
Free, confidential 24/7 support from a trained crisis counselor for anyone in emotional distress.

Linea de Prevencion del Suicidio
1-888-628-9454
Apoyo disponible las 24 horas del día, los siete días de la semana, para personas de habla hispana en crisis.

Crisis Services Listings Continued >



Marin County Rapid Response Hotline
415-991-4545
A 24/7 hotline for reporting ICE activity in Marin County and getting rapid connection to immigrant-rights advocates for immediate guidance and support.

Marin County Mobile Crisis Response Team (MCRT)
415-473-6392 ▪ MarinBHRS.org
Field-based mental health and substance use crisis response with clinicians and peer support.

National Suicide Prevention Lifeline
1-800-273-8255
Connects callers to trained counselors 24/7.

Psychiatric Emergency Services/ MarinHealth and Novato Community Hospital Emergency Rooms
MarinHealth ER Phone: **415-925-7200**
Novato Community Hospital ER Phone: **415-209-1350**
Offers 24/7 emergency psychiatric care; ask for CSU.

Trans Lifeline
1-877-565-8860 (10:00am-6:00pm PST)
Peer-support crisis hotline run by and for trans people, offering confidential care and connection.

Veteran's Suicide & Crisis Lifeline
9-8-8, then press 1
Offers 24/7, confidential support for veterans, service members, and their families.

The Trevor Lifeline
1-866-488-7386 or text START to 678-678
Free, confidential, 24/7 crisis support for LGBTQ+ young people via phone, text, or chat.

MENTAL & BEHAVIORAL HEALTH

Grief & Loss Support

Access Behavioral Health and Recovery Services (BHRS)
888-818-1115 ▪ MarinBHRS.org/Access
Marin County BHRS's 24/7 Access Line for screening, information, and referrals to mental health and substance use services.

Buckelew — SOS Survivors of Suicide Support Group
415-444-6000 ▪ Buckelew.org
Peer-led support groups for those grieving the loss of a loved one to suicide, offering connection, healing, and hope. Meets twice a month in English and Spanish.

By the Bay Health (Formerly Hospice By the Bay) — **Drop-In Grief Support Group**
415-526-5699 ▪ ByTheBayHealth.org
Drop-in grief support groups and professional counseling for adults coping with the loss of a loved one.

Felton Institute — LOSS Team & Suicide Loss Support
415-726-4685 ▪ MarinBHRS.org
Virtual grief support group for individuals coping with loss.

JFCS Grief & Bereavement Counseling
415-449-1212 ▪ JFCS.org
Licensed individual and group grief counseling for community members.

Pet Loss Support Group (Marin Humane)
415-526-5699 ▪ MarinHumane.org
Facilitated grief support for individuals mourning the loss of a pet.

The Compassionate Friend
415-457-3123 ▪ CompassionateFriends.org
Peer-led support groups for families grieving the death of a child, sibling, or grandchild.

Buckelew Programs
415-457-6964 ▪ Buckelew.org
Outpatient therapy, case management, and supportive housing for adults with serious mental illness.

Center Point
415-526-7810 ▪ CPInc.org
Individual therapy and counseling focused on trauma, substance use, and co-occurring mental health conditions.

Community Action Marin
415-526-7500 ▪ CAMarin.org
Community-based mental health counseling, wellness support, and case management for individuals of all ages.

Community Institute for Psychology (CIP)
Individual & Group Therapy
415-459-5999 ▪ CIPMarin.org
Individual therapy and adult therapy groups for older adults.

Family Works
415-492-0720 ▪ GGRC.org
Counseling and support services for individuals and families.

Grief & Loss Support Listings Continued >

Kaiser Permanente — Mental Health Services
415-491-3000 ▪ KaiserPermanente.org
Comprehensive mental health services for Kaiser members including therapy, psychiatry, and support groups.

Marin City Health & Wellness Center
415-339-8813 ▪ MarinCityClinic.org
Behavioral health services, including therapy and psychiatry, for a range of mental health disorders.

Mental Health Counseling & Therapy

CARE Court
1-888-818-1115 ▪ MarinBHRS.org/CARE
A civil court process that connects eligible adults experiencing schizophrenia-spectrum and bi-polar spectrum symptoms who are not currently stable with a court-ordered CARE plan and voluntary services such as counseling, medication support, advocacy, social services, and help toward housing stability. For more information about how to file a CARE petition, call or visit the website.

Marin Community Clinics — Behavioral Health Services
415-448-1500 ▪ MarinClinic.org
Integrates behavioral health into primary care, offering therapy, short-term counseling, and psychiatric consultation.

Marin County Behavioral Health and Recovery Services (BHRS)
888-818-1115 ▪ MarinHHS.org
Mental health and substance use treatment, including outpatient and residential care.

Marin Health — Behavioral Health Clinic
415-925-8808 ▪ MyMarinHealth.org
Outpatient mental health clinic offering therapy, psychiatric services, and medication support.

North Marin Community Services (NMCS)
415-892-1643 ext. 239 ▪ NorthMarinCS.org
Mental health counseling for older adults addressing depression, anxiety, grief, and life transitions.

North Marin Community Services (West Marin Program)
707-200-1045 ▪ NorthMarinCS.org
Mental health and case management services for all ages, including older adults.

Ritter Center
RitterCenter.org
Trauma-informed outpatient behavioral health services, including psychotherapy, psychiatry, and counseling.

Senior Peer Counseling — Marin HHS
415-473-4306 ▪ MarinHHS.org
Free, confidential one-on-one emotional support for adults 60+ through trained volunteer counselors.

Seniors At Home (Jewish Family and Children's Services — JFCS)
415-449-3700 ▪ JFCS.org
Licensed counseling for older adults addressing depression, anxiety, and life transitions.

Peer & Support Groups

AgeSong Marin
415-234-5040 ▪ AgeSongMarin.org
Peer-led discussion groups for older adults focused on connection and meaningful conversation.

Alzheimer's Association — North Bay Support Groups
415-472-4340 ▪ ASZ.org/NorCal
Peer-led support and education for individuals with dementia and their caregivers.

Emotions Anonymous (EA)
EmotionsAnonymous.org
Twelve-step peer support groups focused on emotional and mental well-being.

Enterprise Resource Center
(Mental Health Advocates of Marin)
415-457-4554 ▪ MHAMarin.org
Drop-in wellness center offering peer-led support groups, warmline access, and social activities.

LifeRing Secular Recovery
1-800-811-4142 ▪ LifeRing.org
Peer-run, non-religious support groups for individuals in recovery from addiction.

NAMI Marin
415-444-0480 ▪ NAMIMarin.org
Free, peer-led support for individuals and caregivers affected by mental illness.

Peer & Family Support Specialists — Marin BHRS
1-888-818-1115 ▪ MarinBHRS.org
Peer support from trained individuals with lived mental health experience, including help navigating services.

Senior Peer Counseling — Marin HHS
415-473-4306 ▪ MarinHHS.org
Free, confidential one-on-one emotional support for adults 60+ through trained volunteer counselors.

Vivalon
415-456-9062 ▪ Vivalon.org
Peer-based support groups led in partnership with Community Institute for Psychology (CIP).

This section includes emotional support groups, peer-led programs, and community-based wellness circles. Services here may also appear in other sections such as Grief & Loss Support, Substance Use, or Mental Health Counseling. For topic-specific support, see those subcategories.

Mental & Behavioral Health Listings Continued >



Substance Use & Recovery

Alcoholics Anonymous, NA, Al-Anon, CODA
AA 24-Hour Helpline: **415-674-1821**
Al-Anon: **415-455-4723**
aasfmarin.org ▪ AlanonMarin.org
Peer-led 12-step recovery meetings for individuals and family members affected by substance use.

Avery Lane (Women's Center)
1-888-835-4407
AveryLaneWomensRehab.com
Trauma-informed inpatient, outpatient, and detox programs for women, with integrated support for mental health and substance use.

Bay Area Community Resources — DUI Program
415-453-9980 ▪ MarinHHS.org
Court-approved DUI counseling and education programs offered in group settings.

Bayside Marin Treatment Center
1-844-642-1075 ▪ BaysideMarin.com
Private facility in San Rafael offering detox, residential, and outpatient substance use treatment.

Bright Heart Health
1-800-892-2695 ▪ BrightHeartHealth.com
Virtual and in-person intensive outpatient treatment with medication-assisted treatment for adults.

Center Point
415-456-6655 ▪ CPInc.org
Outpatient, intensive outpatient, and residential substance use treatment with medication-assisted treatment.

County of Marin
"Road to Recovery" Program
415-473-2555 ▪ MarinHHS.org
BHRS outpatient and IOP support for adults with co-occurring substance use and serious mental illness. Available in English and Spanish.

Golden Gate Recovery
415-390-3003 ▪ GoldenGateRecovery.com
Residential and outpatient addiction recovery programs for men in Marin County.

Helen Vine Recovery Center
415-492-0818 ▪ Buckelew.org
Licensed residential withdrawal management and recovery services with co-occurring mental health support.

Kaiser Permanente — Chemical Dependency Services
415-444-3522 ▪ KaiserPermanente.org
Individual, group, and family counseling along with medication-assisted treatment and early recovery groups for Kaiser members dealing with substance use challenges.

Marin Behavioral Health & Recovery Services (BHRS)
1-888-818-1115 ▪ MarinBHRS.org
County-operated substance use services for Medi-Cal and low-income adults.

Marin City Health & Wellness Center
415-339-8813 ▪ MarinCityClinic.org
Medication-assisted treatment for opioid, alcohol, and prescription drug dependence, with counseling and integrated behavioral health care.

Marin Treatment Center
415-457-3755 ▪ MarinTreatmentCenter.org
Nonprofit outpatient substance use treatment provider offering medication-assisted treatment (MAT/MOUD) for opioid use disorder and related counseling/services.

Ritter Center
415-457-8182 ▪ RitterCenter.org
Provides intensive outpatient, outpatient substance use disorder treatment, relapse prevention groups, integrated with behavioral health care. Also provides substance use disorder treatment. ◆

☞ **THIS GUIDE WILL SOON BE AVAILABLE ONLINE.**
For more information and to access the digital version of this guide, **scan this QR code** or **visit MarinHHS.org/Aging-Resource-Guide**.

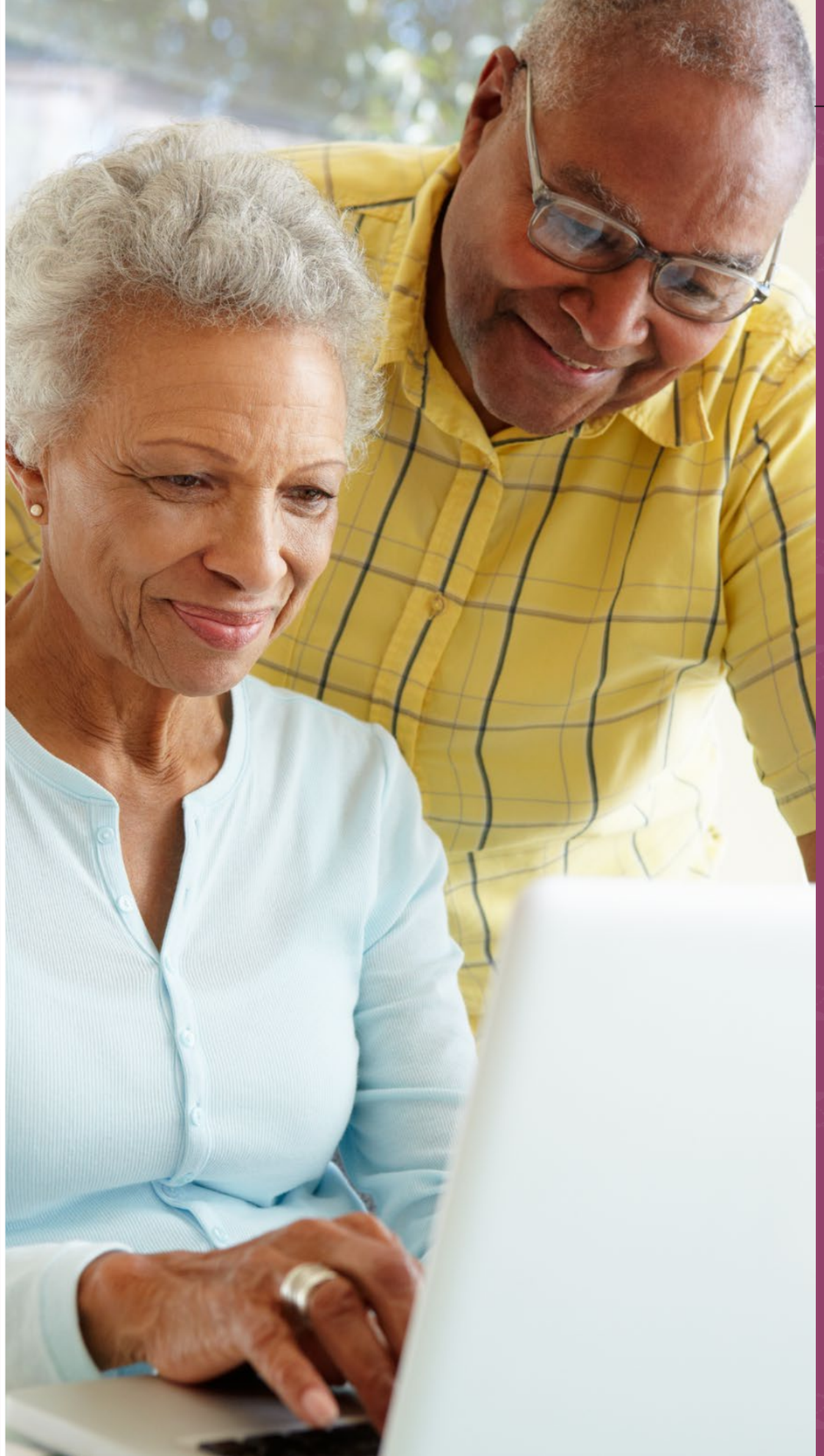
SCAN ME!

REFERRALS & RESOURCES

Who can I call to ask questions about services or benefits?

Is there help available for veterans or people with disabilities?

Can someone help me find information in my preferred language?



REFERRALS & RESOURCES

Sometimes the hardest part is knowing where to start. This section connects you with trusted resources that can point you in the right direction, whether you need help understanding benefits, finding support for a loved one with a disability, or accessing library information desks, translation services, or veterans services. Help is just a call away.

Looking for **housing** or help with **Medicare?** Check the **Housing** and **Healthcare** sections of this Guide for more details.

Disability Support Services

Access Behavioral Health and Recovery Services (BHRS)
888-818-1115 ▪ MarinBHRS.org/Access
Marin County BHRS's 24/7 Access Line for screening, information, and referrals to mental health and substance use services.

Marin Center for Independent Living (Marin CIL)
415-459-6245 ▪ MarinCIL.org
Advocacy, peer support, independent living skills training, and referrals for people with disabilities.

Marin County Public Works – Disability Access Program
415-473-4381 ▪ PublicWorks.MarinCounty.org/Accessibility-Services
Ensures public buildings and services are accessible; provides consultations on ADA compliance.

People with Disabilities Succeeding
415-459-6510 ▪ PDSMarin.org
Employment training, volunteer placements, and community integration for adults with developmental disabilities.

Immigrant Rights

Canal Alliance Social Services Team
415-454-2640 ▪ CanalAlliance.org
Bilingual case managers help Marin's Latino immigrant community navigate urgent needs such as housing/rental and utilities assistance, healthcare and public benefits, wage recovery, and referrals to immigration/legal and other community resources.

Immigrant Rights Listings Continued on Page 105 >

Marin One Door:
Your One-Stop Connection to Services

Aging & Disability Resource Connection

Do you ever wish there was a "one-stop" place to learn about the maze of services and resources available in Marin County? There is!

At **Marin One Door**, you can get assistance locating services for older adults, people with disabilities, and family caregivers. You'll be connected to the right resource, regardless of your income, preferred language or residency status, at absolutely no cost to you.

Marin One Door Information & Assistance Line:
415-473-INFO (4636)

Calls are answered and returned Monday–Friday, 9:00 am to 4:30 pm.
Web form inquiries are returned within two business days.
OneDoorMarin.org

Get help with:

- **Access to information & resources**
- **Guidance on local options to meet your goals**
- **Short-term help connecting to services**
- **Transition support from care settings such as nursing facilities to back home**

Marin One Door is a California-state designated Aging & Disability Resource Connection (ADRC) and is a partnership between Marin County Aging & Adult Services and the Marin Center for Independent Living (Marin CIL).

No wrong door, just one door—
to get the support you need.

> *Immigrant Rights Listings Continued from Page 103*

County of Marin Immigrant Rights Resources
415-473-3149 ▪ MarinCounty.gov
Know-your-rights and referral hub connecting immigrants to trusted legal assistance, Rapid Response hotline support, and local community resources.

County of Marin Public Defender's Office
415-473-7480
MarinCounty.gov/Departments/Public-Defender
The public defender's office has an immigration attorney on staff to address clients' immigration concerns.

Marin County Free Library Immigrant and Legal Resources
415-473-3220 ▪ MarinLibrary.org/Immigration
Publicly available materials for support and learning.

Marin County Office of Equity
415-473-3149 ▪ Equity.MarinCounty.gov
Leads Marin County's immigrant-support efforts by sharing "Know Your Rights" information and connecting residents, regardless of immigration status, to legal assistance and local resources, including the County's Rapid Response Network.

Marin Rapid Response Network (MRRN)
24-Hour Hotline
415-991-4545 ▪ MultiCulturalMarin.org/MRRN
Twenty-four-hour hotline for immigrants facing a raid by federal immigration agents. Provides support during and after a community member's arrest or detention.

Referral Services

2-1-1 Bay Area
2-1-1 ▪ 211BayArea.org/Marin
Free, confidential 24/7 information and referral line connecting residents to health and human services.

Aging & Adult Services' Information & Assistance Unit
415-473-INFO (4636)
473Info@marincounty.gov
OneDoorMarin.org
Access point for older adults, people with disabilities, and caregivers to learn about services and resources.

Bay Area Communication Access (BACA)
415-356-0405 ▪ BACAInterp.com
ASL and Spanish Sign Language interpreting for deaf and hard-of-hearing individuals.

Bay Area Translation Services
510-673-8912 ▪ DocsTranslate.com
Full range of professional translation and interpretation services in 50+ languages.

Language Line Solutions
1-888-808-9008 ▪ LanguageLine.com
Live interpreters in 240+ languages including American Sign Language.

Referrals Services Listings Continued >

Marin County Information & Referral Service
415-473-INFO (4636)
MarinHHS.org/Service/Information-Referral
Connects callers to health, housing, food, and community resources in Marin.

Marin County Mobile Crisis Response Team (MCRT)
415-473-6392
Mobile team that responds to mental health or substance-use crises with in-person assessment, de-escalation, and connection to appropriate follow-up services.

One Door- the ADRC of Marin
415-473-INFO (4636) ▪ MarinHHS.org/ADRC
Partnership of agencies providing information and assistance to older adults, people with disabilities, and caregivers.

Suicide & Crisis Lifeline
9-8-8 y en español: **9-8-8**
Free, confidential, 24/7 crisis counseling for people in emotional distress or suicidal crisis (call, text, or chat).

The Trevor Lifeline
1-866-488-7386 or text START to 678-678
Free, confidential, 24/7 crisis support for LGBTQ+ young people via phone, text, or chat.

Trans Lifeline (Run For and By Trans People)
1-877-565-8860
Peer support hotline run by and for trans people, offering confidential emotional support for trans and questioning callers.

Veteran's Suicide & Crisis Lifeline
9-8-8, then press 1
Free, confidential, 24/7 crisis support for veterans and their loved ones, with responders trained in military- and veteran-related concerns.

Vivalon Resource Services
415-456-9062 ▪ Vivalon.org
Helps older adults access meals, transportation, social connection, and other services.

Visiting & Reassurance Programs

Love is the Answer (LITA)
Caring Connections
415-472-5482 ▪ LitaMarin.org
Friendly visits from volunteers by phone or in-person to homebound older adults and residents of long-term care facilities.

Marin Villages
415-457-4633 ▪ MarinVillages.org
Friendly visits, walks, and phone check-ins from volunteers along with practical help like rides, errands, and tech support. For Marin Villages members. Check website for membership details. ◆

REFERRALS & RESOURCES

Marin County Aging & Adult Services (AAS)

MarinHHS.org/Aging-Adult-Services
County services for adults 60+, people with disabilities, and caregivers. Includes the Area Agency on Aging (AAA), Adult Protective Services (APS), and In-Home Supportive Services (IHSS). Multilingual staff and free language access.

Key Services

- **Congregate Meals (60+)** Six county sites.
  Call **415 473-INFO (4636)** for information
- **Meals on Wheels:** For frail, homebound adults 60+.
  Call **415 473-INFO (4636)** for information
- **Information & Assistance:** Information about and referrals to services and resources for older adults, persons with disabilities and family caregivers.
  Call **415-473-INFO (4636)** or email **473info@marincounty.gov**
- **Contracted services include:** transportation, senior center programs, caregiver support, legal help. List: **MarinHHS.org/Community-Based-Contractors**
- **Long-Term Care Ombudsman:** Advocacy for residents of assisted living/ skilled nursing facilities. Call **415-473-7446** or visit **MarinHHS.org/Long-Term-Vare-Ombudsman-Program**

Adult Protective Services (APS)

Investigates abuse, neglect, and exploitation of adults 65+ and dependent adults 18+.
MarinHHS.org/Adult-Protective-Services
24/7 Hotline: 415-473-2774

In-Home Supportive Services (IHSS)

Medi-Cal program providing in-home care (cleaning, meals, errands, personal care, and more) to eligible aged, disabled and blind individuals as an alternative to out-of-home care. **MarinHHS.org/Information-Assistance**
Info: 415-473-INFO (4636)

Where can I meet new people or try something fun?

Are there fitness programs just for older adults?

I want to give back – how do I find the right fit for volunteering in my community?



SOCIAL CONNECTION & COMMUNITY

Studies now show what many of us have known all along: that staying connected is just as important to our overall well-being as staying healthy. This section includes everything from fitness classes and clubs to LGBTQ+ support, volunteering, libraries, and activity hubs for older adults. Meet new people, explore a hobby, get active, or give back – there are plenty of ways to engage in your Marin County community. If you're looking for community and congregate meals, please visit the **Food & Meals section**.

Clubs & Social Games

Game On!
415-444-8002 ▪ MarinJCC.org
Free in-person sessions of Rummikub and Mexican Train each week at Marin JCC (San Rafael and Mill Valley locations).

Emeritus Students of the College of Marin (ESCOM)
415-485-9652 ▪ ESCOM.Marin.edu/Clubs
Free in-person and online volunteer-led social clubs for adults 50+ offering opportunities to connect with others around shared interests such as books, games, photography, languages, and discussion groups.

Goldenaires (San Rafael)
415-485 -3348 ▪ SRGoldenaires.org
Bridge, BINGO, Mahjong, and more.

Marin Bocce Federation
415-485-5583 ▪ MarinBocce.org
Operates bocce courts and organizes social leagues.

Marin Bonsai Club
marinbonsai.org ▪ info@marinbonsai.org
Workshops, exhibitions, and monthly meetings for bonsai enthusiasts.

Marin Bridge Clubs Unit 508
MarinBridge.com
Bridge games, lessons, and tournaments for all skill levels.

Clubs & Social Games Listings Continued on Page 111 >



Stay Connected, Stay Healthy

Isolation is one of the biggest challenges we face as we age — and it can take a real toll on both mental and physical health. Staying socially connected has been shown to reduce stress, boost mood, improve memory, and even lower the risk of certain health conditions.

In this section, you'll find many ways to stay engaged and connected, whether that's joining a fitness class, volunteering, enjoying clubs and social games, or spending time at local community centers and libraries. There are dedicated resources for veterans, LGBTQ+ older adults, and others seeking meaningful community connections.



Don't forget to explore the **Lifelong Learning** category as well. Classes, lectures, and technology training opportunities can help you keep your mind sharp, learn new skills, and stay connected in today's digital world.

Staying engaged isn't just fun — it's good for your health!

SOCIAL CONNECTION & COMMUNITY

Marin Knitters Guild
marinknittersguild@yahoo.com
marinknittersguild.org
Knitters with all levels of experience welcome. Meets at Corte Madera Town Center. Email or visit the website for details.

Marin Needle Arts
guildinfo@mnag.org ▪ MNAG.org
Community group for sewing, knitting, quilting, and other needle arts, offering friendly meetings, skill-sharing, and outreach through handmade donations to local organizations.

Marin Photography Club
MarinPhotoClub.org
Photo outings, lectures, and peer review sessions for photography enthusiasts.

Marin Senior Bingo — San Rafael Community Center
415-485-3333 ▪ CityOfSanRafael.org
Weekly bingo hosted by the San Rafael Goldenaires at the San Rafael Community Center, typically held after the Wednesday congregate lunch program for older adults.

Mt Tam Quilt Guild
president@mtqg.org ▪ MTQG.org
San Rafael-based quilting group that brings together quilters to share techniques and creativity through monthly meetings, speakers, and community service projects.

Community Centers

Albert J. Boro Community Center
415-485-3077 ▪ CityOfSanRafael.org

Belvedere Tiburon Recreation — Senior Programs
415-435-4355 ▪ TheRanchToday.org

Bolinas Community Center
415-868-2128 ▪ BoCenter.org

Corte Madera Community Center
415-927-5072 ▪ CorteMadera.gov

Fairfax Recreation — Senior Programs
415-456-5652 ▪ TownOfFairfax.gov

Isabel Cook Community Center
415-258-4640 ▪ SanAnselmoRecreation.org

Margaret Todd Senior Center
415-899-8290 ▪ Novato.gov/MTSC

Marguerita C. Johnson Senior Center
(Marin City)
415-332-1441
MarinCityCSD.com/Senior-Center

Marinwood Community Center
415-479-0775 ▪ Marinwood.org

Mill Valley Community Center
(Older Adult Programs)
415-383-1370 ▪ MillValleyRecreation.org

Ross Recreation Center
415-453-6020 ▪ RossRecreation.org

San Anselmo — Isabel Cook Community Center
415-258-4640 ▪ SanAnselmo.gov

Community Centers Listings Continued >

San Geronimo Valley Community Center – Seniors Program
415-488-8888 ▪ SGVCC.org

San Rafael Community Center (Goldenaires)
415-485-3333 ▪ SRGoldenaires.org

Tam Valley Community Center
415-388-6393 ▪ TamCSD.org

Terra Linda Community Center – Terra Linda Seniors
415-485-3344 ▪ CityOfSanRafael.org

Vivalon Healthy Aging Campus
415-456-9062 ▪ Vivalon.org

Fitness

Age Friendly Sausalito – Senior Fitness
415-331-1393 ▪ Sausalito.RecDesk.org
Free, gentle, mobility support activities for Marin County residents 60+, including Tai Chi for Arthritis and Fall Prevention, qi gong, and park excursions.

Belvedere -Tiburon Recreation – Senior Fitness
415-435-4355 ▪ TheRanchToday.org
Offers Zumba Gold, balance classes, and wellness programs for older adults.

BlindSail SF Bay
BlindSail.org
Adaptive sailing lessons and seamanship for visually impaired individuals.

Corte Madera – Active Older Adult Programs
415-927-5072 ▪ CorteMadera.gov
Dance, fitness, and chair yoga classes for older adults.

Fairfax Recreation – Older Adult Fitness
415-456-5652 ▪ TownOfFairfaxca.gov
Provides yoga, dance, and gentle movement classes for seniors.

Marin County Parks Senior Activities
415-473-6387 ▪ Parks.MarinCounty.gov
Free and low-cost outdoor programs for older adults—such as guided hikes, nature walks, and other group activities.

Marin JCC Senior Strength
415-444-8002 ▪ MarinJCC.org
A low-impact fitness class focused on building strength, balance, flexibility, cardio, and range of motion; chair-based options offered. Full gym and heated pools also available.

Margaret Todd Senior Center
415-899-8290 ▪ Novato.gov/MTSC
Strength, flexibility, and cardio classes for older adults.

Marin Villages – Walking Groups
415-457-4633 ▪ MarinVillages.org
Neighborhood walking groups and light fitness activities as part of its social programs for members.

Marguerita C. Johnson Senior Center Chair Yoga (Marin City)
415-332-1441 ▪ MarinCitySD/Senior-Center
Focus on flexibility, strength, and chair exercise to enhance well-being, relieve stress, and connect with others. Wednesdays 2:00-3:00pm.

Marin YMCA
415-492-9622 ▪ YMCASF.org
Fitness classes, aquatic programs, and social activities for older adults.

Mill Valley Recreation – Active Older Adults
415-383-1370 ▪ MillValleyRecreation.org
Group fitness, walking clubs, aquatics, and senior exercise classes at the Mill Valley Community Center.

Novato Parks & Recreation – Senior Fitness
415-899-8290 ▪ Novato.gov
Senior aerobics, line dancing, yoga, and aquatics programs.

Ross Recreation – Senior Fitness
415-453-6020 ▪ RossRecreation.org
Group fitness, gentle yoga, and walking programs fowr older adults.

San Anselmo Recreation - Senior Fitness
415-258-4640 ▪ SanAnselmoRecreation.org
Group yoga, tai chi, and walking programs for older adults.

San Rafael Recreation – Senior Fitness
415-485-3333 ▪ CityOfSanRafael.org/Older-Adults
Exercise classes, tai chi, dance, and walking programs for older adults.

Vivalon Healthy Aging Campus – Fitness Programs
415-456-9062 ▪ Vivalon.org
A variety of fitness programs include Tai Chi, yoga and balance classes.

LGBTQ+ Older Adult Support Services

Alzheimer's Association – LGBTQ Dementia Care Program
1-800-272-3900 ▪ ALZ.org/NorCal
Specialized education, support groups, and services for LGBTQ+ people with dementia and their caregivers.

Marin LGBTQ+ Center
628-285-9005 ▪ MarinLGBTQCenter.org
Community hub offering connection and support for the LGBTQ+ community, including social activities for older adults..

Openhouse (San Francisco)
415-296-8995 ▪ OpenHouseSForg
Housing assistance, support groups, and social programming for LGBTQ+ older adults in the Bay Area; accessible to Marin residents.

Vivalon – LGBTQ+ Older Adult Discussion Groups
415-456-9062 ▪ Vivalon.org
LGBTQ+ older adult support hosted at Vivalon.

Social Connection & Community Listings Continued >



Libraries

Marin County's libraries are welcoming community hubs that offer much more than books. Many branches host free or low-cost activities that support social connection, such as book clubs, lifelong learning programs, technology help, arts and culture events, conversation groups, and other gatherings designed to bring neighbors together. Check your local library for details.

Belvedere Tiburon Library
415-789-2665 • BelTibLibrary.org

Bolinas Library (Marin County Free Library)
415-868-1171 • MarinLibrary.org/Locations/MB

Bookmobile
415-473-4264 • MarinLibrary.org/Bookmobile

Civic Center Library
(Marin County Free Library)
415-473-6057 • MarinLibrary.org/Locations/MC

Corte Madera Library
(Marin County Free Library)
415-924-3515 • MarinLibrary.org/Locations/MM

Fairfax Library (Marin County Free Library)
415-453-8151 • MarinLibrary.org/Locations/MF

Inverness Library
(Marin County Free Library)
415-669-1288 • MarinLibrary.org/Locations/MI

Larkspur Library
415-927-5005 • Larkspur.gov/181/Library

Library Beyond Walls
(Marin County Free Library)
415-473-6826 • MarinLibrary.org/LBW

Mill Valley Public Library
415-389-4292 • MillValleyLibrary.org

Novato Library (Marin County Free Library)
415-473-2050 • MarinLibrary.org/Locations/MN

Point Reyes Library
(Marin County Free Library)
415-663-8375 • MarinLibrary.org/Locations/MP

SOCIAL CONNECTION & COMMUNITY

San Rafael Public Library (Downtown)
415-485-3323 • SanRafael.gov/Downtown-Library

San Rafael Public Library
(Northgate Branch)
5800 Northgate Drive, Suite 083
415-890-5670 • SanRafael.gov/Northgate-Library

San Rafael Public Library
(Pickleweed Branch)
415-485-3483
SanRafael.gov/Pickleweed-Library

Sausalito Public Library
415-289-4121 • SausalitoLibrary.org

South Novato Library
(Marin County Free Library)
415-506-3165 • MarinLibrary.org/Locations/MH

Stinson Beach Library
(Marin County Free Library)
415-868-0252 • MarinLibrary.org/Locations/MS

Social Connections

California Peer Warmline –
Peer to Peer Emotional Support
1-855-845-7415 • MentalHealthSF.org
Statewide warm line offering peer-based mental and emotional support by phone, text, or online chat. 7:00am-11:00pm Mondays, Tuesdays, Wednesdays, and Fridays; 8:00am-10:00pm Thursdays.

Caring Connections – Home Visit Program
415-472-5482 • LitaMarin.org
Offering weekly in-home visits for lonely or isolated older adults. Volunteer visitors are background-checked and matched based on shared interests.

Friendship Line – Institute on Aging
888-670-1360
IOAging.org/Friendship-Line
National toll-free emotional support line helping older adults, caregivers, and people with disabilities feel seen, heard, and understood during life's most difficult moments. Outbound calls also available.



Front Porch Well Connected
1-877-797-7299 • FrontPorch.net/Connect
Free, nationwide phone and online community for adults 60+ offering social, educational, and support groups year-round to help older adults stay connected from home.

Fun Fridays at Marin City Senior Center
415-332-1441
MarinCityCSD.com/Senior-Center
This weekly event offers a mix of games, karaoke, music, dancing, talent shows, food, and more. Come together to unwind in a joyful setting. Fridays, 6:00-9:00pm.

Social Connections Listings Continued >

Marin Villages
415-457-4633 ▪ MarinVillages.org
Community group helping older adults stay engaged through neighborhood events, interest groups, and volunteering.

One-to-One Friends - Visits for Long-Term Care Residents
415-472-5482 ▪ LitaMarin.org/onetoone
Matches trained volunteers with residents in long-term care for ongoing weekly visits to reduce isolation.

Safe At Home Calls — Seniors At Home
415-449-3700 ▪ SeniorsAtHome.JFCS.org
Offers twice-weekly check-in calls for older adults who live alone and seek reassurance or companionship.

Sausalito Village
415-332-3325 ▪ SausalitoVillage.org
Community group helping older adults stay engaged through neighborhood events, interest groups, and volunteering.

Senior Peer Counseling
888-818-1115 ▪ HHS.MarinCounty.gov
Peer counseling for adults 60+ who are experiencing emotional distress, provided by the Adult Services team at Marin County Behavioral Health and Recovery Services (BHRS).

Tea and Talk Gathering
415-332-1441
MarinCityCSD.com/Senior-Center
Informal social gathering offering a relaxed space for connection, conversation, and friendship over a warm cup of tea. Tuesdays, 12:15-1:45pm.

Local Veterans' Organizations (Social Clubs)

American Legion Log Cabin 179
(San Anselmo)
415-526-3669
AmericanLegionLogCabin.com
Social hub for veterans with regular meetings, community service, and peer support.

American Legion Post 313 (Larkspur)
415-924-6283 ▪ AmericanLegion313.org
Veterans organization offering regular meetings, breakfast gatherings, and live music.

VFW Post 7816 (Novato)
415-897-0779 ▪ NovatoVFW.org
Brings together veterans in Novato for friendship, social programs, and volunteer opportunities.

Volunteering & Civic Engagement

AARP — Create the Good
1-888-687-2277 ▪ CreateTheGood.AARP.org
Find local and virtual volunteer opportunities curated for adults 50+.

AmeriCorps Seniors — RSVP
1-800-942-2677 ▪ AmeriCorps.gov
Connects adults 55+ with flexible volunteer roles in their community; use AmeriCorps' online search to find RSVP and other local opportunities (companionship/phone check-ins, tutoring, food support, and more).

Center for Volunteer & Nonprofit Leadership (CVNL)
415-479-5710 ▪ CVNL.org
Connects older adults with volunteer opportunities in Marin nonprofits, including board service, event support, and skills-based roles.

Marin County Civil Grand Jury
415-473-6132 ▪ MarinCounty.gov
Civic engagement opportunity for older adults to serve on Marin's civil grand jury, investigating and reporting on local government.

Marin County Home-Delivered Meals Support
415-473-3766
Email: Cat Woods Williams at
Catherine.woodswilliams@marincounty.gov
Volunteer roles supporting Marin County's Home-Delivered Meals program, including meal delivery assessments (in-home or by phone), scheduling, and office support.

Marin Villages Volunteer Program
415-457-4633 ▪ MarinVillages.org
Opportunities for older adults to volunteer as drivers, friendly visitors, and helpers to support neighbors aging in place in Marin.

Sausalito Village Volunteer Program
415-332-3325
sausalitovillageconcierge@gmail.com
SausalitoVillage.org
Opportunities for older adults to volunteer as drivers, friendly visitors, and helpers to support neighbors aging in place in Sausalito.

SF-Marin Food Bank
415-282-1900 ▪ SFMFoodBank.org/Volunteer
Sort and package groceries in the Marin warehouse, assist at food pantries and community markets, or deliver groceries directly to neighbors who can't easily get to a pantry.

Vivalon — Volunteer Opportunities
415-456-9062 ▪ Vivalon.org
Opportunities for older adults to volunteer as drivers delivering meals or providing rides. ◆

TRANSPORTATION

What transportation options are available for those who cannot drive?

Are there any community ride programs that offer free or discounted transportation?



TRANSPORTATION

Access to reliable transportation is essential for maintaining independence and staying connected with the community. Whether you need fixed-route public transportation (buses, trains, or other public transit services that operate on scheduled routes and stops), paratransit service (specialized transportation options designed for individuals who are unable to use regular public transit due to age, mobility challenges, or other factors), community ride programs, or transportation to and from your medical appointments, this section provides a range of options to help you get where you need to go.

Community Ride Programs

CarePool by Vivalon
415-454-1098 (press 4) ▪ Vivalon.org
Connects Marin County residents aged 65+ with volunteer drivers for essential trips, including medical appointments, grocery, and pharmacy visits, at no cost. Riders must be ambulatory (able to get in and out of a vehicle without assistance). Rides are subject to volunteer availability.

Call a Ride Sausalito Seniors (CARSS)
415-944-5475 ▪ CARSS4You.org
Free transportation program for residents of Sausalito and the Floating Homes ages 60+. Rides are provided by vetted volunteers in their own cars.

Cycling Without Age
415-726 1100 (Cheryl Longinotti) ▪ CyclingWithoutAge.com/Marin-County
Older adults can sign up for bike rides with local volunteers (pilots) through the Marin chapter of Cycling Without Age.

Marin Access – Volunteer Driver Programs (STAR & TRIP)
415-454-0902 ▪ MarinTransit.gov
Mileage reimbursement for rides provided by friends or neighbors.

Marin Villages Volunteer Drivers
415-457-4633 ▪ MarinVillages.org
Volunteer driver program that matches requested rides with volunteer drivers.

Sausalito Village Volunteer Drivers
415-332-3325 ▪ SausalitoVillage.org
Volunteer driver program that matches requested rides with volunteer drivers. Open to residents 55 and older in the 94965 zip code. Membership fee waiver available.

Community Ride Programs Listings Continued >



Veterans' Transportation Services
415-221-4810 x23080 ▪ VA.gov
Van service to VA appointments, operated by DAV Transportation Network.

Vivalon Rides for Health
415-454-1098 (press 3)
Vivalon.org/Transportation
On-demand transportation for individuals of all ages traveling within Marin and beyond for medical appointments, shopping, and social outings. Trained drivers, wheelchair-accessible, and ADA-equipped vehicles. Rates apply, and rides should be booked at least 48 hours in advance.

Fixed Route & Shuttles

Clipper Card for Seniors
1-855-614-9149 ▪ ClipperCard.com
Discounted public transit card for seniors 65+ valid across Bay Area transit systems.

Dillon Beach / Tomales Shuttle
415-454-0903
MarinTransit.gov/Dillon-Tomales-Shuttle
Provides passengers curb-to-curb pick-up and drop-off service between Dillon Beach, Tomales, and Petaluma on Wednesdays only. Advance reservations encouraged.

Golden Gate Transit & Ferry
415-455-2000 ▪ GoldenGate.org/Ferry
Regional public bus and ferry system that connects Marin with San Francisco, Sonoma, and the East Bay. Discounted fares for older adults.

Marin Transit
415-455-2000 ▪ MarinTransit.gov
Marin Transit provides a local public bus service in Marin County, including local fixed route, community shuttle, supplemental school, rural fixed route (Stagecoach), and the Muir Woods Shuttle. Discounted fares available for riders with income barriers.

Point Reyes Shuttle
415-454-0902
MarinTransit.gov/Point-Reyes-Shuttle
Provides passengers curb-to-curb pick-up and drop-off service between Point Reyes Station and Novato on the first and third Mondays of each month and between Point Reyes Station and Fairfax/San Anselmo (via San Geronimo Valley) on the second and fourth Mondays of each month. Advance reservations encouraged..

Sonoma-Marin Area Rail Transit (SMART)
707-794-3330 ▪ SonomaMarinTrain.org
Rail service connecting Marin and Sonoma counties. Older adults ages 65+ ride FREE through June 2026. Check website for details.

Medical Rides

American Cancer Society – Road to Recovery
1-800-227-2345 ▪ Cancer.org
Free transportation to and from treatment for people with cancer.

Assisted Transportation by Vivalon Carepool
1-866-828-2303
Vivalon.org/Transportation
Provides FREE rides for Marin County adults 60+ for medical appointments only. This program is funded by County of Marin and operated by Vivalon Rides.

Medical Rides by Vivalon
1-866-828-2303
Vivalon.org/Transportation
Provides Non-Emergency Medical Transportation (NEMT) and Non-Medical Transportation (NMT) to and from Medi-Cal (Medicaid) covered appointments within Marin County. This program is for Medi-Cal clients covered by Partnership HealthPlan of California (PHC). Call to enroll.

Paratransit Services

Marin Access – Paratransit
1-415-454-0902
MarinTransit.gov/Paratransit
Door-to-door transportation service for those unable to use public transit due to disability. Advance enrollment required.

Transportation Listings Continued >



Private Hire

GoGoGrandparent
1-855-464-6872 ▪ GoGoGrandparent.com
Phone-based concierge service that helps older adults and people with disabilities book rides with services like Uber and Lyft — no smartphone or app required. Can also help with everyday essentials like groceries, meals, prescriptions, and other home services. Rides are monitored for added safety.

Onward Rides Companion Rides
1-800-700-4797 ▪ OnwardRides.com
Rides for older adults and people who need help getting to appointments, errands, or social outings. Rides are provided by vetted, trained companion drivers who can offer hands-on assistance such as help with walkers/foldable wheelchairs and door-to-door support. Trips can be scheduled online, in the app, or through a concierge phone service.

Private Drivers and Chauffeur Services – Marin Villages
415-457-4633 ▪ MarinVillages.org
Directory of vetted drivers and services available to Marin Villages members.

Roll Wheelchair and Ambulatory Services
415-USE-ROLL (415-873-7655)
RollWheelchair.com
Paid transport for ambulatory and wheelchair patients that require assistance to and from appointments, events.

SilverRide
1-800-618-1246 ▪ SilverRide.com
Assisted door-through-door transportation for older adults and people who need extra support with trained, credentialed driver-companions for medical appointments, errands, and social outings.

Wheelcare Express
707-573-3055 ▪ WheelcareExpress.com
Paid transportation service provider for older adults and people with disabilities.

Referral Services

Marin Access Travel Navigators
MarinAccess.org
Travel Navigators assist older adults and people with disabilities to identify and access transportation services in Marin County and beyond.

Marin Access Fare Assistance
415-454-0902 ▪ MarinTransit.gov/MAFA
Offers a variety of fare assistance options for individuals with income barriers including a free transit pass and the mobility wallet which can be used with a variety of transportation providers across Marin County.

Marin Transit and Marin Access Travel Training
415-454-0902
MarinTransit.gov/Travel-Training
Travel training helps individuals or groups learn how to use public transit service and understand their transportation options. ◆

Register for an Uber Senior account using the mobile application.
See the Uber FAQ for Seniors more information ▪ Help.Uber.com
Add your health benefit card as a payment option. Depending on your benefits, your card may help cover trips to the doctor, grocery store, community events, and visits to friends and family. You can add your Medicare Advantage health benefit card trough the Wallet section of the application.



I just moved to Marin. How do I register to vote here?

Where's the polling place in my neighborhood?

VOTER INFORMATION

This section connects you to official and nonpartisan resources to help you participate in local, state, and national elections. You'll find where to register or update your registration, check your registration status, and get trusted election information, plus accessible voting options and disability-related support.

Marin County Elections Department:
Your Go-To Resource for Voting Help

Have a question about registering to vote, voting by mail, accessible voting, ballot drop-off, or where to vote? The Marin County Elections Department is the official source for Marin County election and voting information, deadlines, and assistance.

Need a paper voter registration form? Contact the Marin County Elections Department to request one.
Call **415-473-6456** for more information

Accessible & Disability Voting Support

Disability Rights California — Voting Rights Unit
1-888-569-7955 ▪ DisabilityRightsCa.org
Free legal advocacy and information to ensure accessible voting for people with disabilities.

Marin County Elections Department
415-473-6456 ▪ MarinCounty.gov/Departments/Elections
Offers accessible voting options and equipment for voters with disabilities.

Election Information & Education

California Secretary of State — Elections Division
1-800-345-8683 ▪ SoS.CA.gov/Elections ▪ VoterStatus.SoS.CA.gov
Check the status of an existing voter registration, view statewide election information, results, and resources.

Voter Information Listings Continued >

League of Women Voters – Marin County
MarinLWV.org/Voter-Resources
Provides impartial information on candidates and ballot measures, voter guides, and forums.

Official Voter Information Guide
VoterGuide.SoS.CA.gov
Official statewide guides with election dates, ballot measures, candidate statements, and voting instructions for California voters.

Voter Registration

California Online Voter Registration
RegisterToVote.CA.gov
Allows CA residents to register or update voter registration online.

League of Women Voters – Marin County
MarinLWV.org/Vs-RegisterVote
Provides voter registration forms and resources.

Marin County Elections Department
415-473-6456
MarinCounty.gov/Departments/Elections
Handles registration, ballots, and election resources for Marin residents.

National Voter Registration Day
NationalVoterRegistrationDay.org
Annual campaign and online resource for voter registration drives and education.

Vote.org
Vote.org
Nonpartisan national resource to check registration, request absentee ballots, and find election information. ◆

ACRONYMS

AAA	Area Agency on Aging or Marin County AAA
AARP	American Association of Retired Persons
AAS	Aging & Adult Services
ACL	Administration for Community Living
ADA	Americans with Disabilities Act
ADLs	Activities of Daily Living
ADRC	Aging & Disability Resource Connection
ADU	Accessory Dwelling Unit
AFN	Access & Functional Needs
AMI	Average Median Income
APS	Adult Protective Services
BOS	Board of Supervisors
C4A	California Association of Area Agencies on Aging
CANHR	California Advocates for Nursing Home Reform
CAM	Community Action Marin
CBO	Community Based Organization
CCRCs	Continuing Care Retirement Communities
CDA	Community Development Agency
CDA	California Department of Aging
CERT	Community Emergency Response Team
CFHL	Cal Fresh Healthy Living
CMS	Centers for Medicare & Medicaid Services
CNA	Certified Nursing Assistant
CSL	California Senior Legislature
DHCS	Department of Health Care Services
FAST	Financial Abuse Specialist Team
HCC	Marin County Homeless Care & Coordination
HHA	Home Health Aide
HHS	Marin County Health & Human Services
HICAP	Health Insurance Counseling & Advocacy Program
HIPAA	Health Insurance Portability & Accountability Act
I&A	Information & Assistance
I&R	Information & Referral
IADLs	Instrumental Activities of Daily Living
IHSS	In-Home Supportive Services
JFCS	Jewish Family & Childrens Services
LTC	Long Term Care
LTSS	Long Term Services &Supports
MCCOA	Marin County Commission on Aging
MCF	Marin County Foundation
MCIL	Marin Center for Independent Living
MHA	Marin Housing Authority
MOC	Marin Organizing Committee
MOW	Meals on Wheels
MSP	Medicare Savings Program
MSSP	Multipurpose Senior Services Program
OAA	Older Americans Act
PACE	Program of All-Inclusive Care for the Elderly
POLST	Physician Orders for Life-Sustaining Treatment
RCFE	Residential Care Facility for the Elderly
SAFE	Specialized Assistance for Everyone
SAS	Senior Advocacy Services
SHIP	State Health Insurance Assistance Program
SMART	Sonoma-Marin Area Rail Transit
SMP	Senior Medicare Patrol
SNAP	Supplemental Nutrition Assistance Program
SNAP-Ed	Supplemental Nutrition Assistance Program Education
SNF	Skilled Nursing Facility
SSA	Social Security Administration
SSDI	Social Security Disability Income
TAM	Transportation Authority of Marin
VA	Veterans Affairs (U.S. Department of)
VSO	Veterans Service Office (County level)

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*Efforts were made to ensure that the entries listed in this Guide were current at the time of printing. Please be aware that changes may occur. Requests for corrections or updates should be sent to **473info@marincounty.gov**.*

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We are deeply grateful to the many subject matter experts and members of the Resource Guide Advisory Group who helped identify the services and resources included in this guide. Contributors included leaders from the Marin Housing Authority; Marin County's Homelessness and Coordinated Care Division; Marin Transit; Marin County Public Health Preparedness; the Marin County Office of Emergency Management; the Marin County Elections Office; the Marin County Public Guardian's Office; Marin County Aging & Adult Services; other County departments; and many community-based organizations that serve older adults.

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*This guide will soon be available online. For more information and to access the digital version of this guide, scan this QR code or visit **MarinHHS.org/Aging-Resource-Guide**.*

Do you have feedback for Marin County Health and Human Services?
Do you have a suggestion, an edit, or a question regarding this resource guide? Fill out this brief survey to be in touch with our team!

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NOTES

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