SONOMA COUNTY COMMUNITY RESOURCES

**Independent Living Resource Center**
Multi-service agency promoting independence for individuals with disabilities through information, referral, advocacy, and support.
[www.ilruc.org](http://www.ilruc.org)

**Disability Service & Legal Center**
Santa Rosa  (707) 528-2745
Ukiah  (707) 463-8875

**Redwood Caregiver Resource Center**
(707) 542-0282  (800) 834-1636
[www.redwoodcrc.org](http://www.redwoodcrc.org)

**Community Colleges**
Community Colleges have adapted physical education programs for students with disabilities by providing ongoing fitness and exercise.

Santa Rosa College:
DSP&S  (707) 527-4278
APE  (707) 527-4470

**In Home Support Services (IHSS)**
Services to help persons with disabilities with limited resources.
(707) 565-5900

**Medi-Cal**
(707) 565-5200

**Paratransit**
Wheelchair accessible van, providing door-to-door transportation in the community
CA Transit Links:
[www.apta.com/links/state_local/ca.cfm](http://www.apta.com/links/state_local/ca.cfm)

Volunteer Wheels:  (707) 573-3377
Petaluma Transit:  (707) 765-8493

**Department of Vocational Rehabilitation**
Provides training/education to help develop skills to return to work or find more suitable employment.
(707) 576-2233

**Stroke Club of Sonoma County**
(707) 431-7352, call before 7 p.m.

**Easter Seal Society**
Multi-service agency offering physical and occupational therapies as well as support and social groups.
(510) 835-2131

**Durable Medical Equipment (DME)**
Kaiser DME Dept: (925) 372-1795