

Emergency - 24 Hours
Police, Fire, Paramedic 911

Contra Costa Crisis Center
24-hour hotline 211

Area Code (925) unless otherwise indicated

Abuse & Neglect

Adult Protective Services 24/7 (877) 839-4347
Contra Costa Senior Legal Services
(Restraining Orders)..... 609-7900
Empowered Aging (Board & Care/Skilled Nursing Abuse)
.....685-2070
Family Justice Center521-6366
STAND! For Families Free of Violence (24/7)
..... (888) 215-5555

Adult Day Care Centers

Caring Haven (at Rainbow Community Center)
available through end of 2025..... 331-0590
Lamorinda Adult Respite Center.....254-3465
Mt. Diablo Center for Adult Day Health Care
.....682-6330
Valley Oak Respite Center.....915-0095

Alzheimer's/Dementia

Alzheimer's Association..... (800) 272-3900
UC Davis Alzheimer's Disease Center
Walnut Creek357-6515

Caregiver Services

Alzheimer's Association.....284-7942
Choice in Aging (training and support groups)
.....682-6330
Family Caregiver Alliance..... (800) 445-8106
Jewish Family & Community Svcs.....927-2000
Pacific Clinics602-1750
(Grandparents raising grandchildren)

Case Management

Enhanced Care Mgmt(877) 661-6230 (#2)
(Must be Contra Costa Health Plan Member)
Family Caregiver Alliance.....(800) 445-8106
Jewish Family & Community Svcs927-2000
Multipurpose Senior Svc Program (MSSP)682-6330
Meals on Wheels Diablo Region937-8311

Counseling/Mental Health/Socialization

A3 Crisis Response (Mental Health)....(844) 844-5544
Al-Anon932-6770

Alcohol/Drug Treatment..... (800) 846-1652
Alcoholics Anonymous939-4155
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 Center674-4100
Mental Health Access Line 24/7..... (888) 678-7277
Nar-Anon (800) 477-6291
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

Disabilities

CA State Department of Rehab.....602-3953
Hearing Loss Assoc. of America264-1199
Independent Living Resource.....363-7293
Lions Center for Visually Impaired432-3013
Regional Center of the East Bay691-2300

Employment

East Bay Works Career Center671-4500
IHSS Public Authority (In-home care) (800) 333-1081
Senior Employment Program (510) 336-0144

End of Life Issues

An Elderly Wish Foundation978-1883
CCC Burial/Cremation Assistance655-1221
Hope Hospice829-8770
Hospice of the East Bay & Bruns House.887-5678
Kaiser Hospice229-7800
Sutter Care at Home.....677-4240

Finances

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

Food

CalFresh (Food Stamps).....(866) 663-3225
Onlinebenefitscal.com
Café Costa (Senior lunch sites, call to reserve 24 hrs in advance)
Concord671-3320
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 Program676-7543
Loaves & Fishes (Meals)293-4792
Meals on Wheels Diablo Region937-8607

Health Services

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 Line370-5000
Appointments & 24-hour advice .. (800) 495-8885
Covered California (Affordable Health Insurance)
..... (800) 300-1506
Flu Shots (800) 510-2020
Health Insurance Counseling & Advocacy Prog.
(HICAP) (Medicare Counseling).....(800) 510-2020
John Muir Medical Center
Concord Campus682-8200
Tice Valley/Rossmoor Campus.....988-7533
Walnut Creek Campus939-3000
Kaiser Medical Center
Martinez Campus372-1000
Park Shadelands Campus.....906-2000
San Ramon Campus244-7400
Walnut Creek Campus295-4000
La Clinica de la Raza363-2000
Medi-Cal (866) 663-3225
Onlinebenefitscal.com
Medi-Cal Health Plan Options Counseling
..... (800) 430-4263
Medicare..... (800) 633-4227
Rotacare Free Health Care Clinic429-6409
San Ramon Regional Medical Center.....275-9200

Home Care & Safety

Meals on Wheels Diablo Region
Fall Prevention Program..... 937-8311
In-Home Support Services (IHSS)
Apply..... (800) 510-2020 or229-8434
Current clients655-1240
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

Housing, Home Repair & Homelessness

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 Hotline211
Housing Authority, City of Pittsburg
Waiting List/Section 8252-4060
Housing Authority, City of Richmond
Waiting List/Section 8 (510) 621-1300
Housing Authority, Contra Costa957-8001
Bay Point, Brentwood, Martinez, Oakley (Public
Housing).....957-8005
Pittsburg (Public Housing).....957-8006
Rodeo (Public Housing)957-8008
San Pablo957-8004
Section 8/Waiting List957-7021
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
Weatherization655-2714

Legal & Advocacy

Advisory Council on Aging655-0773
Automotive Complaints (510) 964-3030
Bay Area Legal Aid (office) (510) 663-4755
Advice Line219-3325
California Advocates for Nursing Home Reform
(CANHR) (800) 474-1116
Conservatorship/Guardianship608-9000
Contra Costa Senior Legal Services.....609-7900
Elder/Conflict Mediation349-7344
Empowered Aging (Board & Care/Skilled Nursing Homes)
.....685-2070
Family Justice Center Concord.....521-6366
Family Justice Center Danville.....486-0100
Hawkins Center (SSI / SSDI Advocacy)(510) 232-6611
Health Insurance Counseling & Advocacy
Program HICAP (Medicare Counseling)(800) 510-2020
Lawyer Referral & Info Service825-5700
Moderate Means Legal Program677-0234

Lesbian/Gay/Bisexual/Transgender

LGBT National Help Center (888) 843-4564
Rainbow Comm Center Senior Services 692-0090

Recreation & Education

AARP Smart Driver (877) 846-3299
..... www.aarp.org/drive
Acalanes Adult Education280-3980
Clubs, Orgs & Exercise Lists (800) 510-2020
Diablo Valley College Community Ed969-4600
Mt. Diablo Adult Education685-7340

Senior Centers and Villages

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

Transportation

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

Utility Assistance

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)	267-6624
Medical Baseline Program Relief for Energy	(800) 743-5000
Relief for Energy Assistance Through Community Help (REACH).....	(800) 933-9677

Veterans Services

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

Volunteer Opportunities

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

Web Sites

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



Contra Costa County Community
Warning System (CWS) Registration

To receive emergency alerts on your cell
phone, please call (925) 655-0111 or visit
www.cwsalerts.com

This Mini Guide lists only some of the resources
available in Central Contra Costa County. If you do
not find what you need here, please call Information
& Assistance.

All calls are confidential. Interpreters are available
to assist in any language.

Information & Assistance (I&A) is a program of
Contra Costa County Area Agency on Aging, under
the umbrella of the Employment & Human
Services Department. Knowledgeable social
workers provide information, referrals to resources,
and support in problem solving to seniors aged 60
and older, adults with disabilities, and caregivers.



Hours of Operation:
Monday to Friday, 8:00 a.m. to 5:00 p.m.

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

I&A does not guarantee information or services
provided by agencies in the Mini-Guide. Please
report any errors to I&A.

If you have a concern or complaint about the I&A
Program, please contact the Program Supervisor:
(925) 229-8434, infoandassist@ehsd.cccounty.us, or
mail letter to the above address.

Donations accepted, select "Aging & Adult Services"
at www.vestaianc.org/make-your-donation-to-vestia



CONTRA COSTA COUNTY

Information
& Assistance

SENIOR & DISABLED HELPLINE

800-510-2020 • 925-229-8434

Central
COUNTY

Mini Guide
to Aging and Adult
Services

If calling within Contra Costa County

(800) 510-2020

If calling from outside Contra Costa County
or from a cell phone

(925) 229-8434

For hearing or speech impaired
using a telecommunication device

711

infoandassist@ehsd.cccounty.us

www.ehsd.org