

Emergency - 24 Hours

Police, Fire, Paramedic9-1-1
Call 9-1-1 only to report emergencies that threaten human life or property and demand immediate attention.

Contra Costa Crisis Center
24-hour hotline..... (800) 833-2900

Area Code (925) unless otherwise indicated

Adult Day Health Care Centers

Adult Day Services Network.....682-1000
Mt. Diablo Center for Adult Day Health Care
.....682-6330

Caregiver Services

Alzheimer's Association.....284-7942
Caring Hands.....952-2999
FamiliesFirst602-1750
(Grandparents raising grandchildren)
Family Caregiver Alliance..... (800) 445-8106
Jewish Family & Community Svcs.....927-2000
Meals on Wheels and Senior Outreach Services
Caregiver Training.....937-8311

Case Management

Diablo Valley Foundation945-8040
Family Caregiver Alliance..... (800) 445-8106
Jewish Family & Community Svcs927-2000
Multipurpose Senior Svc Program (MSSP)682-6330
Meals on Wheels and Senior Outreach Services
.....937-8311

Counseling/Mental Health/Loneliness

Al-Anon932-6770
Alcohol/Drug Treatment..... (800) 846-1652
Alcoholics Anonymous939-4155
Caring Hands.....952-2999
Contra Costa Crisis Center 24/7 (800) 833-2900
Contra Costa Regional Medical Center
Psychiatric Emergency 24/7646-2800
Friendly Calls956-7396
Friendly Visitors937-8311
Friendship Line 24/7..... (800) 971-0016

Grief Counseling..... (800) 837-1818
John Muir Behavioral Health Center674-4100
Mental Health Access Line 24/7..... (888) 678-7277
Nar-Anon (510) 496-2708
Narcotics Anonymous.....685-4357
Older Adult Mental Health (888) 678-7277
Senior Peer Counseling.....521-5640
Suicide Prevention 24/7 (800) 971-0016
Support Group List (800) 510-2020
Tele-Care (Telephone contact).....934-0901

Disabilities

CA State Department of Rehab.....602-3953
Hearing Loss Assoc. of America264-1199
.....HLAADV@hearinglossdv.org
Independent Living Resource.....363-7293
Lions Center for Visually Impaired432-3013
Regional Center of the East Bay.....691-2300
Safe Return Program (Alzheimer's) . (888) 572-8566

Elder Abuse

Adult Protective Services 24/7 (877) 839-4347
Contra Costa Senior Legal Svcs
(Restraining Orders).....609-7900
Family Justice Center.....521-6366
Ombudsman (For Board & Care/Skilled Nursing Abuse)
.....685-2070
STAND! For Families Free of Violence (24/7)
..... (888) 215-5555

Employment

East Bay Works Career Center671-4500
IHSS Public Authority (In-home care) (800) 333-1081
Senior Employment Program671-4540

End of Life Issues

An Elderly Wish Foundation978-1883
CCC Burial/Cremation Assistance521-5001
East Bay Conversation Project (Advance care planning)
..... www.eastbayacp.org
Hope Hospice829-8770
Hospice of the East Bay887-5678
Sutter Care at Home.....677-4240

Finances

Diablo Valley Foundation for Aging
(Representative Payee/Bill Pay Program)945-8040
Free Income Tax Preparation..... (800) 510-2020
General Assistance602-9379
Money Management International. (866) 331-2227
Social Security..... (800) 772-1213

Food

CalFresh (Food Stamps)
Current clients (866) 663-3225
Onlinewww.mybenefitscalwin.org
To apply..... (866) 663-3225
CC Café (Senior lunch sites, call to reserve 24 hrs in advance)
Concord825-1488
Martinez.....646-2598
Pleasant Hill771-7641
San Ramon.....973-3250
Rossmoor (Rossmoor residents only).....988-7703
Walnut Creek.....280-7310
Food Bank/Senior Food Program676-7543
Loaves & Fishes (Meals)293-4792
Meals on Wheels937-8607

Health Services

Alzheimer's Association (800) 272-3900
Communicable Diseases.....313-6740
Contra Costa Health Plan (CCHP)
Health Plan Member Services..... (877) 661-6230
To enroll in Health Plan (800) 211-8040
Contra Costa Regional Medical Center
Main Line370-5000
Appointments & 24-hour advice .. (800) 495-8885
Covered California (Affordable Health Insurance)
..... (800) 300-1506
Flu Shots (800) 510-2020
Health Insurance Counseling & Advocacy
Program(HICAP) (Medicare Counseling)(800) 510-2020
HIV/AIDS313-6770
Hospice Agencies..... (800) 510-2020
John Muir Medical Center
Concord Campus682-8200
Rossmoor Campus.....939-1220
Walnut Creek Campus939-3000
Kaiser Medical Center
Martinez Campus372-1000
Park Shadelands Campus.....906-2000
San Ramon Campus244-7400
Walnut Creek Campus295-4000
La Clinica de la Raza363-2005
Medi-Cal
Current clients (866) 663-3225
Onlinewww.mybenefitscalwin.org
To apply..... (800) 709-8348
Medi-Cal Health Plan Options Counseling
..... (800) 430-4263

MediAlert (Medical I.D.s)..... (800) 432-5378
Medicare (800) 633-4227
Rotacare Free Health Care Clinic.....429-6409
San Ramon Regional Medical Center275-9200

Home Care & Safety

Assistance League (Diablo Valley).....934-0901
Caring Hands.....952-2999
Fall Prevention Program937-8311
In-Home Support Services (IHSS)
Payroll (877) 335-2171
Public Authority (800) 333-1081
Reach worker/Application status363-3680
To apply363-3677
Personal Emergency Response Systems
..... (800) 510-2020
Private Home Care Agencies List.. (800) 510-2020

Housing & Home Repair

Assisted Living/Board & Care/Skilled Nursing
Ombudsman685-2070
City of Concord Housing Rehab Loan &
Grant Program (415) 863-3036
Homeless Hotline..... (800) 799-6599
Housing Authority
Martinez (Public Housing).....957-8008
Waiting List/Section 8 (888) 746-8731
Low Cost Housing List..... (800) 510-2020
Neighborhood Preservation Program/Home Rehab
Contra Costa County674-7207
Senior Housing Intensive.....229-8434
(Senior Housing Workshop)
Shelter, Inc.....338-1038
Weatherization674-7214

Legal & Advocacy

Advisory Council on Aging.....602-4172
Automotive Complaints..... (510) 964-3030
Bankruptcy Clinic370-2540
Bay Area Legal Aid (office)..... (510) 233-9954
Advice Line219-3325
CCCBA Lawyer Referral & Info Service ..825-5700
Conflict Resolution687-8844
Conservatorship/Guardianship646-2901
Contra Costa Senior Legal Services609-7900
Health Insurance Counseling & Advocacy
Program HICAP (Medicare Counseling)(800) 510-2020
LawHelpCA.....www.lawhelpca.org

Legal Clinic for Elders969-3433
 Moderate Means Legal Program677-0234
 Ombudsman (For Board & Care/Skilled Nursing Homes)
685-2070
 Rubicon Legal Center (510) 232-6611
 Senior Legal Hotline (800) 222-1753

Lesbian/Gay/Bisexual/Transgender

Local Resources www.eastbaypride.com
 Rainbow Community Center692-0090

Recreation & Education

AARP Driver Safety Program (888) 687-2277
www.aarp.org/drive
 Acalanes Adult Education280-3980
 Clubs, Organizations
 & Exercise Program Lists (800) 510-2020
 Diablo Valley College
 Emeritus College (DVC)685-1230 x 2388
 Pleasant Hill Campus685-1230
 San Ramon Campus866-1822
 Mt. Diablo Adult Education
 Concord685-7340
 Pleasant Hill937-1530

Senior Centers

Concord671-3320
 Danville314-3490
 Golden Crane (Chinese American)820-0500
 Lafayette284-5050
 Martinez370-8770
 Orinda254-2445
 Pleasant Hill798-8788
 Rainbow Community Center692-0090
 Rossmoor988-7703
 San Ramon973-3250
 Senior Center Without Walls (Activities, conversation,
 classes, and support over the phone)(877) 797-7299
 Walnut Creek943-5851

Transportation

BART676-2278
 County Connection and LINK676-7500
 General Information511
 Lamorinda Spirit (Lafayette, Moraga, Orinda residents only)
283-3534
 Mobility Matters284-6109
 Pleasant Hill Senior Van (PH residents only) 671-5272
 San Ramon (San Ramon residents only)973-3250
 Seniors Around Town (Orinda residents only)402-4506

Walnut Creek Seniors Mini Bus (W. C. residents only)
 Call only between 9 & 10 am Mon-Fri 933-1434

Utility Assistance

CA Alternate Rates for Energy (CARE)
 Assistance for low income residents (800) 743-2273
 Home Energy Assistance Program(HEAP)335-8900
 Medical Baseline Program Relief for Energy
(800) 743-5000
 Relief for Energy Assistance Through Community
 Help (REACH)(800) 933-9677

Veterans Services

Concord Vet Center 680-4526
 VA Outpatient Clinic 372-2179
 Veterans Service Office 313-1481

Volunteer Opportunities

Caring Hands 952-2999
 CC Volunteer & Emergency Services 521-5060
 Friendly Visitors 937-8311
 Health Insurance Counseling & Advocacy
 Program(HICAP)(Medicare Counseling) (800) 510-2020
 Meals on Wheels Drivers937-8311
 Mobility Matters Drivers284-6161
 Senior Peer Counseling 521-5640

Web Sites

211 Online Resource www.crisis-center.org
 Benefits www.benefitscheckup.org
 www.benefits.gov
 Contra Costa County Employment & Human
 Services Department (Social Services) .www.ehsd.org
 Covered California (Affordable health insurance)
 www.coveredca.com
 Legal www.cc-courts.org
 www.courts.ca.gov
 Medicare . www.cchicap.org or www.medicare.gov
 Ombudsman (For Board & Care/Skilled Nursing Homes)
 www.ccombudsman.org
 Section 8 Waiting Lists
 www.affordablehousingonline.com/open-section-8-waiting-lists
 Social Security www.ssa.gov

Free Income Tax Preparation

Available for persons with limited to moderate
 income. Sites are located countywide.
 Please call (800) 510-2020 or (925) 229-8434.

This Mini Guide lists only a few of the resources
 available to you and your family in Central Contra
 Costa County. If you do not find what you
 need here, please call Information & Assistance.
 We will help you find the community services that
 fit your specific needs.

Information & Assistance Services:

- Help in problem solving
- Referrals to services
- Assistance in obtaining services
- Follow-up calls
- Fact sheets on many topics
- Translation services to communicate
 with Information & Assistance social
 workers



Information & Assistance (I&A) is a program of
 Contra Costa County Area Agency on Aging,
 under the umbrella of the Employment & Human
 Services Department. Knowledgeable social
 workers provide information, referrals to re-
 sources, and support in problem solving to sen-
 iors age 60 and older, adults with disabilities, and
 caregivers.

Hours of Operation:
 Monday to Friday, 8:30 a.m. to 5:00 p.m.



CONTRA COSTA COUNTY
**Information
 & Assistance**
 SENIOR & DISABLED HELPLINE

800-510-2020 • 925-229-8434

**Central
 COUNTY
 Mini Guide
 to Aging and Adult
 Services**

If calling within Contra Costa County
(800) 510-2020

If calling from outside Contra Costa County
 or from a cell phone
(925) 229-8434

For hearing impaired using a
 telecommunication device
TTY (925) 602-4198

www.ehsd.org