

COMMUNITY ACTIVITIES SUPPORT SERVICES RESOURCE GUIDE

What Are They?

Community support services connect individuals and families who have special needs to programs that promote daily living, healthcare, housing, education, and social engagement. These services may include food pantries, mental health resources, housing assistance, job training, and specialized programs for older adults and people with disabilities. Local options can be found through platforms like FindHelp.org.

Examples of Community Activities and Supported Services

Housing & Basic Needs

Housing Transition & Navigation Services: to help people find permanent housing. Transitional Rent: to provide short-term rental assistance. Food Pantries & Meals: providing emergency food and nutrition support. Home Repairs and Modifications: for safety and accessibility.

Health & Wellness

Day Habilitation Services: with structured activities for skill development and socialization. Medically Tailored Meals: to manage nutrition-sensitive health conditions. Health Education: on topics like disease management, nutrition, and safety. Case Management and Nurse Monitoring: for ongoing health needs.

Social & Skill-Building

Employment Services and Training Programs: to help individuals find work. Civic Engagement Programs: to encourage community involvement. Financial Education and Credit Counseling: to improve financial literacy. Mentoring: for guidance and support.

Support for Specific Populations

Community Support Programs (CSPs): for adults with severe mental illness, providing coordinated care for recovery. Community-Based Supports and Services for Older Adults: offering wellness, counseling, and assistance with aging-related needs.



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How to Find Local Services

FindHelp.org:

A national platform that allows you to search for community support services by location, such as Elk Grove, CA.

State and Local Agencies:

Agencies like California's Department of Community Services and Development (CSD) and the California Department of Health Care Services (DHCS) offer programs and information on community supports.

Medi-Cal Managed Care Plans (MCPs):

If you are a Medi-Cal member in California, your MCP can provide information about the specific Community Supports available to you.

