

Parkinson Association of Santa Barbara

List of Local Resources

General Information

Fire, Police & Medical Emergencies 911
California Poison Control 800-222-1222
CenCal Health (805) 685-9525
Cottage Health System (805) 682-7111
Cottage Hospital-Santa Barbara (805) 682-7111
Cottage Hospital-Goleta Valley (805) 967-3411
Cottage Hospital-Santa Ynez Valley (805) 688-6431
Cottage Rehabilitation Hospital (805) 687-7444
Long Term Care Ombudsman of SB County (805) 922-1236
Sansum Clinic Health Resource Center (805) 681-7672

Senior Services

Area Agency on Aging (805) 925-9554
Central Coast Commission of Senior Citizens 800-510-2020
Alliance for Living and Dying Well (805) 845-5314
Center for Successful Aging (805) 963-8080
Dream Foundation (805) 564-2131
Family Service Agency (805) 965-1001
Food from the Heart (805) 898-3981
Friendship Adult Day Care Center (805) 969-0859
HiCap (Insurance Assistance) (805) 928-5663
Hospice of Santa Barbara (805) 563-8820
Jewish Family Services (805) 957-1115
Life Chronicles (805) 866-998-5433
Lifeline (Goleta Valley Cottage Hospital) (805) 67-3411
Lifeline (SB Cottage Hospital) (805) 69-7572
Meals-on-Wheels (SB only) (805) 683-1565
Mobile Meals (SB, Goleta, Carpinteria) (805) 683-4458
NursingHomeAbuseGuide.org –
info@nursinghomeabuseguide.org
Senior Living Consultants (805) 963-6045
Senior Relocation Services (805) 452-4423

Medical Equipment/Installation/Modifications

Loan Closet – VNHC (805) 690-6235
Federal Drug (805) 687-7551
Grab Bars by Leroy (805) 687-1158
Love Handles-grab bars/ramps (805) 276-9298
Patrick Strebel-grab bars/ramps (805) 687-0946
Santa Barbara Healthcare (805) 892-4501

Transportation

Easy Lift (805) 681-1181
H.E.L.P. of Carpinteria (805) 684-0065

EASY LIFT Transportation

(805) 681-1181

After Hours: (805) 896-7830

Service Area: Goleta to Carpinteria

FARES:

\$3.50 Cash for each one way trip

\$32.50 Book of 10 trips

Office Hours:

Weekdays 8am-Noon 1pm - to 5pm.

Weekend 8am-Noon 1pm to 5pm

*Pricing and Hours are subject to change

The Vitality Method

Join Natasha Freutel, Occupational Therapist and Personal Trainer for this 45 minute class offered 5 days a week. This class will be a combination of strength training, body weight exercise, stretching, mobility and balance activities. Each class is different and will incorporate aspects of the PWR! program and shadow boxing as well. Activities can be modified to suit your current fitness level, all are welcome. Starts January 27th. Times subject to change. Check online schedule.

Mon/Weds at 9:00 AM

Tues/Thurs at 11:00 AM

Saturday @ 10:00 AM

116 N Nopal St #2

Santa Barbara, CA

\$100/month unlimited. \$15 drop in. First class FREE. Sign up online <https://schedulingcity.com/scheduling/SBF4NE/classes> or call

Hearing Loss Association Santa Barbara

2nd Saturday - 11 am - 1 pm

Location: Wood Glen Hall 3010 Foothill Rd,
Santa Barbara

For more info Claudia 684-2788

Services for Disabled

Braille Institute (805) 682-6222
Coast Caregiver Resource Center (805) 962-3600
Food from the Heart (805) 898-3981
Hearing Impaired/CA Relay Services – TTY 800-735-2929
Hearing Impaired/CA Relay Services – Non-TTY Users
800-735-2922
Independent Living Resource Center – (TDD) (805) 963-0595
Jodi House (805) 63-2882
Solutions at Santa Barbara (805) 683-1995
Tri-Counties Regional Center (805) 62-7881

Santa Barbara County Services

Adult Protective Services (805) 681-4550
Alcohol, Drug & Mental Health Services 888-868-1649
Child Protective Services 800-367-0166
Children's Resource & Referral of SB County (805) 962-8988
Health Care Services (805) 681-5102
Housing Authority for the City of Santa Barbara (805) 965-1071
Housing Authority for the County of Santa Barbara (805)
967-3402
IHSS-In Home Supportive Services (805) 681-4550
Medi-Cal Eligibility (805) 681-4401
MIA – Medically Indigent Adult (805) 681-5398
MSSP – Multi Purpose Senior Services (805) 965-9525
Public Guardian (805) 564-5377
Veterans Services (805) 681-4500
Financial and Legal Aid (805) 963-6754
Social Security Office 866-695-6285

Disease-Related Organizations

Alzheimer's Association, CA Central Chapter (805) 892-4259
American Cancer Society (805) 963-1576
American Diabetes Association 800-Diabetes
American Heart Association (805) 963-8862
Arthritis Foundation-Pacific Region (805) 323-954-5750
Cancer Victors & Friends (805) 969-9157
Diabetes Resource Center – SB County (805) 687-5586
Lung Association (805) 963-1426
Mental Health Association (805) 884-8440
Multiple Sclerosis Association (805) 683-8566
Muscular Dystrophy Association (805) 560-7651
Ostomy Association (805) 963-1577

Coast Caregiver Resource Center

CCRC is a program of CRH, providing free support and services to family caregivers of adults with any kind of neurological impairment. Services include assessment of caregiver strength and need; information about neurological impairments and caregiving issues, including caregiver self-care; support groups; respite (substitute) care and caregiver counseling. Services are provided in Santa Barbara, Ventura and San Luis Obispo. Call 569-8950 x1

Gladden Produce

Get fresh fruits and vegetables, plus many other things delivered for free from Gladden Produce. Gladden will connect with a Zoomer for delivery. The Zoomers don't charge for their services! Awesome teenagers!

- Website: gladdenproduce.com
- Call: 805-845-0111
- Email: gladdenonlineorders@gmail.com

Rock Stead Boxing at Paragon Academy in Santa Barbara

Monday/Wednesday/Friday starting at 10:00am at Paragon Academy, 617 N Salsipuedes Santa Barbara, CA.

Rock Steady Boxing is a national program specifically designed for people with Parkinson's. Please call 805-730-1957 for more information.

Hearts Therapeutic Equestrian Center

www.HeartsRiding.org

Therapeutic riding and horsemanship experiences for children and adults with special needs. Contact Devon Sachey, program director at 964-1519 or devon@heartsriding.org

These resources are provided only for your convenience. PASB does not endorse nor recommend any of these resources. Please check with place of business for COVID protocols or changes to services due to COVID.

