

**Knowledge and information ensures you are making the right choice for you or your loved-one.**

## Information and Assistance

### Speak to a live person

A personal connection with Eskaton's Resource Specialist can help you navigate through the latest senior resource information, federal and state programs, and other services to meet your needs. Older adults, family members and friends are welcome to access information and referrals at no charge.

Call Eskaton's FREE Resource Specialist for assistance with:

- Housing
- Senior care services
- Community and consumer information
- Transportation options
- Legal referrals
- Support groups
- Dementia / Alzheimer's resources
- Geriatric and Care Management referrals
- Assistive technology / equipment
- Professional services – from attorney referrals to home maintenance and everything in between
- And much more!

### Access through our website

Skip the phone call and access Eskaton's Resource Specialist by sending an inquiry using the form on our website at [eskaton.org/info](http://eskaton.org/info).



**For more information about this program or to volunteer, contact:**

**Eskaton**

**5105 Manzanita Avenue  
Carmichael, CA 95608**

**916-334-1072 or 866-ESKATON**

**[eskaton.org](http://eskaton.org)**