

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 (510) unless otherwise indicated

Adult Day Health Care Centers

Adult Day Services Network (925) 682-1000
Alzheimer's Respite Program 559-7677
Alzheimer's Respite & Adult Day Care
Center of West Contra Costa 235-6276
Guardian Adult Day Health Center 669-1005

Caregiver Services

Alzheimer's Association (925) 284-7942
FamiliesFirst (925) 602-1750
(Grandparents raising grandchildren)
Family Caregiver Alliance (800) 445-8106
Jewish Family & Community Svcs. (925) 927-2000
Meals on Wheels and Senior Outreach Services
Caregiver Training (925) 937-8311

Case Management

Center For Elders' Independence 433-1150
Family Caregiver Alliance (800) 445-8106
Jewish Family & Community Svcs. (925) 927-2000
Multipurpose Senior Service Program (MSSP)
..... (925) 682-6330
Meals on Wheels and Senior Outreach Services
..... (925) 937-8311

Counseling/Mental Health/Loneliness

Al-Anon 528-4379
Alcohol/Drug Treatment (800) 846-1652
Alcoholics Anonymous (925) 939-4155
Contra Costa Crisis Center 24/7 (800) 833-2900
Contra Costa Regional Medical Center
Psychiatric Emergency 24/7 (925) 646-2800
Elders Learning Community 234-1839
Friendly Calls (925) 956-7396
Friendly Visitors (925) 937-8311
Friendship Line 24/7 (800) 971-0016

Grief Counseling (800) 837-1818
Mental Access Health Line 24/7 (888) 678-7277
Nar-Anon 496-2708
Narcotics Anonymous (925) 685-4357
Older Adult Mental Health (888) 678-7277
Senior Peer Counseling (925) 521-5640
Suicide Prevention 24/7 (800) 971-0016
Support Group List (800) 510-2020
Tele-Care (Telephone contact) (925) 934-0901

Disabilities

CA State Department of Rehab 232-7062
Hearing Loss Assoc. of America ... (925) 264-1199
..... HLAADV@hearinglossdv.org
Independent Living Resource (925) 363-7293
Lions Center for Visually Impaired (925) 432-3013
Regional Center of the East Bay ... (925) 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) (925) 609-7900
Family Justice Center 965-4949
Ombudsman (For Board & Care/Skilled Nursing Abuse)
..... (925) 685-2070
STAND! For Families Free of Violence (24/7)
..... (888) 215-5555

Employment

East Bay Works Career Center
Richmond @ 25th St 307-8014
San Pablo 412-6740
IHSS Public Authority (In-home care) (800) 333-1081
Senior Employment Program 412-6740

End of Life Issues

An Elderly Wish Foundation (925) 978-1883
CCC Burial/Cremation Assistance 412-1920
East Bay Conversation Project (Advance care planning)
..... www.eastbayacp.org
Hospice of the East Bay (925) 887-5678
Pathways Home Health & Hospice (888) 755-7855
Sutter Care at Home 450-8596

Finances

Free Income Tax Preparation (800) 510-2020
General Assistance 412-1900
Greater Richmond Interfaith Program (GRIP)
..... 233-2141

Money Management International . (866) 331-2227
Social Security (800) 772-1213

Food

CalFresh (Food Stamps)
Current clients (866) 663-3225
Hercules 262-7700
Online www.mybenefitscalwin.org
Richmond 412-3000
To apply (866) 663-3225
CC Café (Senior lunch sites, call to reserve 24 hrs in advance)
Crockett 787-1341
El Cerrito 559-7677
Hercules 799-8219
North Richmond 232-3511
Richmond 620-9619
Rodeo 799-2706
San Pablo 215-3090
Food Bank/Senior Food Program .. (925) 676-7543
Greater Richmond Interfaith Program (GRIP)
(Meals) 233-2141
Meals on Wheels 412-0166

Health Services

Alta Bates Summit Medical Center 204-4444
Alzheimer's Association (800) 272-3900
Brookside Community Health Center 215-9092
Center For Elders' Independence 433-1150
Communicable Diseases (925) 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 (925) 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 (925) 313-6770
Hospice Agencies (800) 510-2020
John Muir Medical Center
Concord Campus (925) 682-8200
Walnut Creek Campus (925) 939-3000
Kaiser Medical Center
Pinole Campus 243-4000
Richmond Campus 307-1500
LifeLong Medical Care 981-4100

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
MedicAlert (Medical I.D.s) (800) 432-5378
Medicare (800) 633-4227
Rotacare Free Health Care Clinic (Tues 4 to 7 pm only)
Call only between 1 & 3 pm Tues for appt .. 213-6678
West County Health Center 231-9400

Home Care & Safety

Fall Prevention Program (925) 937-8311
In-Home Support Services (IHSS)
Payroll (877) 335-2171
Public Authority (800) 333-1081
Reach worker/Application status 231-8296
To apply 231-8299
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 (925) 685-2070
Greater Richmond Interfaith Program (GRIP)
..... 233-2141
Homeless Hotline (800) 799-6599
Housing Authority
City of Richmond Section 8 621-1300
North Richmond (Public Housing) 232-8492
Rodeo (Public Housing) 799-0400
Waiting List/Section 8 (888) 746-8731
Low Cost Housing List (800) 510-2020
Neighborhood Preservation Program/Home Rehab
City of Richmond 307-8140
Contra Costa County (925) 674-7207
Senior Housing Intensive (925) 229-8434
(Senior Housing Workshop)
Shelter, Inc. 215-0636
Weatherization (925) 674-7214

Legal & Advocacy

Advisory Council on Aging (925) 602-4172
Automotive Complaints 964-3030
Bankruptcy Clinic (925) 370-2540
Bay Area Legal Aid (office) 233-9954
Advice Line 250-5270
Conflict Resolution (925) 687-8844
Conservatorship/Guardianship (925) 646-2901

Contra Costa Senior Legal Svcs ... (925) 609-7900
 Health Insurance Counseling & Advocacy
 Program HICAP (Medicare Counseling) (800) 510-2020
 LawHelpCA www.lawhelpca.org
 Lawyer Referral & Info Service (925) 825-5700
 Legal Clinic for Elders (925) 969-3433
 Moderate Means Legal Program .. (925) 677-0234
 Ombudsman (For Board & Care/Skilled Nursing Homes)
 (925) 685-2070
 Rubicon Legal Center 232-6611
 Senior Legal Hotline (800) 222-1753

Lesbian/Gay/Bisexual/Transgender

Local Resources
 www.eastbaypride.com
 www.richmondrainbowpride.org
 Rainbow Community Center (925) 692-0090

Recreation & Education

AARP Driver Safety Program (888) 687-2277
 www.aarp.org/drive
 Clubs, Organizations
 & Exercise Program Lists (800) 510-2020
 Contra Costa College 235-7800
 Richmond Adult Education 215-4666

Senior Centers

Crocket Community Center 787-1341
 El Cerrito Open House Senior Center 559-7677
 Hercules 799-8219
 Jewish Community Center East Bay 848-0237
 North Richmond 232-3511
 Pinole 724-9800
 Richmond 307-8087
 Richmond Annex 620-6812
 San Pablo 215-3090
 Senior Center Without Walls (Activities, conversation,
 classes, and support over the phone) (877) 797-7299

Transportation

AC Transit 891-4700
 BART 236-2278
 East Bay Paratransit Info. (800) 555-8085
 Easy Ride (El Cerrito Residents only) 559-7677
 General Information 511
 Mobility Matters (925) 284-6109
 R-Transit (Van and Taxi Service for East Richmond Heights,
 El Sobrante, Hasford Heights, Kensington, North Richmond,
 Richmond, and Rollingwood Residents only) 307-8026
 San Pablo Senior & Disabled Transport.. 215-3090

WestCAT
 Information 724-7993
 Appointments 724-7433

Utility Assistance

CA Alternate Rates for Energy (CARE)
 Assistance for low income residents (800) 743-2273
 Home Energy Assistance Program (HEAP)
 (925) 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 (925) 680-4526
 VA Outpatient Clinic (925) 372-2179
 Veterans Resource Program 233-9313
 Veterans Service Office 374-3241

Volunteer Opportunities

CC Volunteer & Emergency Svcs .. (925) 521-5060
 Friendly Visitors (925) 937-8311
 Health Insurance Counseling & Advocacy
 Program (HICAP) (Medicare Counseling) (800) 510-2020
 Meals on Wheels Drivers (925) 937-8311
 Mobility Matters Drivers 284-6161
 Senior Peer Counseling (925) 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 or 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 West 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.

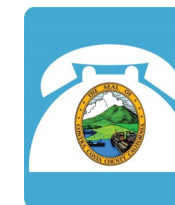
Information & Assistance Services:

- 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 resources, and support in problem solving to
 seniors 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

**West
 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