

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**

