YOLO 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
Sacramento (916) 446-3074

Del Oro Caregiver Resource Center
(916) 971-0893 (800) 635-0220
www.deloro.org

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

Solano Community College:
DSP&S (707) 864-7136
Woodland Community College
DSP&S (530) 661-5797
Clear Lake Campus
DSP&S (707) 995-7910

In Home Support Services (IHSS)
Services to help persons with disabilities with limited resources.
(916) 375-6239

Medi-Cal
(530) 661-2745

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

Easter Seal Society
Multi-service agency offering physical and occupational therapies as well as support and social groups.
(916) 485-6711

Paratransit
Wheelchair accessible van, providing door-to-door transportation in the community CA Transit Links:
www.apta.com/links/state_local/ca.cfm
Sacramento: (916) 429-2009
Yolo bus: (800) 371-2877
Davis Community Transit:
(530) 757-4408

Sacramento American Stroke Association
Local support group information.
Saving Strokes Adaptive Golf
(916) 446-6505

Department of Vocational Rehabilitation
Provides training/education to help develop skills to return to work or find more suitable employment.
(916) 774-4400