

Emergencias - 24 horas

Policia, Bomberos, Paramedicos911

**Centro de crisis de Contra Costa
Línea directa de 24 horas211**

Código de área (510) a menos que se indique lo contrario

Abuso y negligencia

Adult Protective Services 24/7..... (877) 839-4347
Contra Costa Senior Legal Svcs
(Restraining Orders)..... (925) 609-7900
Empowered Aging (For Board & Care/Skilled Nursing
Abuse).....(925) 685-2070
Family Justice Center 965-4949
..... (925) 685-2070
STAND! For Families Free of Violence (24/7)
..... (888) 215-5555

Centros de cuidado diurno para adultos

Alzheimer's Services
of the East Bay..... 644-8292

Alzheimer/Demencia

Alzheimer's Association (800) 272-3900
UC Davis Alzheimer's Disease Center
Walnut Creek (925) 357-6515

Servicios para cuidadores

Alzheimer's Association..... (800) 272-3900
Family Caregiver Alliance (800) 445-8106
Jewish Family & Community Svcs. (925) 927-2000
Meals on Wheels Diablo Region
Caregiver Training (925) 937-8311
Pacific Clinics..... (925) 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. (925) 927-2000
Multipurpose Senior Service Program (MSSP)
..... (925) 682-6330
Meals on Wheels Diablo Region.... (925) 937-8311

Orientación/salud mental/socialización

A3 Crisis Response (Mental Health)...(844) 844-5544
Al-Anon 528-4379

Alcohol/Drug Treatment..... (800) 846-1652
Alcoholics Anonymous (925) 939-4155
Contra Costa Crisis Center 24/7 211
Contra Costa Regional Medical Center
Psychiatric Emergency 24/7..... (925) 646-2800
Friendly Visitors (925) 937-8311
Friendship Line 24/7..... (800) 971-0016
Front Porch/Social Call..... (877) 797-7299
Mental Access Health Line 24/7.... (888) 678-7277
Nar-Anon 496-2708
Narcotics Anonymous..... (925) 685-4357
Older Adult Mental Health (888) 678-7277
Rainbow Comm Ctr Senior Svcs... (925) 692-0090
Senior Peer Counseling..... (925) 521-5640
Suicide and Crisis Lifeline.....988
Support Group List (800) 510-2020
Tele-Care (Telephone contact)..... (925) 934-0901
Telephone Reassurance Program (925) 937-8311

Discapacidades

CA State Department of Rehab.....232-7062
Hearing Loss Assoc. of America ... (925) 264-1199
Independent Living Resource..... (925) 363-7293
Lions Center for Visually Impaired (925) 432-3013
Regional Center of the East Bay ... (925) 691-2300

Empleo

East Bay Works Career Center307-8014
IHSS Public Authority (In-home care) (800) 333-1081
Senior Employment Program (510) 336-0144

ECuestiones relacionadas con el final de la vida

An Elderly Wish Foundation (925) 978-1883
CCC Burial/Cremation Assistance (925) 942-3670
Hospice of the East Bay/Bruns House(925) 887-5678
Kaiser Hospice 752-6390
Pathways Home Health & Hospice (888) 755-7855
Sutter Care at Home.....450-8596

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
Hercules262-7700
Online benefitscal.com
Café Costa (Senior lunch sites, call to reserve 24 hrs in advance)
Crockett787-2414
El Cerrito.....559-7000
Hercules799-8219
North Richmond.....255-7799
Richmond307-8087

Rodeo (Tues & Thurs only 11am-1pm).....(925) 482-8427
San Pablo215-3090
Food Bank/Senior Food Program.. (925) 676-7543
Greater Richmond Interfaith Program (GRIP)
(Meals)233-2141
Meals on Wheels of West Contra Costa County
.....412-0166

Servicios médicos

Alta Bates Summit Medical Center.....204-4444
LifeLong Brookside Health Center.....215-9092
Center For Elders' Independence.....433-1150
Communicable Diseases (925) 313-6740
Contra Costa Health Plan (CCHP).(877) 661-6230
Contra Costa Regional Medical Center
Main Line (925) 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
Kaiser Medical Center
Pinole Campus243-4000
Richmond Campus307-1500
LifeLong Medical Care.....981-4100
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 (Tues 4 to 7 pm only)
Call only between 1 & 3 pm Tues for appt ..213-6678
West County Health Center.....231-9400

Cuidado y seguridad en casa

Fall Prevention Program..... (925) 891-4761
In-Home Support Services (IHSS)
Apply..... (800) 510-2020 or (925) 229-8434
Current client.....231-8577 or 231-8204
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

Assisted Living/Board & Care/Skilled Nursing
Empowered Aging (925) 685-2070
Home Match (shared housing).....(925) 956-7400
Home Preservation Dept/Habitat for Humanity
East Bay Silicon Valley.....251-6304
Homeless Hotline.....211

Housing Authority, City of Pittsburg
Waiting List/Section 8(925) 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).....(925) 957-8008
San Pablo.....(925) 957-8004
Section 8/Waiting List.....(888) 746-8731
Low Cost Housing List.....(800) 510-2020
Rebuilding Together (repair homes).....625-0316
Richmond Home Improvement Program
.....307-8140
Richmond Neighborhood Housing Services, Inc
.....237-6459
Richmond Rent Program.....234-7368
Rotary HOME Team/Lamorinda Village
(minor repairs)..... (888) 204-5573
Shelter, Inc.....(925) 335-0698
Weatherization..... (925) 674-7214

Legal y defensa

Advisory Council on Aging..... (925) 602-4175
Automotive Complaints.....964-3030
Bay Area Legal Aid (office).....663-4755
Advice Line.....250-5270
California Advocates for Nursing Home Reform
(CANHR) (800) 474-1116
Conservatorship/Guardianship (925) 608-9000
Contra Costa Senior Legal Svcs ... (925) 609-7900
Elder Mediation..... (925) 349-7344
Empowered Aging (For Board & Care/Skilled Nursing
Homes).....(925) 685-2070
Family Justice Center974-2000
Hawkins Center (SSI & SSDI Advocacy).....232-6611
Health Insurance Counseling & Advocacy Program
HICAP (Medicare Counseling) (800) 510-2020
Lawyer Referral & Info Service (925) 825-5700
Moderate Means Legal Program .. (925) 677-0234
Richmond Rent Program..... 234-7368

Lesbianas/Gays/Bisexuales/Transgénero
LGBT National Help Center (888) 843-4564
Rainbow Comm Ctr Senior Svcs .. (925) 692-0090

Recreación y educación

AARP Smart Driver..... (877) 846-3299
Clubs, Organizations
& Exercise Program Lists (800) 510-2020
Contra Costa College235-7800
West Contra Costa Adult Education231-1453

Centros para adultos mayores

Crockett Community Center 787-2414
 El Cerrito Community Center-Senior Services 559-7000
 Hercules 799-8219
 North Richmond 232-3511
 Pinole 724-9800
 Richmond 307-8087
 Richmond Annex 620-6812
 San Pablo 215-3090
 Well Connected (Activities, conversation, classes, and support over the phone) (877) 797-7299
 Well Connected Espanol (877) 400-5867

Transporte

AC Transit 891-4700
 BART 236-2278
 East Bay Paratransit Info. (800) 555-8085
 Easy Ride (El Cerrito Residents only) 559-7677
 General Information 511
 Mobility Matters (Information & Rides) . (925) 284-6109
 R-Transit and Lyft (Van & Taxi Service for East Richmond Heights, El Sobrante, Hasford Heights, Kensington, North Richmond, Richmond, and Rollingwood Residents only) 307-8026
 R-Transit Richmond Moves (Seniors & Students-Free) Individual ride \$2.00 Services Hours Mon-Fri 7:00am to 7:00pm
 Customer Service 937-3657
 San Pablo Senior & Disabled Transport.. 215-3095
 WestCAT
 Information 724-7993
 Appointments 724-7433

Asistencia de servicios públicos

CA Alternate Rates for Energy (CARE)
 Assistance for low income residents (800) 743-2273
 Home Energy Assistance Program (HEAP) (925) 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 (925) 680-4526
 Martinez VA Medical Center (925) 372-2000
 Rides 4 Veteran (Information & Rides) (925) 284-6109
 Swords to Plowshares (Multi-service) 844-7500
 VA Urgent Care (925) 372-2179
 Veterans Crisis Line 24/7 (800) 273-8255
 Veterans Homeless Outreach (925) 404-4887
 Veterans Resource Program 233-9313

Veterans Service Office 374-3241

Oportunidades de voluntariado

AARP Tax Preparer www.aarp.org/taxvolunteer
 CC Volunteer & Emergency Svcs . (925) 521-5060
 Friendly Visitors (925) 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 412-0166
 Mobility Matters Drivers (925) 284-6161
 Senior Peer Counseling (925) 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
 Legal www.cc-courts.org or 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

Esta miniguía menciona solo algunos de los recursos disponibles en el Condado de Contra Costa Oeste. 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 (I&A)
 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, o envíe una carta a la dirección de arriba.

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



CONTRA COSTA COUNTY
Information & Assistance
 SENIOR & DISABLED HELPLINE

800-510-2020 • 925-229-8434

Oeste del CONDADO

Miniguía de los servicios para adultos mayores y adultos

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

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

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

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infoandassist@ehsd.cccounty.us

www.ehsd.org