On this page, find services for senior citizens.

**General Senior Assistance**

- **DC Office on Aging**
  - General: (202) 724-5622
  - TTY: (202) 724-8925
  - 500 K St NE
  - M-F 8:30am-5pm
  - Services: Help finding meals, transportation, and wellness programs; job training and job placement program.
  - Requirements: For seniors aged 60+.

- **S.O.M.E. Senior Center**
  - (202) 797-8806 x1301
  - 1667 Good Hope Road SE
  - Day Center: 10am-2pm daily
  - Services: Day center with meals, recreation, group counseling, and case management.
  - Requirements: For seniors aged 60+ living in wards 6,7,and 8. Initial intake by phone.

**Senior Abuse Hotline**

- **Adult Protective Services**
  - (202) 541-3950
  - dhs.dc.gov/service/adult-protective-services
  - Services: Report senior abuse or neglect and get counseling and services for vulnerable seniors.

**Legal Counsel for Seniors**

- **AARP Legal Counsel for the Elderly**
  - (202) 434-2120
  - 601 E St NW, 4th Floor
  - www.aarp.org/states/dc/LCE
  - Services: Free legal counsel for senior citizens in D.C. related to elder abuse, grandparent custody, housing advocacy, consumer protection, creating and updating wills, advocating for health care and long-term care concerns.
  - Requirements: D.C. residents aged 60+. Also handles SSI and SSDI cases for D.C. residents aged 55+.

**SMART TIPS**

- **Call**: Before visiting a provider, give them a call. If you don’t have access to a phone, use ours!
- **Ask**: When you call, ask what they do, when they are open, and what to bring with you (documents, IDs, etc.).