

If you or someone you know needs support to recover from the Los Angeles wildfires, visit the [Governor's official wildfire recovery page](#). Additional services specifically for older adults include caregiving support, meals, emotional assistance, and emergency preparedness information. Explore the list below for local and state programs to aid in recovery and resilience.

## Local Resources

**Area Agencies on Aging** can connect you with a wide range of free services, including meals and information referrals.

- LA County: Los Angeles County [Aging & Disabilities Department](#)  
800-510-2020, 510 S. Vermont Avenue 11th Floor, Los Angeles, CA 90020
- LA County also offers a [food pantry](#)
- LA City: City of Los Angeles [Department of Aging](#) 213-482-7252,  
221 N. Figueroa Street, Suite 500, Los Angeles, CA 90012-4390

**Los Angeles County** offers [Wildfire and Windstorm Resources](#), including information on drinking water, transportation services, and more

The **Los Angeles Caregiver Resource Center** empowers caregivers to connect with free support groups, counseling, referrals, and more so they can continue to care for their loved ones. 800-540-4442, 3715 McClintock Avenue, Los Angeles, CA 90090

The **Los Angeles County Health Insurance Counseling and Advocacy Program** (HICAP) offers free help with Medicare, answering questions and helping with paperwork.

- Center for Health Care Rights 213-383-4519, 4601 Wilshire Blvd., Suite 160,  
Los Angeles, CA 90010

The **Los Angeles Long-Term Care Ombudsman** (LTCO) supports and advocates for residents in long-term care facilities when a resident or loved one reports a problem or concern.

- WISE & Healthy Aging 800-334-9473, 1527 Fourth Street, Santa Monica,  
CA 90401

**Friendship Line California** is a free, 24/7 crisis and support line offering emotional support, connection, and assistance to older adults. Call toll-free in California at 888-670-1360.

Information on CalFresh food benefits specific to LA fires is available at 866-613-3777.

## Statewide Resources

- An [Emergency Preparedness Guide](#) for older adults, individuals with disabilities, and people with access and functional needs.
- California's [Aging Resource Guide](#) includes a directory of resources and links to available services in different regions of the state.
- CDA's [Emergency Preparedness and Response page](#) includes information on wildfires and links to resources.
- Learn about [State Recovery Resources](#) from the California Governor's Office of Emergency Services.
- The [Disaster Distress Helpline](#) is available 24/7 to people experiencing emotional distress due to natural or human-caused disasters. Call or text 800-985-5990.
- The [CalHOPE warm line](#) connects callers 24/7 to people who have persevered through struggles with stress, anxiety, depression, and more. Call 833-317-HOPE (4673) for support. Multiple languages are available.
- The California Department of Insurance [offers tips and wildfire resources](#) in multiple languages.
- The California Department of Public Health's [Center for Preparedness and Response](#) has information about air quality and health facility evacuations.
- Listos shares a [Disaster Recovery Guide](#).
- The California Department of Social Services can provide [disaster grant assistance](#) through the State Supplemental Grant Program and the Disaster Case Management Program.