



IMPERIAL COUNTY
**AGING & DISABILITY
RESOURCE CENTER**

2026 EDITION

Imperial County Resource Guide

Care, support, and connection for older adults, people with disabilities, and the families who help them.



Call (760) 332-3213 · icadrc.org

1405 N. Imperial Ave., Suite C, El Centro, CA 92243

You don't have to figure this out alone.

Whether you're just starting to wonder if your mom needs more help, recovering from a hospital stay, or supporting a spouse through a new diagnosis — there's a place to begin. Right here, in Imperial County.

The Imperial County Aging & Disability Resource Center (ICADRC) is your one trusted door into the long-term services that support older adults, people with disabilities, and the families who care for them. We're free. We don't sell anything. We aren't affiliated with any one company or product. We're here to listen first, and then help you find the right next step.

This guide is for you. It's a starting place — not the only place. Inside, you'll find:

- Plain-language help for knowing when to ask for support, and what questions to ask when you do.
- A directory of trusted local services in Imperial County, organized by what you need — meals, in-home care, transportation, housing, mental health, legal help, and more.
- One phone number to call if you can't find what you're looking for: **(760) 332-3213**.

If at any point you feel overwhelmed, stop and call us. You don't need to read the whole guide before reaching out. One conversation is often the fastest way to find your way forward.

Welcome.

— *The ICADRC team*



IMPERIAL COUNTY
**AGING & DISABILITY
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About ICADRC

One door. The right next step.

The Imperial County Aging & Disability Resource Center is a coalition of trusted partners working together so you don't have to navigate the system alone. We call it the “No Wrong Door” approach: it doesn't matter which partner you reach first — we're connected, and we'll get you to the right place.

What we do

- Information & Assistance. Free help finding local services, benefits, and programs that match your situation.
- Options Counseling. One-on-one guidance to weigh choices about long-term care, housing, and staying at home.
- Transition & Diversion. Support for safe discharge from the hospital and avoiding unnecessary institutional placement.
- Service Coordination. Short-term coordination of in-home and community-based services after a life change.

Our partners

ICADRC is a coalition of:

- Access to Independence — disability services and independent living center
- BUHSD Family Resource Center — family supports across the Brawley area
- Goodwill Industries of Imperial — workforce, donation, and community programs
- Imperial County Public Administrator / Area Agency on Aging — services for older adults
- Volunteers of America Southwest — housing, veterans, and community services across the region

Together, we serve every community in Imperial County — El Centro, Brawley, Calexico, Imperial, Holtville, Calipatria, Westmorland, Heber, Niland, Seeley, and beyond.

Reach us

Phone: **(760) 332-3213**

Address: 1405 N. Imperial Ave., Suite C, El Centro, CA 92243

Hours: Monday–Friday, 8:30 AM – 4:30 PM

Website: icadrc.org

Se habla español

The ADRC office is wheelchair accessible. If you need a sign-language interpreter, large-print materials, or another accommodation to use our services, just ask.

How to know it's time to call

You don't need a crisis to call us.

A lot of people wait too long. They wait because they don't want to admit something has changed. They wait because they aren't sure ICADRC is for “people like them.” They wait because they don't know what to ask for.

You can call us before anything has officially gone wrong. In fact, that's often the best time.

Signs you might notice in someone else

- They're skipping meals, or the fridge is mostly empty
- The mail is piling up, or important bills aren't being paid
- They've fallen, or are afraid of falling
- They've stopped driving — or you wish they would
- They seem confused on the phone, or are repeating themselves more
- They're more isolated than they used to be; they don't go out much
- They're losing weight, or wearing the same clothes day after day
- A trusted neighbor or church member has expressed concern
- They just left the hospital and you're worried they can't manage alone

Signs you might notice in yourself

- You're caring for someone you love and you're exhausted
- Your own health is starting to suffer from caregiving
- You don't know what programs you qualify for and you're tired of guessing
- You have a new diagnosis and the doctor handed you a stack of paperwork
- You're a younger person with a disability and you want to live more independently
- You're trying to plan ahead — for yourself, or your spouse — and you don't know where to start

What happens when you call

We listen. We ask a few questions to understand what's going on. We connect you to programs you qualify for — and walk you through the next step. You stay in charge. You decide what to do. We just make sure you have the information.

There's no “right” reason to call. If you're reading this page, that's a reason.

Call (760) 332-3213 — Monday through Friday, 8:30 AM – 4:30 PM

Common situations we help with

If any of these sound familiar, this guide — and a phone call to ICADRC — is a good place to start.

"I just got out of the hospital and I'm not sure I can manage at home."

We help with in-home care, medical equipment, meal delivery, transportation back to follow-up appointments, and benefits that may cover the cost.

→ *See: In-Home Care & IHSS · Food & Meals · Transportation · Assistive Technology*

"My mom's memory is slipping and I don't know what to do."

We connect you to memory care evaluation, caregiver support, adult day programs, and dementia-specific community resources.

→ *See: Alzheimer's, Dementia & Memory Care · Caregiver Support · Adult Day Programs*

"I can't afford my medicine anymore."

We help with Medicare prescription help, pharmacy assistance programs, and Medi-Cal enrollment.

→ *See: Pharmacy Assistance · HICAP · Medi-Cal & Medicare Enrollment*

"I think my parent is being taken advantage of financially."

We connect you to Adult Protective Services, elder law attorneys, and the long-term care ombudsman.

→ *See: Advocacy & Ombudsman · Legal Aid & Elder Law*

"I'm a caregiver and I need a break."

Respite is real and it's available. We help arrange it.

→ *See: Caregiver Support & Respite · Adult Day Programs*

"My utility bill doubled this summer and I can't keep up."

Imperial County summers are hard. We help with utility assistance, weatherization, and home cooling resources.

→ *See: Utility Assistance · Emergency Preparedness · Home Modification & Repair*

"I have a disability and I want to live more independently."

We help with in-home support, accessible transportation, assistive technology, and independent living skills training.

→ *See: Disability Services · In-Home Care & IHSS · Assistive Technology · Transportation*

Call (760) 332-3213 — One call. We'll help you figure out the next step.

Questions to ask

Smart questions for common situations.

When you're meeting with a service provider, touring a facility, or interviewing someone who will help care for you or a loved one, it can be hard to know what to ask. Here are the questions that matter most.

When you're calling about any service

- Am I eligible? (Income, age, residence, disability status)
- What does this cost me? Is there a sliding scale? Will Medi-Cal or Medicare cover it?
- How long is the wait?
- What documents do I need to bring?
- Who is my main contact if something goes wrong?
- Do you speak Spanish, or have Spanish-language materials?
- Is your office accessible? Can I be seen at home if I can't come in?

When you're interviewing an in-home caregiver

- Are you bonded and insured?
- Do you do background checks? May I see one?
- What if my regular caregiver is sick — do you send a replacement?
- What tasks can your caregivers do? Bathing? Cooking? Driving? Medication reminders?
- What's the minimum number of hours per visit?
- Can I choose the caregiver, or will you assign one?
- Are you registered with IHSS? (If using In-Home Supportive Services)
- What's your hourly rate? Are there extra fees?

When you're touring an assisted living facility

- What's the staff-to-resident ratio, especially at night?
- How long has the current administrator been here?
- What's included in the monthly fee, and what costs extra?
- How do you handle a resident's changing needs over time?
- Can residents bring their own furniture, pets, things from home?
- May I see the most recent state inspection report?
- What's your COVID / infection-control policy?
- Can my family member visit anytime?
- May I speak with current residents and family members?

When you're meeting with a doctor about a parent

- What's the diagnosis, in plain language?
- What's likely to happen over the next 6 months? The next 2 years?
- Are there medications that could be reduced or stopped?
- What home-care services would you recommend?
- Is hospice appropriate to discuss, even just to learn about it?
- How do we get a referral for a geriatric care manager?
- What signs should make us call you immediately vs. go to the ER?

When you're applying for benefits

- What benefits am I (or my loved one) likely to qualify for?
- Can you walk me through the application?
- What if I'm denied — what's the appeal process?
- How long does approval usually take?
- Will accepting this benefit affect anything else (housing, other benefits, taxes)?
- Is there a benefits screening service that checks everything I might qualify for?

Spotting a scam

If anyone tells you these things, hang up:

- "You owe back taxes and the IRS will arrest you today."
- "Your Medicare card has been canceled — give me your number to reactivate it."
- "Your grandchild is in jail and you need to wire money right now."
- "I'm with [a real agency], but you need to pay me in gift cards."

Real agencies — including ICADRC — will never ask for payment in gift cards, threaten you, or pressure you to act in the next five minutes.

When in doubt, hang up and call us at **(760) 332-3213**. We'll help you check it out.

How to use this directory

Reading a directory entry

Each organization in Part 2 follows the same format: name, what they do, phone, address, hours, who's served, services, cost, languages.

Quick orientation

- Sections are alphabetical, A through V (Adult Day Programs to Volunteer Opportunities).
- Categories overlap. A food bank also helps with CalFresh; a senior center might also run a fall-prevention class. If you can't find what you need under one category, try a related one — or just call us.
- Spanish-language services are flagged in each entry. Section 33 also collects standout Spanish-speaking providers in one place.

Cost language

- Free — no cost to qualifying participants
- Sliding scale — cost depends on income; you may pay \$0 or a small fee
- Insurance — Medi-Cal, Medicare, or private insurance accepted
- Fee — there is an out-of-pocket cost; ask about discounts

When you can't find it

If a service you need isn't in this guide, call ICADRC at **(760) 332-3213**. That's what we're here for.

Part 2 — Directory of services

Find what you need, A to V.

The directory is organized alphabetically by category. Each category includes a brief description of what the services do, then a list of trusted Imperial County providers.

Categories

1. Adult Day Programs
2. Advocacy & Ombudsman
3. Alzheimer's, Dementia & Memory Care
4. Assistive Technology & Durable Medical Equipment
5. Behavioral Health & Mental Health
6. Caregiver Support & Respite
7. Case Management
8. Counseling (Grief, Family, Couples)
9. Dental Care
10. Disability Services
11. Education & Lifelong Learning
12. Emergency Preparedness
13. Employment & Vocational Services
14. End-of-Life Planning & Hospice
15. Financial Assistance & Benefits Screening
16. Food & Meals — Home-Delivered
17. Food Banks, Pantries & CalFresh
18. Health Insurance Counseling (HICAP)
19. Hearing Services
20. Home Modification & Repair
21. Housing — Affordable & Low-Income
22. Housing — Assisted Living & Board & Care
23. Housing — Independent Senior Communities
24. Housing — Skilled Nursing & Memory Care
25. In-Home Care & IHSS
26. Legal Aid & Elder Law
27. Long-Term Care Planning
28. Medi-Cal & Medicare Enrollment

- 29.** Medical Care & Clinics
- 30.** Pharmacy Assistance
- 31.** Recreation, Senior Centers & Community Activities
- 32.** Senior Discounts
- 33.** Spanish-Language Services
- 34.** Substance Use Support
- 35.** Transportation
- 36.** Utility Assistance
- 37.** Veterans Services
- 38.** Vision Services
- 39.** Volunteer Opportunities

Adult Day Programs

Daytime programs that give older adults social activity, supervised care, and often meals and transportation — so the person can stay at home overnight while caregivers work or rest. Imperial County has licensed Adult Day Health Care (ADHC) centers in El Centro, Brawley, and Calexico.

→ *See also: Caregiver Support & Respite · Alzheimer's, Dementia & Memory Care*

Local providers

DayOut Adult Day Health Care — El Centro

Licensed adult day health center for frail older adults.

Phone: (760) 337-8393 **Website:** dayoutadhc.com

Address: 757 W. Main Street, El Centro, CA 92243

Hours: Mon–Fri, daytime; call to confirm

Who's served: Adults 60+, adults with disabilities

Services: Skilled nursing, therapy, social activities, meals, transportation.

Cost: Medi-Cal CBAS / Private pay **Languages:** English, Spanish

DayOut Adult Day Health Care — Brawley

Community-based adult day services in Brawley.

Phone: (760) 344-5665 **Website:** dayoutadhc.com

Address: 616 Main Street, Brawley, CA 92227

Hours: Mon–Fri, daytime; call to confirm

Who's served: Adults 60+, adults with disabilities

Services: Nursing, therapy, social activities, meals, transportation.

Cost: Medi-Cal CBAS / Private pay **Languages:** English, Spanish

Alegria Adult Day Health Care Center

Adult day health center in Calexico.

Phone: (760) 768-8419

Address: 1101 C.N. Perry Avenue, Suite C, Calexico, CA 92231

Hours: Mon–Fri, daytime; call to confirm

Who's served: Adults 60+, adults with disabilities

Services: Nursing, social activities, meals, transportation.

Cost: Medi-Cal CBAS / Private pay **Languages:** English, Spanish

Arc Imperial Valley — Adult Day Program

Day programs for adults with developmental disabilities.

Phone: (760) 352-0180 **Website:** arciv.org

Address: 298 E. Ross Ave., El Centro, CA 92243

Hours: Mon–Fri, 8:00 AM – 3:00 PM

Who's served: Adults with intellectual/developmental disabilities

Services: Day program, skills training, employment prep, paratransit.

Cost: Regional Center funded / call to confirm **Languages:** English, Spanish

Advocacy & Ombudsman

If you or a loved one needs someone in your corner — to report abuse, advocate inside a care facility, or push back on a denial — these advocates do that work. The Long-Term Care Ombudsman is the one to call about anything happening inside a skilled nursing or assisted living facility. If the person lives in their own home rather than a facility, call Adult Protective Services instead, on (760) 337-7878.

→ *See also: Legal Aid & Elder Law · Behavioral Health*

Local providers

Adult Protective Services — Imperial County

Report suspected abuse, neglect, self-neglect, or financial exploitation of an adult living at home.

Phone: (760) 337-7878 **Website:** imperialcountysocialservices.org

Address: 2995 S. 4th Street, El Centro, CA 92243

Hours: 24-hour hotline

Who's served: Adults 65+ and dependent adults 18–64 living in the community

Services: Investigation of abuse, neglect, self-neglect and financial exploitation; emergency response; referral to services.

Cost: Free **Languages:** English, Spanish

Statewide Adult Protective Services Hotline

One number that routes you to your county APS team, day or night.

Phone: (833) 401-0832 **Website:** cdss.ca.gov/adult-protective-services

Address: Statewide

Hours: 24/7

Who's served: Anyone reporting concern about an older or dependent adult

Services: Enter your 5-digit ZIP code and the line connects you to the right county APS office.

Cost: Free **Languages:** English, Spanish

Imperial County Long-Term Care Ombudsman

Advocates for residents of nursing and care facilities.

Phone: (442) 265-7032 **Website:** aaa24.org/long-term-care-ombudsman.html

Address: 778 W. State Street, El Centro, CA 92243

Hours: Mon–Thu 8:00 AM – 3:00 PM; Fri 8:00 AM – 12:00 PM

Who's served: Residents of SNFs and RCFEs, families

Services: Complaint investigation, mediation, resident rights education, elder abuse reporting.

Cost: Free **Languages:** English, Spanish

24-Hour CRISISline (Statewide Ombudsman)

Statewide hotline to report abuse in long-term care.

Phone: (800) 231-4024 **Website:** aging.ca.gov

Address: Statewide

Hours: 24/7

Who's served: Residents of long-term care facilities and concerned parties

Services: Confidential reports of abuse, neglect, complaints in licensed care facilities.

Cost: Free **Languages:** English, Spanish

Elder Law & Advocacy

Free legal help for seniors — local Imperial County office.

Phone: (760) 353-0223 **Website:** seniorlaw-sd.org

Address: 939 W. Main Street, Box #19, 2nd Floor, El Centro, CA 92243

Hours: Mon–Fri, by appointment

Who's served: Adults 60+

Services: Elder abuse, landlord/tenant, consumer issues, simple wills, advance directives.

Cost: Free for qualifying seniors 60+ **Languages:** English, Spanish

Access to Independence — Imperial Valley

Cross-disability advocacy and independent living center.

Phone: (760) 768-2044 **Website:** accesstoindependence.org

Address: 1405 N. Imperial Ave., Suite C, El Centro, CA 92243

Hours: Mon–Fri, 8:30 AM – 4:30 PM

Who's served: People with disabilities of all ages

Services: Advocacy, peer support, info & referral, transition, personal assistance.

Cost: Free **Languages:** English, Spanish

Alzheimer's, Dementia & Memory Care

Resources for people with Alzheimer's or other forms of dementia, and the family members who care for them. Start with the Alzheimer's Association 24/7 helpline if you're worried about memory changes or have a new diagnosis.

→ *See also: Caregiver Support & Respite · Housing — Skilled Nursing & Memory Care · Adult Day Programs*

Local providers

Alzheimer's Association — San Diego/Imperial Chapter

Support, education, and 24/7 helpline for dementia.

Phone: (800) 272-3900 **Website:** alz.org/sandiego

Address: In-person support group meets in El Centro; call to confirm site

Hours: 24/7 helpline

Who's served: People with Alzheimer's/dementia, caregivers, families

Services: 24/7 helpline, care consultations, education, support groups in El Centro.

Cost: Free **Languages:** English, Spanish

Southern Caregiver Resource Center

Dementia caregiver support across San Diego & Imperial.

Phone: (800) 827-1008 **Website:** caregivercenter.org

Address: Serves Imperial County by phone/virtual

Hours: Mon–Fri, 8:30 AM – 5:00 PM

Who's served: Family caregivers of adults with dementia or chronic illness

Services: Counseling, family consultation, respite funding, education, support groups.

Cost: Free to qualifying caregivers **Languages:** English, Spanish

ICAAA Family Caregiver Support Program

Respite and caregiver assistance through Area Agency on Aging.

Phone: (442) 265-7000 **Website:** aaa24.org

Address: 778 W. State Street, El Centro, CA 92243

Hours: Mon–Thu 8:00 AM – 3:00 PM; Fri 8:00 AM – 12:00 PM

Who's served: Family caregivers of adults 60+

Services: Respite, supplemental services, info & assistance, caregiver training.

Cost: Free / Donation-based **Languages:** English, Spanish

Assistive Technology & Durable Medical Equipment

Equipment that helps with vision, hearing, mobility, communication, and daily living — from grab bars and walkers to amplified phones and screen readers. Medi-Cal covers most medically necessary DME with a prescription.

→ *See also: Disability Services · Home Modification & Repair · Vision Services · Hearing Services*

Local providers

Access to Independence — AT & Home Modifications

Assistive tech demos, vision tech, home mod referrals.

Phone: (760) 768-2044 **Website:** accesstoindpendence.org

Address: 1405 N. Imperial Ave., Suite C, El Centro, CA 92243

Hours: Mon–Fri, 8:30 AM – 4:30 PM

Who's served: People with disabilities of all ages

Services: Assistive tech info, vision tech, ramp/grab-bar referrals, device demos.

Cost: Free **Languages:** English, Spanish

Ability Tools (California AT Network)

Statewide AT reuse, device loan, and financing program.

Phone: (800) 390-2699 **Website:** abilitytools.org

Address: Statewide; mail-based device loan

Hours: Mon–Fri, 8:00 AM – 5:00 PM

Who's served: Californians with disabilities

Services: Device lending library, AT reuse, low-interest AT loans.

Cost: Free loans / low-interest financing **Languages:** English, Spanish

Medi-Cal DME Benefit

Medi-Cal covers prescribed wheelchairs, walkers, hospital beds.

Phone: (800) 541-5555 **Website:** medi-cal.ca.gov

Address: Apply through ICDSS, 2995 S. 4th St., El Centro, CA 92243

Hours: Mon–Fri, 8:00 AM – 5:00 PM

Who's served: Medi-Cal members of any age

Services: DME (wheelchairs, walkers, beds), prosthetics, medical supplies with prescription.

Cost: Covered by Medi-Cal **Languages:** English, Spanish

Behavioral Health & Mental Health

Mental health treatment, crisis lines, and recovery support. If someone is in crisis right now, call the ICBHS line at (800) 817-5292 or 988 — both are free and answer 24 hours a day.

→ *See also: Counseling · Substance Use Support · Caregiver Support & Respite*

Local providers

Imperial County Behavioral Health Services — Crisis Line

24-hour mental health crisis line for Imperial County.

Phone: (800) 817-5292 **Website:** bhs.imperialcounty.org

Address: 202 N. 8th Street, El Centro, CA 92243

Hours: 24/7 crisis line

Who's served: All ages, all residents in mental health crisis

Services: Crisis intervention, screening, referral, mobile crisis dispatch.

Cost: Free **Languages:** English, Spanish

ICBHS Adult Anxiety & Depression Clinic

Outpatient mental health treatment for adults.

Phone: (442) 265-7300 **Website:** bhs.imperialcounty.org

Address: 313 S. Waterman Avenue, El Centro, CA 92243

Hours: Mon–Fri, 8:00 AM – 5:00 PM

Who's served: Adults with anxiety, depression, mood disorders

Services: Individual and group therapy, psychiatry, medication management.

Cost: Medi-Cal / Sliding scale **Languages:** English, Spanish

ICBHS Adult Recovery / Wellness Center

Peer-run wellness and recovery support.

Phone: (442) 265-7630 **Website:** bhs.imperialcounty.org

Address: 2695 S. 4th Street, Suite C, El Centro, CA 92243

Hours: Mon–Fri, 8:00 AM – 5:00 PM

Who's served: Adults with serious mental illness

Services: Peer support, wellness groups, recovery planning, socialization.

Cost: Free **Languages:** English, Spanish

988 Suicide & Crisis Lifeline

National 24/7 crisis line — call, text, or chat 988.

Phone: 988 **Website:** 988lifeline.org

Address: National

Hours: 24/7

Who's served: Anyone in suicidal or mental-health crisis, or worried about someone else

Services: Crisis counseling, de-escalation, warm handoff to local resources.

Cost: Free **Languages:** English, Spanish, 200+ via interpreter

Caregiver Support & Respite

Resources for the people doing the caring. Respite — a real break — is available, sometimes for free, through several programs in the county. You don't have to be at the breaking point to use these resources.

→ *See also: Adult Day Programs · Alzheimer's, Dementia & Memory Care · In-Home Care & IHSS*

Local providers

Southern Caregiver Resource Center

Free support for unpaid family caregivers.

Phone: (800) 827-1008 **Website:** caregivercenter.org

Address: Serves Imperial County by phone/virtual

Hours: Mon–Fri, 8:30 AM – 5:00 PM

Who's served: Unpaid family caregivers of adults

Services: Counseling, respite vouchers, support groups, family consultation.

Cost: Free **Languages:** English, Spanish

ICAAA Family Caregiver Support Program

Respite, training, and assistance for family caregivers.

Phone: (442) 265-7000 **Website:** aaa24.org

Address: 778 W. State Street, El Centro, CA 92243

Hours: Mon–Thu 8:00 AM – 3:00 PM; Fri 8:00 AM – 12:00 PM

Who's served: Caregivers of adults 60+

Services: Respite, supplemental services, training, info & assistance.

Cost: Free / Donation-based **Languages:** English, Spanish

Imperial County IHSS Program

Pays caregivers to help eligible adults stay at home.

Phone: (760) 337-3084 **Website:** imperialcountysocialservices.org/aging-and-disability-services

Address: 2995 S. 4th Street, Suite 105, El Centro, CA 92243

Hours: Mon–Fri, 8:00 AM – 5:00 PM

Who's served: Low-income elderly, blind, or disabled persons

Services: Personal care, housekeeping, meal prep, accompaniment, protective supervision.

Cost: Free for eligible recipients **Languages:** English, Spanish

Alzheimer's Association El Centro Support Group

In-person caregiver support group for dementia caregivers.

Phone: (800) 272-3900 **Website:** alz.org/sandiego

Address: El Centro — contact for site & schedule

Hours: Hours vary — call ahead

Who's served: Dementia caregivers

Services: Peer support, dementia education, care planning.

Cost: Free **Languages:** English, Spanish

Case Management

Someone to coordinate your care across multiple agencies, especially when you're juggling Medicare, Medi-Cal, in-home care, and medical appointments. ICAAA's Information & Assistance line is the easiest first call.

→ *See also: Long-Term Care Planning · In-Home Care & IHSS*

Local providers

ICAAA Information & Assistance

Front door for senior services and benefits navigation.

Phone: (442) 265-7000 **Website:** aaa24.org

Address: 778 W. State Street, El Centro, CA 92243

Hours: Mon–Thu 8:00 AM – 3:00 PM; Fri 8:00 AM – 12:00 PM

Who's served: Adults 60+, caregivers

Services: Information & assistance, service linkage, benefit screening.

Cost: Free **Languages:** English, Spanish

Access to Independence — Independent Living Skills

Person-centered case management for people with disabilities.

Phone: (760) 768-2044 **Website:** accesstoindependence.org

Address: 1405 N. Imperial Ave., Suite C, El Centro, CA 92243

Hours: Mon–Fri, 8:30 AM – 4:30 PM

Who's served: People with disabilities, all ages

Services: Goal setting, skills coaching, transition from institutions, peer mentoring.

Cost: Free **Languages:** English, Spanish

San Diego Regional Center — Imperial Office

Service coordination for people with developmental disabilities.

Phone: (760) 355-8383 **Website:** sdrcc.org

Address: 512 W. Aten Road, Imperial, CA 92251

Hours: Mon–Fri, 8:00 AM – 5:00 PM

Who's served: People with intellectual/developmental disabilities, all ages

Services: Case management, service plans, residential placement, supported living.

Cost: Free (state-funded) **Languages:** English, Spanish

ICBHS Connecting to Care (CTC)

Care coordination for adults with serious mental illness.

Phone: (442) 265-1525 **Website:** bhs.imperialcounty.org/connecting-to-care-ctc/

Address: 202 N. 8th Street, El Centro, CA 92243

Hours: Mon–Fri, 8:00 AM – 5:00 PM

Who's served: Adults with behavioral-health needs

Services: Care coordination, system navigation, linkage to treatment & housing.

Cost: Free / Medi-Cal **Languages:** English, Spanish

Counseling (Grief, Family, Couples)

Talk-therapy options for grief, family conflict, couples, and individual mental health concerns that don't rise to a clinical mental illness level.

→ *See also: Behavioral Health & Mental Health · End-of-Life Planning & Hospice*

Local providers

ICBHS Adult Anxiety & Depression Clinic

Public outpatient therapy for adults.

Phone: (442) 265-7300 **Website:** bhs.imperialcounty.org

Address: 313 S. Waterman Avenue, El Centro, CA 92243

Hours: Mon–Fri, 8:00 AM – 5:00 PM

Who's served: Adults with mental health needs

Services: Individual, group, family therapy; psychiatry.

Cost: Medi-Cal / Sliding scale **Languages:** English, Spanish

Hospice of Imperial Valley — Bereavement

Free grief support for the community.

Phone: (760) 352-8905

Address: 137 S. 8th Street, El Centro, CA 92243

Hours: Mon–Fri, business hours; call to confirm

Who's served: Bereaved family, friends — open to community

Services: Bereavement counseling, grief support groups.

Cost: Free **Languages:** English, Spanish

WomanHaven — Center for Family Solutions

Counseling and advocacy for survivors of violence.

Phone: (760) 353-8530 **Website:** womanhaven.org

Address: 510 W. Main Street, El Centro, CA 92243

Hours: Office Mon–Fri; 24/7 crisis line

Who's served: Survivors of domestic violence, sexual assault, trafficking — all genders

Services: Crisis line, counseling, shelter, advocacy, legal accompaniment.

Cost: Free **Languages:** English, Spanish

Dental Care

Affordable dental care, including Medi-Cal Denti-Cal coverage and federally qualified health center dental clinics in El Centro, Brawley, and Calexico.

→ *See also: Medical Care & Clinics · Medi-Cal & Medicare Enrollment*

Local providers

Innercare — El Centro Dental

Federally qualified health center dental clinic.

Phone: (760) 879-0990 **Website:** innercare.org

Address: 852 E. Danenberg Drive, El Centro, CA 92243

Hours: Mon–Fri 7:00 AM – 6:00 PM

Who's served: All ages, insured and uninsured

Services: Exams, cleanings, fillings, root canals, extractions, dentures.

Cost: Medi-Cal, Medicare, sliding-scale **Languages:** English, Spanish

Innercare — Brawley Dental

Affordable dental care in Brawley.

Phone: (760) 344-3583 **Website:** innercare.org

Address: 283 Main Street, Suite 102, Brawley, CA 92227

Hours: Mon–Fri, 8:00 AM – 5:00 PM

Who's served: All ages, insured and uninsured

Services: Exams, cleanings, fillings, extractions, dentures.

Cost: Medi-Cal, Medicare, sliding-scale **Languages:** English, Spanish

Innercare — Calexico Dental

Affordable dental care in Calexico.

Phone: (760) 357-2748 **Website:** innercare.org

Address: 223 W. Cole Blvd., Calexico, CA 92231

Hours: Mon–Fri 7:00 AM – 6:30 PM

Who's served: All ages, insured and uninsured

Services: Exams, cleanings, fillings, extractions, dentures.

Cost: Medi-Cal, Medicare, sliding-scale **Languages:** English, Spanish

Medi-Cal Dental (Denti-Cal)

State dental coverage for Medi-Cal members.

Phone: (800) 322-6384 **Website:** dental.dhcs.ca.gov

Address: Statewide program

Hours: Mon–Fri, 8:00 AM – 5:00 PM

Who's served: Medi-Cal members of any age

Services: Adult and child dental services through enrolled providers.

Cost: Covered by Medi-Cal **Languages:** English, Spanish

Disability Services

Cross-disability services for people of any age, any disability. Access to Independence is the local independent living center; the Regional Center serves people with developmental disabilities specifically.

→ *See also: Assistive Technology · Employment & Vocational Services · Transportation*

Local providers

Access to Independence — Imperial Valley

Cross-disability independent living center.

Phone: (760) 768-2044 **Website:** accesstoindependence.org

Address: 1405 N. Imperial Ave., Suite C, El Centro, CA 92243

Hours: Mon–Fri, 8:30 AM – 4:30 PM

Who's served: People with any disability, any age

Services: Advocacy, peer support, info & referral, transition, home mods, AT.

Cost: Free **Languages:** English, Spanish

Arc Imperial Valley

Services for adults with developmental disabilities.

Phone: (760) 352-0180 **Website:** arciv.org

Address: 298 E. Ross Ave., El Centro, CA 92243

Hours: Mon–Fri, 8:00 AM – 4:30 PM

Who's served: Adults with intellectual/developmental disabilities

Services: Day programs, employment, residential, paratransit.

Cost: Regional Center funded **Languages:** English, Spanish

San Diego Regional Center — Imperial Office

Service coordination for developmental disabilities.

Phone: (760) 355-8383 **Website:** sdrc.org

Address: 512 W. Aten Road, Imperial, CA 92251

Hours: Mon–Fri, 8:00 AM – 5:00 PM

Who's served: People with developmental disabilities, all ages

Services: Eligibility, IPP, service coordination, residential placement.

Cost: Free (state-funded) **Languages:** English, Spanish

CA Department of Rehabilitation — El Centro

Vocational rehabilitation for people with disabilities.

Phone: (760) 353-1350 **Website:** dor.ca.gov

Address: 1214 State Street, Suite A, El Centro, CA 92243

Hours: Mon–Fri, 8:00 AM – 5:00 PM

Who's served: Adults with disabilities seeking employment

Services: Vocational assessment, training, job placement, assistive tech.

Cost: Free **Languages:** English, Spanish

Education & Lifelong Learning

Free and low-cost classes through Imperial Valley College and ICOE adult education centers — ESL, GED, citizenship, and short-term community classes are available across the county.

→ *See also: Volunteer Opportunities · Employment & Vocational Services*

Local providers

Imperial Valley College — Community Services

Short-term fee-based community classes.

Phone: (760) 352-8320 **Website:** imperial.edu

Address: 380 E. Aten Road, Imperial, CA 92251

Hours: Mon–Fri, 8:00 AM – 5:00 PM

Who's served: Adults of all ages

Services: Short-term community classes; degree and CTE programs.

Cost: Fee-based; financial aid for credit programs **Languages:** English, Spanish

ICOE Adult Education — Imperial

Free ESL, GED, and citizenship classes.

Phone: (760) 355-3207 **Website:** icoe.org/aec

Address: 322 N. Imperial Ave., Imperial, CA 92251

Hours: Mon–Fri (call to confirm class times)

Who's served: Adults 18+

Services: ESL, high school diploma, GED, CTE, citizenship.

Cost: Free **Languages:** English, Spanish

ICOE Adult Education — Calexico

Adult learning in Calexico.

Phone: (760) 768-3914 **Website:** icoe.org/aec

Address: 1391 Kloke Road, Calexico, CA 92231

Hours: Mon–Fri (call to confirm class times)

Who's served: Adults 18+

Services: ESL, HSD, GED, citizenship, distance learning.

Cost: Free **Languages:** English, Spanish

Emergency Preparedness

Imperial County summers are dangerous. These resources help with cooling, heat warnings, power outages, and evacuation. The 2-1-1 line is your one-stop call during any kind of emergency.

→ *See also: Utility Assistance · Medical Care & Clinics*

Local providers

Imperial County Office of Emergency Services

County emergency operations and disaster planning.

Phone: (442) 265-6000 **Website:** firedept.imperialcounty.org/emergencyservices

Address: 1078 Dogwood Road, Heber, CA 92249

Hours: Mon–Fri 8:00 AM – 12:00 PM, 1:00 PM – 5:00 PM

Who's served: All Imperial County residents

Services: Emergency planning, EOC activation, evacuation coordination.

Cost: Free **Languages:** English, Spanish

Imperial County Public Health — Heat Response

Coordinates cooling/hydration centers during heat events.

Phone: (442) 265-1888 **Website:** icphd.org

Address: 935 Broadway, El Centro, CA 92243

Hours: Mon–Fri, 8:00 AM – 5:00 PM

Who's served: All county residents, especially seniors and outdoor workers

Services: Cooling-center list, heat alerts, vulnerable-population outreach.

Cost: Free **Languages:** English, Spanish

IID Outage & Emergency Line

Imperial Irrigation District 24-hour outage reporting.

Phone: (800) 303-7756 **Website:** iid.com

Address: 333 E. Barioni Blvd., Imperial, CA 92251

Hours: 24/7 outage line

Who's served: IID electric customers

Services: Outage reporting, energy emergency assistance, status updates.

Cost: Free **Languages:** English, Spanish

2-1-1 Imperial

Information & referral for any need, 24/7.

Phone: 2-1-1 **Website:** 211imperial.org

Address: Phone/text-based

Hours: 24/7

Who's served: All county residents

Services: Disaster info, shelters, food, utility help, health, housing referrals.

Cost: Free **Languages:** English, Spanish, 150+ via line

Employment & Vocational Services

Job-seeker resources, vocational rehab for people with disabilities, and supported-employment options. Goodwill's free employment center in El Centro is a good first stop.

→ *See also: Disability Services · Education & Lifelong Learning*

Local providers

Goodwill Industries — El Centro Employment Center

Free job search and career coaching.

Phone: (760) 235-4371 **Website:** ivgoodwill.org

Address: 351 Wake Ave., El Centro, CA 92243

Hours: Mon–Fri, 9:00 AM – 4:00 PM

Who's served: Job seekers of any background, including people with disabilities

Services: Resume help, applications, interview prep, computer access.

Cost: Free **Languages:** English, Spanish

CA Department of Rehabilitation — El Centro

Vocational rehab for people with disabilities.

Phone: (760) 353-1350 **Website:** dor.ca.gov

Address: 1214 State Street, Suite A, El Centro, CA 92243

Hours: Mon–Fri, 8:00 AM – 5:00 PM

Who's served: Adults with disabilities seeking competitive employment

Services: Assessment, training, job placement, supported employment.

Cost: Free **Languages:** English, Spanish

Arc Imperial Valley — Employment Services

Supported and competitive employment for adults with IDD.

Phone: (760) 352-0180 **Website:** arciv.org

Address: 298 E. Ross Ave., El Centro, CA 92243

Hours: Mon–Fri, 8:00 AM – 4:30 PM

Who's served: Adults with intellectual/developmental disabilities

Services: Job coaching, supported employment, vocational training, AbilityOne contracts.

Cost: Regional Center / DOR funded **Languages:** English, Spanish

America's Job Center — Imperial Valley Workforce

Local workforce development center.

Phone: (442) 265-4950 **Website:** ivworkforce.com

Address: 2799 S. 4th Street, El Centro, CA 92243

Hours: Mon–Fri, 8:00 AM – 5:00 PM

Who's served: Job seekers, employers

Services: WIOA services, training referrals, job board, employer recruiting.

Cost: Free **Languages:** English, Spanish

End-of-Life Planning & Hospice

Hospice services for people with terminal illness, plus help preparing advance directives and powers of attorney before they're needed.

→ *See also: Counseling · Caregiver Support & Respite · Legal Aid & Elder Law*

Local providers

Hospice of Imperial Valley

Locally rooted hospice serving Imperial County since 1996.

Phone: (760) 352-8905

Address: 137 S. 8th Street, El Centro, CA 92243

Hours: 24/7 nursing on call; office Mon–Fri

Who's served: Terminally ill patients and families

Services: Hospice nursing, aides, social work, chaplain, bereavement.

Cost: Medicare, Medi-Cal, most insurance **Languages:** English, Spanish

Aria Hospice — El Centro

Comprehensive hospice and palliative support.

Phone: (760) 412-5574 **Website:** ariahospice.com

Address: 229 S. 8th Street, Suite A, El Centro, CA 92243

Hours: 24/7 on-call

Who's served: Terminally ill patients and families

Services: Hospice care at home or facility; bereavement, volunteers.

Cost: Medicare, Medi-Cal, private insurance **Languages:** English, Spanish

AccentCare Hospice — Imperial County

Hospice and palliative care in the home.

Phone: (760) 675-3030 **Website:** accentcare.com

Address: Serves Imperial County; call to confirm office

Hours: 24/7 on-call

Who's served: Terminally ill patients and families

Services: Hospice nursing, symptom management, spiritual support.

Cost: Medicare, Medi-Cal, private insurance **Languages:** English, Spanish

Elder Law & Advocacy — Advance Directives

Free help preparing advance healthcare directives.

Phone: (858) 565-1392 **Website:** seniorlaw-sd.org

Address: Serves Imperial County by appointment

Hours: Mon–Fri, 8:00 AM – 5:00 PM

Who's served: Adults 60+

Services: Advance directives, simple wills, powers of attorney.

Cost: Free for qualifying seniors **Languages:** English, Spanish

Financial Assistance & Benefits Screening

Emergency financial help and full benefits screening for Medi-Cal, CalFresh, SSI, CAPI, and more. If you've never applied — or you applied and were denied — these are the people to call.

→ *See also: Utility Assistance · Food Banks, Pantries & CalFresh · Medi-Cal & Medicare Enrollment*

Local providers

Imperial County Department of Social Services

Apply for Medi-Cal, CalFresh, CalWORKs, General Relief.

Phone: (760) 337-6800 **Website:** imperialcountysocialservices.org

Address: 2995 S. 4th Street, El Centro, CA 92243 (CalFresh office: 2895 S. 4th St., Bldg. C)

Hours: Mon–Fri, 8:00 AM – 5:00 PM

Who's served: Low-income individuals and families

Services: Medi-Cal, CalFresh, CalWORKs, IHSS intake, General Relief.

Cost: Free to apply **Languages:** English, Spanish

Campesinos Unidos, Inc. — CSBG / Social Services

Community-action emergency aid and form assistance.

Phone: (760) 370-5100 **Website:** campesinosunidos.org

Address: 1005 C Street, Brawley, CA 92227

Hours: Mon–Thu, 8:00 AM – 5:00 PM · Fri 8:00 AM – 4:00 PM

Who's served: Low-income individuals and families

Services: Past-due rent/utility, emergency food, form completion, VITA tax prep.

Cost: Free for eligible households **Languages:** English, Spanish

HICAP — Imperial County

Free Medicare counseling and advocacy.

Phone: (760) 353-0223 **Website:** aaa24.org/hicap-insurance-counseling.html

Address: 939 W. Main Street, Box #19, 2nd Floor, El Centro, CA 92243

Hours: Mon–Fri, by appointment

Who's served: Medicare beneficiaries and those becoming eligible

Services: Medicare Parts A/B/D, supplemental, long-term care insurance, appeals.

Cost: Free **Languages:** English, Spanish

Salvation Army — Imperial Valley Corps

Emergency rent and utility assistance by appointment.

Phone: (760) 352-4528 **Website:** elcentro.salvationarmy.org

Address: 397 W. Ross Avenue, El Centro, CA 92243

Hours: Mon–Fri (call ahead for appointment)

Who's served: Low-income individuals and families

Services: Rent/utility payments, food, holiday assistance.

Cost: Free for eligible households **Languages:** English, Spanish

Food & Meals — Home-Delivered

Home-delivered meals for adults 60 and older who can't easily get to a meal site or shop for groceries. Imperial County runs its senior nutrition program through the Area Agency on Aging in partnership with Catholic Charities and local restaurants. There are also congregate meal sites across the county for those who can travel — and free transportation to get there.

→ *See also: Food Banks, Pantries & CalFresh · Transportation · Caregiver Support & Respite*

Local providers

Imperial County Area Agency on Aging — Senior Nutrition

Hot meals delivered to homebound adults 60+ across Imperial County.

Phone: (442) 265-7000 **Website:** aaa24.org/home-delivered-meals.html

Address: 778 W. State St., El Centro, CA 92243

Hours: Office: Mon–Thu 8:00 AM – 3:00 PM · Fri 8:00 AM – 12:00 PM

Who's served: Homebound adults 60 and older.

Services: Hot meals 5 days/week. Two-week Mom's Meals shipments for rural areas. Free transportation to congregate sites.

Cost: Free (donations welcome). **Languages:** English, Spanish

Catholic Charities Diocese of San Diego — Senior Nutrition (reservations)

Operates congregate + home-delivered meals through partner restaurants.

Phone: (760) 353-2748 **Website:** ccdsd.org/senior-nutrition

Address: 250 W. Orange Ave., El Centro, CA 92243

Hours: Mon–Fri 8:30 AM – 4:30 PM

Who's served: Adults 60+.

Services: Meal reservations across Calexico, Brawley, El Centro, Imperial, Holtville, and Heber.

Cost: Free (donations welcome). **Languages:** English, Spanish

Congregate meal sites — across Imperial County

In-person senior lunches Mon–Fri 11:30 AM – 12:00 PM.

Phone: (760) 353-2748 **Website:** aaa24.org/congregate-meals.html

Address: Brawley Senior Center — 575 J St., Brawley; Calexico Community Center — 707 Dool Ave., Calexico; El Centro Community Center — 385 S. First St., El Centro; Heber Community Center — 1132 Heber Ave., Heber (Mon, Tue, Wed, Fri); El Centro Desert Villa Apts. — 1755 W. Main St., El Centro.

Hours: Mon–Fri 11:30 AM – 12:00 PM

Who's served: Adults 60+.

Services: Hot midday meal in a community setting. Free transportation to and from the site.

Cost: Free (donations welcome). **Languages:** English, Spanish

Quechan Senior Center — Winterhaven

Breakfast and lunch for tribal and community elders 55+.

Phone: (760) 572-0748 **Website:** quechantribe.com/departments-quechan-senior-center.html

Address: 472 Quechan Dr., Winterhaven, CA 92283

Hours: Call for current meal hours.

Who's served: Adults 55+ (tribal members and community).

Services: On-site breakfast and lunch; senior socials and activities.

Cost: Free for tribal 55+; small fee otherwise. **Languages:** English

Food Banks, Pantries & CalFresh

Food banks, community pantries, hot-meal programs, and CalFresh (SNAP) enrollment. Anyone in Imperial County who needs food can use these resources — most are free and don't require documentation. CalFresh adds a monthly food benefit on a card you use like a debit card at grocery stores and farmers markets.

→ *See also: Food & Meals — Home-Delivered · Financial Assistance & Benefits Screening · Utility Assistance*

Local providers

Imperial Valley Food Bank

Imperial County's primary food bank and mobile-pantry network.

Phone: (760) 370-0966 **Website:** ivfoodbank.com

Address: 486 W. Aten Rd., Imperial, CA 92251

Hours: Distribution schedule varies by site — call or check website.

Who's served: All Imperial County residents.

Services: Direct food distribution, Mobile Food Pantry, partner network across the county.

Cost: Free. **Languages:** English, Spanish

Catholic Charities Food Resource Center — El Centro

Food pantry, USDA commodities, and CalFresh application help.

Phone: (760) 353-6823 **Website:** ccdsd.org/food-resource-centers

Address: 250 W. Orange Ave., El Centro, CA 92243

Hours: Mon–Fri, 9:00 AM – 12:00 PM and 1:00 PM – 4:00 PM

Who's served: Low-income Imperial County residents (photo ID preferred).

Services: Food pantry, Emergency Food Assistance Program (EFAP), CalFresh outreach.

Cost: Free. **Languages:** English, Spanish

CalFresh — Imperial County Department of Social Services

Apply for CalFresh (SNAP) food benefits.

Phone: (760) 337-6800 **Website:** imperialcountysocialservices.org/calfresh

Address: 2895 S. 4th St., Bldg. C, El Centro, CA 92243

Hours: Mon–Fri, 8:00 AM – 5:00 PM

Who's served: Anyone meeting CalFresh income guidelines.

Services: CalFresh application help, monthly benefit issuance, recertification assistance.

Cost: Free to apply. **Languages:** English, Spanish

Brawley Feed the Need

Hot meals and emergency food in Brawley.

Phone: (760) 623-1055 **Website:** brawleyfeedtheneedinc.com

Address: 147 N. 8th St., Suite B, Brawley, CA 92227

Hours: Mon–Fri 9:00–9:50 AM (breakfast) · 10:00–11:00 AM (lunch)

Who's served: Low-income residents of Brawley, Calipatria, Westmorland, and Niland.

Services: Hot meals Mon–Fri 12:00–1:30 PM, emergency food, hygiene kits, clothing, laundry/shower services.

Cost: Free. **Languages:** English, Spanish

Imperial Valley College Kitchen Food Pantry

On-campus food pantry for IVC students facing food insecurity.

Phone: (760) 355-6447 **Website:** imperial.edu/students/assessment-center/basic-needs.html

Address: 380 E. Aten Rd., Bldg. 401, Imperial, CA 92251

Hours: Mon–Fri 8:00 AM – 5:00 PM (intake appointment required)

Who's served: IVC students.

Services: Emergency food, groceries, CalFresh screening, basic-needs referrals.

Cost: Free. **Languages:** English, Spanish

Salvation Army Imperial Valley Corps

Emergency food pantry and hot meals for unhoused and low-income residents.

Phone: (760) 352-4528 **Website:** imperialvalley.salvationarmy.org

Address: 397 W. Ross Avenue, El Centro, CA 92243

Hours: Call for current pantry hours.

Who's served: Low-income, unhoused, families in crisis.

Services: Emergency food pantry, hot meals, utility assistance, holiday food programs.

Cost: Free. **Languages:** English, Spanish

Turning Point Life Center — Holtville

Community food pantry serving Holtville and the east valley.

Phone: (760) 356-4088 **Website:** turningpointlifecenter.org

Address: 2149 Orchard Rd., Holtville, CA 92250

Hours: Call for current pantry hours.

Who's served: General community.

Services: Food pantry distribution.

Cost: Free. **Languages:** English, Spanish

Quechan Food Distribution Program (FDPIR)

USDA food boxes for tribal members and eligible neighbors near Winterhaven.

Phone: Email fooddistributiondirector@quechantribe.com **Website:** quechantribe.com/departments-commodities.html

Address: PO Box 1899, Yuma, AZ 85366

Hours: Call or email for distribution schedule.

Who's served: Quechan tribal members and eligible nearby residents.

Services: Monthly USDA food packages.

Cost: Free. **Languages:** English

Health Insurance Counseling (HICAP)

Free, unbiased Medicare counseling. HICAP counselors are trained to compare plans, screen for Extra Help, fight denials, and spot Medicare fraud — and they don't sell anything.

→ *See also: Medi-Cal & Medicare Enrollment · Pharmacy Assistance · Long-Term Care Planning*

Local providers

HICAP — Imperial County

Free, unbiased Medicare counseling and advocacy.

Phone: (760) 353-0223 **Website:** aaa24.org/hicap-insurance-counseling.html

Address: 939 W. Main Street, Box #19, 2nd Floor, El Centro, CA 92243

Hours: Mon–Fri, by appointment

Who's served: Medicare beneficiaries and adults approaching 65

Services: Medicare Parts A/B/C/D counseling, plan comparisons, Extra Help (LIS), supplemental & long-term care insurance, appeals, fraud reporting.

Cost: Free **Languages:** English, Spanish

HICAP Statewide Helpline

Statewide help finding your local HICAP counselor.

Phone: (800) 434-0222 **Website:** cahealthadvocates.org/hicap

Address: Statewide California

Hours: Mon–Fri, 8:00 AM – 5:00 PM

Who's served: California Medicare beneficiaries

Services: Referral to local HICAP counselor, general Medicare questions.

Cost: Free **Languages:** English, Spanish

Medicare.gov / 1-800-MEDICARE

Federal Medicare information line and online plan finder.

Phone: (800) 633-4227 **Website:** medicare.gov

Address: National

Hours: 24/7

Who's served: Medicare beneficiaries and family

Services: Plan look-up, enrollment, claim questions, fraud reporting.

Cost: Free **Languages:** English, Spanish, more via interpreter

Hearing Services

Hearing tests, hearing aids, and assistive devices. Medi-Cal covers exams and hearing aids; CTAP provides amplified phones at no cost; Lions helps low-income residents access hearing aids.

→ *See also: Assistive Technology · Medical Care & Clinics*

Local providers

Connect Hearing — El Centro

Audiology clinic with free hearing tests.

Phone: (760) 353-2525 **Website:** connecthearing.com

Address: 1073 Ross Ave., Suite F, El Centro, CA 92243

Hours: Mon–Fri, 9:00 AM – 5:00 PM

Who's served: Adults of any age

Services: Hearing evaluation, hearing-aid fitting, repairs.

Cost: Insurance accepted; private pay; some Medicare Advantage **Languages:** English, Spanish

Lions Sight & Hearing Foundation

Helps low-income residents access hearing aids.

Phone: (323) 263-8126 **Website:** scl-sh.org

Address: Serves Imperial County by referral

Hours: Hours vary — call ahead

Who's served: Low-income residents with hearing loss

Services: Hearing aid funding, refurbished aids through partner dispensers.

Cost: Free or shared cost based on need **Languages:** English, Spanish

Medi-Cal Hearing Aid Benefit

Hearing aids covered for Medi-Cal members.

Phone: (800) 541-5555 **Website:** medi-cal.ca.gov

Address: Apply through ICDSS

Hours: Mon–Fri, 8:00 AM – 5:00 PM

Who's served: Medi-Cal members of any age

Services: Hearing exam and hearing aid coverage through enrolled providers.

Cost: Covered by Medi-Cal **Languages:** English, Spanish

Home Modification & Repair

Make a home safer and more accessible — ramps, grab bars, weatherization to keep utility bills down, and energy-efficiency upgrades. Imperial County's heat makes weatherization especially valuable.

→ *See also: Utility Assistance · Disability Services · Assistive Technology*

Local providers

Campesinos Unidos — Energy Department / Weatherization

Free weatherization for low-income homes.

Phone: (760) 370-5100 **Website:** campesinosunidos.org/energy-department

Address: 1005 C Street, Brawley, CA 92227

Hours: Mon–Fri, 8:00 AM – 5:00 PM

Who's served: Low-income homeowners and renters in Imperial County

Services: Insulation, weatherstripping, duct sealing, minor home repair, energy education.

Cost: Free for eligible households (LIHEAP/DOE WAP) **Languages:** English, Spanish

Access to Independence — Home Modifications

Ramps, grab bars, and accessibility assessments.

Phone: (760) 768-2044 **Website:** accesstoindependence.org

Address: 1405 N. Imperial Ave., Suite C, El Centro, CA 92243

Hours: Mon–Fri, 8:30 AM – 4:30 PM

Who's served: People with disabilities, all ages

Services: Home accessibility assessment, ramps, grab bars, modification referrals.

Cost: Free / Subject to funding **Languages:** English, Spanish

IID All-Weather Energy Savings Program

Free energy-efficiency upgrades for IID customers.

Phone: (800) 303-7756 **Website:** iid.com/customer-service/save-energy-and-money

Address: 333 E. Barioni Blvd., Imperial, CA 92251

Hours: Mon–Fri, 8:00 AM – 5:00 PM

Who's served: Income-qualified IID customers

Services: Free weatherization, A/C tune-ups, LED retrofits.

Cost: Free for income-qualified customers **Languages:** English, Spanish

Housing — Affordable & Low-Income

Subsidized housing, Section 8 vouchers, and senior- and disability-specific affordable housing across Imperial County.

→ *See also: Housing — Independent Senior Communities · Financial Assistance*

Local providers

Imperial Valley Housing Authority

Public housing and Section 8 vouchers.

Phone: (760) 351-7000 **Website:** ivha.org

Address: 1402 D Street, Brawley, CA 92227

Hours: Mon–Fri, 8:00 AM – 5:00 PM

Who's served: Low-income families, seniors, people with disabilities

Services: Public housing, Section 8 vouchers, senior/disabled units.

Cost: Income-based rent **Languages:** English, Spanish

El Centro Senior Villas

Low-income senior apartments in El Centro.

Phone: (760) 370-0635 **Website:** linchousing.org/communities/el-centro-senior-villas

Address: 515 Park Avenue, El Centro, CA 92243

Hours: Hours vary — call ahead

Who's served: Seniors 62+

Services: 80 one- and two-bedroom income-restricted units.

Cost: Income-based; HUD subsidized **Languages:** English, Spanish

Brawley Senior Plaza

HUD-subsidized senior apartments in Brawley.

Phone: (760) 351-7000 **Website:** ivha.org/housing-programs/senior-disabled-housing

Address: 430 K Street, Brawley, CA 92227

Hours: Apply via IVHA: Mon–Fri 8:00 AM – 5:00 PM

Who's served: Adults 62+, very-low-income

Services: Subsidized one-bedroom senior apartments (Section 202).

Cost: Income-based; HUD subsidized **Languages:** English, Spanish

Housing — Assisted Living & Board & Care

Residential care for older adults who need help with daily tasks but not skilled nursing. Use the state's facility search to verify a home's license and inspection history before signing a contract.

→ *See also: Housing — Skilled Nursing & Memory Care · Advocacy & Ombudsman*

Local providers

Imperial Heights Healthcare & Wellness Centre

Skilled nursing and post-acute care.

Phone: (760) 344-5431 **Website:** imperialheightshc.com

Address: 320 Cattle Call Drive, Brawley, CA 92227

Hours: 24/7

Who's served: Adults needing skilled nursing or rehab

Services: Skilled nursing, rehab, long-term care.

Cost: Medicare, Medi-Cal, private pay **Languages:** English, Spanish

Heart & Hand Assisted Living

Small RCFE in El Centro (up to 14 residents).

Phone: (760) 353-1387

Address: 499 S. Sunset Drive, El Centro, CA 92243

Hours: 24/7

Who's served: Older adults needing assisted living

Services: Room and board, personal care, medication management.

Cost: Private pay; call to confirm **Languages:** English, Spanish

A&A Cottage View Assisted Living

Small RCFE in El Centro (up to 9 residents).

Phone: (714) 402-5920 **Website:** cottageview.org

Address: 103 S. Haskell Drive, El Centro, CA 92243

Hours: 24/7

Who's served: Older adults needing assisted living

Services: Room and board, personal care, medication management.

Cost: Private pay; call to confirm **Languages:** English, Spanish

CA Community Care Licensing — Facility Search

Look up licensed RCFEs and care homes statewide.

Phone: (844) 538-8766 **Website:** cdss.ca.gov/inforesources/community-care-licensing

Address: Statewide

Hours: Mon–Fri, 8:00 AM – 5:00 PM

Who's served: Families researching assisted-living options

Services: Facility search, inspection reports, complaint filing.

Cost: Free **Languages:** English, Spanish

Housing — Independent Senior Communities

Apartment communities limited to older adults or income-qualified households. Most are managed through IVHA; many have waitlists, so apply early.

→ See also: *Housing — Affordable & Low-Income · Recreation, Senior Centers*

Local providers

Imperial Valley Housing Authority (IVHA)

Public housing authority managing senior/disabled housing in Brawley, El Centro, Westmorland.

Phone: (760) 351-7000 **Website:** ivha.org

Address: 1402 D Street, Brawley, CA 92227

Hours: Mon–Fri, 8:00 AM – 5:00 PM

Who's served: Adults 62+, people with disabilities, low-income households

Services: Public housing applications, Section 8 vouchers, senior/disabled housing referrals.

Cost: Income-based rent **Languages:** English, Spanish

Brawley Senior Plaza

HUD Section 202 senior housing in central Brawley.

Phone: (760) 351-7000 **Website:** ivha.org/housing-programs/senior-disabled-housing

Address: 430 K Street, Brawley, CA 92227

Hours: Apply through IVHA: Mon–Fri 8:00 AM – 5:00 PM

Who's served: Adults 62+, very-low-income

Services: One-bedroom subsidized senior apartments; on-site laundry.

Cost: Income-based rent (Section 202) **Languages:** English, Spanish

Brawley Elks Senior Apartments

Affordable senior apartment community with clubhouse and elevator.

Phone: (760) 344-5414 **Website:** brawleyelkssenior.com

Address: 995 Willard Avenue, Brawley, CA 92227

Hours: Hours vary — call ahead

Who's served: Adults 55+, income-qualifying

Services: 1- and 2-bedroom apartments, clubhouse, covered parking, on-site laundry.

Cost: LIHTC income-based; waitlist varies **Languages:** English, Spanish

Valley Apartments (IVHA — El Centro)

One-bedroom senior/disabled apartments with elevator and laundry.

Phone: (760) 351-7000 **Website:** ivha.org/housing-programs/senior-disabled-housing

Address: 950 N. Waterman Court, El Centro, CA 92243

Hours: Apply through IVHA: Mon–Fri 8:00 AM – 5:00 PM

Who's served: Adults 62+, people with disabilities

Services: One-bedroom HUD-subsidized senior apartments.

Cost: Income-based rent **Languages:** English, Spanish

Housing — Skilled Nursing & Memory Care

24-hour skilled nursing for short-term rehabilitation after a hospital stay, or long-term care when staying at home isn't safe. Memory care is specialized for adults with Alzheimer's or other dementias.

→ *See also: Advocacy & Ombudsman · Housing — Assisted Living*

Local providers

Imperial Heights Healthcare & Wellness Centre

Skilled nursing and rehabilitation facility in Brawley (formerly Pioneers Memorial Skilled Nursing Center).

Phone: (760) 344-5431 **Website:** imperialheightshc.com

Address: 320 Cattle Call Drive, Brawley, CA 92227

Hours: 24/7 (visiting hours vary)

Who's served: Adults needing skilled nursing, rehab, or long-term care

Services: 24-hour skilled nursing, short-term rehab, long-term care, specialty chronic care.

Cost: Medicare, Medi-Cal, private insurance, private pay **Languages:** English, Spanish

El Centro Post-Acute Care (formerly Valley Convalescent Center)

123-bed skilled nursing and post-acute rehab facility.

Phone: (760) 352-8471 **Website:** ecpostacute.com

Address: 1700 S. Imperial Avenue, El Centro, CA 92243

Hours: 24/7

Who's served: Adults needing skilled nursing, post-hospital rehabilitation

Services: Skilled nursing, post-acute rehabilitation, long-term care.

Cost: Medicare, Medi-Cal, private insurance, private pay **Languages:** English, Spanish

Heart & Hand Memory Care

Locally owned residential memory care home for adults with Alzheimer's or dementia.

Phone: (760) 353-1387

Address: 499 S. Sunset Drive, El Centro, CA 92243

Hours: 24/7

Who's served: Adults with dementia, Alzheimer's, memory loss

Services: 14-bed memory care residence, dementia-trained staff, brain-health activities, home-cooked meals.

Cost: Private pay; call to confirm **Languages:** English, Spanish

Long-Term Care Ombudsman — Imperial County

Free, confidential advocacy for residents of skilled nursing and residential care facilities.

Phone: (442) 265-7032 **Website:** aging.ca.gov/Programs_and_Services/Long-Term_Care_Ombudsman

Address: ICAAA, 778 W. State Street, El Centro, CA 92243

Hours: Mon–Fri, 8:00 AM – 5:00 PM

Who's served: Residents of SNFs and RCFEs, families, caregivers

Services: Complaint investigation, residents' rights advocacy, facility visits.

Cost: Free **Languages:** English, Spanish

In-Home Care & IHSS

In-Home Supportive Services (IHSS) pays a caregiver — often a family member — to help an eligible adult with bathing, cooking, housekeeping, and personal care so they can stay home instead of moving to a facility.

→ *See also: Caregiver Support & Respite · Case Management · Medi-Cal & Medicare Enrollment*

Local providers

IHSS — Imperial County

Pays caregivers to help eligible seniors and people with disabilities stay home.

Phone: (760) 337-3084 **Website:** imperialcountysocialservices.org/aging-and-disability-services

Address: 2995 S. 4th Street, Suite 105, El Centro, CA 92243

Hours: Mon–Fri, 8:00 AM – 5:00 PM

Who's served: Medi-Cal eligible adults 65+, blind, or disabled

Services: In-home assistance with bathing, dressing, meal prep, housekeeping, paramedical services.

Cost: Free for eligible Medi-Cal recipients **Languages:** English, Spanish

IHSS Public Authority — Imperial County

Caregiver registry, training, and provider support.

Phone: (760) 337-7722 **Website:** icihsspa.org

Address: 2999 S. 4th Street, El Centro, CA 92243

Hours: Mon–Fri, 8:00 AM – 5:00 PM

Who's served: IHSS recipients and care providers

Services: Provider registry, caregiver training, backup-provider list.

Cost: Free **Languages:** English, Spanish

Catholic Charities Senior Companion Program

Volunteer companions for isolated seniors.

Phone: (760) 353-6822 **Website:** ccdsd.org

Address: 250 W. Orange Avenue, El Centro, CA 92243

Hours: Mon–Fri, business hours

Who's served: Adults 60+, homebound or isolated seniors

Services: Companionship visits, errand assistance, respite for family caregivers.

Cost: Free **Languages:** English, Spanish

Legal Aid & Elder Law

Free legal help on elder abuse, housing, benefits denials, immigration, and estate planning. Two organizations cover most needs: Elder Law & Advocacy (60+) and California Rural Legal Assistance (all low-income).

→ *See also: Advocacy & Ombudsman · End-of-Life Planning*

Local providers

Elder Law & Advocacy — Imperial County

Free legal counsel for seniors on elder abuse, benefits, housing, and estate documents.

Phone: (760) 353-0223 **Website:** seniorlaw-sd.org

Address: 939 W. Main Street, Box #19, 2nd Floor, El Centro, CA 92243

Hours: Mon–Fri (call for appointment)

Who's served: Adults 60+

Services: Attorney counsel, simple wills, advance directives, powers of attorney, elder abuse, landlord/tenant.

Cost: Free for ages 60+ **Languages:** English, Spanish

California Rural Legal Assistance (CRLA) — El Centro

Civil legal aid for low-income rural Californians.

Phone: (760) 353-0220 **Website:** crla.org/locations/el-centro

Address: 449 Broadway Street, El Centro, CA 92243

Hours: Mon–Fri, 8:30 AM – 5:00 PM

Who's served: Low-income residents, farmworkers, seniors, people with disabilities, LEP individuals

Services: Housing, public benefits, employment, education, immigration, LGBTQ+ advocacy.

Cost: Free for income-eligible clients **Languages:** English, Spanish

Long-Term Care Planning

Help thinking through long-term care — at home, in a facility, or somewhere in between — and getting the legal and financial pieces in place before you need them.

→ *See also: HICAP · End-of-Life Planning · In-Home Care & IHSS*

Local providers

Imperial County Area Agency on Aging

Local hub for aging services, planning, and referrals.

Phone: (442) 265-7000 **Website:** aaa24.org/area-agency-on-aging.html

Address: 778 W. State Street, El Centro, CA 92243

Hours: Mon–Thu 8:00 AM – 3:00 PM · Fri 8:00 AM – 12:00 PM

Who's served: Adults 60+, family caregivers, residents of long-term care

Services: Information & assistance, care planning, family caregiver support, ombudsman referrals.

Cost: Free **Languages:** English, Spanish

HICAP — Imperial County

Free, unbiased counseling on Medicare, long-term care insurance, and supplemental plans.

Phone: (760) 353-0223 **Website:** cahealthadvocates.org/hicap/san-diego

Address: 939 W. Main Street, Box #19, 2nd Floor, El Centro, CA 92243

Hours: Mon–Fri, by appointment

Who's served: Medicare beneficiaries, caregivers, adults approaching 65

Services: Medicare plan comparisons, long-term care insurance counseling, fraud reporting, appeals.

Cost: Free **Languages:** English, Spanish

Elder Law & Advocacy — Estate Planning

Attorneys help seniors draft wills, advance directives, and powers of attorney.

Phone: (760) 353-0223 **Website:** seniorlaw-sd.org

Address: 939 W. Main Street, Box #19, 2nd Floor, El Centro, CA 92243

Hours: Mon–Fri, by appointment

Who's served: Adults 60+

Services: Simple wills, advance health care directives, durable powers of attorney.

Cost: Free for ages 60+ **Languages:** English, Spanish

Medi-Cal & Medicare Enrollment

Apply for Medi-Cal (California's Medicaid program), enroll in the local Medi-Cal managed care plan (CHPIV), or get unbiased Medicare guidance through HICAP.

→ *See also: [HICAP](#) · [Pharmacy Assistance](#) · [Medical Care & Clinics](#)*

Local providers

Imperial County DSS — Medi-Cal

Apply for Medi-Cal, CalFresh, CalWORKs, and related public benefits.

Phone: (760) 337-6800 **Website:** imperialcountysocialservices.org/medi-cal

Address: 2995 S. 4th Street, El Centro, CA 92243

Hours: Mon–Fri, 8:00 AM – 5:00 PM

Who's served: Low-income individuals and families, seniors, people with disabilities

Services: Medi-Cal enrollment, renewals, CalFresh, CalWORKs, CAPI.

Cost: Free **Languages:** English, Spanish

Community Health Plan of Imperial Valley (CHPIV)

Imperial County's local Medi-Cal managed care plan.

Phone: (833) 236-4141 **Website:** chpiv.org

Address: Imperial County, CA

Hours: Member services 24/7; enrollment Mon–Fri 7:30 AM – 6:00 PM

Who's served: Imperial County Medi-Cal members

Services: Medi-Cal managed care, transportation benefit, care coordination.

Cost: Free for Medi-Cal members **Languages:** English, Spanish (1-888-484-1412 line)

HICAP — Medicare Counseling

Free Medicare and supplemental insurance counseling.

Phone: (760) 353-0223 **Website:** cahealthadvocates.org/hicap/san-diego

Address: 939 W. Main Street, Box #19, 2nd Floor, El Centro, CA 92243

Hours: Mon–Fri, by appointment

Who's served: Medicare beneficiaries and family/caregivers

Services: Medicare Part A/B/C/D counseling, plan comparisons, appeals, fraud.

Cost: Free **Languages:** English, Spanish

Medical Care & Clinics

Hospitals and federally qualified health centers (FQHCs) that serve all patients regardless of insurance. Innercare has FQHC clinics in El Centro, Brawley, and Calexico.

→ *See also: Medi-Cal & Medicare Enrollment · Pharmacy Assistance*

Local providers

Innercare — El Centro (FQHC)

Federally Qualified Health Center: primary care, dental, specialty.

Phone: (760) 352-2257 **Website:** innercare.org

Address: 852 E. Danenberg Drive, El Centro, CA 92243

Hours: Mon–Fri, 8:00 AM – 5:00 PM

Who's served: All ages; uninsured, underinsured, Medi-Cal, Medicare welcomed

Services: Primary care, chronic disease management, immunizations, dental.

Cost: Sliding-scale fees; insurance accepted **Languages:** English, Spanish

Innercare — Brawley (FQHC)

FQHC primary care clinic in Brawley.

Phone: (760) 344-6471 **Website:** innercare.org

Address: 900 Main Street, Brawley, CA 92227

Hours: Mon–Fri, 8:00 AM – 5:00 PM

Who's served: All ages; uninsured, underinsured, insured

Services: Family medicine, chronic disease management, women's health, immunizations.

Cost: Sliding-scale; insurance accepted **Languages:** English, Spanish

Innercare — Calexico (FQHC)

FQHC medical and dental clinic serving the Calexico border community.

Phone: (760) 357-2020 **Website:** innercare.org

Address: 223 West Cole Road, Calexico, CA 92231

Hours: Mon–Fri, 8:00 AM – 5:00 PM

Who's served: All ages

Services: Primary care, dental, women's health, chronic disease.

Cost: Sliding-scale; insurance accepted **Languages:** English, Spanish

Pioneers Memorial Healthcare District

Public hospital district serving Brawley and the surrounding area.

Phone: (760) 351-3333 **Website:** pmhd.org

Address: 207 W. Legion Road, Brawley, CA 92227

Hours: ER 24/7; clinics Mon–Fri

Who's served: All ages

Services: Hospital, ER, surgery, imaging, primary care clinics, skilled nursing.

Cost: Insurance, Medicare, Medi-Cal, self-pay **Languages:** English, Spanish

El Centro Regional Medical Center

Acute-care hospital serving Imperial Valley since 1956.

Phone: (760) 482-5000 **Website:** ecrmc.org

Address: 1415 Ross Avenue, El Centro, CA 92243

Hours: ER 24/7

Who's served: All ages

Services: Hospital, ER, surgery, women's health, outpatient clinics.

Cost: Insurance, Medicare, Medi-Cal, self-pay **Languages:** English, Spanish

Imperial County Public Health — Senior Health Services

Free basic health screenings for adults 60+ at community sites.

Phone: (442) 265-1404 **Website:** icphd.org/clinical-and-health-services/senior-health-services

Address: 935 Broadway, El Centro, CA 92243

Hours: Mon–Fri, 8:00 AM – 12:00 PM and 1:00 PM – 5:00 PM

Who's served: Adults 60+

Services: Blood pressure, blood sugar, health screening, referrals, follow-up.

Cost: Free **Languages:** English, Spanish

Pharmacy Assistance

Help paying for prescriptions. Medicare Part D, California Rx, AARP discounts, and HICAP all reduce out-of-pocket cost. Pharmacy chains also offer senior discount days.

→ *See also: HICAP · Medi-Cal & Medicare Enrollment · Financial Assistance*

Local providers

California Rx Discount (Medicare-Rate Card)

California law lets Medicare beneficiaries buy prescriptions at the Medi-Cal price.

Phone: (800) 633-4227 (**Medicare**) **Website:**

pharmacy.ca.gov/consumers/medicare_discount.shtml

Address: Statewide

Hours: Medicare line 24/7

Who's served: Medicare beneficiaries in California

Services: Discount on prescriptions at participating CA pharmacies.

Cost: Free to use; reduced prescription price **Languages:** English, Spanish

AARP Prescription Discounts (OptumRx)

AARP members save an average of 61% on FDA-approved prescriptions.

Phone: (888) 687-2277 **Website:** aarp.org/benefits-discounts

Address: National program, accepted at 66,000+ pharmacies

Hours: Hours vary — call ahead

Who's served: AARP members (age 50+) and families

Services: Prescription discount card.

Cost: Free with AARP membership (\$16/yr) **Languages:** English, Spanish

Walgreens — El Centro

Pharmacy with senior savings days for MyWalgreens members 55+.

Phone: (760) 335-4904 **Website:** walgreens.com

Address: 100 N. Imperial Avenue, El Centro, CA 92243

Hours: Store: Daily 7:00 AM – 10:00 PM · Pharmacy: Mon–Fri 8:00 AM – 9:00 PM, Sat 9:00 AM – 6:00 PM, Sun 10:00 AM – 6:00 PM

Who's served: All ages; senior savings 55+

Services: Prescriptions, immunizations, Medicare Part D participating pharmacy.

Cost: Insurance, Medicare Part D, cash **Languages:** English, Spanish

HICAP — Medicare Part D Help

Free help choosing the right Medicare Part D prescription plan.

Phone: (760) 353-0223 **Website:** cahealthadvocates.org/hicap/san-diego

Address: 939 W. Main Street, Box #19, 2nd Floor, El Centro, CA 92243

Hours: Mon–Fri, by appointment

Who's served: Medicare beneficiaries

Services: Part D plan comparison, Extra Help (LIS) application help, appeals.

Cost: Free **Languages:** English, Spanish

Recreation, Senior Centers & Community Activities

Senior centers and recreation programs across the county — congregate meals, exercise, dances, classes, and a chance to connect with peers. Free or donation-based.

→ *See also: Food & Meals — Home-Delivered · Transportation · Education & Lifelong Learning*

Local providers

El Centro Senior Center / Adult Center

Daily congregate meals, activities, and recreation for El Centro seniors.

Phone: (760) 370-0160 **Website:** cityofelcentro.org/1222/Adult-Center-Programs-Activities

Address: 1275 W. Main Street, El Centro, CA 92243

Hours: Mon–Fri 9:00 AM – 3:00 PM

Who's served: Adults 60+

Services: Congregate lunch, exercise, social activities, bingo, classes.

Cost: Free or donation suggested **Languages:** English, Spanish

Brawley Senior Citizens Center

Brawley's senior gathering place for meals, activities, and connection.

Phone: (760) 344-3154 **Website:** brawley-ca.gov/departments/parks-recreation/senior-center

Address: 575 J Street, Brawley, CA 92227

Hours: Mon–Fri 9:00 AM – 1:00 PM

Who's served: Adults 60+

Services: Congregate meals, games, exercise, dances, social events.

Cost: Free or donation **Languages:** English, Spanish

Calexico Community Center — Senior Hall

Calexico senior center offering meals, dances, and Spanish-language activities.

Phone: (760) 768-2176 **Website:** calexicorecreation.org

Address: 707 Dool Avenue, Calexico, CA 92231

Hours: Mon–Thu 8:00 AM – 6:00 PM; alternating Fri 8:00 AM – 5:00 PM

Who's served: Adults 60+

Services: Congregate meals, holiday dinner dances, exercise, social events.

Cost: Free or donation **Languages:** Spanish, English

Calexico Recreation Department — Senior Programs

City recreation programming including senior dinner dances and online activities.

Phone: (760) 768-2176 **Website:** calexicorecreation.org

Address: 707 Dool Avenue, Calexico, CA 92231

Hours: Mon–Fri, business hours

Who's served: Adults 60+

Services: Holiday dinner dances, exercise classes, social events, online classes.

Cost: Low cost or free **Languages:** Spanish, English

Imperial Valley College — Non-Credit Classes

Free non-credit classes including health, wellness, and adult learning open to seniors.

Phone: (760) 352-8320 **Website:** imperial.edu/admissions/non-credit-education-information.html

Address: 380 E. Aten Road, Imperial, CA 92251

Hours: Mon–Fri, varies by class

Who's served: Adults; partners with El Centro, Brawley, Calexico, Heber

Services: Free non-credit ESL, basic skills, health & wellness for older adults.

Cost: Free **Languages:** English, Spanish

Senior Discounts

Programs and discounts available to older adults and people with disabilities, from transit fares to state park passes to utility rate-reduction programs.

→ *See also: Utility Assistance · Transportation · Pharmacy Assistance*

Local providers

IVT / IVT Ride — Senior Half-Fare

Half-price fixed-route fares for riders 60+ on Imperial Valley Transit.

Phone: (760) 482-2908 **Website:** ivtransit.com/rider-information/fares

Address: Routes throughout Imperial County

Hours: Service times vary by route

Who's served: Adults 60+

Services: Half-fare on IVT fixed-route buses.

Cost: Half regular fare with ID **Languages:** English, Spanish

Senior Golden Bear Pass — California State Parks

\$20 pass for free vehicle day-use at 200+ California state parks.

Phone: (800) 777-0369 **Website:** parks.ca.gov/?page_id=30961

Address: Statewide; apply online or by mail

Hours: Office hours Mon–Fri

Who's served: Adults 62+ meeting income guidelines

Services: Free vehicle day-use parking at most CA state parks (non-peak).

Cost: \$20 **Languages:** English, Spanish

Disabled Discount Pass — California State Parks

\$3.50 lifetime pass giving 50% off vehicle day-use, camping, boating.

Phone: (800) 777-0369 **Website:** parks.ca.gov/?page_id=30277

Address: Statewide; apply online or by mail

Hours: Office hours Mon–Fri

Who's served: Californians with permanent disabilities

Services: 50% discount on day-use, camping, boat-launch fees.

Cost: \$3.50 **Languages:** English, Spanish

AARP Membership

National discounts on dining, travel, insurance, and prescriptions.

Phone: (888) 687-2277 **Website:** aarp.org

Address: National

Hours: Call center daily

Who's served: Adults 50+

Services: Restaurant, hotel, prescription, insurance, travel discounts.

Cost: \$16/year (introductory rates available) **Languages:** English, Spanish

IID Energy Assistance — CARE/FERA & Medical Baseline

Lower electric rates for income-qualifying customers and households with medical needs.

Phone: (800) 303-7756 **Website:** iid.com/customer-service/payment-assistance/energy-customers

Address: IID service area

Hours: Mon–Fri, 8:00 AM – 5:00 PM

Who's served: Income-qualifying IID customers; households with medical equipment

Services: CARE/FERA reduced-rate program, Medical Baseline allowance.

Cost: Free to apply; discount on bill **Languages:** English, Spanish

Spanish-Language Services

Imperial County is roughly 85% Hispanic, and most of the providers in this guide offer Spanish-language services. This section highlights organizations where Spanish is the primary working language or where bilingual service is exceptional.

→ *See also: every category — most local providers operate bilingually*

Local providers

(Cross-reference) Calexico Community Center — Senior Hall

Primary language is Spanish; activities and meals in Spanish-first setting.

Phone: (760) 768-2176 **Website:** calexicorecreation.org

Address: 707 Dool Avenue, Calexico, CA 92231

Hours: Mon–Thu 8:00 AM – 6:00 PM; alternating Fri 8:00 AM – 5:00 PM

Who's served: Spanish-speaking adults 60+

Services: See Recreation/Senior Centers.

Cost: Free or donation **Languages:** Spanish, English

(Cross-reference) Innercare (Clínicas de Salud del Pueblo)

FQHC network founded to serve farmworkers; bilingual at every clinic.

Phone: (760) 352-2257 **Website:** innercare.org

Address: Clinics in El Centro, Brawley, Calexico

Hours: Mon–Fri

Who's served: Spanish-speaking patients

Services: See Medical Care & Clinics.

Cost: Sliding scale **Languages:** Spanish, English

(Cross-reference) Campesinos Unidos, Inc.

Farmworker-rooted nonprofit; staff fully bilingual.

Phone: (760) 370-5100 **Website:** campesinosunidos.org

Address: 1005 C Street, Brawley, CA 92227

Hours: Mon–Fri

Who's served: Spanish-speaking, low-income households

Services: See Utility Assistance.

Cost: Free **Languages:** Spanish, English

(Cross-reference) California Rural Legal Assistance — El Centro

Civil legal aid with dedicated Spanish-speaking advocates.

Phone: (760) 353-0220 **Website:** crla.org/locations/el-centro

Address: 449 Broadway Street, El Centro, CA 92243

Hours: Mon–Fri

Who's served: Spanish-speaking low-income clients

Services: See Legal Aid & Elder Law.

Cost: Free **Languages:** Spanish, English

(Cross-reference) Community Health Plan of Imperial Valley

Local Medi-Cal plan with 24/7 Spanish-language member services.

Phone: (888) 484-1412 **Website:** chpiv.org

Address: Imperial County

Hours: 24/7

Who's served: Spanish-speaking Medi-Cal members

Services: See Medi-Cal & Medicare Enrollment.

Cost: Free **Languages:** Spanish, English

(Cross-reference) Catholic Charities — Senior Nutrition / Companion

Bilingual senior nutrition and companion staff.

Phone: (760) 353-6822 **Website:** ccdsd.org

Address: 250 W. Orange Avenue, El Centro, CA 92243

Hours: Mon–Fri

Who's served: Spanish-speaking adults 60+

Services: See In-Home Care / Volunteer Opportunities.

Cost: Free **Languages:** Spanish, English

Substance Use Support

Outpatient treatment, crisis lines, and recovery support for adults dealing with alcohol or drug use disorders. Imperial County Behavioral Health Services runs the main public-system options.

→ *See also: Behavioral Health & Mental Health · Counseling*

Local providers

ICBHS — Adult Substance Use Disorder Treatment Program

County-run outpatient and intensive outpatient SUD treatment for adults.

Phone: (442) 265-7650 **Website:** bhs.imperialcounty.org/adult-substance-use-disorder-treatment-program

Address: 2695 S. 4th Street, Suite A, El Centro, CA 92243

Hours: Mon–Fri, 8:00 AM – 5:00 PM

Who's served: Adults with substance use disorders

Services: Assessment, counseling, family therapy, MAT referral, crisis intervention.

Cost: Medi-Cal, sliding scale, free **Languages:** English, Spanish

ICBHS — 24-Hour Crisis & Access Line

24/7 mental health and substance use crisis access line.

Phone: (800) 817-5292 **Website:** bhs.imperialcounty.org

Address: 202 N. 8th Street, El Centro, CA 92243

Hours: 24/7 hotline

Who's served: All ages, all residents of Imperial County

Services: Crisis triage, SUD intake, referral to outpatient treatment.

Cost: Free **Languages:** English, Spanish

ICBHS — Calexico Substance Use Disorder Treatment

Outpatient SUD services on the border in Calexico.

Phone: (442) 265-6200 **Website:** bhs.imperialcounty.org

Address: 25 E. 3rd Street, Calexico, CA 92231

Hours: Mon–Fri, 8:00 AM – 5:00 PM

Who's served: Adults with substance use disorders

Services: Outpatient counseling, group therapy, education, MAT referrals.

Cost: Medi-Cal, sliding scale, free **Languages:** Spanish, English

Transportation

Public transit, paratransit, and medical transport. IVT runs fixed-route buses, IVT Ride Now provides curb-to-curb accessible rides, and CHPIV covers Medi-Cal rides to medical appointments at no cost.

→ *See also: Senior Discounts · Medi-Cal & Medicare Enrollment*

Local providers

Imperial Valley Transit (IVT)

Fixed-route public bus serving Imperial County cities.

Phone: (760) 482-2908 **Website:** ivtransit.com

Address: Routes throughout Imperial County

Hours: Mon–Sat (route-dependent)

Who's served: General public; seniors 60+ at half fare

Services: Fixed-route bus connecting El Centro, Brawley, Calexico, Imperial, Holtville, Calipatria, Westmorland.

Cost: \$2 standard / \$1 senior–disabled **Languages:** English, Spanish

IVT Ride Now (Paratransit)

Curb-to-curb on-demand and prebooked transit for seniors 55+ and people with disabilities.

Phone: (760) 337-1760 **Website:** ivtridenow.com

Address: Brawley, Calexico, El Centro, Heber, Imperial, West Shores

Hours: Call for service hours

Who's served: Adults 55+, people with disabilities

Services: Wheelchair-accessible curb-to-curb rides, app or phone booking.

Cost: Per-trip fare **Languages:** English, Spanish

CHPIV Medi-Cal Transportation Benefit

Free Medi-Cal-covered transport to medical appointments.

Phone: (833) 236-4141 **Website:** chpiv.org

Address: Imperial County

Hours: 24/7 member services

Who's served: CHPIV Medi-Cal members

Services: Non-emergency medical transportation (NEMT) and non-medical transportation (NMT).

Cost: Free for eligible Medi-Cal members **Languages:** English, Spanish

Utility Assistance

Help paying utility bills during Imperial County's brutal summer months. LIHEAP funds flow through Campesinos Unidos; IID offers reduced rates for income-qualifying customers and a Medical Baseline allowance for households running medical equipment.

→ *See also: Emergency Preparedness · Home Modification & Repair · Financial Assistance*

Local providers

Campesinos Unidos, Inc. — LIHEAP & Weatherization

Local LIHEAP and weatherization provider for Imperial County.

Phone: (760) 344-4500 **Website:** campesinosunidos.org/energy-department

Address: 1005 C Street, Brawley, CA 92227

Hours: Mon–Thu 8:00 AM – 5:00 PM, Fri 8:00 AM – 4:00 PM

Who's served: Income-qualifying households

Services: Utility bill payment assistance, weatherization, energy-efficiency upgrades.

Cost: Free **Languages:** Spanish, English

IID Energy Assistance

Imperial Irrigation District payment assistance and rate-reduction programs.

Phone: (800) 303-7756 **Website:** iid.com/customer-service/payment-assistance

Address: IID service area

Hours: Mon–Fri, 8:00 AM – 5:00 PM

Who's served: IID electric customers

Services: CARE/FERA discount rates, Medical Baseline, payment arrangements, energy-savings programs.

Cost: Free to apply **Languages:** English, Spanish

California LifeLine — Phone & Internet Discount

Discounted home phone or cell service for income-qualifying Californians.

Phone: (866) 272-0349 **Website:** californialifeline.com

Address: Statewide

Hours: Mon–Fri 7:00 AM – 7:00 PM

Who's served: Low-income households

Services: Discounted landline, wireless, or broadband service.

Cost: Free to apply; reduced monthly cost **Languages:** English, Spanish, more

Veterans Services

Help accessing VA benefits, healthcare, and education programs. The county Veterans Service Office (VSO) walks veterans and survivors through claims.

→ *See also: Housing — Affordable & Low-Income · Mental Health*

Local providers

Imperial County Veterans Service Office (VSO)

County-run office helping veterans and survivors access VA benefits.

Phone: (442) 265-3200 **Website:** vso.imperialcounty.org

Address: 217 S. 10th Street, El Centro, CA 92243

Hours: Mon–Fri, 8:00 AM – 5:00 PM

Who's served: Veterans, surviving spouses, dependents

Services: VA disability claims, pension, healthcare enrollment, burial, education benefits.

Cost: Free **Languages:** English, Spanish

Imperial Valley VA Clinic

VA outpatient clinic providing primary and specialty care for enrolled veterans.

Phone: (760) 352-1506 **Website:** va.gov/san-diego-health-care/locations/imperial-valley-v-a-clinic

Address: 1115 S. 4th Street, El Centro, CA 92243

Hours: Mon–Fri, 8:00 AM – 4:30 PM

Who's served: Enrolled veterans

Services: Primary care, mental health, specialty referrals, telehealth.

Cost: Free or low cost based on VA eligibility **Languages:** English, Spanish

VA Health Eligibility — Enrollment Line

Enroll in VA healthcare; serves the Imperial Valley clinic area through VA San Diego.

Phone: (858) 642-6284 **Website:** va.gov/health-care/how-to-apply

Address: Phone or online enrollment

Hours: Mon–Fri, business hours

Who's served: Veterans

Services: VA healthcare enrollment, eligibility determination.

Cost: Free **Languages:** English, Spanish

Vision Services

Eye exams, glasses, surgical care, and assistive equipment for people with vision loss. Medi-Cal covers basic exams; CTAP provides assistive phones at no cost.

→ *See also: Assistive Technology · Medical Care & Clinics*

Local providers

Advanced Eye Care

Local optometry practice serving Imperial County since 1995.

Phone: (760) 352-3505 **Website:** stopsquinting.com

Address: 2151 Ross Avenue, El Centro, CA 92243

Hours: Mon–Fri, business hours

Who's served: All ages

Services: Eye exams, glasses, contact lenses, diabetic eye care.

Cost: Insurance, Medicare, VSP, self-pay **Languages:** English, Spanish

Vision Care Center — Brawley

Family optometry practice in Brawley since 1919.

Phone: (760) 351-2020 **Website:** visioncarecenterbrawley.com

Address: 260 Main Street, Brawley, CA 92227

Hours: Mon–Fri 8:30 AM – 5:30 PM

Who's served: All ages

Services: Eye exams, glasses, contact lenses, specialty testing.

Cost: Insurance, Medicare, self-pay **Languages:** English, Spanish

American Eye Associates — El Centro

Cataract, glaucoma, and refractive surgery center.

Phone: (760) 352-7755 **Website:** americaneyeassociates.com/hours-location/el-centro-1452/

Address: 1452 South La Brucherie Road, Suite A, El Centro, CA 92243

Hours: Mon–Fri 8:00 AM – 5:00 PM

Who's served: Adults; specialty surgery for cataracts, glaucoma

Services: Cataract surgery, glaucoma management, LASIK, retina referrals.

Cost: Medicare, insurance, self-pay **Languages:** English, Spanish

Optom-Eyes Vision Care — El Centro

Local optometry practice on Imperial Avenue.

Phone: (760) 352-7460 **Website:** optomeyesvisioncare.net

Address: 812 N. Imperial Avenue, El Centro, CA 92243

Hours: Mon–Fri 9:00 AM – 5:30 PM

Who's served: All ages

Services: Eye exams, glasses, contact lenses.

Cost: Insurance, Medicare, VSP, self-pay **Languages:** English, Spanish

California Telephone Access Program (CTAP) — Vision Equipment

Free assistive phones for Californians with low vision, blindness, or other communication needs.

Phone: (800) 806-1191 **Website:** caconnect.org

Address: Statewide; phone or online

Hours: Mon–Fri, 8:00 AM – 5:00 PM

Who's served: Californians certified with vision, hearing, speech, mobility, or cognitive impairments

Services: Large-button phones, captioned phones, amplified phones, hands-free, braille keypads.

Cost: Free (no income limit) **Languages:** English, Spanish

Volunteer Opportunities

Many older adults find purpose and connection through volunteer service. These organizations welcome senior volunteers — and some, like Senior Companion, even pay a modest stipend.

→ *See also: Recreation, Senior Centers · Caregiver Support & Respite*

Local providers

Catholic Charities — Senior Companion / Volunteer Program

Older adults give a few hours a week visiting isolated seniors.

Phone: (760) 353-6822 **Website:** ccdsd.org/volunteer-imperial-county

Address: 250 W. Orange Avenue, El Centro, CA 92243

Hours: Mon–Fri, business hours

Who's served: Adults 55+ who want to volunteer

Services: Senior Companion Program, food pantry, parish outreach volunteer roles.

Cost: Free; modest stipend for income-eligible Senior Companions **Languages:** English, Spanish

Imperial Valley Food Bank — Volunteer

Pack and distribute food at the food bank's senior and community programs.

Phone: (760) 370-0966 **Website:** ivfoodbank.com

Address: 486 W. Aten Rd., Imperial, CA 92251

Hours: Mon–Fri, varies

Who's served: Volunteers of all ages

Services: Food sorting, distribution events, senior food box assembly, CalFresh outreach.

Cost: Free **Languages:** English, Spanish

Pioneers Memorial Hospital Women's Auxiliary

Hospital volunteer corps supporting patients and visitors at PMHD.

Phone: (760) 351-3333 **Website:** pmhd.org/womens-auxiliary

Address: 207 W. Legion Road, Brawley, CA 92227

Hours: Varies by assignment

Who's served: Adult volunteers

Services: Hospital gift shop, patient hospitality, reception support.

Cost: Free **Languages:** English, Spanish

Imperial County VSO — Volunteer Driver / Peer Help

Veterans helping veterans navigate VA benefits and rides to appointments.

Phone: (442) 265-3200 **Website:** vso.imperialcounty.org

Address: 217 S. 10th Street, El Centro, CA 92243

Hours: Mon–Fri, 8:00 AM – 5:00 PM

Who's served: Veteran volunteers

Services: Peer support, transportation to VA appointments (program availability varies).

Cost: Free **Languages:** English, Spanish

Glossary of terms

ADRC — Aging & Disability Resource Center. A one-stop coalition (like ICADRC) that connects you to long-term services.

AAA — Area Agency on Aging. The county-level agency that coordinates services for older adults.

APS — Adult Protective Services. The agency to call if you suspect abuse, neglect, or exploitation of an older or dependent adult.

FQHC — Federally Qualified Health Center. A community clinic that serves all patients regardless of ability to pay.

HICAP — Health Insurance Counseling & Advocacy Program. Free, unbiased Medicare counseling.

IHSS — In-Home Supportive Services. A California program that pays caregivers (often a family member) to help eligible older or disabled adults at home.

LIHEAP — Low-Income Home Energy Assistance Program. Help paying utility bills.

LTC — Long-Term Care. Ongoing help with daily activities, either at home or in a facility.

Medi-Cal — California's Medicaid program. Income-based health coverage. Covers many long-term care services Medicare does not.

Medicare — Federal health coverage for people 65+ and some younger people with disabilities.

Ombudsman — An independent advocate for residents of nursing homes and assisted living facilities.

RCFE — Residential Care Facility for the Elderly. The state license category for most assisted living homes in California.

Respite — A short break for a caregiver. Can be a few hours, a day, or several days. Many programs offer it free or low-cost.

SNF — Skilled Nursing Facility. A facility with 24-hour nursing care, often after a hospital stay or for long-term needs.



**IMPERIAL COUNTY
AGING & DISABILITY
RESOURCE CENTER**

Connecting our community to care.

Call (760) 332-3213

Monday–Friday, 8:30 AM – 4:30 PM

1405 N. Imperial Ave., Suite C, El Centro, CA 92243

icadrc.org

Se habla español

A coalition of:

Access to Independence · BUHSD Family Resource Center · Goodwill Industries of Imperial
Imperial County Public Administrator / Area Agency on Aging · Volunteers of America Southwest