

## **In-Home Services**

THESE ORGANIZATIONS CAN ASSIST LOS GATOS RESIDENTS TO CONNECT WITH VARIOUS IN-HOME SERVICES AND ASSISTANCE.

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### **SENIOR WELLNESS CHECKS (OPERATION C.A.R.E.)**

When you live by yourself, it's important to know that someone cares how you are each day. The Los Gatos-Monte Sereno Police Department provides a free daily "check-in" telephone call for registered seniors. Each day, 365 days a year, a Police Dispatcher will call the senior member at an agreed upon time. If the dispatcher is unable to reach the senior by telephone or any of the senior's emergency contacts listed with the Police Department, a Police Officer will be sent to the senior's home to check on their welfare.

**(408) 354-6842** | <http://www.losgatosca.gov/144/Senior-Wellness-Check>

### **MEALS ON WHEELS**

The Meals On Wheels Program provides meals to homebound individuals, helping them to remain healthy, maintain their independence and retain their dignity. The Santa Clara County program provides meal service to homebound seniors 60 years of age and older who are unable to provide meals for themselves or have difficulty obtaining food because of illness, frailty, or disability. Eligible seniors receive a weekly delivery of seven breakfasts and five frozen lunch/dinner entrées, a fresh salad and a fresh sandwich or wrap, supplemented by fresh fruit, juice, milk, bread, and other grocery items. To receive an in-home assessment, contact a Sourcewise Nutrition Coordinator

**(408) 350-3246** | <https://www.sccgov.org/sites/ssa/daas/snp/Pages/hdm.aspx>

Meals on Wheels programs also serve individuals recuperating after a recent hospitalization or with disabilities confining them to a wheelchair.

**(408) 961-9870** | <http://healthtrust.org/services/meals-on-wheels/>

### **PARENTS HELPING PARENTS**

This agency provides information, training, and support services to parents, grandparents, and adult caregivers of children with special needs. Services include peer counseling, support groups, information and referral, gifts for newborn infants, multilingual outreach, early intervention services, and integrated playgroups.

**(408) 727-5775** | <http://www.php.com/>

## **HOME CARE ASSISTANCE**

14777 Los Gatos Ave, #104 Los Gatos, CA 95032

Home Care Assistance is an in-home care provider that employs CNAs and Personal Attendants to provide non-medical care for older adults in the comfort of their own homes. The office is based in Los Gatos and services are provided throughout Santa Clara County. Home Care Assistance offers a free in-home consultation and ongoing care management, and services ranging from 24/7 care to transportation and respite care are billed at an hourly rate.

**(408) 356-0127** | <http://homecareassistance.com/los-gatos/>

## **DELIVERY SERVICES**

For a sampling of in-home grocery and pharmacy delivery services available in Los Gatos see this link. <http://www.losgatosca.gov/2253/Senior-Resources>

[Note--this is a Los Gatos website link. Contents shown below]

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### **Delivery Services Available for Los Gatos Seniors**

Many new delivery services are emerging. Below are some current local listings. Please check with each retailer to confirm services, fees, and delivery areas.

#### **GROCERY DELIVERY**

[Safeway](#) Computer online ordering from Safeway. Complete your online order and specify the delivery location and time. Shop by history or by aisle. Minimum order is \$49.00 worth of groceries.

[All I Need Delivery](#) Grocery, restaurant, and department store delivery service. 408-874-6054.

[Envoy](#) Delivers for Los Gatos Trader Joe's and Whole Foods. Complete online at or call 1-888-368-6924. Select your store, complete your order and pick your delivery time within a 2-hour window. No minimum order; price depends on ordering frequency.

[Google Shopping Express](#) Deliveries from a wide variety of stores. Order online at or call 855-869-4949 for information. Monthly or annual membership fee.

[TaskRabbit](#) Delivery and fulfillment of a variety of home tasks can be booked online.

[Walmart](#) Online grocery ordering and delivery.

PHARMACY DELIVERY

**Safeway Pharmacy**

15549 Union Avenue

Los Gatos

408-559-5750

470 N. Santa Cruz Avenue

Los Gatos

408-354-9708

2341 So. Winchester Blvd

Campbell

408-364-6882

**Wellness Pharmacy**

14777 Los Gatos Blvd

Los Gatos

408-356-4848

**Costco Pharmacy**

5301 Almaden Expressway

San Jose

408-979-2518

**Target Pharmacy**

1811 Hillsdale Avenue

San Jose

408-265-3252