

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 Services
(Restraining Orders) 609-7900
Empowered Aging (For Board & Care/Skilled Nursing Abuse) 685-2070
Family Justice Center 521-6366
STAND! For Families Free of Violence (24/7) (888) 215-5555

Adult Day Care Centers

Bedford Center Adult Day Health Care ... 778-4171
Celebration Center Senior Day Program. 240-5437
St. Anne Village Inc. 240-4757

Alzheimer's/Dementia

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

Caregiver Services

Alzheimer's Association (800) 272-3900
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) 356-6777
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
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 754-7700
Hearing Loss Assoc. of America 264-1199
..... HLAADV@hearinglossdv.org
Independent Living Resource 754-0539
Lions Center for the Blind (510) 450-1580
Lions Center for Visually Impaired 432-3013
Regional Ctr. 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 706-4760
East Bay Conversation Project (Advance care planning) www.eastbayacp.org
Hospice of the East Bay & Bruns House. 887-5678
Kaiser Hospice 229-7800
Sutter Care at Home 677-4240

Finances

Free Income Tax Preparation (800) 510-2020
General Assistance 706-4980
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)
Ambrose Comm. Ctr. (Bay Point) 458-2662
Antioch 757-7325
Brentwood (Call between 9am & noon) 516-5398
Pittsburg 439-2136

Food Bank/Senior Food Program 676-7543
Loaves & Fishes (Meals) 293-4792
Meals on Wheels 937-8607
Far East County 625-4545

Health Services

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
Brentwood Outpatient Campus 308-8100
Concord Campus 682-8200
Walnut Creek Campus 939-3000
Kaiser Medical Center
Deer Valley Campus - Antioch 813-6500
Delta Fair Outpatient Campus - Antioch 779-5000
La Clinica de la Raza
Oakley, Pittsburg 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 (Weds 4 to 7pm only)
Call only between 1 & 3 pm Weds for appt . 439-2009
Sutter Delta Medical Center 779-7200

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 522-7665
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
Home Match Contra Costa 956-7385
Homeless Hotline 211
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 954-8004
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
Conflict Resolution 687-8844
Conservatorship/Guardianship 646-2901
Contra Costa Senior Legal Services 609-7900
Empowered Aging (For Board & Care/Skilled Nursing 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
Lawyer Referral & Info Service 825-5700
Legal Clinic for Elders 969-3433

Moderate Means Legal Program677-0234
 Pacific Community Services (800) 914-6874
 (Housing counseling & tenant/landlord disputes)
 Rubicon Legal Center (510) 232-6611

Lesbian/Gay/Bisexual/Transgender

Local Resources www.eastbaypride.com
 Rainbow Comm Center Senior Services .338-1372

Recreation & Education

AARP Driver Safety Program (888) 687-2277
www.aarp.org/drive
 Antioch Adult School.....779-7940
 Clubs, Organizations
 & Exercise Program Lists (800) 510-2020
 Liberty Adult School.....634-2565
 Los Medanos College
 Brentwood Campus513-1625
 Pittsburg Campus439-2181
 Pittsburg Adult School473-4460

Senior Centers

Antioch778-1158
 Brentwood.....516-5380
 Covia/Well Connected (Activities, conversation,
 classes, and support over the phone)..... (877) 797-7299
 Covia/Well Connected Espanol.....(877) 400-5867
 Pittsburg.....252-4890

Transportation

BART676-2278
 Dial-A-Ride (Paratransit)
 Schedule rides754-3060
 General Information 511
 Mobility Matters (Information & Rides).....284-6109
 Tri-Delta Dial-A-Ride.....754-3060
 Tri-Delta Transit Route Info754-4040

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 Center680-4526
 Delta Veterans Group222-7596
 East County Veterans Resource Center .206-4976
 Martinez VA Medical Center372-2000

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
 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
 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
 East County Senior Coalition
www.eastcountyseniors.com
 Legal.....www.cc-courts.org
 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 Security 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.

This Mini Guide lists only some of the resources
 that are available in East 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 are available to help limited English
 speakers communicate with Information & Assis-
 tance 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 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.

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

Donations accepted, checks
 Payable to "Contra Costa County"

CONTRA COSTA COUNTY
**Information
 & Assistance**
 SENIOR & DISABLED HELPLINE
800-510-2020 • 925-229-8434

**East
 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

www.ehsd.org