

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 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

Centros de cuidado diurno para adultos	
Lamorinda Adult Respite Center	254-3465.
Mt. Diablo Center for Adult Day Health Care	682-6330
Valley Oak Respite Center	915-0030

Alzheimer/Demencia

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

Servicios para cuidadores

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)	

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).....	682-6330
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
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

Discapacidades

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

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	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

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)	
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

Servicios médicos

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

Cuidado y seguridad en casa

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

Vivienda, reparación de casas y personas sin hogar

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 y defensa

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).....	510-2020
Lawyer Referral & Info Service	825-5700
Moderate Means Legal Program	677-0234

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
.....	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

Centros y villas para adultos mayores

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

Transporte

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

Asistencia de servicios públicos

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

Servicios para veteranos

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

Oportunidades de voluntariado

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

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 & 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 Central. 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.vestialinc.org/make-your-donation-to-vestia



CONTRA COSTA COUNTY

Information & Assistance

SENIOR & DISABLED HELPLINE

800-510-2020 • 925-229-8434

Central
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

www.ehsd.org