

# Helpful Resource Information for Seniors

**Visiting Angels:** 800-365-4189

Redlands Office: 909-793-7788

- Non-medical senior home care providers
- Many services available at affordable hourly rates
- Up to 24 hour care
- Errands, Shopping, Meal Preparation, Assistance in Hygiene & Light Housekeeping
- Respite for Family Caregivers
- Other Services Available

**Comfort Keepers:** 800-387-2415

Yucaipa Office: 909-797-4499

- In-home Companionship and Personal Care Services

**Dial-A-Ride:** 800-795-7887

- Monday – Saturday – 6:00 am to 10:00 pm
- Sunday – 6:00 am to 8:00 pm
- Will take you anywhere within the city limits for \$2.50 per ride

**MO-VAN:** 951-358-9202

- Transportation to medical appointments for seniors 60 and over and disabled adults within a 35 mile radius. Wheelchair accessible
- \$2.00 donation outside Moreno Valley
- 25 Cent donation within Moreno Valley

**MM Caregivers Resources Center:**  
**Department of Social Services: 800-675-6694**

- Each caregiver resource center serves as a point of entry to services available to care giving families in every county of California
- Services are free or low cost

**Office on Aging: 800-510-2020**

- Services provided include:
  - Advocacy Care
  - Care Management
  - Respite
  - In-Home Assistance
  - Supplemental Services