

## Additional Resources

Other community agencies offer services that complement the household and personal care IHSS provides.

### Call 2-1-1 for information about:

- Adult Day Health Centers that offer rehabilitation and socialization services and activities for people 60 and older who are eligible for Medi-Cal.
- Organizations that deliver hot meals to homebound adults or offer surplus food to low-income families.
- Other services for older adults or people with disabilities.

### Call the Ventura County Area Agency on Aging (VCAAA) at 805-477-7300 for information about:

- The Health Insurance Counseling & Advocacy Program (HICAP), which provides Medicare beneficiaries with health plan counseling, advocacy, education, and legal help with Medicare appeals.
- The Multipurpose Senior Services Program (MSSP), which helps people 65 and over who are Medi-Cal eligible and at risk of nursing home placement remain in their homes.
- Other services for older adults or people with disabilities.

### More:

- Adult Protective Services (APS) serves older and dependent adults who appear to be abused or neglected. APS investigates reports of neglect, abandonment, and physical, financial or sexual abuse. Call 805-654-3200 to report abuse or neglect.
- Tri-County Regional Centers provide services to help people with developmental disabilities remain in their homes. These services can complement those provided by IHSS. The intake number is 805-485-3177.



### IHSS Ventura/Oxnard Regional Office

4245 Market St., Suite 204  
Ventura, CA 93003  
805-654-3260  
fax: 805-654-3206

### IHSS Simi Valley Regional Office

2900 N. Madera Rd., Suite 100  
Simi Valley, CA 93065  
805-306-7935  
fax: 805-306-7910

Toll Free:  
866-904-9362

[VCHSA.org/IHSS](http://VCHSA.org/IHSS)

# In-Home Supportive Services

*for older adults  
and people with disabilities*



## Who We Are & What We Do



**I**n-Home Supportive Services (IHSS) helps qualified older adults and adults and children with disabilities receive a wide variety of in-home support services to remain safe and comfortable in their home.

IHSS can help with:

### **Domestic and Related Services**

Adults who are elderly or have a disability are sometimes unable to perform important domestic and related tasks. Service providers do light housekeeping, laundry, meal preparation and clean-up, shopping and errands.



### **Personal Care**

People with limited physical abilities often need help with personal care. Service providers assist clients with eating, bathing, dressing, and personal hygiene.



### **Medical Accompaniment**

Service providers can accompany people with physical limitations to their medical appointments. However, the client must pay any transportation expenses to and from the appointment.

Some IHSS clients choose a relative or friend to care for them, but others need help finding a quality care provider.

All IHSS clients are referred to IHSS Public Authority. IHSS Public Authority registers and provides training to all IHSS providers, whether they are non-relatives, relatives, friends, or newly matched with an IHSS client.

It is important that IHSS clients and IHSS providers are comfortable with each other, and that the IHSS clients take an active role in their own independence and household.

To be eligible for IHSS, you must be a California resident. If you're not already receiving Medi-Cal, you will need to apply for it. You must also live in your own home or a dwelling of your choice. You may begin the process by completing an IHSS application (form SOC 295). A completed Health Care Certification (form SOC 873) signed by a licensed health care provider will also be required.



You may apply for IHSS in person, by phone, fax, email, or regular mail to either office listed on the other side of this brochure. Office hours are Monday-Friday, 8 a.m. to 5 p.m. Applications can be found at [VCHSA.org/IHSS](http://VCHSA.org/IHSS) and emailed to: [HSA-IHSS-applications@ventura.org](mailto:HSA-IHSS-applications@ventura.org)

