

**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 Services  
(Restraining Orders) ..... 609-7900  
Empowered Aging (For Board & Care/Skilled Nursing Abuse) ..... 685-2070  
..... 685-2070  
Family Justice Center ..... 521-6366  
STAND! For Families Free of Violence (24/7) ..... (888) 215-5555

**Centros de cuidado diurno para adultos**  
Bedford Center Adult Day Health Care ...778-4171  
St. Anne Village Inc.....240-4757

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

**Servicios para cuidadores**  
Alzheimer’s Association.....(800) 272-3900  
Choice in Aging.....682-6330  
(Training & Support Groups)  
Family Caregiver Alliance..... (800) 445-8106  
Jewish Family & Community Svcs ..... 927-2000  
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  
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

**Discapacidades**  
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

**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 .....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

**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)  
Ambrose Comm. Ctr. (Bay Point) .....482-8746  
Antioch.....779-7074 or 779-7072  
Brentwood (Call between 9am & noon).....516-5398  
Oakley ..... (209) 400-1673  
Pittsburg ..... 439-2136

Food Bank/Senior Food Program ..... 676-7543  
Loaves & Fishes (Meals) ..... 293-4792  
Meals on Wheels..... 937-8607

**Servicios médicos**  
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

**Cuidado y seguridad en casa**  
Meals on Wheels Diablo Region  
Fall Prevention Program ..... 937-8311  
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

**Vivienda, reparación de casas y personas sin hogar**  
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.....957-7021  
Low Cost Housing List.....(800) 510-2020  
Rotary HOME Team/Lamorinda Village  
(minor repairs)..... (888) 204-5573  
Shelter, Inc.....335-0698  
Weatherization .....655-7214

**Legal y defensa**  
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 Mediation.....349-7344  
Empowered Aging (For Board & Care/Skilled Nursing Homes).....685-2070  
Family Justice Center Antioch ..... 281-0970  
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)

**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  
Antioch Adult School.....779-7940  
Clubs, Organizations  
& Exercise Program Lists ..... (800) 510-2020  
Liberty Adult School.....634-2565  
Los Medanos College  
Brentwood Campus .....513-1625  
Pittsburg Campus .....439-2181

Pittsburg Adult School .....473-2400

**Centros para adultos mayores**

Antioch .....779-7074

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

**Transporte**

BART .....676-2278

Dial-A-Ride (Paratransit)

Schedule rides .....754-3060

General Information .....511

Mobility Matters (Information & Rides) .....284-6109

Tri-Delta Dial-A-Ride.....754-3060

Tri-Delta Transit Route Info .....754-4040

**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

Delta Veterans Group .....222-7596

Martinez VA Medical Center .....372-2000

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 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.....937-8311

Meals on Wheels of West Contra Costa County

.....(510) 412-0166

Mobility Matters Drivers.....284-6161

Senior Peer Counseling ..... 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

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



**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](http://www.cwsalerts.com)

Esta miniguía menciona solo algunos de los  
recursos disponibles en el Condado de Contra Costa  
Este. 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 (IA)  
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](mailto: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](http://www.vestaiinc.org/make-your-donation-to-vestia)



CONTRA COSTA COUNTY

**Information  
& Assistance**

SENIOR & DISABLED HELPLINE

800-510-2020 • 925-229-8434

**East  
Este  
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](mailto:infoandassist@ehsd.cccounty.us)  
[www.ehsd.org](http://www.ehsd.org)