

California Senior Assistance Programs

Quick Cheat Sheet (2026) - printable quick-start

Start Here: Check your top 3 needs

- | | | |
|---|---|---|
| <input type="checkbox"/> Health coverage (Medi-Cal) | <input type="checkbox"/> Help at home (IHSS) | <input type="checkbox"/> Food (CalFresh) |
| <input type="checkbox"/> Rent or housing | <input type="checkbox"/> Utility bills (electric/gas/water) | <input type="checkbox"/> Transportation (rides) |
| <input type="checkbox"/> Cash income (SSI/SSP) | <input type="checkbox"/> Medicare questions (HICAP) | <input type="checkbox"/> Dental care |
| <input type="checkbox"/> Legal help | <input type="checkbox"/> Veteran benefits | <input type="checkbox"/> Property taxes |

Fast Start (do these first)

- **Need healthcare:** Apply for Medi-Cal (often required for other programs).
- **Need food help:** Apply for CalFresh (fastest “first win” for many seniors).
- **Need help at home:** Start IHSS early (county assessment can take time).
- **Facing shutoff or eviction:** Call 2-1-1 for local emergency help while you apply for longer-term programs.

Where to apply (official starting points)

Need	Start here
Medi-Cal (health coverage)	Apply online through BenefitsCal.com or your county office. Medi-Cal application options: dhcs.ca.gov .
CalFresh (food)	Apply at BenefitsCal.com or call the CalFresh line: 1-877-847-3663 .
IHSS (in-home care services)	Start with your county IHSS office (directory at cdss.ca.gov - “County IHSS Offices”).
SSI/SSP (cash assistance)	Apply at SSA.gov or call Social Security: 1-800-772-1213 .
Utility help (LIHEAP/HEAP)	Contact California Community Services & Development (CSD) to find your local provider: csd.ca.gov . Call center: 1-866-675-6623 .
Housing help	Homeowners: CalHFA.ca.gov (1-877-922-5432). Renters: contact your local housing authority and call 2-1-1 for emergency rental help.

Need help in your county? Call the California Aging and Adult Information Line: **1-800-510-2020**.

Quick Contact Directory

Write your county and local numbers on this page and keep it near your phone.

Who	Phone / website
Area Agency on Aging (local help)	California Aging and Adult Information Line: 1-800-510-2020
2-1-1 (local resources)	Dial 2-1-1 or visit 211ca.org
CalFresh (food) help line	1-877-847-3663
HICAP (Medicare counseling)	1-800-434-0222
Adult Protective Services (report abuse)	1-833-401-0832 (enter ZIP code when prompted)
Social Security (SSI/retirement)	1-800-772-1213
IHSS (in-home care)	Find your county office: cdss.ca.gov (County IHSS Offices)
Utility assistance (LIHEAP)	CSD call center: 1-866-675-6623 Main: 916-576-7109
Housing (CalHFA)	1-877-922-5432 calhfa.ca.gov

Fill in your local details

My County: _____

County Social Services Office Phone: _____

Local Housing Authority Phone: _____

My Health Plan / Medi-Cal Plan Phone: _____

Local Senior Center or Benefits Helper: _____

Notes
