

Adult Resources: Riverside County



Southwest Riverside County: Special Needs Resource Guide by the City of Temecula- We strongly encourage you to also look at the Special Needs Resource Guide by the City of Temecula:
<http://laserfiche.cityoftemecula.org/weblink8/2/doc/273007/Electronic.aspx>

▪ Cancer

- Michelle's Place (Breast Cancer Resource Center) – Information, education, and support services for women with and without breast cancer to learn about breast cancer and breast health. Also provides low cost or free mammograms for those without insurance or adequate resources for paying for mammograms. 27645 Jefferson Ave, Suite 117, Temecula, CA 92590. <http://www.michellesplace.org> (951)699-5455 Email: info@michellesplace.org
- Susan G. Komen Inland Empire – Local source that fundraises to provide funding to programs that provide breast health services, breast cancer education, and outreach. Also provides education and information about early detection and breast health to local residents. 43397 Business Park Dr, Suite D9, Temecula, CA 92590. <http://www.komenie.org> (951)676-7465 Email: info@komenie.org
- American Cancer Society of Riverside – Provides information, guidance, transportation to treatment, support groups, and public educational programs to local residents and those fighting any type of cancer. All services are free. 6355 Riverside Ave, Riverside, CA 92506. <http://www.cancer.org> (951)683-6415 or (800)227-2345

▪ Food

- WIC (Women, Infants, and Children) - A federal nutrition program intended to help families with pregnant women, infants, and children under the age of 5 to access nutritious foods, health referrals, and nutrition education. <http://www.fns.usda.gov/wic/women-infants-and-children-wic>
- SNAP (Supplemental Nutrition Assistance Program) - A federal program intended to help low income families by supplementing the cost of nutritious food. <http://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program-snap>
- Golden SHARE Foods – Based in Temecula, this organization offers families the opportunity to purchase frozen meats and fresh produce packages at extremely discounted prices. They partner with local retailers and other organizations to allow families to place orders, which the families then pick up from local sites. There is no income limit to participate in this program. <http://shop.western-eagle.org/>

▪ Transportation

- Riverside County Transportation Commission – Provides funding to multiple Specialized Transit Providers throughout the county to provide transportation to seniors and residents with disabilities who are not able to drive themselves or take other means of public transportation. Also provides mileage reimbursement for seniors and residents with disabilities who pay others to drive them. The following link connects to the Commission's list of authorized Specialized Transit Providers. <http://www.rctc.org/rail/transit/specialized-transit-providers>
- City of Riverside Parks and Recreation Special Transportation – A minibus service that provides transportation for seniors and those with disabilities to any destination

- within the city limits or to designated transfer points to travel outside of city limits at a discounted rate. https://www.riversideca.gov/park_rec/seniors-transportation.asp
- Riverside County Care-A-Van Transit – Provides door-to-door van service for seniors and those with disabilities to areas within Hemet, San Jacinto, Sun City, Menifee, and surrounding areas for \$2.00 per one way fare. http://www.riverside.networkofcare.org/aging/services/agency.aspx?pid=CAREAVANTRANSISYSTEMHEMETPrimeofLifeInc_38_1_0
- City of Temecula Dial-A-Ride - Curb-to-Curb service for seniors and those with disabilities to any address within a ¼ mile radius of a fixed bus route. Intended for those citizens who are not able to ride the public bus independently. Approved care providers can accompany on the ride for free. The base fare for passengers is \$3.00 per person per boarding, with a maximum of \$9.00 per one-way trip, depending on how many city zones are crossed. <http://www.cityoftemecula.org/Temecula/Residents/Transportation/Dial-A-Ride.htm>

- **Financial**

- Social Security Disability Insurance (SSDI) – Federal program intended to provide benefits to those who have a medical condition that prevents them from working for a minimum of 12 months, or that will end in death. Receipt of SSDI benefits also makes the recipient eligible for Medi-Care insurance. Certain restrictions apply. Applicant must have employment history that would make them eligible for SSDI. Contact Social Security Office for more information. <http://www.ssa.gov/disability/index.htm>
- Supplemental Security Income (SSI) – Federal program intended to provide supplemental monthly income for elderly (over 65), blind (any age), and disabled (any age), with limited income and resources. Intended to cover basic living expenses, such as food, clothing, and shelter. Receipt of SSI benefits also makes the recipient eligible for Medi-Cal (Medi-Caid) insurance. Contact Social Security Office for more information. <http://www.ssa.gov/ssi/>
- State Disability Insurance (SDI) – State program that provides temporary partial wage replacement for workers that become injured, ill, or pregnant, or those that must take time off to care for an immediate family member with a serious condition. Funded by employee payroll deductions. Certain restrictions apply. Applicant must have employment that makes them eligible for this benefit. <http://www.edd.ca.gov/disability/>
- Support the Enlisted Project (STEP) – Provides emergency financial and transition assistance grants to active duty and recently discharged enlisted military and their families. Serves pay grades E1 through E6. Can help with emergency food, rent, mortgage, utilities, major appliances, auto payments, auto insurance, auto repair, emergency travel, critical baby items, and other emergency assistance. <http://www.stepsocal.org> (866)424-5210 or (858)695-6810 Email: info@stepsocal.org
- Homefront San Diego: Grant based services to help lower enlisted active duty military and their families. Grants can be used for emergency food, emergency bill payments, household furniture, baby furniture, auto repair, computers, and other needs. Completely confidential program. <http://homefrontsandiego.org/services/> (760)392-1551

- Semper Fi Fund: Immediate financial assistance and support for ill and injured military personnel and their families. Services also available to military families with spouses or children who have life-threatening illnesses or injuries. Provides direct financial assistance for emergency expenses, such as medical travel and lodging, mortgage payments, car payments, utilities, food, and other care needs. Also provides family support, adaptive housing, adaptive transportation, specialized equipment, education and career transitioning, rehabilitative sports programs, and more. <http://semperfifund.org/> (760)725-3680
- SHARE Riverside County and LIHEAP – Both programs assist low and moderate income households with their utility bills. SHARE is specific to Riverside County. LIHEAP is a federal program. Riverside County residents should apply for SHARE first, and can also apply for LIHEAP if needed. Visit the website for additional information about both. <http://www.capriverside.org/opencms/programs/utility.html>
- Operation Homefront – Assists military families during difficult financial times by providing food assistance, auto and home repair, vision care, emergency travel and transportation assistance, moving assistance, essential home items, and other financial assistance. Also provides assistance to wounded warriors and their caregivers, military children, and military spouses. 8318 Miramar Mall, San Diego, CA 92121. <http://www.operationhomefront.net/> (855)282-0960
Email: california@operationhomefront.net

▪ **Mental Health**

- 24 Hour Crisis and Suicide Prevention Helpline for Riverside County (951)686-4357
- 24 Hour Rape Crisis Center for Riverside County (951)686-7273
- 24 Hour Alternative to Domestic Violence for Riverside County (951)683-0829
- 24 Hour Riverside County Psychiatric Emergency Treatment Services (951)358-4881
- Parent Support and Training Program – Provides support, education, and resources to parents/caregivers of those with mental health concerns. (951)358-5862
- Riverside County Department of Mental Health
 - Desert Phone: (760)863-8455
 - Mid-County Phone: (951)443-2200
- California Department of Mental Health Ombudsman Services – Helps people with Medi-Cal to navigate the mental health managed care system. Also helps in resolving problems. (800)896-4042
- Jefferson Wellness Center – Provides assistance for young adults and adults with psychiatric disabilities (951)955-8000
- Patient’s Rights through Riverside County Department of Mental Health – Provides training and education about mental health laws and patients’ rights to Riverside County recipients of mental health services. (951)358-4600 or (800)350-0519
- Riverside County Department of Mental Health Family Advocates – Serves Riverside County family members of adult children suffering from serious mental illness. (951)358-4987 or (800)330-4522
- Parent-to-Parent Telephone Support Line through Riverside County Department of Mental Health – For parents and caregivers who would like to talk with another parent employed by Mental Health and/or Children’s Services, who has raised a child/children with emotional/mental and/or behavioral challenges. (951)358-3622 or (888)358-3622
- National Alliance on Mental Illness (NAMI) Western Riverside County – Provides support, education, and advocacy for consumers, families, and friends of people with

severe brain disorders such as schizophrenia, schizoaffective disorder, bipolar disorder, major depressive disorder, obsessive compulsive disorder, panic and anxiety disorders, and ADD/ADHD. Also provides local information and referral services. Address: PO Box 4145, Riverside, CA 92514

http://www2.nami.org/MSTemplate.cfm?Section=About_Us35&Site=NAMI_Western_Riverside_County&Template=/ContentManagement/HTMLDisplay.cfm&ContentID=162640 (951)369-2721 Email: name.riverside@gmail.com