

**Emergency - 24 Hours**  
**Police, Fire, Paramedic** ..... 911

**Contra Costa Crisis Center**  
**24-hour hotline** ..... 211

**Area Code (925) unless otherwise indicated**

- Abuse & Neglect**  
 Adult Protective Services 24/7 ..... (877) 839-4347  
 Contra Costa Senior Legal Svcs  
 (Restraining Orders)..... 609-7900  
 Empowered Aging (For Board & Care/Skilled Nursing Abuse).....685-2070  
 Family Justice Center ..... 521-6366  
 Empowered Aging (For Board & Care/Skilled Nursing Abuse) ..... 685-2070  
 STAND! For Families Free of Violence (24/7) ..... (888) 215-5555

- Adult Day Care Centers**  
 Mt. Diablo Center for Adult Day Health Care ..... 682-6330  
 Alzheimer's Respite Day Program ..... 370-8772  
 Lafayette-Orinda Presbyterian Church  
 Thursday Fellowship..... 283-8722  
 Lamorinda Adult Respite Center ..... 254-3465  
 Martinez Alzheimer's Respite Program... 370-8772  
 Mt. Diablo Center-Adult Day Health Care  
 Choice in Aging ..... 682-6330  
 Valley Oak Respite Center ..... 945-8040

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

- Caregiver Services**  
 Alzheimer's Association ..... 284-7942  
 Family Caregiver Alliance ..... (800) 445-8106  
 Jewish Family & Community Svcs ..... 927-2000  
 Meals on Wheels Diablo Region  
 Caregiver Training ..... 937-8311  
 Uplift Family Services ..... 602-1750  
 (Grandparents raising grandchildren)

- Case Management**  
 Family Caregiver Alliance ..... (800) 445-8106  
 Jewish Family & Community Svcs ..... 927-2000  
 Multipurpose Senior Svc Program (MSSP) 682-6330  
 Meals on Wheels Diablo Region ..... 937-8311

- Counseling/Mental Health/Socialization**  
 Al-Anon ..... 932-6770  
 Alcohol/Drug Treatment..... (800) 846-1652  
 Alcoholics Anonymous ..... 939-4155  
 Contra Costa Crisis Center 24/7 ..... 211  
 Contra Costa Regional Medical Center  
 Psychiatric Emergency 24/7 ..... 646-2800  
 Covia/Social Call ..... (877) 797-7299  
 Friendly Visitors ..... 937-8311  
 Friendship Line 24/7 ..... (800) 971-0016  
 Grief Counseling ..... (800) 837-1818  
 John Muir Behavioral Health Center ..... 674-4100  
 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  
 Rainbow Comm Center Senior Services.. 338-1372  
 Senior Peer Counseling ..... 521-5640  
 Support Group List ..... (800) 510-2020  
 Tele-Care (Telephone contact) ..... 934-0901  
 Telephone Reassurance Program ..... 937-8311

- Disabilities**  
 CA State Department of Rehab..... 602-3953  
 Hearing Loss Assoc. of America ..... 264-1199  
 ..... HLAADV@hearinglossdv.org  
 Independent Living Resource ..... 363-7293  
 Lions Center for Visually Impaired ..... 432-3013  
 Regional Center of the East Bay ..... 691-2300

- Employment**  
 East Bay Works Career Center ..... 671-4500  
 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 ..... 521-5001  
 East Bay Conversation Project (Advance care planning) ..... www.eastbayacp.org  
 Hope Hospice ..... 829-8770  
 Hospice of the East Bay & Bruns House. 887-5678  
 Kaiser Hospice ..... 229-7800  
 Pathways Home Health & Hospice (888) 755-7855  
 Sutter Care at Home ..... 677-4240

- Finances**  
 Diablo Valley Foundation for Aging  
 (Fiduciary) ..... 945-8040  
 Free Income Tax Preparation ..... (800) 510-2020  
 General Assistance ..... 602-9379  
 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 ..... (800) 709-8348  
 CC Café (Senior lunch sites, call to reserve 24 hrs in advance)  
 Concord ..... 825-1488  
 Martinez ..... 646-2598  
 Pleasant Hill ..... 771-7641  
 San Ramon ..... 973-3250  
 Rossmoor (Rossmoor residents only) ..... 988-7703  
 Walnut Creek ..... 280-7310  
 Food Bank/Senior Food Program ..... 676-7543  
 Loaves & Fishes (Meals) ..... 293-4792  
 Meals on Wheels ..... 937-8607

- Health Services**  
 Center for Elders' Independence . (844) 319-1150  
 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  
 John Muir Medical Center  
 Concord Campus ..... 682-8200  
 Rossmoor Campus ..... 939-1220  
 Walnut Creek Campus ..... 939-3000  
 Kaiser Medical Center  
 Martinez Campus ..... 372-1000  
 Park Shadelands Campus ..... 906-2000  
 San Ramon Campus ..... 244-7400  
 Walnut Creek Campus ..... 295-4000  
 La Clinica de la Raza ..... 363-2000  
 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 ..... 429-6409  
 San Ramon Regional Medical Center ..... 275-9200

- Home Care & Safety**  
 Fall Prevention Program ..... 937-8311  
 In-Home Support Services (IHSS)  
 Apply ..... (800) 510-2020 or (925) 229-8434  
 Application status ..... (510) 231-8577  
 Reach worker ..... 363-3690  
 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  
 Empowered Aging ..... 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) ..... (510) 803-3388  
 Homeless Hotline ..... 211  
 Home Match Contra Costa ..... 956-7385  
 Housing Authority, City of Pittsburg  
 Waiting List/Section 8 ..... 252-4830  
 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 ..... 674-7207  
 Senior Housing Search Workshop  
 (Call to register) ..... 229-8434  
 Shelter, Inc. .... 335-0698  
 Weatherization ..... 674-7214

- Legal & Advocacy**  
 Advisory Council on Aging ..... 602-4175  
 Automotive Complaints ..... (510) 964-3030  
 Bankruptcy Clinic ..... 370-2540  
 Bay Area Legal Aid (office) ..... (510) 233-9954  
 Advice Line ..... 219-3325  
 California Advocates for Nursing Home Reform  
 (CANHR) ..... (800) 474-1116  
 Conservatorship/Guardianship ..... 335-3900  
 Contra Costa Senior Legal Services ..... 609-7900  
 Elder Mediation ..... 349-7344  
 Empowered Aging (For Board & Care/Skilled Nursing



800-510-2020 • 925-229-8434

# Central 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 or speech impaired  
using a telecommunication device,  
call Relay Service  
**711**

[infoandassist@ehsd.cccounty.us](mailto:infoandassist@ehsd.cccounty.us)

[www.ehsd.org](http://www.ehsd.org)

This Mini Guide lists only some of the resources available in Central Contra Costa County. If you do not find what you need here, please call Information & Assistance. We will help you find community resources that fit your specific needs.

Interpreters available to help limited English speakers communicate with Information & Assistance Social Workers. All calls are confidential.

Please report any errors in the Mini Guide to Information & Assistance.



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 aged 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.

Information & Assistance (I&A)  
400 Ellinwood Way  
Pleasant Hill, CA 94523

Donations accepted, checks payable to "Contra Costa County"

Pleasant Hill Senior Van (PH residents only) 671-5272  
San Ramon Senior Van (SR residents only) 973-3250  
Seniors Around Town (Orinda residents only) 402-4506  
Walnut Creek Seniors Mini Bus/Lyft Ride (WC residents only) Call between 9 & 10 am Mon-Fri  
933-1434

### Utility Assistance

CA Alternate Rates for Energy (CARE)  
Assistance for low income residents..... (800) 743-2273  
Home Energy Assistance Program (HEAP)  
..... 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 ..... 680-4526  
Martinez VA Medical Center ..... 372-2000  
Rides 4 Veterans (Information & Rides)..... 284-6109  
Swords to Plowshares (Multi-service) (510) 844-7500  
VA Urgent Care ..... 372-2179  
Veterans Crisis Line 24/7 .....(800) 273-8255  
Veterans Homeless Outreach..... 404-4887  
Veterans Service Office ..... 313-1481

### Volunteer Opportunities

AARP Tax Preparer .... [www.aarp.org/taxvolunteer](http://www.aarp.org/taxvolunteer)  
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](http://www.crisis-center.org)  
Benefits [www.benefitscheckup.org](http://www.benefitscheckup.org) & [www.benefits.gov](http://www.benefits.gov)  
Contra Costa County Employment & Human  
Services Department (Social Services) .[www.ehsd.org](http://www.ehsd.org)  
Covered California (Affordable health insurance)  
..... [www.coveredca.com](http://www.coveredca.com)  
Legal..... [www.cc-courts.org](http://www.cc-courts.org) & [www.courts.ca.gov](http://www.courts.ca.gov)  
Medicare . [www.cchicap.org](http://www.cchicap.org) or [www.medicare.gov](http://www.medicare.gov)  
Section 8 Waiting Lists.....  
[www.affordablehousingonline.com/open-section-8-waiting-lists](http://www.affordablehousingonline.com/open-section-8-waiting-lists)  
Social Security.....[www.ssa.gov](http://www.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](http://www.cococws.us).

Homes).....685-2070  
Family Justice Center ..... 521-6366  
Hawkins Center (SSI & SSDI Advocacy)(510) 232-6611  
Health Insurance Counseling & Advocacy  
Program HICAP (Medicare Counseling)(800) 510-2020  
LawHelpCA ..... [www.lawhelpca.org](http://www.lawhelpca.org)  
Lawyer Referral & Info Service ..... 825-5700  
Legal Clinic for Elders ..... 969-3433  
Moderate Means Legal Program ..... 677-0234  
Rubicon Legal Center .....(510) 232-6611

### Lesbian/Gay/Bisexual/Transgender

Local Resources ..... [www.eastbaypride.com](http://www.eastbaypride.com)  
Rainbow Comm Center Senior Services 338-1372

### Recreation & Education

AARP Driver Safety Program.....(888) 687-2277  
..... [www.aarp.org/drive](http://www.aarp.org/drive)  
Acalanes Adult Education ..... 280-3980  
Clubs, Orgs & Exercise Lists ..... (800) 510-2020  
Diablo Valley College  
Emeritus College (DVC)..... 685-1230 x 2388  
Pleasant Hill Campus..... 685-1230  
San Ramon Campus..... 866-1822  
Mt. Diablo Adult Education  
Concord..... 685-7340  
Pleasant Hill ..... 937-1530

### Senior Centers and Villages

Clayton Valley Village ..... 626-0411  
Concord..... 671-3320  
Covia/Well Connected (Activities, conversation,  
classes, and support over the phone) ..... (877) 797-7299  
Covia/Well Connected Espanol..... (877) 400-5867  
Danville ..... 314-3430  
Golden Crane (Chinese American)..... 820-0500  
Lafayette ..... 284-5050  
Lamorinda Village ..... 283-3500  
Martinez ..... 370-8770  
Orinda ..... 254-2445  
Pleasant Hill ..... 798-8788  
Rainbow Comm Center Senior Services 338-1372  
Rossmoor..... 988-7703  
San Ramon ..... 973-3250  
Walnut Creek ..... 943-5851

### Transportation

BART ..... 676-2278  
County Connection and LINK ..... 676-7500  
General Information .....511  
Lamorinda Spirit (Lafayette, Moraga, Orinda residents only)  
..... 283-3534  
Mobility Matters (Information & Rides) ..... 284-6109