

Emergency - 24 Hours

Police, Fire, Paramedic 9-1-1

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

Area Code (510) unless otherwise indicated

Abuse & Neglect

Adult Protective Services 24/7 (877) 839-4347
Contra Costa Senior Legal Svcs
(Restraining Orders).....(925) 609-7900
Family Justice Center965-4949
Ombudsman (For Board & Care/Skilled Nursing Abuse)
..... (925) 685-2070
STAND! For Families Free of Violence (24/7)
..... (888) 215-5555

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 Costa235-6276
Guardian Adult Day Health Center669-1005

Alzheimer's/Dementia

Alzheimer's Association..... (800) 272-3900
UC Davis Alzheimer's Disease Center
Walnut Creek (925) 357-6515

Caregiver Services

Alzheimer's Association..... (800) 272-3900
Family Caregiver Alliance..... (800) 445-8106
Jewish Family & Community Svcs. (925) 927-2000
Meals on Wheels Diablo Region
Caregiver Training (925) 937-8311
Uplift Family Services (925) 602-1750
(Grandparents raising grandchildren)

Case Management

Center For Elders' Independence . (844) 319-1150
Family Caregiver Alliance..... (800) 445-8106
Jewish Family & Community Svcs. (925) 927-2000
Multipurpose Senior Service Program (MSSP)
..... (925) 682-6330
Meals on Wheels Diablo Region ... (925) 937-8311

Counseling/Mental Health/Loneliness

Al-Anon528-4379
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
Covia/Social Call (925) 956-7396
Friendly Visitors (925) 937-8311
Friendly Visitors-Rainbow Com Ctr.....692-0090
Friendship Line 24/7..... (800) 971-0016
Grief Counseling..... (800) 837-1818
Mental Access Health Line 24/7.... (888) 678-7277
Nar-Anon496-2708
Narcotics Anonymous..... (925) 685-4357
Older Adult Mental Health (888) 678-7277
Senior Peer Counseling..... (925) 521-5640
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

Employment

East Bay Works Career Center307-8014
IHSS Public Authority (In-home care) (800) 333-1081
Senior Employment Program412-6740

End of Life Issues

An Elderly Wish Foundation (925) 978-1883
CCC Burial/Cremation Assistance412-1920
East Bay Conversation Project (Advance care planning)
..... www.eastbayacp.org
Hope Hospice, Inc (925) 829-8770
Hospice of the East Bay/Brun's House(925) 887-5678
Kaiser Hospice752-6390
Pathways Home Health & Hospice (888) 755-7855
Sutter Care at Home.....450-8596

Finances

Free Income Tax Preparation..... (800) 510-2020
General Assistance412-1900
Money Management International. (866) 331-2227
Social Security..... (800) 772-1213

Food

CalFresh (Food Stamps)
Current clients (866) 663-3225
Hercules262-7700
Online www.mybenefitscalwin.org
Richmond412-3000
To apply..... (800) 709-8348

Crockett787-1341
El Cerrito.....559-7677
Hercules.....799-8219
North Richmond.....255-7799
Richmond.....307-8087
Rodeo799-2706
San Pablo215-3090
Food Bank/Senior Food Program.. (925) 676-7543
Greater Richmond Interfaith Program (GRIP)
(Meals)233-2141
Meals on Wheels412-0166

Health Services

Alta Bates Summit Medical Center.....204-4444
LifeLong Brookside 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
Kaiser Medical Center
Pinole Campus243-4000
Richmond Campus307-1500
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
MediAlert (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

Center for Elders' Independence .. (844) 319-1150
Fall Prevention Program..... (925) 937-8311
In-Home Support Services (IHSS)
Apply..... (800) 510-2020 or (925) 229-8434
Application status231-8577
Reach worker.....231-8204
Payroll..... (877) 335-2171

Public Authority..... (800) 333-1081
Personal Emergency Response Systems List
..... (800) 510-2020
Private Home Care Agencies List.. (800) 510-2020

Housing, Home Repair & Homelessness

Assisted Living/Board & Care/Skilled Nursing
Ombudsman (925) 685-2070
Concord Hsng Rehab Loan Prgm/Hello Housing
.....(415) 863-3036
Covia/Rotary HOME Team
(minor repairs)..... (888) 204-5573
Habitat for Humanity (Homes & Home Rehab)
.....803-3388
Home Match Contra Costa.....(925) 451-9890
Homeless Hotline.....211
Housing Authority, City of Pittsburg
Waiting List/Section 8252-4830
Housing Authority, City of Richmond
Waiting List/Section 8.....(510) 621-1300
Housing Authority, Contra Costa.....957-8001
Bay Point, Brentwood, Martinez, Oakley (Public
Housing).....957-8005
Pittsburg (Public Housing).....957-8006
Rodeo (Public Housing).....957-8008
San Pablo.....957-8004
Section 8/Waiting List.....(888) 746-8731
Low Cost Housing List.....(800) 510-2020
Neighborhood Preservation Program/Home Rehab
Contra Costa County..... (925) 674-7207
Senior Housing Search Workshop
(Call to register) (925) 229-8434
Shelter, Inc.....(925) 335-0698
Weatherization..... (925) 674-7214

Legal & Advocacy

Advisory Council on Aging..... (925) 602-4175
Automotive Complaints.....964-3030
Bankruptcy Clinic (925) 370-2540
Bay Area Legal Aid (office).....233-9954
Advice Line.....250-5270
California Advocates for Nursing Home Reform
(CANHR) (800) 474-1116
Conservatorship/Guardianship (925) 335-3900
Contra Costa Senior Legal Svcs ... (925) 609-7900
Elder Mediation..... (925) 349-7344
Family Justice Center974-2000
Hawkins Center (SSI & SSDI Advocacy)232-6611
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

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 College235-7800
 West Contra Costa Adult Education231-1453

Senior Centers

Covia/Well Connected (Activities, conversation,
 classes, and support over the phone)(877) 797-7299
 Crockett Community Center 787-2414
 El Cerrito Senior Center (Midtown Activity Center)
559-7677
 Hercules 799-8219
 Jewish Community Center East Bay848-0237
 North Richmond 232-3511
 Pinole 724-9800
 Richmond307-8087
 Richmond Annex 620-6812
 San Pablo 215-3090

Transportation

AC Transit 891-4700
 BART 236-2278
 East Bay Paratransit Info(800) 555-8085
 Easy Ride (El Cerrito Residents only) 559-7677
 General Information511
 Mobility Matters (Information & Rides) .(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.. 215-3095
 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) 681-6380
 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
 Martinez VA Medical Center(925) 372-2000
 Rides 4 Veteran (Information & Rides) (925) 284-6109
 Swords to Plowshares (Multi-service) 844-7500
 VA Urgent Care(925) 372-2179
 Veterans Crisis Line 24/7(800) 273-8255
 Veterans Homeless Outreach(925) 404-4887
 Veterans Resource Program233-9313
 Veterans Service Office.....374-3241

Volunteer Opportunities

AARP Tax Preparer www.aarp.org/taxvolunteer
 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(925) 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
 Legalwww.cc-courts.org or www.courts.ca.gov
 Medicare ..www.cchicap.org or www.medicare.gov
 Section 8 Waiting Lists
 www.affordablehousingonline.com/open-section-8-waiting-lists
 Social Securitywww.ssa.gov

**Contra Costa County Community
 Warning System (CWS) Registration**

To receive emergency alerts on your cell
 phone, please call (925) 313-9622 or visit
 www.cococws.us.

This Mini Guide lists only some of the resources
 available in West Contra Costa County. If you do
 not find what you need here, please call Infor-
 mation & Assistance (I&A). We will help you find
 the community services that fit your specific
 needs. All calls are confidential.

Please report any errors in the Mini Guide to I&A.

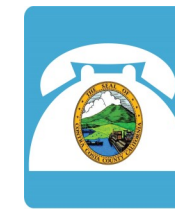
**Information & Assistance (I&A)
 Services:**

- Help in problem solving
- Referrals to services
- Assistance in obtaining services
- Follow-up calls
- Fact sheets on many topics
- Translation services to communicate with Infor-
 mation & 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. Interpreters are available to assist in
 any language.

Hours of Operation:
 Monday to Friday, 8:00 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**

infoandassist@ehsd.cccounty.us

www.ehsd.org