

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
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
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) 778-4171
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
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 754-7700
Hearing Loss Assoc. of America 264-1199
Independent Living Resource 754-0539
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 (510) 336-0144

End of Life Issues

An Elderly Wish Foundation 978-1883
CCC Burial/Cremation Assistance 608-5990
East Bay Conversation Project (Advance care planning) www.eastbayacp.org
Hope Hospice, Inc. 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)
Ambrose Comm. Ctr. (Bay Point) 482-8747
Antioch 779-7072
Brentwood (Call between 9am & noon) 516-5398
Pittsburg 439-2136
Oakley (Wed 11am-1pm) 626-7223

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

Health Services

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
Program HICAP (Medicare Counseling) (800) 510-2020
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 (866) 663-3225
Online benefitscal.com
Medi-Cal Health Plan Options Counseling (800) 430-4263
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 891-4761
In-Home Support Services (IHSS)
Apply (800) 510-2020 or (925) 229-8434
Current clients 608-6080
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

Antioch Rent Program 779-7017
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
Rotary HOME Team/Lamorinda Village
(minor repairs) (888) 204-5573
Shelter, Inc. 335-0698
Weatherization 655-2714

Legal & Advocacy

Advisory Council on Aging 602-4175
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 (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
Lawyer Referral & Info Service 825-5700
Moderate Means Legal Program 677-0234
Pacific Community Services (800) 914-6874
(Housing counseling & tenant/landlord disputes)

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
Antioch Adult School 779-7490
Clubs, Organizations
& Exercise Program Lists (800) 510-2020
Liberty Adult School 634-2565
Los Medanos College
Brentwood Campus 513-1625
Pittsburg Campus 439-2181
Pittsburg Adult School 473-4460

Senior Centers

Antioch.....	779-7074
Brentwood.....	516-5380
Oakley.....	626-7223
Pittsburg.....	252-4890
Well Connected (Activities, conversation, classes, and support over the phone).....	(877) 797-7299
Well Connected Espanol.....	(877) 400-5867

Transportation

BART.....	676-2278
Dial-A-Ride (Paratransit) Schedule rides.....	754-3060
General Information.....	511
Mobility Matters (Information & Rides).....	284-6109
Tri-Delta Dial-A-Ride.....	754-3060
Tri-Delta Transit Route Info.....	754-4040

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 Center.....	680-4526
Delta Veterans Group.....	222-7596
Martinez VA Medical Center.....	372-2000
Rides 4 Veterans (Information & Rides).....	284-6109
Rivertown Veterans Thrift Store & Support Center	206-4976
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

Volunteer Opportunities

AARP Tax Preparer.....	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.....	937-8311
Meals on Wheels of West Contra Costa County	(510) 412-0166
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) 655-0111 or visit www.cwsalerts.com

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.

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.



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, or mail letter to the above address.

Donations accepted, select "Aging & Adult Services" at www.vestaianc.org/make-your-donation-to-vestia



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
711

infoandassist@ehsd.cccounty.us

www.ehsd.org