



LOS ANGELES COUNTY AGING & DISABILITIES RESOURCE GUIDE FOR ADULTS WITH DISABILITIES



As of January 23, 2025

NAME OR ORGANIZATION	HOURS OF OPERATION	PHONE NUMBER	WEBSITE	RESOURCES
211 LA				
211 LA County	24 hours	Dial 2-1-1	211la.org	<ul style="list-style-type: none"> Housing Hotel vouchers Shelter services Transportation Mobility needs Other needs
DISABILITY INFORMATION AND ACCESS LINE				
Disability Information & Access Line	Monday – Friday 8 am to 9 pm Eastern standard time	1 (888) 677-1199	https://ad.lacounty.gov/	Disability Information and Access Line that provides resources and referrals
TRANSPORTATION SERVICES				
Access LA	Monday – Friday 8 am to 5 pm	(213) 488-1748 (800) 883-1295	https://accessla.org/riding_access/overview.html	Paratransit service
City Ride Services are only provided to LA City Residents	Monday – Friday 6:30 am 4:30 pm On demand Taxicab Services 24 hours a day	(213) 808-7433	https://www.ladottransit.com/cityride/	<ul style="list-style-type: none"> Transportation assistance City Ride Card required for Taxicab Services
Senior & Disabled Transportation Services LA County Public Works	24 hours /7 days 4:00 am to 12:00 am 7 days a week. Limited service is available from 12:00 am to 4:00 am	(800) 827-0829	https://pw.lacounty.gov/transit/DAR.aspx	Transportation services for eligible older adults and disabled residents of the unincorporated areas of Los Angeles County
New Freedom Transportation	Monday through Friday 8:00 am – 5:00 pm	(888) 863-7411	https://ad.lacounty.gov/new-freedom-transportation/	Taxicab services, volunteer mileage reimbursement



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HOUSING & SHELTER SERVICES				
Los Angeles Homeless Services Authority (LAHSA)	Monday through Friday 8:00 am – 5:00 pm	(213) 683-3333	https://www.lahsa.org	Housing and shelter services for homeless families and individuals in Los Angeles County.
Cal-OES Shelters	24 hours	N/A	https://news.caloes.ca.gov/shelters-available-for-communities-impacted-by-wildfires-in-southern-california-5/	Temporary shelter services
FOOD RESOURCES				
COMMUNITY & SENIOR SERVICE CENTERS				
Antelope Valley Senior Center	Monday through Friday 8:00 am – 5:00 pm	(661) 726-4400	https://ad.lacounty.gov/services/community-and-senior-centers/antelope-valley-senior-center/	Hours of operation for pantry service: Monday 2:00pm-4:00pm & Tuesday 9:30am-12:00pm & 2:00pm-4:00pm services are offered on a first-come, first-served basis. contact your local center for details & to schedule an appointment.
Asian Community Service Center	Monday through Friday 8:00 am – 5:00 pm	(310) 217-7300	https://ad.lacounty.gov/services/community-and-senior-centers/asian-community-service-center/	Hours of operation for pantry service: Monday 2:00pm-4:00pm & Tuesday 9:30am-12:00pm & 2:00pm-4:00pm services are offered on a first-come, first-served basis. contact your local center for details & to schedule an appointment.
Centro Maravilla Service Center	Monday through Friday 8:00 am – 5:00 pm	(323) 260-2804	https://ad.lacounty.gov/services/community-and-senior-centers/centro-maravilla-service-center/	Hours of operation for pantry service:





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				Monday 2:00pm-4:00pm & Tuesday 9:30am-12:00pm & 2:00pm-4:00pm services are offered on a first-come, first-served basis. contact your local center for details & to schedule an appointment.
East Los Angeles Service Center	Monday through Friday 8:00 am – 5:00 pm	(323) 260-2801	https://ad.lacounty.gov/services/community-and-senior-centers/east-los-angeles-service-center/	Hours of operation for pantry service: Monday 2:00pm-4:00pm & Tuesday 9:30am-12:00pm & 2:00pm-4:00pm services are offered on a first-come, first-served basis. contact your local center for details & to schedule an appointment.
East Rancho Dominguez Community Center	Monday through Friday 8:00 am – 5:00 pm	(310) 603-7401	https://ad.lacounty.gov/services/community-and-senior-centers/east-rancho-dominguez-community-center-and-park/	Hours of operation for pantry service: Monday 2:00pm-4:00pm & Tuesday 9:30am-12:00pm & 2:00pm-4:00pm services are offered on a first-come, first-served basis. contact your local center for details & to schedule an appointment.
Los Nietos Community & Senior Center	Monday through Friday 8:00 am – 5:00 pm	(562) 699-9898	https://ad.lacounty.gov/services/community-and-senior-centers/los-nietos-community-and-senior-service-center/	Hours of operation for pantry service: Monday 2:00pm-4:00pm &





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				<p>Tuesday 9:30am-12:00pm & 2:00pm-4:00pm services are offered on a first-come, first-served basis. contact your local center for details & to schedule an appointment.</p>
<p>San Gabriel Valley Service Center</p>	<p>Monday through Friday 8:00 am – 5:00 pm</p>	<p>(626) 575-5431</p>	<p>https://ad.lacounty.gov/services/community-and-senior-centers/san-gabriel-valley-service-center/</p>	<p>Hours of operation for pantry service:</p> <p>Monday 2:00pm-4:00pm & Tuesday 9:30am-12:00pm & 2:00pm-4:00pm services are offered on a first-come, first-served basis. contact your local center for details & to schedule an appointment.</p>
<p>Santa Clarita Valley Community Center</p>	<p>Monday through Friday 8:00 am – 5:00 pm</p>	<p>(661) 254-0070</p>	<p>https://ad.lacounty.gov/services/community-and-senior-centers/santa-clarita-valley-community-center/</p>	<p>Hours of operation for pantry service:</p> <p>Monday 2:00pm-4:00pm & Tuesday 9:30am-12:00pm & 2:00pm-4:00pm services are offered on a first-come, first-served basis. contact your local center for details & to schedule an appointment.</p>
<p>San Pedro Service Center</p>	<p>Monday through Friday 8:00 am – 5:00 pm</p>	<p>(310) 519-6091</p>	<p>https://ad.lacounty.gov/services/community-and-senior-centers/san-pedro-service-center/</p>	<p>Hours of operation for pantry service:</p> <p>Monday 2:00pm-4:00pm & Tuesday 9:30am-12:00pm & 2:00pm-4:00pm services are</p>





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				<p>offered on a first-come, first-served basis. contact your local center for details & to schedule an appointment.</p>
Willowbrook Senior Center	Monday through Friday 8:00 am – 5:00 pm	(310) 217-5650	https://ad.lacounty.gov/services/community-and-senior-centers/willowbrook-senior-center/	<p>Hours of operation for pantry service:</p> <p>Monday 2:00pm-4:00pm & Tuesday 9:30am-12:00pm & 2:00pm-4:00pm services are offered on a first-come, first-served basis. contact your local center for details & to schedule an appointment.</p>
INDEPENDENT LIVING CENTERS/ SERVICES AND SUPPORTS				
Independent Living Center of Southern California (ILCSC).	Monday-Friday 8:30 am to 5:30 PM	(818) 988.9525	https://ilcsc.org/	<ul style="list-style-type: none"> • Service Area; San Fernando Valley including Van Nuys and surrounding areas. • Vocational training • Systems advocacy • Housing Assistance • Transitions • Peer support
Communities Actively Living Independent & Free (CALIF)	Monday-Friday 9:00am to 5:00pm	(213) 627-0477	https://calif-ilc.org/	<p>Service Area: South and Central Los Angeles and neighboring communities.</p> <ul style="list-style-type: none"> • Advocacy, I&R • Housing Advocacy • Peer Counseling/Independent Living Skills Training • Assistive Technology • Transitions



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Disability Community Resource Center (DCRC)	Hours: Monday- Friday, 9:00 am to 5:00 pm	(310) 390-3611	www.dcrc.co	<ul style="list-style-type: none"> • Service Area: Westside Los Angeles, including Santa Monica and Inglewood • Advocacy and Educational Services
Disabled Resources Center, Inc. (DRC)	Hours: Monday- Friday 9:00 am to 5:00 pm	(562) 427-1000	www.drcinc.org	<ul style="list-style-type: none"> • Service Area: Long Beach and surrounding cities. • Mobility Management, Assistive Technology, Housing Services and Information, • Advocacy, Independent Living Skills, Transitions, Housing Services, and more
Service Center for Independent Life (SCIL)	Monday through Friday 8:00 am – 4:30 pm	(562) 621-6722	https://scil-ilc.org/	<ul style="list-style-type: none"> • Service Area: South East LA County, the East San Gabriel and Pomona Valleys • Advocacy • Assistive Technology • Independent living skills • Personal Care Assistance • Housing I&R • Peer Counseling • Transition Services
Southern California Resource Services for Independent Living (SCRS-IL)	Monday - Friday 8:30 am - 5:00 pm	(562) 862-6531	www.scrs-ilc.org	<ul style="list-style-type: none"> • Service Area: Downey, Pasadena, Arcadia, Pomona, San Bernardino, • Advocacy • Personal Assistance • Housing, Assistive Technology • Independent Living Skills • Transition Services, Peer Counseling



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SUPPORT SERVICES / COMMUNITY BASED ORGANIZATIONS				
ALZHEIMER'S				
LA FOUND	Monday – Friday 8:00 am o 5:00 pm	(833) 567-7651	www.lafound.lacounty.gov	Provides free tracking bracelets to caregivers to help safeguard at risk individuals.
Alzheimer's Los Angeles	Monday – Friday 8:30 am - 5:00 pm	(844) 435-7259	www.alzheimersla.org	Localized assistance for individuals with Alzheimer's and related dementias, including caregiver support and emergency preparedness resources.
AUTISM				
Autism Speaks	Monday -Friday 9:00 am – 5:00 pm	(888) 288-4762	www.autismspeaks.org	Offers emergency preparedness toolkits for individuals with autism and their families, as well as advocacy and support resources during disasters.
Autism Society of Los Angeles	Monday - Friday 8:30 am – 5:00 pm	(562) 804-5556	www.autismla.org	Advocacy and resources for individuals with autism, including tools for emergency planning, sensory-friendly environments, and support for families during crises.
CEREBRAL PALSY				
United Cerebral Palsy	Monday – Friday 10:00 am – 4:00 pm	(818) 782-2211	https://cpfamilynetwork.org/	Direct care provider of services in Southern California for persons with cerebral palsy, autism, Down syndrome and other developmental disabilities.





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VISUALLY IMPAIRED AND DEAF & HARD OF HEARING RESOURCES				
Braille Institute	Monday - Friday 8:30 am to 5:00 pm	(323) 663-1111	www.brailleinstitute.org Braille Institute Wildfire Support Braille Institute	Resources and training for individuals who are visually impaired, including emergency preparedness education and support with accessible communication tools.
GLAD Greater Los Angeles Agency on Deafness	Monday - Friday 8:30 am to 5:00 pm	(323) 892-2225 (VP) (323) 478-8000 Voice/TTY	https://gladinc.org/	<ul style="list-style-type: none"> • Provides Advocacy and Support • American Sign Language (ASL) interpreter services • Referral Services • Communication Technology Support
REGIONAL CENTERS				
Eastern Los Angeles Regional Center (ELARC)	Monday through Thursday 8:00 AM – 4:30 PM Friday 7:30 AM – 4:00 PM	(626) 299-4700	www.elarc.org	<ul style="list-style-type: none"> • Service Areas: Health districts of Alhambra, East Los Angeles, Northeast, and Whittier within Los Angeles County.
Frank D. Lanterman Regional Center (FDLRC)	Monday through Friday 8:00 AM – 5:00 PM	(213) 383-1300	www.lanterman.org	<ul style="list-style-type: none"> • Service Areas: Health districts of Central, Glendale, Hollywood-Wilshire, and Pasadena within Los Angeles County.
Harbor Regional Center (HRC)	Monday - Friday 8:30 AM - 5:00 PM	(310) 540-1711	www.harborrc.org	<ul style="list-style-type: none"> • Service Areas: Health districts of Bellflower, Harbor, Long Beach, and Torrance within Los Angeles County.



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North Los Angeles County Regional Center (NLACRC)	Monday - Friday 8:30 AM - 5:00 PM	(818) 778-1900	www.nlacrc.org	<ul style="list-style-type: none"> • Service Areas: Health districts of East Valley, San Fernando, and West Valley.
San Gabriel/Pomona Regional Center (SGPRC)	Monday through Friday 8:00 AM – 5:00 PM	(909) 620-7722	www.sgprc.org	<ul style="list-style-type: none"> • Service Areas: Cities of El Monte, Monrovia, Pomona, and Glendora within Los Angeles County.
South Central Los Angeles Regional Center (SCLARC)	Monday through Friday from 8:00 AM to 5:00 PM	(213) 744-7000	www.sclarc.org	<ul style="list-style-type: none"> • Service Areas: Health districts of Compton, San Antonio, South, Southeast, and Southwest within Los Angeles.
Westside Regional Center (WRC)	Monday through Friday, 8:00 AM – 5:00 PM	(310) 258-4000	www.westsiderc.org	<ul style="list-style-type: none"> • Service Areas: Health districts of Inglewood and Santa Monica-West within Los Angeles County.
Down Syndrome Association of Los Angeles (DSALA)	Monday through Friday, 9:00 AM – 5:00	(818) 786-0001	www.dsala.org	<ul style="list-style-type: none"> • Advocacy and resources for individuals with Down syndrome, including emergency preparedness materials and family support.

