

Emergencias - 24 horas

Policía, Bomberos, Paramédicos911

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
 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

Servicios médicos
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

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).....644-8979
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) 674-2714

Legal y defensa
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

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
 www.aarp.org/drive
Clubs, Organizations
 & Exercise Program Lists (800) 510-2020
Contra Costa College235-7800
West Contra Costa Adult Education231-1453

Centros para adultos mayores
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

Transporte
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
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 (866) 743-2273
Energy Savings Assistance (ESA). (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

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 Service Office 374-3241

Oportunidades de voluntariado
AARP Tax Preparer www.aarp.org/taxvolunteer
CC Volunteer & Emergency Svcs . (925) 655-1208
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

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
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 Securitywww.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.vestaiinc.org/make-your-donation-to-vestia



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

**West
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 au-
ditiva o del habla que usan un dispositivo
de telecomunicación, llame al Servicio
de retransmisión
711**

**infoandassist@ehsd.cccounty.us
www.ehsd.org**