

## LOCAL RESOURCES:

- **Local Area Agency on Aging (AAA)**
  - Our Local Area Agency on Aging (AAA) is the Orange County Office on Aging which provides local services to older adults, adults with disabilities, family caregivers, and residents in LTC facilities. Community members can dial the number or visit the website for more information on their specific interests.
  - Orange County Office on Aging  
Phone: 1-800-510-2020  
Website: [www.officeonaging.ocgov.com](http://www.officeonaging.ocgov.com)
- **Council on Aging of Southern California**
  - The Council on Aging of Southern California offers a variety of programs to promote the independence, health, and dignity of older adults through compassion, education, and advocacy.
  - Programs include: Answers Resource Guide, Concierge Care Navigators, Friendly Visitor Program, Health Insurance Counseling & Advocacy Program (HICAP), LTC Ombudsman, ReConnect EISOA, Senior Protection Program & FAST, and SmileMakers.
  - Phone: (714) 479-0107  
Website: <https://www.coasc.org/>
- **California Healthier Living – Orange**
  - The State of California has a Healthier Living program in Orange that hosts workshops on rotating topics to improve the health and well-being of older adults. Currently, they offer three workshops pertaining to Chronic Disease Self-Management, A Matter of Balance, and Diabetes Self-Management.
  - Frank Hernandez  
Health Educator  
Phone: (714) 480-6451 or (800) 510-2020  
Program Phone: (818) 408-5219  
Website: [www.cahealthierliving.org/cstcounty/orange-2](http://www.cahealthierliving.org/cstcounty/orange-2)
- Kaiser Health Classes and Programs
  - <https://healthy.kaiserpermanente.org/southern-california/health-wellness/classes-programs>
- Senior Exercise Classes
  - YMCA: <https://ymcaoc.org/active-older-adults/>
  - Silver Sneakers: <https://tools.silversneakers.com/>
  - Tai Chi classes
    - UC-Irvine Health: <https://ssihi.uci.edu/classes/tai-chi/>
    - Cal State Fullerton: [https://olli.fullerton.edu/classes/healthy\\_living/TaiChi.php](https://olli.fullerton.edu/classes/healthy_living/TaiChi.php)
- UC-Irvine Health Assessment Program for Seniors (HAPS)
  - Unique two-part assessment with goal to help older adults live more productive, healthy lives and to help families navigate the task of providing for care.
  - <https://www.ucihealth.org/medical-services/senior-health/health-assessment-program-for-seniors/about-haps>