

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 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

成人日间照护中心

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

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	(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)	

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
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.....	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

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	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

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)	
Ambrose Comm. Ctr. (Bay Point)	482-8747
Antioch.....	779-7074 or 779-7072

Brentwood (Call between 9am & noon).....	516-5398
Oakley Senior Center	(209) 400-1673
Pittsburg.....	439-2136
Food Bank/Senior Food Program	676-7543
Loaves & Fishes (Meals)	293-4792
Meals on Wheels.....	937-8607

健康服务

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

家庭护理与安全

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

住房、房屋修缮与无家可归

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

法律与倡导

Advisory Council on Aging.....	655-0773
Automotive Complaints.....	(510) 964-3030
Bay Area Legal Aid (office).....	(510) 233-9954
Advice Line	(800) 551-5554
California Advocates for Nursing Home Reform (CANHR)	(800) 474-1116
Conservatorship/Guardianship	608-9000
Contra Costa Senior Legal Services	609-7900
Elder/Conflict Resolution	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
LawHelpCA	www.lawhelpca.org
Lawyer Referral & Info Service	825-5700
Moderate Means Legal Program	677-0234
Pacific Community Services	(800) 914-6874
(Housing counseling & tenant/landlord disputes)	

女同性恋/男同性恋/双性恋/跨性别者

LGBT National Health 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
Antioch Adult School.....	779-7940

Clubs, Organizations
& Exercise Program Lists (800) 510-2020
Liberty Adult School.....634-2565
Los Medanos College
Brentwood Campus513-1625
Pittsburg Campus439-2181
Pittsburg Adult School473-4460

老年中心和老年村
Antioch779-7074
Brentwood.....516-5380
Oakley.....625-7041
Pittsburg.....252-4890
Well Connected (Activities, conversation,
classes, and support over the phone) (877) 797-7299
Well Connected Espanol.....(877) 400-5867

交通
BART676-2278
Dial-A-Ride (Paratransit)
Schedule rides754-3060
General Information511
Mobility Matters (Information & Rides)284-6109
Tri-Delta Dial-A-Ride.....754-3060
Tri-Delta Transit Route Info754-4040

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 Center680-4526
Delta Veterans Group222-7596
Martinez VA Medical Center372-2000
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 Care372-2179
Veterans Crisis Line 24/7..... (800) 273-8255
Veterans Service Office313-1481

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.....937-8311
Meals on Wheels of West Contra Costa County
.....(510) 412-0166
Mobility Matters Drivers..... 284-6161
Senior Peer Counseling 521-5640

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
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



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:
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

**East
东县**

**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