



211LA

Free, confidential, 24/7 referral and information helpline in LA County dial 211

City of Los Angeles non-emergency services dial 311

Los Angeles Department of Aging
Toll Free: 800-510-2020
Local: 213-482-7252

California State Aging and Adult Information Line
800-510-2020

Medicare
800-633-4227

Social Security Administration
800-772-1213

LADWP Health Benefits Office
213-367-2023

Local 18 Benefits Service Center
800-842-6635

City of Los Angeles Deferred Compensation
Toll Free: 844-523-2457
Local: 213-978-1601



Protect Yourself Against Scams



Remember, legitimate agencies never demand payments over the phone, or pressure you to make payments right away, or threaten you if you don't agree to pay. Do not hesitate to refuse to give information or

tell them you will call back, then you can check the validity of any phone number you are provided.

If the Retirement Plan Office calls you, we will identify ourselves and never request payment. We may ask some information to verify your identity, but will not ask for the full number, such as Social Security number, birthdate or address. Our questions vary so that a scammer cannot prepare answers in advance. If we have any concerns, we may call back another day or ask you to visit our office. If you have concerns, always call the main line published on the front of this pamphlet or our website. Ask for the person that was helping you.

If you suspect you have been contacted by a scammer, you can also call:

- AARP**
ElderWatch800-222-4444, option 2
- FBI Los Angeles**
Field office310-477-6565



Retiree Resources Guide



WATER AND POWER EMPLOYEES' RETIREMENT PLAN

The Retirement Plan Office is here to help! This pamphlet contains information on a variety of local programs to assist with the needs of our retiree community.

If you are experiencing quality of life difficulties, or need assistance with retirement allowance payments, please contact the Retirement Plan Office at:

- Phone(213) 367-1692
- Toll free(800) 367-7164
- Emailretire@ladwp.com
- Website..... retirement.ladwp.com

Hours: Monday - Thursday 7am-3pm
111 N. Hope Street, Room 357
Los Angeles, CA 90012

Food Delivery

Meals on Wheels 888-998-6325
Meal delivery for older adults who are homebound.

Project Angel Food 323-845-1800
Meals and counseling for people with chronic health conditions.

Housing

Housing Authority of the City of Los Angeles - Public Housing & Section 8.....626-262-4511
Programs for low-income, homeless, disabled, children and older adults.

Los Angeles Homeless Services Authority 213-225-6581
Coordinates housing for homeless.

Housing Rights Center.....800-477-5977 ext. 1132
Provides LA County residents with fair housing services such as affordable listings and discrimination assistance.

Mental Health

LA County Depart. of Mental Health 24/7 helpline 800-854-7771

Institute on Aging Friendship Line 800-971-0016
24/7 emotional support line for people age 60 and older and adults living with disabilities.

Caregiving

In Home Supportive Services..... 888-822-9622
Home Care Services for low income individuals who are disabled, blind or elderly.

Elder Care Locator..... 800-677-1116
Public service for older adults and their families.

Family Caregiver Support Center855-872-6060
Support for caregivers of seniors, including counseling, service referrals, education and training.

Legal Assistance & Advocacy

Legal Aid Foundation of Los Angeles 800-399-4529
Can provide advocacy and direct legal assistance and representation for low-income residents.

Office of the Public Guardian213-974-0515
Services to persons unable to properly care for themselves through the conservatorship process.

Long Term Care

Long Term Care Ombudsman 800-334-9473
Assistance for elders in long-term care facilities.

Emergency Response213-482-7252
Personal response system ensuring quick response to home emergencies. 24/7 monitoring with no cost and low-cost programs available.

Adult Protective Services..... 877-477-3646
You don't need to confirm abuse is happening to report it. Call if you suspect someone is being abused.

Transportation

CityRide 213-808-7433
Low-cost curb-to-curb transportation for older adults and disabled.

New Freedom 888-863-7411
Free transportation for eligible older adults and disabled.

Veterans

Veterans Crisis Line 800-273-8255, press 1

Veterans Affairs Benefits Hotline.....800-827-1000

