



# SONOMA COUNTY SENIOR RESOURCES



## ADULT DAY PROGRAMS

---

### **Petaluma People Services Center**

“Activity program for frail elders aged 60 yrs. and older to help them stay independent in their homes as long as possible.”

**Location:** 25 Howard Street  
Petaluma, CA 94952

**Contact:** (707) 765-8488

**Website:**

<http://petalumapeople.org/seniors/adult-day-care/>

Last Verified On: 06/24/2025

### **Primrose**

“Specialized social day program for people with Alzheimer’s and related dementias.”

**Location:** 2080 Guerneville Road  
Santa Rosa, CA 95403

**Contact:** (707) 578-8360

**Website:**

<http://www.primrosealz.com/primrose-day-club/>

Last Verified On: 06/24/2025

## ADVANCE CARE PLANNING

---

### **By the Bay Health**

“Creating an advanced care plan will give you and your family peace of mind, knowing that you have a plan for the future.”

**Contact:** (707) 935-7504

**Website:** <https://bythebayhealth.org/advance-care-planning/>

Last Verified On: 06/24/2025



# SONOMA COUNTY SENIOR RESOURCES

## ADULT PROTECTIVE SERVICES

---

### **Sonoma County Adult Protective Services**

“APS professionals investigate and provide help and services to keep older adults safe and well.”

**Location:** 3725 Westwind Boulevard, 1<sup>st</sup> Floor  
Santa Rosa, CA 95403

**24/7 Adult Protection Hotline:** (800) 667-0404

**Contact:** (707) 565-5900

**Website:**

<https://sonomacounty.ca.gov/Human-Services/Adult-and-Aging/Adult-Protective-Services/>

Last Verified On: 06/24/2025

## CAREGIVERS

---

### **Redwood Caregiver Resource Center**

“Offering support and assistance to caregivers of adults with brain impairments through education, research, services and advocacy.”

**Location:** 1140 Sonoma Avenue, Suite 1B  
Santa Rosa, CA 95401

**Contact:** (707) 542-0282

**Toll Free:** (800) 834-1636

**Website:** <http://www.redwoodcrc.org>

Last Verified On: 06/24/2025

## CARE MANAGEMENT

---

### **West County Community Services**

“WCCS connects seniors with health and human service resources in their local community and provides case management and follow up to assist seniors and families plan for the future.”

**Location:** 16390 Main Street  
Guerneville, CA 95446

**Contact:** (707) 823-1640 ext. 401

**Website:**

<https://www.westcountyservices.org/senior-case-management/>

Last Verified On: 06/24/2025

### **Seniors At Home – Care Management**

“Advocate on your behalf, help solve problems, and communicate with physicians, hospitals, and family.”

**Location:** 2200 Range Ave., Suite 102  
Santa Rosa, CA 95403

**Contact:** (707) 303-1530

**Website:** <https://seniorsathome.ifcs.org/care-management/>

Last Verified On: 06/24/2025



# SONOMA COUNTY SENIOR RESOURCES

## CARE MANAGEMENT, Continued

---

### Redwood Caregiver Resource Center – Care Planning

“Can help you understand what a diagnosis means and can help you put together a plan of action.”

**Location:** 1140 Sonoma Avenue, Suite 1B  
Santa Rosa, CA 95401

**Contact:** (707) 542-0282

**Toll Free:** (800) 834-1636

**Website:** <http://www.redwoodcrc.org>

Last Verified On: 06/24/2025

## DISASTER PREPAREDNESS

---

### Disaster Preparedness for Seniors by Seniors (PDF)

“Learn how to protect yourself and cope with disaster by planning ahead. Even if you have physical limitations, you can still protect and prepare yourself.”

**Link:**

[https://www.redcross.org/content/dam/redcross/atg/PDF\\_s/Preparedness\\_Disaster\\_Recovery/Disaster\\_Preparedness/Disaster\\_Preparedness\\_for\\_Srs-English.revised\\_7-09.pdf#](https://www.redcross.org/content/dam/redcross/atg/PDF_s/Preparedness_Disaster_Recovery/Disaster_Preparedness/Disaster_Preparedness_for_Srs-English.revised_7-09.pdf#)

Last Verified On: 06/24/2025

### Emergency Power Planning for People Who Use Electricity and Battery – Dependent Assistive Technology and Medical Devices (PDF)

“Emergency planning checklist is for people who use electricity and battery dependent assistive technology and medical devices.”

**Link:**

[https://adata.org/sites/adata.org/files/files/ADANN\\_Emergency\\_Power\\_planning-2016%20%20final\(1\).pdf](https://adata.org/sites/adata.org/files/files/ADANN_Emergency_Power_planning-2016%20%20final(1).pdf)

Last Verified On: 06/24/2025

### Sonoma County Senior Resource Guide

“Get started finding resources, counseling, transportation, employment, etc.”

**Website:**

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

Last Verified On: 06/24/2025



# SONOMA COUNTY SENIOR RESOURCES

## HOSPICE & PALLATIVE CARE

---

### By the Bay Health

“Specialized end-of-life care that provides pain and symptom management to help patients with a terminal diagnosis live their best life possible, as long as possible.”

**Location:** 355 West Napa St., Suite B  
Sonoma, CA 95476

**Office Contact:** (707) 935-7504

**Contact:** (415) 927-2273

**Website:** <https://bythebayhealth.org/hospice-care/>

Last Verified On: 06/24/2025

### Heartland Hospice Care

“Provide disease management programs to help patients manage their disease(s), reduce unnecessary visits to the hospital, live the most fulfilling life possible and retain the greatest degree of independence right at home..”

**Location:** 3700 Old Redwood Hwy, Ste 103  
Santa Rosa, CA 95403

**Contact:** (888) 427-6590

**Email:** [santarosa@heartlandhospice.com](mailto:santarosa@heartlandhospice.com)

**Website:**

<https://www.heartlandhospice.com/find-an-agency/heartland-hospice-services-of-santa-rosa/>

Last Verified On: 06/24/2025

## IN-HOME SUPPORTIVE SERVICES (IHSS)

---

### Sonoma County In-Home Supportive Services

“Stay living safely at home, eligible older adults and disabled residents of all ages, can apply for support from paid in-home care providers. IHSS clients get help with day-to-day tasks that they cannot do themselves.”

**Location:** 3725 Westwind Blvd., First Floor  
Santa Rosa, CA 95403

**Contact:** (707) 565-5900

**Website:**

<https://sonomacounty.ca.gov/templates/portal/ServiceWideBanner.aspx?id=2147559942>

Last Verified On: 06/24/2025



# SONOMA COUNTY SENIOR RESOURCES

## INDEPENDENT LIVING SUPPORT SERVICES

---

### Becoming Independent

“Helps people with developmental disabilities live meaningful and productive lives.”

**Location:** 1425 Corporate Center Parkway  
Santa Rosa, CA 95407

**Contact:** (707) 524-6600

**Spanish Contact:** (707) 524-6714

**Website:** <http://becomingindependent.org>

Last Verified On: 06/24/2025

### Disability Services & Legal Center – Housing Access Modification Program

“Helps seniors, veterans and people with disabilities gain, maintain or extend access to their homes that would otherwise be lost due to the hardship associated with a disability.”

**Location:** 521 Mendocino Avenue  
Santa Rosa, CA 95401

**Contact:** (707) 636-3074

**Website:** <http://mydslc.org/home-access/>

Last Verified On: 06/24/2025

### California Human Development - disABILITY Services

“Support individuals with developmental and intellectual disabilities reach their goals while developing self-determination.”

**Location:** 3315 Airway Drive  
Santa Rosa, CA 95403

**Contact:** (707) 523-1155

**Website:**

<https://californiahumandevelopment.org/disability-services/>

Last Verified On: 06/24/2025

### Earle Baum Center for the Blind

“Helps people and families regain confidence, master new skills, contribute to their communities and engage with technology.”

**Location:** 4539 Occidental Road  
Santa Rosa, CA 95401

**Contact:** (707) 523-3222

**Website:** <https://earlebaum.org>

Last Verified On: 06/24/2025

## LEGAL SERVICES

---

### Legal Aid of Sonoma County – Elder Law Program

“Provides crisis legal services for seniors”

**Location:** 144 South E Street, Suite 100  
Santa Rosa, CA 95404

**Elder Hotline:** (707) 340-5610

**Website:** <https://legalaidsc.org/programs/elder/>

Last Verified On: 06/24/2025

### Family Justice Center Sonoma County

“Provides assistance with domestic violence, elder abuse and civil harassment restraining orders”

**Location:** 2755 Mendocino Avenue, Suite 100  
Santa Rosa, CA 95403

**Contact:** (707) 565-8255

**Website:** <http://www.fjcsc.org/>

Last Verified On: 06/24/2025

### Disability Services & Legal Center

“Provide assistance in filing complaints and securing legal representation for persons with disabilities.”

**Location:** 521 Mendocino Avenue  
Santa Rosa, CA 95401

**Contact:** (707) 528-2745

**Website:** <http://mydslc.org>

Last Verified On: 06/24/2025

### Transgender Law Center

“Assist, inform, and empower thousands of individual community members a year and build towards a long-term, national, trans-led movement for liberation.”

**Contact:** (510) 587-9696

**Website:**

<https://transgenderlawcenter.org/resources/health>

Last Verified On: 06/24/2025





# SONOMA COUNTY SENIOR RESOURCES

## LGBTQ+ RESOURCES

---

### **LGBTQ Connection**

“Free paperless counseling, intergenerational community events, resources & referrals.”

**Location:** 714 Mendocino Avenue,  
Santa Rosa, CA 95401

**Contact:** (707) 579-4327

**Website:** <https://www.lgbtqconnection.org/>

Last Verified On: 06/24/2025

### **LGBTQI Elder Resource Center**

“Provides county-wide, LGBTQI-specific, culturally sensitive, telephone & email based information and assistance to LGBTQI elders.”

**Location:** 167 North High Street,  
Sebastopol, CA 95472

**Contact:** (707) 829-2440

**Website:**

<https://www.sebastopolseniorcenter.org/lgbtqi-elder-resources>

Last Verified On: 06/24/2025

### **SAGE’s National LGBT Elder Hotline**

“National LGBT Elder Hotline available 24 hours a day, 7 days a week.”

**Contact:** 877-360-LGBT (5428)

**Website:** <https://www.sageusa.org/>

Last Verified On: 06/24/2025

### **National Resource Center on LGBT Aging**

“The country’s first and only technical assistance resource center aimed at improving the quality of services and supports offered to lesbian, gay, bisexual and/or transgender older adults.”

**Contact:** (212) 741-2247

**Website:** <https://www.lgbtagingcenter.org/>

Last Verified On: 06/24/2025

### **SAGE Connect**

“Designed to pull isolated or lonely LGBT older people tighter into our community and make sure they feel safe, loved, and visible despite having to stay indoors.”

**Email:** [connect@sageusa.org](mailto:connect@sageusa.org)

**Website:**

<https://www.sageusa.org/sageconnect/>

Last Verified On: 06/24/2025

### **LGBT National Senior Hotline**

“No matter where they live, LGBT seniors have a place to call when they need peer support, information and local resources.”

**Contact:** (888) 234-7243

**Website:** <https://www.lgbthotline.org/>

Last Verified On: 06/24/2025

## LGBTQ+ SUPPORT GROUPS

---

### **Sonoma Valley LGBTQ Seniors**

“All ages and abilities welcome! Come join us and feel free to bring a friend or neighbor.”

**When:** 3<sup>rd</sup> Friday of every month from  
10 a.m. – noon

**Location:** Vintage House Senior Center at  
264 1st Street East,  
Sonoma, CA 95476

**Website:** <https://www.spectrumlgbtcenter.org/>

Last Verified On: 06/24/2025

### **Santa Rosa LGBTIQ Seniors**

“Join us for lively discussions, mutual support, sharing information, and all the while celebrating who we are.”

**When:** 4<sup>th</sup> Tuesday of every month from  
1 p.m. – 3 p.m.

**Location:** Glaser Center - 547 Mendocino  
Avenue  
Santa Rosa, CA 95401

**Website:** <https://www.spectrumlgbtcenter.org/>

Last Verified On: 06/24/2025



# SONOMA COUNTY SENIOR RESOURCES

## PALLIATIVE CARE & HOSPICE

---

### By the Bay Health

“Enhance the quality of life for our patients while providing practical and emotional support to their families and caregivers.”

**Location:** 355 West Napa Street, Ste. B  
Sonoma, CA 95476

**Contact:** (707) 935-7504

**Website:** <http://hospicebythebay.org/service-areas/sonoma-county/>

Last Verified On: 06/24/2025

### Seniors at Home – Palliative Care

“Provides holistic support to improve quality of life and to address physical, emotional, and spiritual suffering.”

**Location:** 2200 Range Ave., Suite 102  
Santa Rosa, CA 95403

**Contact:** (707) 303-1530

**Website:** <https://seniorsathome.jfcs.org>

Last Verified On: 06/24/2025

## RESPIRE CARE

---

### Petaluma People Services Center – Adult Day Care

“Activity program for frail elders aged 60 yrs. and older to help them stay independent in their homes as long as possible. This structured program, in a secure facility is an adult day care program, licensed under the State Department of Social Services,

**Location:** 25 Howard Street  
Petaluma, CA 94952

**Contact:** (707) 765-8488

**Website:**

<http://petalumapeople.org/seniors/adult-day-care/>

Last Verified On: 06/24/2025

### Catholic Charities of Santa Rosa – The Shaw Center

“Daytime Memory Care service provides wonderful connection and therapeutic activities for seniors, as well as relief and respite for families who care for them.”

**Location:** 987 Airway Court  
Santa Rosa, CA 95403

**Contact:** (707) 528-8712

**Website:** <https://www.srcharities.org/seniors/>

Last Verified On: 06/24/2025

## SENIOR CENTERS

---

### Russian River Senior Center

“The Senior Center offers life-sustaining and life-enriching services to help Seniors live productive, independent and meaningful lives.”

**Location:** 15010 Armstrong Woods Rd  
Guerneville, CA 95446

**Contact:** (707) 823-1640 ext. 400

**Website:**

<https://www.westcountyservices.org/russian-river-senior-center/>

Last Verified On: 06/24/2025



# SONOMA COUNTY SENIOR RESOURCES

## SENIOR CENTERS, Continued

---

### Sebastopol Area Senior Center

“Creates and maintains an environment that encourages independence for seniors, provides learning, social, and recreational opportunities in pursuit of an active, healthy life, and provides resources and referrals for seniors, their family members, and other individuals.”

**Location:** 167 N High Street  
Sebastopol, CA 95472

**Contact:** (707) 829-2440

**Website:**

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

Last Verified On: 06/24/2025

### Petaluma Senior Center

“Engaging mind, body and spirit”

**Location:** 211 Novak Dr.  
Petaluma, CA 94954

**Contact:** (707) 778-4399

**Website:** <https://cityofpetaluma.org/petaluma-senior-center/>

Last Verified On: 06/24/2025

### Rohnert Park Senior Center

“Variety of recreational classes and day trips offered throughout the year. Services offered: transportation, blood pressure clinic, legal advice, HICAP counseling, driver safety courses, SHARE Sonoma County”

**Location:** 6800 Hunter Drive  
Rohnert Park, CA 94928

**Contact:** (707) 585-6780

**Website:**

<https://www.rpcity.org/cms/one.aspx?pageId=3360932>

Last Verified On: 06/24/2025

## SUPPORT HOTLINES

---

### Miracle Messages Buddy Program

“Miracle Friends, is a phone and text-based buddy system that matches trained volunteers with individuals experiencing homelessness for weekly phone calls and texts, to provide basic companionship and social support... Miracle Friends supports unhoused neighbors and formerly homeless senior citizens.”

**Hotline:** 1-800 – MISS-YOU

**Website:** <https://www.miraclemessages.org>

Last Verified On: 06/24/2025





# SONOMA COUNTY SENIOR RESOURCES

## SUPPORT SERVICES

---

### **The Friendship Line – California Department of Aging**

“Toll-free and it’s open 24/7. If you or someone you know are feeling lonely or isolated in these challenging times, a friendly voice is just a free phone call away.”

**Contact:** 1-888-670-1360

Last Verified On: 06/24/2025

### **Sonoma County Senior Resource Guide**

“Get started finding resource for counseling, transportation, employment, etc.”

**Website:**

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

Last Verified On: 06/24/2025

### **Miracle Messages Program**

“Miracle Messages provides reunion services for individuals experiencing homelessness. A person experiencing homelessness records a message to a loved one (or vice versa). Then, our network of volunteer “digital detectives” attempt to locate the loved one and deliver the message. To date, we’ve reunited 400+ families (average time separated: 15 years), with 15% of reunions resulting in stable housing and 80% in a positive outcome.”

**Hotline:** 1-800 – MISS-YOU

**Website:** <https://www.miraclemessages.org>

Last Verified On: 06/24/2025

### **Center for Elderly Suicide Prevention**

“Provide counseling, referrals, grief support programs, and even well-being checks for tens of thousands of older and disabled adults in California and beyond.”

**Contact:** (415) 750-4111 or (650) 424-1411

**Website:** <https://www.ioaging.org/services/all-inclusive-health-care/psychological-services/center-for-elderly-suicide-prevention#contact-row>

Last Verified On: 06/24/2025