

## Emergencias - 24 horas

**Policía, Bomberos, Paramédicos ..... 911**

**Centro de crisis de Contra Costa  
Línea directa de 24 horas ..... 211**

### Código de área (925) a menos que se indique lo contrario

#### Abuso y negligencia

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

#### Centros de cuidado diurno para adultos

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

#### Alzheimer/Demencia

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

#### Servicios para cuidadores

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)

#### Administración de casos

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)356-6777  
Meals on Wheels Diablo Region ..... 937-8311

#### Orientación/salud mental/socialización

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

#### Discapacidades

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

#### Empleo

East Bay Works Career Center ..... 671-4500  
IHSS Public Authority (In-home care) (800) 333-1081  
Senior Employment Program ..... (510) 336-0144

#### Cuestiones relacionadas con el final de la vida

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

#### Finanzas

Free Income Tax Preparation..... (800) 510-2020  
General Assistance ..... (866) 663-3225  
Money Management International. (866) 331-2227  
Social Security..... (800) 772-1213

#### Comida

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..... 757-7325 or 778-1158  
Brentwood (Call between 9am & noon).....516-5398

Oakley (Wed only 11am-1pm)..... 626-7223  
Pittsburg ..... 439-2136  
Food Bank/Senior Food Program ..... 676-7543  
Loaves & Fishes (Meals) ..... 293-4792  
Meals on Wheels..... 937-8607

#### Servicios médicos

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  
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..... (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

#### Cuidado y seguridad en casa

Fall Prevention Program ..... 891-4761  
In-Home Support Services (IHSS)  
Apply ..... (800) 510-2020 or (925) 229-8434  
Current clients ..... 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

#### Vivienda, reparación de casas y personas sin hogar

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 ..... 655-7214

#### Legal y defensa

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..... 687-8844  
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 Program ..... 677-0234  
Pacific Community Services ..... (800) 914-6874  
(Housing counseling & tenant/landlord disputes)

#### Lesbianas/Gays/Bisexuales/Transgénero

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

#### Recreación y educación

AARP Smart Driver ..... (877) 846-3299  
Antioch Adult School..... 779-7940  
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

**Centros para adultos mayores**

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

**Transporte**

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

**Asistencia de servicios públicos**

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

**Servicios para veteranos**

Concord Vet Center .....	680-4526
Delta Veterans Group .....	222-7596
East County Veterans Resource Center .....	206-4976
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

**Oportunidades de voluntariado**

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 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

**Sitios web**

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



**Inscripción en el Sistema de alerta de la comunidad (CWS) del Condado de Contra Costa**

Para recibir alertas de emergencia en el teléfono celular, llame al (925) 655-0111 or visite [www.cwsalerts.com](http://www.cwsalerts.com)

Esta miniguía menciona solo algunos de los recursos disponibles en el Condado de Contra Costa Este. Si no encuentra lo que necesita aquí, llame a Información y asistencia.

Todas las llamadas son confidenciales. Hay intérpretes disponibles para ayudar en cualquier idioma.

Información y asistencia (I&A) es un programa de la Agencia para la Vejez del Área del Condado de Contra Costa, bajo la protección del Departamento de Empleo y Servicios Humanos. Trabajadores sociales expertos dan información, remisiones a recursos y apoyo en la solución de problemas a adultos mayores de 60 años, adultos con discapacidades y cuidadores.



Horario de atención:  
De lunes a viernes, de 8:00 a. m. a 5:00 p. m.

Información y asistencia (IA)  
400 Ellinwood Way  
Pleasant Hill, CA 94523

I&A no garantiza la información o los servicios prestados por las agencias en la Miniguía. Informe cualquier error a I&A.

Si tiene una preocupación o queja sobre el Programa de I&A, comuníquese con el supervisor del programa: (925) 229-8434, [infoandassist@ehsd.cccounty.us](mailto:infoandassist@ehsd.cccounty.us), o envíe una carta a la dirección de arriba.

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



CONTRA COSTA COUNTY  
**Information & Assistance**  
SENIOR & DISABLED HELPLINE

800-510-2020 • 925-229-8434

**Este del CONDADO**

**Miniguía de los servicios para adultos mayores y adultos**

Si llama en el Condado de Contra Costa  
**(800) 510-2020**

Si llama fuera del Condado de Contra Costa o desde un teléfono celular  
**(925) 229-8434**

Para las personas con discapacidad auditiva o del habla que usan un dispositivo de telecomunicación, llame al Servicio de retransmisión

**711**

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

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