

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 (510)，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)..... (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
成人日间照护中心
Alzheimer's Services
of the East Bay..... 644-8292

阿尔茨海默症/痴呆症
Alzheimer's Association (800) 272-3900
UC Davis Alzheimer's Disease Center
Walnut Creek (925) 357-6515

照护服务
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)

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. (925) 927-2000
Multipurpose Senior Service Program (MSSP)
..... (925) 682-6330
Meals on Wheels Diablo Region.... (925) 937-8311

心理咨询/心理健康/社交互动
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

残疾人
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

就业
East Bay Works Career Center 307-8014
IHSS Public Authority (In-home care) (800) 333-1081
Senior Employment Program (510) 336-0144

临终问题
An Elderly Wish Foundation (925) 978-1883
CCC Burial/Cremation Assistance 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

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
Onlinebenefitscal.com
Café Costa (Senior lunch sites, call to reserve 24 hrs in advance)
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

健康服务
Alta Bates Summit Medical Center204-4444
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
Onlinebenefitscal.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 Center231-9400

家庭护理与安全
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

住房、房屋修缮与无家可归
Assisted Living/Board & Care/Skilled Nursing
Empowered Aging (925) 685-2070
Home Match Contra Costa.....(925) 956-7400
Home Preservation Dept/Habitat for Humanity
East Bay Silicon Valley251-6304
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
Rebuilding Together (repair homes).....644-8979
Low Cost Housing List.....(800) 510-2020
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) 655-2714

法律与倡导
Advisory Council on Aging..... (925) 655-0773
Automotive Complaints.....964-3030
Bay Area Legal Aid (office).....663-4755
Advice Line250-5270
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 Center974-7200
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

女同性恋/男同性恋/双性恋/跨性别者
LGBT National Help Center.....(888) 843-4564
Rainbow Comm Ctr Senior Svcs .. (925) 692-0090

娱乐与教育
AARP Smart Driver..... (877) 846-3299
.....www.aarp.org/drive
Clubs, Organizations
& Exercise Program Lists (800) 510-2020
Contra Costa College235-7800

West Contra Costa Adult Education231-1453

老年中心和老年村

Crockett Community Center 787-2414
El Cerrito Community Center-Senior Services559-7000
Hercules 799-8219
North Richmond 232-3511
Pinole 724-9800
Richmond307-8087
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

交通

AC Transit..... 891-4700
BART 236-2278
East Bay Paratransit Info.(800) 555-8085
Easy Ride (El Cerrito Residents only)..... 559-7000
General Information511
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
Service 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

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).....(925) 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(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 Service Office.....374-3241

志愿者机会

AARP Tax Preparer..... www.aarp.org/taxvolunteer
CC Volunteer & Emergency Svcs . (925) 655-1203
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 County412-0166
Mobility Matters Drivers (925) 284-6161
Senior Peer Counseling.....(925) 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
Legalwww.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



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

West 西县

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