

## 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 (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

Lamorinda Adult Respite Center.....254-3465  
Mt. Diablo Center for Adult Day Health Care  
..... 682-6330  
Valley Oak Respite Center.....915-0030

#### 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  
Pacific Clinics .....602-1750  
(Grandparents raising grandchildren)

#### Case Management

Enhanced Care Mgmt .....(877) 661-6230 (#2)  
(Must be Contra Costa Health Plan Member)  
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

A3 Crisis Response (Mental Health)....(844) 844-5544  
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  
Friendly Visitors.....937-8311  
Friendship Line 24/7..... (800) 971-0016  
Front Porch/Social Call.....(877) 797-7299  
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.692-0090  
Senior Peer Counseling.....521-5640  
Suicide and Crisis Lifeline.....988  
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  
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 ..... (510) 336-0144

#### End of Life Issues

An Elderly Wish Foundation .....978-1883  
CCC Burial/Cremation Assistance .....655-1221  
Hope Hospice .....829-8770  
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 ..... (866) 663-3225  
Money Management International. (866) 331-2227  
Social Security..... (800) 772-1213

#### Food

CalFresh (Food Stamps).....(866) 663-3225  
Online .....benefitscal.com  
Café Costa (Senior lunch sites, call to reserve 24 hrs in advance)  
Concord .....671-3320  
Danville.....314-3430  
Martinez.....370-8770  
Pleasant Hill.....798-8788  
Rossmoor.....988-7703  
San Ramon.....973-3250  
Walnut Creek.....482-8753

Food Bank/Senior Food Program .....676-7543  
Loaves & Fishes (Meals) .....293-4792  
Meals on Wheels Diablo Region .....937-8607

#### Health Services

Center for Elders' Independence .. (844) 319-1150  
Communicable Diseases.....313-6740  
Contra Costa Health Plan (CCHP)..(877) 661-6230  
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 Prog.  
(HICAP) (Medicare Counseling).....(800) 510-2020  
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 ..... (866) 663-3225  
Online .....benefitscal.com  
Medi-Cal Health Plan Options Counseling  
..... (800) 430-4263  
Medicare..... (800) 633-4227  
Rotacare Free Health Care Clinic .....429-6409  
San Ramon Regional Medical Center....275-9200

#### Home Care & Safety

Fall Prevention Program.....891-4761  
In-Home Support Services (IHSS)  
Apply..... (800) 510-2020 or ..... 229-8434  
Current clients .....655-1240  
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  
Home Match (shared housing) .....956-7400  
Home Preservation Dept/Habitat for Humanity  
East Bay Silicon Valley.....(510) 251-6304  
Homeless Hotline ..... 211

Housing Authority, City of Pittsburg  
Waiting List/Section 8 ..... 252-4060  
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  
Residential Tenant Protection (Concord) 671-5050  
Rotary HOME Team/Lamorinda Village  
(minor repairs).....(888) 204-5573  
Shelter, Inc.....335-0698  
Weatherization .....655-2714

#### Legal & Advocacy

Advisory Council on Aging .....655-0774  
Automotive Complaints ..... (510) 964-3030  
Bay Area Legal Aid (office) ..... (510) 663-4755  
Advice Line .....219-3325  
California Advocates for Nursing Home Reform  
(CANHR) ..... (800) 474-1116  
Conservatorship/Guardianship .....608-9000  
Contra Costa Senior Legal Services.....609-7900  
Elder/Conflict Mediation .....349-7344  
Empowered Aging (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  
Lawyer Referral & Info Service .....825-5700  
Moderate Means Legal Program .....677-0234

#### Lesbian/Gay/Bisexual/Transgender

LGBT National Help Center ..... (888) 843-4564  
Rainbow Comm Center Senior Services 692-0090

#### Recreation & Education

AARP Smart Driver ..... (877) 846-3299  
Acalanes Adult Education .....280-3980  
Clubs, Orgs & Exercise Lists ..... (800) 510-2020  
Diablo Valley College Community Ed .....969-4600  
Mt. Diablo Adult Education .....685-7340

# 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

**711**

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

[www.ehds.org](http://www.ehds.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.

All calls are confidential. Interpreters are available to assist in any language.

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.



Community Resources  
[www.ehds.org](http://www.ehds.org)

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

I&A does not guarantee information or services provided by agencies in the Mini-Guide. Please report any errors to I&A.

If you have a concern or complaint about the I&A Program, please contact the Program Supervisor: (925) 229-8434, [infoandassist@ehsd.cccounty.us](mailto:infoandassist@ehsd.cccounty.us), or mail letter to the above address.

Donations accepted, select "Aging & Adult Services" at [www.vestiainc.org/make-your-donation-to-vestia](http://www.vestiainc.org/make-your-donation-to-vestia)

### Volunteer Opportunities

- AARP Tax Preparer ..... [www.aarp.org/taxvolunteer](http://www.aarp.org/taxvolunteer)
- CC Volunteer & Emergency Services ..... 655-1208
- Friendly Visitors ..... 937-8311
- Health Insurance Counseling & Advocacy Program (HICAP) (Medicare Counseling) (800) 510-2020
- Meals on Wheels Diablo Region.....(925) 937-8311
- Meals on Wheels of West Contra Costa County ..... (510) 412-0166
- Mobility Matters Drivers ..... 284-6161
- Senior Peer Counseling.....521-5640
- Valley Oak Respite Center.....915-0030

### 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.ehds.org](http://www.ehds.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) 655-0111 or visit [www.cwsalerts.com](http://www.cwsalerts.com)

### Senior Centers and Villages

- Clayton Valley Village ..... 626-0411
- Concord..... 671-3320
- Danville ..... 314-3430
- Lafayette ..... 284-5050
- Lamorinda Village ..... 283-3500
- Martinez ..... 370-8770
- Orinda ..... 254-2445
- Pleasant Hill ..... 798-8788
- Rainbow Comm Center Senior Services 692-0090
- Rossmoor..... 988-7703
- San Ramon..... 973-3250
- Walnut Creek ..... 295-1490
- Well Connected (Activities, conversation, classes, and support over the phone) ..... (877) 797-7299
- Well Connected Espanol.....(877) 400-5867

### Transportation

- BART ..... 676-2278
- County Connection and LINK ..... 676-7500
- General Information ..... 511
- Go Go Concord ..... 671-3320
- Lamorinda Spirit (Lafayette, Moraga, Orinda residents only) ..... 283-3534
- Mobility Matters (Information & Rides) ..... 284-6109
- 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 Service Office ..... 313-1481