Be A Good Neighbor

Speak with your neighbor (while observing distance guidelines or wearing a mask).

Do you have concerns about an elderly or disabled neighbor during this pandemic?

• Are they sick or ill?
• Do they have food in their home?
• Are they alone without support?
• Are they frail and in danger of falling?
• Do they need help with shopping or picking up medications?
• Could they be a victim of elder abuse (verbal, financial, physical or neglect)?

For confidential and expert assistance on how to help, please contact:

• Contra Costa County Information and Assistance Senior and Disabled Helpline for referrals and resources at:
  (925) 229-8434  M-F  8am-5pm.
• Contra Costa Crisis Center for referrals to all community resources call 211, or go online to www.211CC.Org, or text your zip code to 898-211.
• Adult Protective Services to report elder abuse at:
  1-877-839-4347, 24 hours, everyday.
• Report illness to nearest relative, caregiver or doctor.
• Only in an Emergency call 911