

## Emergency - 24 Hours

**Police, Fire, Paramedic** .....9-1-1  
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  
Bedford Cntr for Adult Day Health Care..778-4171

#### Caregiver Services

Alzheimer's Association.....284-7942  
Caring Hands.....952-2999  
FamiliesFirst .....602-1750  
(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

Family Caregiver Alliance..... (800) 445-8106  
Jewish Family & Community Svcs .....927-2000  
Multipurpose Senior Svc Program (MSSP)356-6777  
Meals on Wheels and Senior Outreach Services  
.....937-8311

#### Counseling/Mental Health/Loneliness

Al-Anon .....932-6770  
Alcohol/Drug Treatment..... (800) 846-1652  
Alcoholics Anonymous .....939-4155  
Caring Hands.....952-2999  
Contra Costa Crisis Center 24/7..... (800) 833-2900  
Contra Costa Regional Medical Center  
Psychiatric Emergency 24/7.....646-2800  
Friendly Calls.....956-7396  
Friendly Visitors .....937-8311  
Friendship Line 24/7..... (800) 971-0016

Grief Counseling..... (800) 837-1818  
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.....754-7700  
Hearing Loss Assoc. of America .....264-1199  
..... HLAADV@hearinglossdv.org  
Independent Living Resource.....754-0539  
Lions Center for the Blind..... (510) 450-1580  
Lions Center for Visually Impaired .....432-3013  
Regional Ctr. 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 Center  
Antioch.....706-4830  
Brentwood .....634-2195  
IHSS Public Authority (In-home care) (800) 333-1081  
Senior Employment Program .....671-4540

#### End of Life Issues

An Elderly Wish Foundation .....978-1883  
CCC Burial/Cremation Assistance .....706-4760  
East Bay Conversation Project (Advance care planning)  
..... www.eastbayacp.org  
Hospice of the East Bay .....887-5678  
Sutter Care at Home.....677-4240

#### Finances

Free Income Tax Preparation..... (800) 510-2020

General Assistance .....706-4980  
Money Management International. (866) 331-2227  
Social Security..... (800) 772-1213

#### Food

CalFresh (Food Stamps)  
Current clients ..... (866) 663-3225  
Online ..... www.mybenefitscalwin.org  
To apply.....866) 663-3225  
CC Café (Senior lunch sites, call to reserve 24 hrs in advance)  
Ambrose Comm. Ctr. (Bay Point) .....458-2662  
Antioch .....757-7325  
Brentwood (Call between 9am & noon) .....634-5040  
Pittsburg.....439-2136  
Food Bank/Senior Food Program.....676-7543  
Loaves & Fishes (Meals) .....293-4792  
Meals on Wheels .....937-8607

#### 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 Line .....370-5000  
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/AIDS .....313-6770  
Hospice Agencies..... (800) 510-2020  
John Muir Medical Center  
Brentwood Outpatient Campus .....308-8100  
Concord Campus .....682-8200  
Walnut Creek Campus .....939-3000  
Kaiser Medical Center  
Deer Valley Campus - Antioch .....813-6500  
Delta Fair Outpatient Campus - Antioch779-5000  
La Clinica de la Raza  
Oakley .....776-8200  
Pittsburg .....431-2100  
Medi-Cal  
Current clients ..... (866) 663-3225  
Online ..... www.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 (Weds 4 to 7pm only)  
Call only between 1 & 3 pm Weds for appt . 439-2009  
Sutter Delta Community Clinic.....779-3676  
Sutter Delta Medical Center .....779-7200

#### Home Care & Safety

Caring Hands.....952-2999  
Fall Prevention Program .....937-8311  
In-Home Support Services (IHSS)  
Payroll ..... (877) 335-2171  
Public Authority..... (800) 333-1081  
Reach worker/Application status .....522-7665  
To apply .....522-7673  
Personal Emergency Response Systems  
..... (800) 510-2020  
Private Home Care Agencies List.. (800) 510-2020

#### Housing & Home Repair

Assisted Living/Board & Care/Skilled Nursing  
Ombudsman .....685-2070  
Homeless Hotline..... (800) 799-6599  
Housing Authority  
Oakley (Public Housing) .....957-8005  
Pittsburg (City of) Sec. 8.....252-4830  
Pittsburg (Public Housing) .....957-8006  
Low Cost Housing List..... (800) 510-2020  
Neighborhood Preservation Program/Home Rehab  
Contra Costa County .....674-7207  
Senior Housing Intensive.....229-8434  
(Senior Housing Workshop)  
Shelter, Inc.....778-0298  
Waiting List/Section 8 ..... (888) 746-8731  
Weatherization .....674-7214

#### Legal & Advocacy

Advisory Council on Aging.....602-4172  
Automotive Complaints..... (510) 964-3030  
Bankruptcy Clinic .....370-2540  
Bay Area Legal Aid (office)..... (510) 233-9954  
Advice Line .....219-3325  
CCCBA Lawyer Referral & Info Service ..825-5700  
Conflict Resolution .....687-8844  
Conservatorship/Guardianship .....646-2901  
Contra Costa Senior Legal Services .....609-7900  
Health Insurance Counseling & Advocacy  
Program HICAP (Medicare Counseling)(800) 510-2020  
LawHelpCA.....www.lawhelpca.org

Legal Clinic for Elders.....969-3433  
 Moderate Means Legal Program .....677-0234

Ombudsman (For Board & Care/Skilled Nursing Homes) ...  
 .....685-2070  
 Pacific Community Services ..... (800) 914-6874  
 (Housing counseling & tenant/landlord disputes)  
 Rubicon Legal Center ..... (510) 232-6611  
 Senior Legal Hotline ..... (800) 222-1753

**Lesbian/Gay/Bisexual/Transgender**

Local Resources ..... www.eastbaypride.com  
 Rainbow Community Center .....692-0090

**Recreation & Education**

AARP Driver Safety Program ..... (888) 687-2277  
 .....www.aarp.org/drive  
 Antioch Adult School.....779-7940  
 Clubs, Organizations  
 & Exercise Program Lists ..... (800) 510-2020  
 Liberty Adult School.....634-2565  
 Los Medanos College  
 Brentwood Campus .....513-1625  
 Pittsburg Campus .....439-2181  
 Pittsburg Adult School .....473-4460

**Senior Centers**

Antioch.....778-1158  
 Brentwood.....516-5444  
 Pittsburg.....252-4890  
 Senior Center Without Walls (Activities, conversation,  
 classes, and support over the phone)..... (877) 797-7299

**Transportation**

Antioch Senior Bus Program  
 Call only between 9 & 11:30 am Mon-Fri .....754-1080  
 BART .....676-2278  
 Dial-A-Ride (Paratransit)  
 Schedule rides .....754-3060  
 General Information .....511  
 Mobility Matters.....284-6109  
 Tri-Delta Dial-A-Ride.....754-3060  
 Tri-Delta Transit Route Info .....754-4040

**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  
 Delta Veterans Group ..... 222-7596  
 East County Veterans Resource Center. 206-4976  
 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 Drivers ..... 937-8311  
 Mobility Matters Drivers..... 284-6161  
 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  
 East County Senior Coalition  
 .....www.eastcountyseniors.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 East 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.



800-510-2020 • 925-229-8434

**East  
 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](http://www.ehsd.org)