

Resources for Help at Home

Please contact your providers directly to answer specific questions and to discuss your specific needs for help at home. The following resources *are not* intended to be all-inclusive (*check with your insurance first*) and *do not* represent a recommendation by USC Arcadia Hospital. These resources are intended to only provide basic information for help at home.

Medical Equipment and Supplies

Amazon

Shop online for any equipment.

Convalescent Aid Society

3255 East Foothill Boulevard, Pasadena, CA 91107

(626) 793-1696

<https://convalescentaidsociety.com/>

Metro Home Healthcare Equipment & Supply Inc.

1430 W. Valley Blvd., Alhambra, CA 91803

(626) 282-2200

<https://www.metromediequip.com/>

Pomona Medical Supply

733 E Holt Ave in Pomona, CA 91767-5627

(909) 623-4378

<https://www.pomonasurgicalsupply.com/>

Puritan Medical Equipment and Supplies

1728 S Bonnie Cove Ave, Glendora, CA 91740

(626) 335-0842

<https://www.purimedi.com/>

Specialty Medical

2680 Pomona Blvd Ste B, Pomona, CA 91768

(800) 805-8918

<https://specialtyhme.com/>

Unique Medical Equipment and Supplies

801 S Raymond Ave # 40, Alhambra, CA 91803

(626) 282-2059

Wilbur Home Health Care and Medical S

415 W Las Tunas Dr, San Gabriel, CA 91776

(626) 458-1500

<https://www.wilburmed.com/>





Transportation

Access (800) 827-0829 or www.accessla.org

Eligibility for services is based on the ability to use accessible buses or trains.

Access Services (213) 270-6066

A “Mobility Counselor” is available to discuss learning how to: use the bus, the rail, *CityRide*, *Dial-a-Ride*, and senior/disabled ID cards.

GoGoGrandparent (310) 400-5082 or www.gogograndparent.com

Uber services by phone.

LA Metro Services - transportation by bus or train is available. Go to www.metro.net for rates, maps, and trip planning.

Los Angeles County Transit Operators Authority (LACTOA) Disabled Tap Card Program (213) 680-0054

Application needed to qualify for reduced fares on TAP participating agencies. Senior TAP cards available on:

www.metro.net/riding/fares/seniors/

Ridewith24 (626) 656-7693

Uber services can be made by a phone app. To request assistance to the door, use UberASSIST.



Medications

Need help with the cost of medication?

Contact your local pharmacy to see what discount assistance programs may be available and to verify if you have delivery coverage in your specific plan.

- www.needymeds.org - has information on medication and healthcare costs savings programs including prescription assistance programs.
- www.goodrx.com - provides comparisons of prescription drug prices and discounts on medication.
- www.singlecare.com - allows you to search a pharmacy and obtain a discount card. The card must be shown to your pharmacist to obtain a discount.



Safe Practices for taking your medications:

- ✓ Learn about each medication you take and follow the directions.
- ✓ Be aware of side effects and notify your doctor if experiencing any of them.
- ✓ Always keep an updated list of medications, including over-the-counter medications, vitamins, and supplements, to share with your doctors.
- ✓ Use only one pharmacy.

Meals

Good nutrition is important for your health. Below are resources not intended to be all-inclusive and does not represent a recommendation by USC Arcadia Hospital. Please speak with your providers directly to answer questions and to discuss your specific needs.

Meals on Wheels

Services are based on where you live and the fee is typically \$2-\$8 per meal. Some sites can provide help if you can't pay or need a special diet.

- Altadena (626) 794-0313
\$5 per day (one hot meal and one cold meal, Monday through Friday)
- Arcadia (626) 447-2193
\$5 per day (two meals - hot meal and a sack lunch)
- Azusa (626) 812-5204
\$2 per day (box lunch, Monday through Friday)
- Glendale (818) 246-5586
\$6 per meal (hot meal, Monday through Friday)
- Pasadena (626) 449-6815
- South Pasadena (626) 403-7360
\$2.50 per day (low fat meal only, Monday through Friday)

Grocery Delivery

www.albertsons.com

www.instacart.com (Whole Foods, Ralphs, and Costco)

www.vons.com

Meal Delivery apps

Grubhub, UberEats, and Postmates (Check with your smartphone app store)

Mom's Meal (866) 971-6667

Home delivery meals for \$6.99 per meal, \$14.95 delivery charge with specialty diets available.

Restaurant delivery

Check your local restaurant websites for meal delivery and fees.

www.eat24.com and www.labite.com