

*The Riverside County Office on Aging has two (2) general **Information and Education Vans (Info Vans)** that are available to participate in community events, fairs, and conduct presentations for small groups.*

The Info Vans are equipped with information and resources for older adults, persons with disabilities, and their caregivers and each Info Van is staffed by a highly trained, bilingual Spanish Information Specialists who can provide information, not only about Office on Aging's programs and services, but those of our partners, collaborators, and other agencies within the County of Riverside.

Info Vans travel throughout the County of Riverside and can accommodate small or large events ranging from 100 to 5,000 people or more, including single or multiple day events.



Call to Book
1-877
932-4100

PH: 877-932-4100
FAX: 951-867-3830
TTY/TTL: 771
WEBSITE: rcaging.org



Riverside County Office on Aging
3610 Central Ave
Riverside, CA 92506
&
44-199 Monroe St. Suite B
Indio, CA 92201



Riverside County
Office on Aging
Information
& Education
Vans



Connecting to the
Community!





Healthy Lifestyle Info Van

The key to aging well is to stay healthy and active for as long as possible.

*To provide more information about how to do this, the Riverside County Office on Aging also has an Information and Education Van (Info Van) dedicated to helping older adults to live a **Healthy Lifestyle**.*

The Healthy Lifestyle Van is equipped with information, educational materials, and resources related to all areas of health and wellness including, physical fitness, nutrition, how to manage chronic diseases, and behavioral health issues that become more prevalent as one ages.

The Healthy Lifestyle Van is staffed by an extremely knowledgeable, bilingual Spanish Health Educator, who is also a Certified Information Specialist, and Stanford Trained Chronic Disease Self Management Master Trainer, who can assist your community with a variety of health information.



Available Information Includes:

- ♦ How to coordinate care for frail older adults
- ♦ Resources for caregivers and grandparents who are raising grand children
- ♦ Resources for long-term services and supports available
- ♦ Volunteer opportunities
- ♦ Nutrition and meal services
- ♦ Older adult employment services
- ♦ Referral services
- ♦ Legal services
- ♦ Health insurance services
- ♦ Ombudsman services
- ♦ Elder abuse prevention
- ♦ Assisted transportation
- ♦ Healthy lifestyle and wellness programs

And MUCH MORE...



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Office on Aging
Healthy Lifestyle Info Van



Connecting to the Community!





General Information & Education Vans

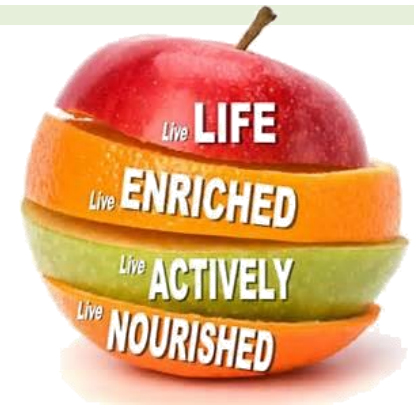


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General Information Available Includes:

- ◆ How to coordinate care for frail older adults
- ◆ Resources for caregivers and grandparents who are raising grandchildren
- ◆ Resources for long-term services and supports available
- ◆ Volunteer opportunities
- ◆ Older adult employment services
- ◆ Information & assistance
- ◆ Legal services
- ◆ Health insurance services
- ◆ Ombudsman services
- ◆ Elder abuse prevention
- ◆ Assisted transportation

And MUCH, MUCH MORE...



Available Health Related Information Includes:

Exercise programs including:

1. Bingocize
2. New and Improved Fit After 50 program
3. Walk with Ease

Also Includes:

- Education programs for nutrition and food assistance
- General health related information and more...



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**Connecting to the
Community!**

