

## HOMEMAKERS

Non-medical housekeeping services that are performed in the home. Services may include:

- Shopping
- Laundry
- Meal Prep
- Vacuuming, Dusting
- General Light Housekeeping

These services are provided to seniors (60+).



## SENIOR SERVICES



**Ridgecrest**  
**SENIOR SERVICES**  
A Service of Ridgecrest Regional Hospital

**(760) 371-1445**

   **RRH.ORG**

417 Drummond Ave  
Ridgecrest, CA 93555

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## RIDGECREST REGIONAL HOSPITAL SENIOR SERVICES

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Senior Services of Ridgecrest Regional Hospital is dedicated to ensuring maximum independence and dignity in a home environment to seniors of the Indian Wells Valley. We also offer information and support to the family and friends who act as caregivers to the seniors of our communities.

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## INFORMATION & REFERRAL

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Information and Referral provides free assistance to seniors (60+) in identifying programs and services to meet their needs. These services include:

- Transportation Referral
- Food/Nutrition Programs
- Home Health Agency List
- Free Income Tax Preparation
- Senior Housing
- Assistance Completing Basic Forms

Partial funding for these programs is through the Kern County Department of Aging.

## CASE MANAGEMENT

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An extension of Information and Assessment, Case Management provides more intensive services for seniors. Services may include:

- Development of a Plan Care
- Assistance Completing More Complex Forms
- Weekly or Monthly Follow Up