

紧急服务 - 24 小时

警察、消防、急救 911

康特拉科斯塔危机中心 (Contra Costa Crisis Center) 24 小时热线 211

区域代码 (925), 除非另有说明

虐待与忽视	
Adult Protective Services 24/7	(877) 839-4347
Contra Costa Senior Legal Svcs	
(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
成人日间照护中心	
Lamorinda Adult Respite Center.....	254-3465
Mt. Diablo Center for Adult Day Health Care	
.....	682-6330
Valley Oak Respite Center.....	915-0030
阿尔茨海默症/痴呆症	
Alzheimer's Association.....	(800) 272-3900
UC Davis Alzheimer's Disease Center	
Walnut Creek.....	357-6515

照护服务	
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)	

个案管理	
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

心理咨询/心理健康/社交互动	
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

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

临终问题	
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

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

饮食	
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

健康服务	
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 Program (HICAP) (Medicare Counseling)	(800) 510-2020
John Muir Medical Center	
Concord Campus	682-8200
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

家庭护理与安全	
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

住房、房屋修缮与无家可归	
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

法律与倡导	
Advisory Council on Aging	655-0773
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

女同性恋/男同性恋/双性恋/跨性别者	
LGBT National Help Center.....	(888) 843-4564
Rainbow Comm Center Senior Services	692-0090

娱乐与教育	
AARP Smart Driver	(877) 846-3299
.....	www.aarp.org/drive
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

老年中心和老年村
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

交通
BART..... 676-2278
County Connection and LINK 676-7500
General Information511
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

公用事业援助
CA Alternate Rates for Energy (CARE)
Assistance for low income residents (866) 743-2273
Energy Savings Assistance (800) 933-9555
Low-Income Home Energy Assistance Program
(LIHEAP) 267-6624
Medical Baseline Program Relief for Energy
..... (800) 743-5000
Relief for Energy Assistance Through Community
Help (REACH)..... (800) 933-9677

退伍军人服务
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

志愿者机会
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..... (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

网站
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 & 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



康特拉科斯塔县社区警报系统 (**Community Warning System, CWS**) 注册
(如需通过手机接收紧急警报, 请致电
(925) 655-0111 或访问
www.cwsalerts.com

本“简易指南”仅列出了康特拉科斯塔县的部分可用资源。如果您在本指南中未找到所需资源, 请致电“信息与援助 (**Information & Assistance**)”。

所有通话均会保密处理。 口译人员服务可提供任何语言的翻译帮助。

信息与援助 (**Information & Assistance, I&A**) 是康特拉科斯塔县老龄事务区域机构的一项计划, 隶属于就业与人类服务部 (**Employment & Human Services Department**)。专业的社会工作者为 60 岁及以上的老年人、残疾成年人和照护人员提供信息、资源推荐和解决问题方面的支持。



工作时间:
M周一至周五, 上午 8:00 至下午 5:00

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

对于“简易指南”中各机构提供的信息或服务, **I&A** 不作保证。如有任何错误, 请向 **I&A** 报告。

如果您对 **I&A** 有任何疑问或投诉, 请通过以下方式联系计划主管: 致电 (925) 229-8434、发送邮件至 **infoandassist@ehsd.cccounty.us** 或将信件邮寄至上述地址。

Donations accepted, select “Aging & Adult Services” at **www.vestaiinc.org/make-your-donation-to-vestia**

CONTRA COSTA COUNTY

Information & Assistance
SENIOR & DISABLED HELPLINE
800-510-2020 • 925-229-8434

Central 中心县

老年人与成人服务 简易指南

康特拉科斯塔县内请致电
(800) 510-2020

康特拉科斯塔县外或手机请致电
(925) 229-8434

使用电信设备的听力或语言障碍人士, 请致电转接服务
711

infoandassist@ehsd.cccounty.us

www.ehsd.org